

cooking classes

learn how to cook with Daniel and
Debbie from **fyieverybodycooks**



www.fyieverybodycooks.com.au





I believe everybody should be able to cook something. It is one of those life skills that is so important. The positive cycle of confidence and independence through cooking has the flow on effect of the person feeling they can conquer anything.

DEBBIE HARRISON-STONE



about fyieverybodycooks

EVERYBODY should know how to cook something. It doesn't have to be gourmet just something that makes you feel a sense of achievement and independence that you have created a meal by yourself.

but there can be challenges and you may feel you are not up to it. Whatever the challenge, whether it is your abilities, you were not taught or you are looking to improve your skills, fyieverybodycooks will be there to help you. Daniel's challenge is that he has Down Syndrome and learns differently. To accomodate this, I wrote the recipes based on his capabilities with a visual focus. I learnt that Daniel's way of learning was not unique and that others in similar circumstances could learn too.

one of the best ways to visually show how to cook is through video and the most accessible media is YouTube. Now as Daniel is SOOO charming and charismatic, I thought the whole world would be captivated and couldn't help learn how to cook with him.

to accompany the cooking show, I have written a cookbook, party favs, which is available in printed and digital form. There is also an app, specialist website and kitchen equipment in the works to further assist everyone to cook.

my show and the books are designed to teach particular kitchen skills in stages. The order of the recipes was designed to start off nice and simple, guiding you through mastering each skill to help build up whole host of skills so that by the end you can whip up any recipe in the book and possible tackle someone else's recipe.

Debbie

being Daniel's proud Mum and a cook, it is my job to teach him how to cook for himself, his friends and family.





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the cooking show is great and coming along to a class means that you get the show in person with all the fun, tips and the ability to ask Debbie questions or be shown a technique again during class.

all of the recipes we make in class follow the show and the cookbook. So that you can make the recipe at home afterwards you have the cookbook and the clips from the show there as an extra guide.

classes take about 2 1/2 to 3 hours. The first 2 hours will be prepping and cooking the food, the last will be sitting down to enjoy what we have made and mingle with the other students.

a great class to start with is **yummy snacks** where we make and eat these yummys:

- pink (roasted beetroot) dip
- orange (carrot & coriander) dip
- green (avocado) dip
- Daniel's favourite breadsticks.

**learn to cook like
a master chef,
your way!**

the cost to come along to the class is **\$60 per person** (excluding GST).

this includes a copy of the party favs cookbook. All of the ingredients and the kitchen equipment that are used in the class are provided by us. The only thing we need is a kitchen. This could be your home, where you have invited some friends along, or a venue with an accessible kitchen.

minimum of 5 students