



Inspiring One-hour Cooking Class [IOCC]

➤ FOR CHILDREN, TEENAGERS AND ADULTS

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Inspiring One-hour Cooking Class [IOCC]

A quick and inspiring cooking class designed for kids (7 years and older) and teenagers, with adults welcome to join. This one-hour session is perfect as an after-school activity or hobby. It encourages participants to prepare simple, delicious meals from scratch while learning healthy lifestyle tips.

Purpose

The purpose of this class is to inspire the community to enjoy preparing their own meals from scratch. Each week, the class focuses on one menu item, ranging from main dishes to side dishes, snacks, cakes, drinks, and condiments. Participants will gain confidence in the kitchen and learn how cooking can support a balanced, healthy lifestyle.

Price

Rp190,000 per adult

Rp150,000 per student (elementary, secondary, senior high school)

*Minimum of 2 people per class

Duration

One hour of creative, inspiring kitchen discovery

Schedule

Offered every Wednesday afternoon, or arranged upon request

Program Highlights

- Build confidence with the basics of measuring, mixing, and preparing ingredients.
- Discover how to balance flavors and textures while keeping nutrition in mind.
- Create and enjoy a variety of dishes, from Indonesian *nasi campur* to Japanese sushi rolls.
- Choose healthier ingredients that enrich flavor while nourishing the body, mind, and soul.
- Develop a love for natural foods and drinks that support overall well-being.
- Learn simple tricks to elevate flavors with minimal effort.
- Expand participant's culinary perspective through inspiring, simple, and fun one-hour cooking classes.

Learning Outcomes

By the end of each class, participants will understand how to prepare one dish from scratch. They will learn practical techniques such as stir-frying, assembling sandwiches, rolling sushi, steaming desserts, and blending juices. Each session emphasizes healthy ingredients and balanced nutrition. They will gain confidence in cooking and leave with skills they can apply at home to recreate meals, snacks, and drinks. They will also develop a deeper appreciation of food and a clearer understanding of nutritional intake.



Experience

In these hands-on classes, kids, teens, and adults will chop, mix, shape, and cook together. Each week focuses on one menu item, creating a dynamic and engaging experience. The sessions are interactive, creative, and fun, transforming simple ingredients into delicious meals while fostering a love for cooking and an appreciation of diverse cuisines. Every session shares the inspiring passion of healthy and mindful cooking, encouraging adult learners to create signature dishes at home that suit their lifestyle, while inspiring younger learners to appreciate the food served at the table. Sharing creativity and passion with others is one of the many reasons to join the class. This IOCC (Inspiring One-Hour Cooking Class) will make them see food from a whole new level.

Weekly Cooking Menu Rotation

- Week 1: Indonesian Culinary such as *Nasi Goreng* (Indonesian fried rice) or *gado-gado*
- Week 2: Western Culinary such as Sandwich Creations (egg sandwich) or Gluten-free pasta
- Week 3: Japanese Culinary such as *Norimaki* (Japanese sushi rolls)
- Week 4: Cookies & Desserts such as vegan *kue pisang* in banana leaves
- Week 5: Juices & Smoothies such as cucumber, apple, carrot green juice
- Week 6: Burgers with Healthy Twists such as tofu or tempe burger or probiotic chicken burger
- Week 7: Noodles dishes
- Week 8: Mindful Salad Dressings
- Week 9: Dips and Accompaniments (e.g.: carrot and vegetable sticks, fries, croquettes, etc.)
- Week 10: Salty snacks such as veggie fritter, spring rolls

Guidelines

- Please inform us of any diet preferences or allergies during registration.
- Participants who commit to a monthly package will receive a discount of Rp5,000 per class.
- Payment must be completed before the class begins to secure a place.
- Each class requires a minimum of two participants to run.
- No-shows will be fully charged.
- Cancellations made at least 48 hours before the class will be transferred to the next available class.
- Cancellations made less than 48 hours before the class are non-transferable.
- If The Vinaya cancels a class, a transfer to another class will be offered.
- Parents or guardians are welcome to accompany younger learners. If they also take part in the cooking activities, the standard participation fee applies.



- All ingredients and basic cooking tools are provided by The Vinaya.
- Participants may bring personal items such as aprons, but The Vinaya cannot take responsibility for lost or damaged belongings.
- Photos or videos may be taken during classes for promotional purposes. Guardians who prefer that their child is not photographed should inform the instructor before the session begins.
- Safety is a priority. The Vinaya is not responsible for injuries that occur due to ignoring safety guidelines. All participants are expected to follow instructions carefully and maintain respectful behavior throughout the session.
- Courteous communication and cooperation help ensure an enjoyable experience for everyone.
- Disruptive behavior may result in removal from the class without a refund.
- By registering, participants and/or guardians acknowledge that they have read, understood, and agreed to these Guidelines on behalf of their child.