Hands-on approach for these budding masterchefs

MACKAY chef Sophia Ramon kept a strong handle on the bustling group of Northview State School students during her cooking class.

"Now, I want this dough to be silky smooth so you have to keep it moving — don't let it stop," she said.

The Year 2 and 3 students weren't afraid to get their hands dirty as they learned how to knead a pizza base that was infused with fresh herbs they grew themselves in the school's garden.

Northview State School deputy principal Wendy Ross said the cooking class came about with the help of a Smart Choice grant. The grant allowed the students to learn how to cook fresh produce from a qualified chef.

The school's main garden is free of weeds and boasts several hand-made scarecrows.

"We have a dedicated band of parents and teachers who are keen to keep this sort of gardening approach in our curriculum at school," Ms Ross said.

FRESH INGREDIENTS: Northview State School students Brady Buckton and Charlette Day collect herbs for use in their cooking class.

PHOTO: LEE CONSTABLE