

# Gym kitchen becomes classroom

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The Underground Gym has opened its small, but efficient kitchen to volunteer David Munro, who has been attending twice a week to teach children at the centre how to cook.

Munro has brought his skills and 10 years of food-industry experience to the kitchen, along with the generosity to stock it with all the essen-

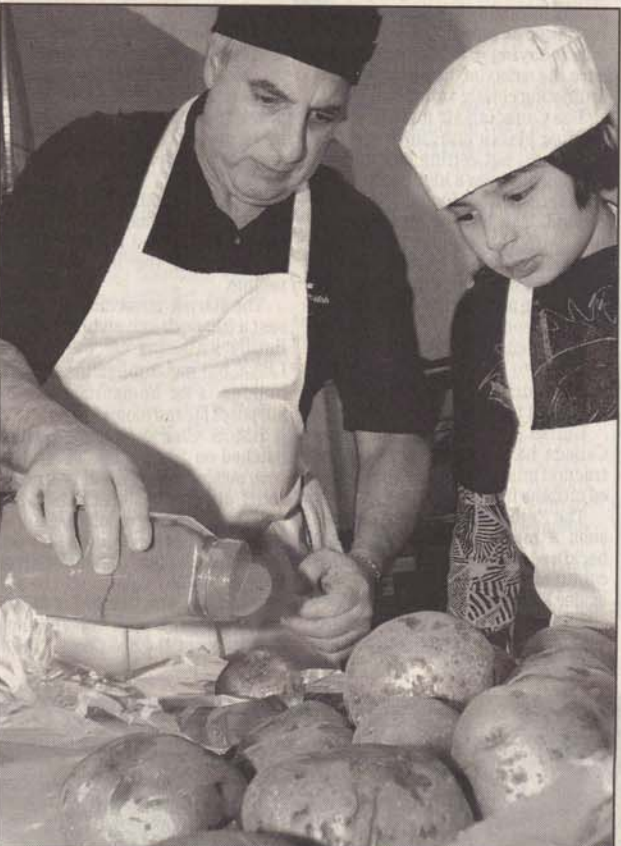
tial tools needed for large meal preparation. He's even supplied the food for the meal and the chefs caps and aprons for the children.

"Tonight we are having baked potatoes and stir-fried beef and peppers with a side of fresh vegetables," says Munro as he guides a youngster to count the 40 potatoes that need to be washed.

"The community kitchen is a place where kids can come to learn a life skill, while having fun in a clean safe environment," he said. "They can take these skills home and hopefully cook for themselves."

Munro works with four children at a time. None of these children have any cooking or kitchen experience at all. Each holding a paring knife and a fresh pepper over individual cutting boards, he supervises with gentle but firm safety instructions and carefully holds their small hands to guide them through the slicing of the vegetable.

Munro has a perfect recipe for a safe kitchen experience. The ingredients include cleanliness, co-operation and safety. He then offers a few kitchen short cuts and tricks mixed with a good sense of humour. Soon he has the children learning and preparing a meal for 40 pals with ease.



PHOTOS BY THE CHRONICLE-JOURNAL/SANDI KRASOWSKI

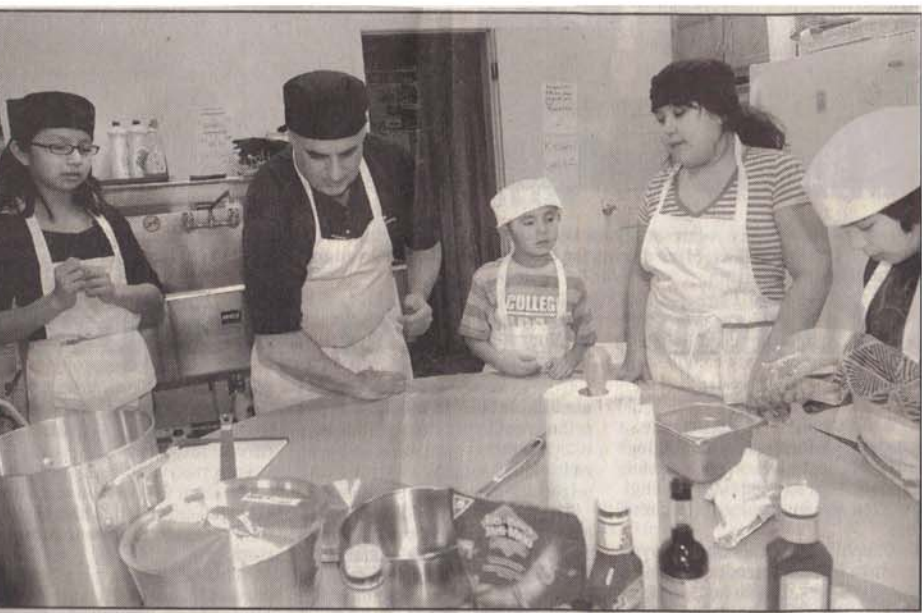
David Munro shows Cole Nothing the proper amount of paprika to put on a potato before wrapping it in the foil.



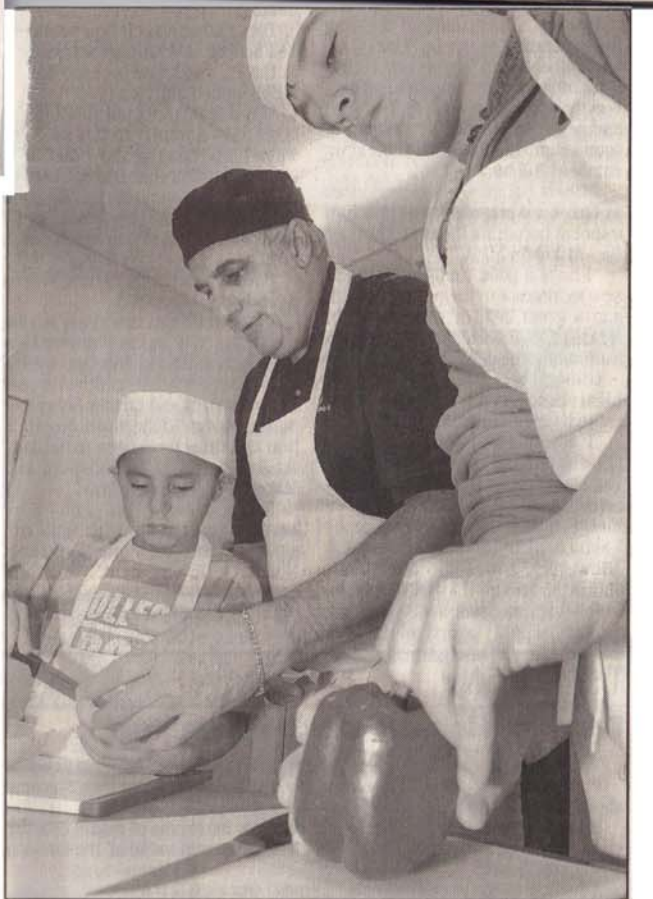
Although much quicker at dicing onions than his students, David Munro wasn't quick enough to stop the students from getting a few tears in their eyes.



Roy Kentner deposits his diced pepper into a bowl after learning how to safely use a knife.



The small kitchen at the Underground Gym is just the right size for David Munro and four children to prepare a meal for 40. Serena Kentner, David Munro, Roy Kentner, Destany Shapwaykeesic and Oliver Girardin are ready for the task.



A little hand holding is necessary to ensure the children handle a sharp knife carefully and efficiently.