

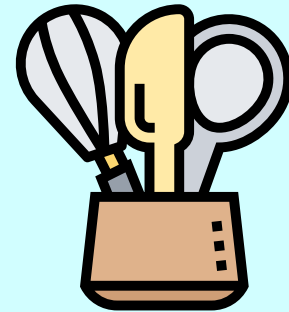
Kids' Cooking Class



This four week class will introduce students to essential kitchen tools, establish guidelines for safe cooking experiences, and take little chefs on new culinary adventures!

Kitchen Tools

- Apron
- Cutting board
- Kid-safe knife
- Crinkle cutter
- Whisk
- Vegetable peeler
- Measuring cups & spoons
- Spatula



Kitchen Rules

1. **Clean!**
 1. Always wash our hands to start.
 2. Nothing goes in our mouths (without asking)
2. **Safe!**
 1. Always work with an adult! Cooking is fun, but can be dangerous
 2. Listen carefully and wait for instructions
 3. Slow is safe!
3. **Fun!**
 1. Try new foods
 2. Learn new techniques and recipes
 3. Explore all the colors, tastes & textures

Weekly Plan

Week 1: Intro & Snacks Part I

- Overview of Kitchen Rules
- Overview of Tools (names, purposes)
- First recipes: Knife Skills (Stations?)
 - Skills: How to read a recipe, mise en place (setting everything out)
 - Tools: cutting board, knife
- Avocado Bread/Toast
- Apple Nachos
- Banana Pops

Week 2: Snacks Part II

- Review Kitchen Rules
- Review Tool names & purposes
- First Recipe:
 - Blueberry or Chocolate Chip Muffins
 - Skills: How to read a recipe, mise en place (setting everything out), measuring ingredients
 - Tools: Measuring cups, whisk
- Second Recipe (while muffins bake)
 - Crinkle Fruit Fries & Dip
 - Tools: crinkle cutter, veggie peeler, knife, board

Week 3: Breakfast

- Review Kitchen Rules & Tools
- Parts of a Meal
 - Protein, Grains (Carbs), Vegetables, Fruits, Dairy
- Breakfast Meal
 - Protein: Eggs & Meats (bacon, sausage)
 - Tools: griddle, tongs, spatula
 - Grains/Carb: Waffles
 - Tools: Measuring cups, waffle iron, tongs
 - Fruits: Berries, Bananas

Week 4: Pizza!

- Review Kitchen Rules & Tools
- Making Dough
 - Tools: measuring cups, Knives
 - Kneading, mixing
- DIY Toppings

