

Learn How to Cook with Joanne **Virtual Cooking Classes for Children** **Classes for January/February Session**



Eating Nutritious Can Be Delicious

Mondays: January 11th - February 8th; 4-5pm
Ages 6-12

Learn about the four food groups and what each one does for our bodies and the vitamins and nutrients in different fruits and veggies. Learn to eat the rainbow and make healthy snacks and meals and experience how eating nutritious can be delicious. Adult supervision required.

Don't Forget to Eat Breakfast

Tuesdays: January 12th-February 9th; 4-5pm
Ages 6-12

This class features classic breakfast recipes to teach kids how to crack eggs, practice with chopping veggies and begin to use the stove to cook easy recipes. Kids will be able to make their own breakfast. Adult supervision required.

Let's Get Cooking

Wednesdays: January 13th – February 10th; 4- 5pm
Ages 6-12

This class is an introductory class to kitchen safety and kitchen organization. Children will learn basic skills such as measuring ingredients, cracking eggs, how to cut pieces of fruit and veggies with a knife. This class does not use a stove. Simple recipes are made using fruits and veggies. Some classes will require heating recipe in a microwave. Adult supervision required for heating and using a knife.

The Family Table

Thursdays: January 14th – February 11th; 4-5pm
Ages 6-12

Learn how to combine spices with special baking techniques and cooking techniques to create baked goods and tasty dishes from around the world. Celebrate family traditions and discover how food brings family together in different cultures. This class uses heating methods including baking in an oven, cooking on a stove top, and microwaving. Knives will be used in food prep and to cut/slice baked goods. An adult must be present to assist children when using knives and heat.

