

LET'S GET COOKING!!



Wednesdays 3:30-4:30 Grades K-4

In this fun cooking class kids will prepare foods that do not require cooking. Some classes will use a microwave for heating. Classes will cover basic cooking skills:

- Kitchen safety
- Sanitation and Organization in the kitchen
- Set up and clean up in the kitchen
- How to read a recipe
- How to measure ingredients
- Basic cutting with a knife: slicing small fruits and vegies

It is recommended that an adult or older sibling be nearby for assistance if needed.

Week 1 Friday September 30th

Yogurt Parfait



Ingredients

2 ½ cups Yogurt (any flavor)

Fruit (any kind)

½ cup Granola or other crunchy cereal or ingredient **Utensils:**

a plastic cup

a cutting board

measuring cups

a spoon

a plastic knife

Class description: With this simple, yet, fun recipe kids will learn to read a recipe and measure ingredients. This class will discuss the different textures in this mixture and how adding too much of one will affect taste. Kids will learn to cut up fruit with a knife.

Week 2 Wednesday, October 7th

Quick Apple Cinnamon Oatmeal



Ingredients

½ cup Quick oats

1 tablespoon ground cinnamon

2 tablespoons honey or any other syrup

1 Apple (any flavor)

1 cup water **Utensils:**

A microwaveable bowl or cup

A spoon

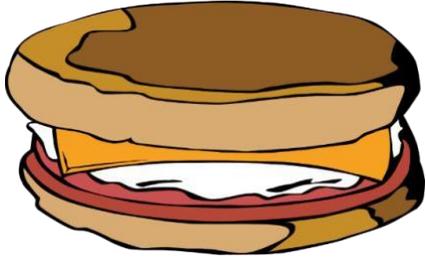
Measuring cup

An apple slicer or small paring knife ok for children to use

Class description: This easy oatmeal recipe will teach children to cut and core an apple and continue work with measuring ingredients. Oatmeal will be prepared in a microwave safe container and then heated. An adult should be present to assist with microwaving if child cannot use microwave on their own.

Week 3 Wednesday, October 14th

Quick Ham, Egg, and Cheese Breakfast Sandwich



Ingredients

Bagel, Toast or English Muffin

1 egg

1 slice cheese

1 slice ham (optional)

Utensils

A toaster

A small microwaveable bowl

A fork

Class Description: This class will teach kids to crack an egg and cook it in the microwave. Kids will make a breakfast sandwich with the ham, egg, and bread choice.

Week 4 Wednesday, October 21st

No bake pizza



Ingredients

1 slice pita bread

½ cup mozzarella cheese

1 tomato

Any veggies desired: onion, green pepper, anything else (optional)

Pepperoni (optional) Other

toppings (optional).

Utensils:

Small paring knife for cutting tomatoes

Cutting board

Round microwaveable plate

Class description: In this class kids will make a pizza using pita bread and heat in microwave. With this versatile recipe the class will discuss how different ingredients can be used to create “flavor”.