



## Edible Education Series 2020

### FOOD AROUND THE WORLD

Teaching culinary arts to kids works the best when concepts are kept **simple** and **practical**, and the skills are taught to strengthen their **motivation** and **confidence** to eat healthier.

In this **Food Around the World** series, young chefs will have the opportunity to improve their culinary skills while learning about different cultures

The curriculum is developed by Registered Dietitians whose vision is to connect GOOD FOOD with people!

The class begins with a cultural discussion and ends with a food project that tie food and culture together as ONE!

### Voices of Communication

**FOOD:** Food has the power to heal and connect. We intend communicate this message to your child through cooking.

**FUN:** Having fun is an integral part of life. Cooking brings learning and fun together as one!

**LOVE:** Love is an *art* of giving and receiving. We encourage the concept of loving ourselves and others through preparing and eating nutritious foods using fresh and wholesome ingredients.

*The more kids are engaging in preparing their own foods, the more **INDEPENDENT** they become, and the more **WILLING** they are to eat healthier!*

### Class Schedule

**Time:** TBA

**Location:** TBA

**Cost:** \$160 (plus \$40 material costs)

**Date:** TBA

### Class Description

#### Session 1: America

Fluffy Pancakes with fruit toppings

#### Session 2: Mexico

Tasty Tostada and Aqua Fresca

#### Session 3: Great Britain

High Tea Sandwiches with Clotted Whipped Cream

#### Session 4: Italy

Homemade Pasta with Marina Sauce

#### Session 5: Thailand

Pad See Ew (Thai Stir-Fry Noodle)

#### Session 6: Japan

Make Your Own Sushi

#### Session 7: China

Chinese Stir-Fry Rice

#### Session 8: Israel

Couscous Salad

**ASK FOR MORE DETAILS!**

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