



Culinary Camp 2020 FOOD AROUND THE WORLD

Teaching cooking 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 kids with GOOD FOOD!

We begin our session with a discussion on culture and food, and end our day with an art project, all of which are intended to tie food and culture together as ONE!

Voices of Communication

FOOD: Food has the power to heal and connect. We intend to 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: \$275/half day; \$475 full day
Include fresh ingredients, recipe booklet and a tour to a local ethnic restaurant

Class Description

Day 1: Great Britain

Fish & Chips/ Blueberry Scone/Tea
Sandwiches/Clotted Whipped Cream
Art: Palace Guards Craft Sticks

Day 2: Thailand

Chicken Satay/Pork & Veg Dumplings/
Mango Shaved Ice
Art: Thai Paper Elephant

Day 3: Field Trip/ Mexican

Taquitos/Guacamole & Salsa/Pineapple
Aqua Fresca/ Tres Leches Cake
Art: Mexican Paper Flowers

Day 4: Italy

Homemade Pasta/Marinara Sauce/
Caesar Salad/Biscotti & Italian Ice cream
Art: Leaning Tower of Pisa craft

Day 5: Japan

Japanese Pokémon & Hello Kitty Bento Box
(an edible art project)/Chocolate Mochi Cake
Art: Origami Fidget Spinner

ASK FOR MORE DETAILS!

W. [facebook.com/winykitchen](https://www.facebook.com/winykitchen)

E. wynskitchen@gmail.com

T. (310) 721-5280