



Edible Education

Middle Scholars Can Cook

Learning basic cooking skills and understanding what constitute healthy food choices are fundamental to building a **lifetime of wellness**. This is why we offer healthy cooking classes for children to create **simple, delicious** and **nutritious** dishes for themselves and share with others.

In this **Middle Schoolers** series, young teens will have the opportunity to make some of their favorite dishes while improving their culinary skills while

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

The class begins with a culinary discussion and ends with a food project and mindful tasting.

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: Salsa & Guacamole

Culinary: Knife Safety/Recipe Reading

Nutrition: Healthy Snack Ideas

Session 2: Breakfast Pancake

Culinary: Using Skillet/Whisk

Nutrition: Importance of Breakfast

Session 3: Turkey Chili

Culinary: Can opener/crock pot

Nutrition: Balanced Diet

Session 4: Spaghetti w/Meat Sauce

Culinary: How to cook pasta

Nutrition: Label Reading

Session 5: Chinese Fried Rice

Culinary: How to cook rice

Nutrition: Healthy Oil

Session 6: Omelets

Culinary: Skillet, Whisk, Folding

Nutrition: High quality protein

Session 7: Beef Stir-Fry

Culinary: Stir-Frying, Cross contamination

Nutrition: Benefit of Herbs

Session 8: Quesadilla & Salad

Culinary: Oven safety, grating

Nutrition: Balanced Diet

ASK FOR MORE DETAILS!

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

E. wynskitchen@gmail.com

T. (310) 266-5640/310-721-5280