



## Edible Education Series 2020

### Kitchen Chemistry

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

In this **Kitchen Chemistry** series, young chefs will learn about the science that goes into cooking. This will not only ignite their interest in science but also to improve their culinary skills in preparing food for themselves and share it with others.

The curriculum is developed by registered dietitians whose vision is to connect GOOD FOOD with children!

The class will begin with using the “scientific method” to form a hypothesis. Then students will perform their “food experiment.” This is an edible science project that ties food and science 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: Smoothie

Science: Taste Testing Analysis, the foundation of food science

#### Session 2: Pancakes vs. Crepes

Science: Leavening agents and how different agents work to create CO<sub>2</sub>

#### Session 3: Ice Cream

Science: Crystallization and the difference between ice cream and sherbet

#### Session 4: Waldorf Chicken Boat

Science: Oxidation and emulsion

#### Session 5: Cookies

Science: The science of cookies and how ingredients work together to make them so irresistible !

#### Session 6: Garden Salad

Science: Parts of plants and emulsion

#### Session 7: Yogurt Parfait

Science: probiotics and the world of microbes

#### Session 8: Baked Tofu/Chicken Tender

Science: The mechanisms of pan-frying, oven-frying, deep-frying and air- frying!

**ASK FOR MORE DETAILS!**

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