



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

## Edible Education 2020 Curriculum At A Glance

### Fee Schedule

8-Sessions	\$160( Plus \$40 material fee)
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### Curriculum:

<p><b>1) Eating From the Farmer's Market</b>        From savoring produce at the peak of the freshness to meeting the people who grow your food, there are many reasons to support farmers markets! In this <b>Eating From the Farmer's Market</b> series, children will learn easy ways to incorporate foods from the Farmer's Market into their diet  <b>Take Away Message For Children:</b> Shop local, eat seasonal! Supporting our local farmer's market is a healthy and meaningful way to live!</p>	<p><b>4) Food Around the World</b>        The best way to learn about another culture is through foods. In this <b>Food Around the World</b> series, young chefs will have the opportunity to improve their culinary skills while learning about different cultures  <b>Take Away Message For Children:</b> You have more healthy food choices when you become a global eater!</p>
<p><b>2) Beating The Lunch Blues</b>        Parents often hear their kids stating, "I am tired of sandwiches for lunch!" In this series, <b>Beating the Lunch Blues-No Sandwiches Included</b>, kids will learn new ideas for healthy lunches. Good for the parents and fun for the kids!  <b>Take Away Message For Children:</b> Think about balance. When preparing the lunch, be sure include all food groups: healthy protein, grains, fruits and vegetables</p>	<p><b>5) Kitchen Chemistry</b>        In this <b>Kitchen Chemistry</b> 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  <b>Take Away Message For Children:</b> Cooking is science! There is nothing more fun than to perform a scientific experiment and be able to eat it afterwards!</p>
<p><b>3) Garden of "Eaten"</b>        Many modern families struggle with kids to eat healthy. However, kids will often eat what they grow! In this after school garden series, kids will learn about planting, growing, and harvesting organic produce while sampling some delicious snacks center around fruits and vegetables.  <b>Take Away Message For Children:</b> When you take ownership of what you grown, you will eat better and enjoy a full life more!</p>	<p><b>6) Kids Can Cook 101( 5<sup>th</sup> grade and up)</b>        Learning how to cook is an essential life skill. In this series, <b>Kids Can Cook 101</b>, kids will learn every kitchen basics they need to be an aspiring chef!  <b>Take Away Message Children:</b> When it comes to cooking, remember two things: Be healthy and be safe. Pay attention to what you are doing and use the freshest ingredients to create delicious and nutritious dishes in time!</p>

**Winy Chen, RD** and **Dianne Staso, RD** are registered dietitians with over 20 years of industry experiences working with kids, teens, adults, and seniors. We are passionate about food and wellness. Winy's Kitchen is created with a vision to connect "GOOD" food with people! We believe food has the power to heal and connect. It is our intention to share this vision with fun and love, and empower people to make nutritious and delicious dishes on their own! Our programs are always designed with people's health and wellness in mind!