

# PROGRAM OVERVIEW

- Each day will feature interactive cooking sessions, guided by our experienced chefs, culminating in a final showcase where students can demonstrate their newfound culinary skills and creativity

## NUTRITION

- Understanding calories
- Daily nutritional needs
- Allergy-friendly meal alternatives
- Creating a colorful, healthy diet

## HEALTH & SAFETY

- Proper knife handling and maintenance
- Safe operation of kitchen equipment
- Understanding food safety practices
- Correct food storage techniques
- Safe cooking methods

## CULINARY SKILLS

- Quick 30-minute hot meal preparation
- Vegetable preparation skills
- Healthy snack ideas
- Baking basics
- Hosting a dinner for guests
- Ingredient sourcing tips
- Budget-friendly meal planning
- Meat preparation techniques
- Easy breakfast recipes