

# After-School Cooking Class



## Why choose us?

- Hands-On
- Educational
- Fun



## Fall Theme: Flour Power



In this baking course, our chefs-in-training will learn how to make delicious and nutritious desserts. We will explore ingredients familiar and new to bake savory and sweet dishes. Students will make Key Lime Pie, Little Orange Cakes, Avocado Brownies, and so much more! Foundational cooking skills will be taught, including proper techniques for measuring, mixing, slicing, dicing, and of course, kitchen safety! We hope to see you in the kitchen soon.



## Cooking Classes for Kids

- Kids will learn how to make healthy and delicious recipes
- Master cooking safety, measuring, mixing, dicing, chopping, zesting and more
- Learn about nutrition and healthy eating habits
- Explore international cuisine
- Further develop social-emotional learning and executive functions skills

## What We Teach



Culinary Skills



Nutrition



Culture of Food

**Classes start the week of September 9!**

**Classes will run at these school sites:**

### Grades K-4

- Cochise – Tuesdays 3:20pm-4:20pm
- Echo– Mondays 3:20pm-4:20pm
- Kiva – Fridays 3:20pm-4:20pm
- Redfield – Tuesday 3:20pm-4:20pm
- Copper Ridge - Thursday 3:20pm-4:20pm

### Grades 5-8

- Copper Ridge - Mondays 3:20pm-4:20pm

**Registration opens August 1<sup>st</sup>**

**REGISTER AT**  
[touchbase.susd.org](http://touchbase.susd.org)

Call or email with any questions: 773-697-3115 and [info@iCookAfterSchool.com](mailto:info@iCookAfterSchool.com)