

After-School Cooking Class



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



This semester's Theme: "Bake it 'Till You Make It"

- In this exciting after-school baking adventure, kids will whip up delicious treats with a healthier twist! Each class features two recipes– a mix of sweet and savory– that are seasonally inspired, like pumpkin brownies or avocado chocolate mousse.
- From muffins to mini-pizzas, young chefs will discover how to turn wholesome ingredients into mouthwatering creations.
- Let's bake up nutritious and delicious fun together!

WHERE: Harbour View Elementary School

WHEN: Wednesday

DAY: 1:30pm-2:30pm

GRADES: TK-5

MIN/MAX: 10/15

CLASS DATES: 10/15 - 12/17

NO CLASS: 11/26

PRICE: \$243 + processing fee (includes ingredients and supplies for two recipes per class)

REGISTRATION DEADLINE: Oct. 10th

**REGISTER OR LEARN MORE AT
iCOOKAFTERSCHOOL.COM**

Call or email with any questions: 773-697-3115 and info@iCookAfterSchool.com