

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 functioning skills

What We Teach



Culinary Skills



Nutrition



Culture of Food



This semester's theme: Sugar & Spice

- In our Sugar and Spice culinary theme, kids will enjoy the best of both worlds—creating one sweet and one savory recipe each class!
- Students will practice essential skills like measuring, mixing, sautéing, baking, and more—all while learning about kitchen safety and healthy habits. All ingredients and supplies are provided!

WHERE: Sequoia Academy

DAY: Monday

TIME: 2:45pm-3:45pm

GRADES: K-6

MIN/MAX: 10/15

CLASS DATES: September 14 - November 9

NO CLASS DATES: October 19



REGISTER

PRICE: \$200 + processing fee (includes all supplies and ingredients)

REGISTRATION DEADLINE: September 7th

REGISTER OR LEARN MORE AT
iCOOKAFTERSCHOOL.COM

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