

# 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 and 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!

- Budding chefs will discover how flavors work together as they explore a variety of ingredients, spices, and cooking techniques. From cookies and cupcakes to pastas and hand pies, every class offers a new hands-on adventure that's both educational and delicious.
- Along the way, they'll 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:** St John The Baptist

**Day:** Thursday

**Class Times:**

- TK-1<sup>st</sup> - 2:30 - 3:30pm
- 2<sup>nd</sup>-4<sup>th</sup> - 2:45-3:45pm

**MIN/MAX:** 10/15

**Class Dates:** 9/3 - 11/12

**No Class:** October 8th

**Price:** \$250 per session

**REGISTER OR LEARN MORE AT [iCOOKAFTERSCHOOL.COM](http://iCOOKAFTERSCHOOL.COM)**

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