After-School Cooking Class





iCook After School

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: Around the World

- In Around the World, students embark on a global culinary adventure as young chefs exploring delicious dishes from around the world while learning about healthy habits and kitchen safety.
- Kids will build confidence in the kitchen while mastering techniques like slicing, dicing, folding, baking, zesting, and more. All ingredients and supplies are included!

WHERE: Sequoia Academy
DAY: Monday
TIME: 2:45pm-3:45pm
GRADES: K-6
MIN/MAX: 10/15
CLASS DATES: January 4-March 15
NO CLASS: January 18, February 8, February 15

PRICE: $200 + processing fee (includes all supplies and ingredients)
REGISTRATION DEADLINE: December 28

REGISTER AT iCOOKAFTERSCHOOL.COM

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