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: Flavor Pop!

- Our chefs-in-training will learn how the addition of spices and herbs can transform food, add a pop of flavor, and provide added nutritional benefits too!
- 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-6th
MIN/MAX: 10/15
CLASS DATES: April 12-May 24

PRICE: $175 + processing fee (includes all supplies and ingredients)
REGISTRATION DEADLINE: April 5

LEARN MORE AT iCOOKAFTERSCHOOL.COM

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