# After-School Cooking Class



## 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!

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

**WHERE:** Sequoia Academy
**DAY:** Friday
**TIME:** 2:45pm-3:45pm
**GRADES:** K-6th
**MIN/MAX:** 10/15
**CLASS DATES:** April 9-June 4

**PRICE:** $225 + processing fee (includes all supplies and ingredients)
**REGISTRATION DEADLINE:** April 2

**LEARN MORE AT iCOOKAFTERSCHOOL.COM**

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