



EdVenture Eats

Kids Cook!

Monthly, First and Third Wednesdays, 4-5pm

Ages: **6-10**

Learn basic culinary techniques as you explore a world of nutrition-packed meals you can prepare on your own. It's never too early to begin learning about nutrition and the art of healthy cooking. This introductory class focuses on experiencing new flavors, fun assembly snacks and simple meal creation. Your child will learn basic culinary techniques and get to eat their prepared dishes.

\$10 per class

Kids Cook! Winter/Spring 2017 Schedule:

(Click on the date to register for a class.)

January 4	DIY Salad Bowls
January 18	Zoodle Spaghetti
February 1	Thai Pork Lettuce Wraps
February 15	Turkey Sausage Frittatas
March 1	Raspberry Chocolate Chip Oatmeal Cookies
March 15	Garlic Chicken Stir Fry
April 5	Swedish Fruit Pancakes
April 19	Sushi (California Rolls)
May 3	Punch Bowl Cake
May 17	Taco Night