

Cold Cooking for Kids/Cookie & Cake Decorating

Instructor: Kristi Brummal

Grade: 2nd and older *Parental approval to use knife and learn knife skills

1 Semester Each

Fees: \$30 monthly tuition fee plus a one time \$45 semester fee plus set of knife gloves (appx \$8)

Text: N/A

Course Description:

Cold Cooking for Kids is a class designed to teach kids how to prepare healthy, nutritious and fun foods for themselves and for their families. We will be utilizing cold methods only, which greatly reduces the risks associated with independent meal preparation for kids. We will cover the basics of a healthy plate. Knife safety, ingredient choices, flavor, texture and presentation. Students will learn to prepare healthy snacks, appetizers, main courses and desserts from scratch. Second semester will be cookie and cake decorating.