

STICKY FINGERS COOKING

2018.19 EXTRACURRICULAR INFO SHEET



THE GIFTED CHOICE™

NAME: Sticky Fingers Cooking

DESCRIPTION: Let your child release their inner chef! Students will prepare and eat healthy, globally-inspired recipes all while loving and learning to cook in a fun, engaging and irresistibly tasty way that will turn even the pickiest eaters into avid food explorers!

Our fun, inspiring and creative chef instructors mix together a sense of engagement and excitement as they combine the love of cooking and fun nutritional facts (even a few bad jokes!), safe cooking skills and hygiene, geography, math skills, food culture and history to help instill a lifetime love of delicious, healthy family cooking.

Your kids will have a blast every week discovering how easy and fun it is to cook (and gobble-up!) tasty, healthy, American classics as well as globally-inspired Sticky Fingers Cooking recipes! Sticky Fingers Cooking offers young chefs the chance to explore exciting tastes, all seasonal and as local as possible, master culinary skills that they can put to use in family kitchens, all while nourishing their bodies and minds.

We practice safe chopping, measuring and mixing skills, use a wide array of cooking utensils all while creating awesomely delicious recipes from the freshest ingredients. Full recipes will be created each class with our AWESOME master chef Sticky Fingers Cooking instructors.

Each delicious new recipe prepared by your young chef will be accessible here on our website after each class (stickyfingerscooking.com/recipes) for cooking up some delicious family fun at home!

LEADER(S): Cooking instructor (TBA from Sticky Fingers Cooking) - info@stickyfingerscooking.com

ELIGIBILITY: Junior Kindergarten - 3rd grade

MEETING DETAILS:

- Spring session - April 8 - May 20
- Day - Monday
- Time - 3:45 - 4:45pm
- Frequency - 1x a week
- Location - Room 202

REGISTRATION:

- Online registration required - <https://scienceandartsacademy.campbrainregistration.com/>
- A participation fee of \$140 due by the first meeting
- Registration on a first come, first served basis
- A minimum of 8 students are needed to run the class

ADDITIONAL INFORMATION:

- See school calendar for dates/times/location - <http://www.scienceandartsacademy.org/calendar>