

COOKING CLASSES

2019-20 EXTRACURRICULAR INFO SHEET



THE GIFTED CHOICE™

TITLE: Sticky Fingers Cooking - Cooking Classes

ELIGIBILITY: JK - 4th grade

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 on our website after each class (stickyfingerscooking.com/recipes) for cooking up some delicious family fun at home! Please scroll down for more curriculum details.

CONTACT: Lucy Warenski (*Illinois Manager, Sticky Fingers Cooking*) - lucy@stickyfingerscooking.com

MEETING DETAILS:

JK-1st grade

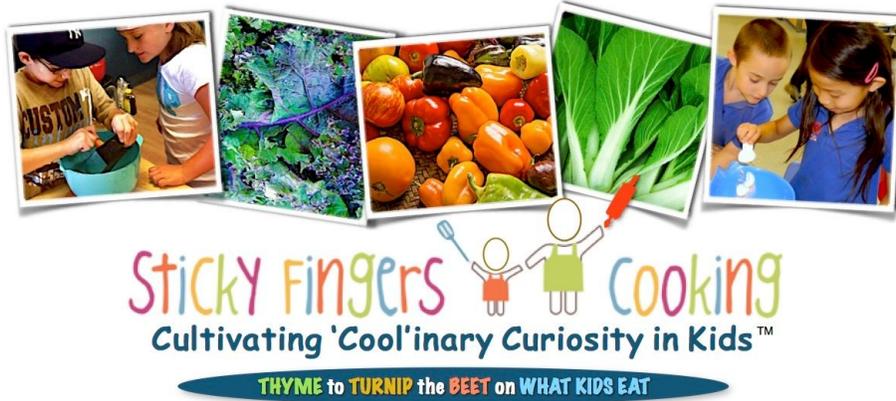
- Day - Monday
- Time - 3:45 - 4:45pm
- Frequency - Spring Session (8 classes) starts February 24
- See school calendar for meeting dates - www.scienceandartsacademy.org/calendar

2nd-4th grade

- Day - Tuesday
- Time - 3:45 - 4:45pm
- Frequency - Spring Session (8 classes) starts February 25
- See school calendar for meeting dates - www.scienceandartsacademy.org/calendar

REGISTRATION:

- Online registration required - <https://scienceandartsacademy.campbrainregistration.com/>
- Fee for Spring Session - \$160
- Registration open until all spots are filled
- Sticky Fingers Cooking must reach minimum of 8 students per group to run the session



BUDDING MaSTIR CHEF AFTER-SCHOOL COOKING CLASSES

Let your children release their inner masterchef!

We're whipping up some fresh and tasty content for your budding kid chef this season by focusing on 3 super fun COOL-inary themes in our after-school cooking class sessions:

- **FUN-da-mentals:** In our first class, your kid chef will develop confidence in the kitchen by learning the **FUN-da-mentals**: *measuring, mixing, mashing, blending, and more!* These skills set the foundation for cooking and baking, and students will learn these skills while creating a delicious sweet treat with a nutritious twist!
- **Kitchen Tools PhD:** In subsequent classes, students will move on to earning their **Kitchen Tools PhD!** Recipes provide tons of engaging and tactile learning for kids to perfect their dicing, slicing, mincing, grating, folding and chopping with a wide variety of kitchen tools, from graters and immersion blenders to whisks, wooden spoons and kid-safe kitchen knives. These kitchen tools help develop and hone fine motor skills as kid chefs prepare savory recipes together with their peers.
- **COOL-inary Confidence:** Students will also learn to *"Cook Off the Cuff"* for several classes and develop their **COOL-inary Confidence** with fun & flexible recipes that let them choose the vegetables, herbs, and spices from a bundle of colorful and tasty options. Each hands-on, real-world class will encourage your young chef to engage all of their 5 senses while expressing their own unique culinary creativity, trying new foods, and thinking about how each component will contribute to their own tasty recipe masterpiece in the end!

Our professional chef instructors guide kid chefs by providing safe, entertaining, hands-on learning throughout the class, but it's the kid chefs who do the prepping and the cooking! Our class sessions are a BLAST for all ages!

When kids get to touch the ingredients and have a hand in creating their food, they're much more willing to try new foods.

We provide all of the tools, ingredients and instruction needed to cook up a delicious, healthy and hearty after-school snack each week. Our online recipe collection is included as well for loads of future family cooking fun at home!

www.stickyfingerscooking.com/recipes