

# After-School Cooking Class



## Why choose us?

- Hands-On
- Educational
- Fun



## 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 functions skills

## What We Teach



Culinary Skills



Nutrition



Culture of Food

**Where:** Thornton Creek Elementary

**When:** Tuesday afternoons

**Time:** 4:00-5:00pm

**Dates:** Jan 10<sup>th</sup> – Feb 28<sup>th</sup> (8 classes)

**Grade:** K-5th

**Min/Max:** 15/22 students

**Price:** Free of charge for Thornton Creek Elementary. Please register at

[www.iCookAfterSchool.com](http://www.iCookAfterSchool.com)

**Registration deadline:** January 1<sup>st</sup>

**REGISTER OR LEARN MORE AT**

[iCookAfterSchool.com](http://iCookAfterSchool.com)

Call or email with any questions: 773-900-7074 and [info@iCookAfterSchool.com](mailto:info@iCookAfterSchool.com)