

# AFTER SCHOOL COOKING CLASS



## This Semester's Theme **SUPERHERO SUPERFOODS**

- Our young chefs-in-training will whip up superhero-worthy dishes packed with delicious, nutritious superfoods!
- Favorite recipes like berry crumble, stuffed mushrooms, veggie tots, veggie pizza, and more make every class a tasty adventure!



### **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

**School:** Westover

**Program:** iCook

**Day:** Thursday

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

**Class Dates:** 03/19, 03/26, 04/09, 04/16, 04/23, 04/30, 05/07, 05/14

**No Class Dates:** 04/02

**Number of classes:** 8

**Min/Max Enrollment:** 10/15

**Grades:** K-4

**Price:** \$200 + Processing Fee

**Registration Deadline:** Thursday, March 12th

**REGISTER OR LEARN MORE AT  
[ICOOKAFTERSCHOOL.COM](http://ICOOKAFTERSCHOOL.COM)**

Call or email with any questions: 773-697-3115 and [info@iCookAfterSchool.com](mailto:info@iCookAfterSchool.com)