



Fall Session at the Treehouse begins week of 9/29/2015
Cooking will meet on Mondays

When we think of kids in the kitchen, first thing that comes to mind is a BIG mess! Believe it or not, every healthy snack can be turned into an edible craft project. As the little Chef's learn to prepare their own food they begin to develop a sense of self-esteem. Another very important part of this program is to strongly enforce kitchen safety (we must set boundaries in the kitchen)! Along with kitchen safety is the need to ensure that children also understand the importance of cleanliness while cooking. This can include anything from hand washing to simply covering their mouth when sneezing. For the length of the course children will be learning proper nutrition as well as the basic food groups. On top of our weekly recipes cooking class will also include things such as understanding the food pyramid, "My Plate" & fruit and vegetable sorting. Our Pre-K & Kindergarten classes will even learn how to begin to read simple recipes. My program is designed to encourage children to try new foods while in the process always keeping safe and eating healthy. Any questions please feel free to contact me [@gpkidscooking@gmail.com](mailto:gpkidscooking@gmail.com).

We are 100% NUT FREE and also cater to other food allergies. Program will run for 10 weeks

Age_____ Email Address_____CAPS PLEASE
Child's Name_____

Parents Name_____Allergies_____

Teacher_____

Cost \$175.00 payable to Gail Paul