

KIDS THAT COOK!

A hands-on, interactive cooking class that empowers kids in the kitchen while pleasing their palates and improving their health



MISSION

We believe that kids, no matter their age, should have the knowledge and skills to take ownership of their health. By laying a strong foundation of nutrition knowledge, increasing self-efficacy in the kitchen and building confidence, children can establish healthy dietary habits and attitudes they continue for a lifetime.

Provided by Rabia Rahman, MS, RD, LD and Jenn Randazzo, MS, RD, LD

Co-founders and Owners of NOURISH

www.NOURISHstl.com | 314/932.2398

Program Description

What to expect

During each class, your child will:

- learn about nutrition through exposure to different foods
- hone basic culinary skills
- increase his/her confidence in the kitchen by learning how to read and execute various recipes

Get on the [Whole] Grain Train!

Students will identify whole grains and learn how they help our bodies grow! Recipe: Get your Granola On Granola Bars

Colorful Plates Make Life Great!

Learn how to choose vegetables that are in-season, local and taste great! Recipe: Spaghetti Squash Marinara

It's a Fruit-i-ful Day!

Learn about the importance of fruit for healthy bodies, how to select and store fruit and where fruit grows! Recipe: Fruit Salsa and Whole Grain Pita Chips

Mooooove over Milk!

Calcium comes from many more sources than just milk. Learn a variety of calcium sources that can please any palate, and participate in "dairy flights". Recipe: Smoothies

Going to Bat for Fats!

Learn how all fats can be part of a healthy, flavorful meal. Identify how fats help and harm our bodies, and learn when to use each type for best results. Recipe: Banana Bread

Stronger Muscle Means More Hustle!

Learn about the variety of proteins that we can choose daily for strong muscles! Recipe: Bean and Cheese Quesadillas

Family and Friends Appetizer Party!

As a graduation celebration, your "chefs" will create and execute a menu to be shared with close friends and family. Additional details provided later. Comprehensive recipe book provided.

In the News

"This study ... documents the importance of including cooking in school curriculum as it is a practical mechanism to promote health, social and educational skills to better prepare students for adulthood."

-- Dr. Leslie Cunningham-Sabo, PhD, RD, in response to a study conducted to evaluate the importance of incorporating cooking classes into school curriculums

Enroll

Kids That Cook

Contact: Miguel Figueras [314/752.4999]

Program Dates: 1/9/2012 - 2/27/2012

[no class 1/16 or 2/20]

Program Day/Time: Monday/ 4-5 pm

Cost [includes food and activity supplies]: \$130

Registration Deadline: 1/2/2012

Child's Name:

Date of Birth:

Allergies/ Health Concerns:

Grade/ Teacher:

Parent[s]/ Guardian[s]:

Email Address:

Payment Options [Return Checks and Forms to School Office]

Check. Make checks payable to NOURISH

Visa

Mastercard

Discover

Card #:

Name as it appears on card:

Expiration Date:

3-Digit Code Security Code [on back]:

Billing Zip Code:

Signature:

**By signing and providing payment, I hereby give my child permission to remain after school for the *Kids That Cook* class.