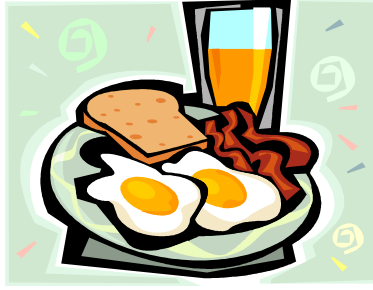


Kids Can Cook: Breakfast Club



Creative Cooking and Nutrition for Primary

This class will be taught by Karen Nowak (Primary teacher)

In this creative cooking class children will enjoy a healthy breakfast as well as participate in a hands-on cooking project during each one hour class.

Cooking Projects will include:

- Fresh Squeezed Juice
- Zucchini Banana Muffins
- Apple Carrot Pancakes
- Veggie Potato Hash Browns
- Green Eggs and Ham
- Egg in a Hole
- Tutti Fruiti Oatmeal
- Breakfast Calzones
- French Toast

We will learn about the food groups and all projects will include at least three food groups. Yes, that includes VEGETABLES! Children are more likely to try new foods when they have participated in the preparation. Children will also learn the importance of keeping hands and food preparation area clean while cooking.

When: Wednesdays, 7:45-8:45 am

February 1st – March 28th (9 weeks)

Where: The Palm Classroom, Valley Montessori School

The fee for this session is **\$155** payable to Karen Nowak. Please sign up on the signup folder in the front office and be sure to note if your child has food allergies. Checks should be placed inside of this folder prior to the class start date. All items must be completed before your child is guaranteed a spot.