

# After School Classes



## 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

These materials are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent or this school.

## Why choose us?

- Fun
- Educational
- Hands-On

## Theme:

## Culinary World Tour (ES)

Our chefs-in-training will learn how to make delicious and nutritious recipes inspired by international cuisine. We will travel across the globe to learn about cuisine and traditions of Europe, Southeast Asia, Central America, and beyond. We will make recipes like Nigerian chin chin, Turkish cacik dip, Peruvian veggie ceviche, Italian tiramisu, and so much more! Students will work hands-on with fresh herbs and vegetables, and experience how they enhance the aroma and flavors of our dishes. We will master cooking safety, slicing, dicing, chopping, folding, baking, zesting, mixing, and more! All ingredients and supplies will be provided!

**School:** Olde Creek Elementary School  
**Day:** Tuesday  
**Time:** 3:30 PM - 4:30 PM  
**Dates:** Oct 3rd - Nov 28th (8 weeks)  
**No Class Dates:** Nov 7th

**Grade Levels:** K-3  
**Min/Max Enrollment:** 10/12

**Price:** \$176.00 + processing fee

**Registration Deadline:** September 26, 2023

**REGISTER OR LEARN MORE AT**  
**[icookafterschool.com](http://icookafterschool.com)**

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