

# After School Classes

## Why choose us?

- Fun
- Educational
- Hands-On

## Theme:

## Flour Power (ES)

Our pastry-chefs-in-training will learn about the power of flour in our new Baking and Sweets course. We will explore ingredients familiar and new to bake savory and sweet dishes. Students will make Fudgy Pumpkin Brownies, Blueberry Muffins, Dessert Fruit Salsa, and so much more! Foundational cooking skills will be taught, including proper techniques for measuring, mixing, slicing, dicing, and of course, kitchen safety! We hope to see you in the kitchen soon.



## 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

**School:** Holy Spirit Catholic School  
**Day:** Tuesday  
**Time:** 3:30 - 4:30  
**Dates:** Jan 23rd - Mar 12th (8 weeks)  
**No Class Dates:** None

**Grade Levels:** 2nd - 5th  
**Min/Max Enrollment:** 10/12

**Price:** \$176 + processing fee

**Registration Deadline:** January 16, 2024

## What We Teach



Culinary Skills



Nutrition



Culture of Food

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

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