



Before you Begin

Program Goals

1. Basic food skills development - Including, but not limited to: basic knife safety; chopping; slicing; dicing; reading recipes; and principles of kitchen and food safety.
2. Confidence, desire and skills to participate in basic food preparation activities such as:
 - basic cooking and food-handling skills
 - reading and interpreting recipes
 - using basic food preparation equipment
 - taking an active role in food preparation
 - preparing healthy recipes that include vegetables and fruit
 - practicing healthy eating principles by preparing balanced meals and snacks



Let's Get Cookin'!