PRESENTS – Session 1
AFTERSCHOOL PROGRAMS ON CAMPUS
AT BENCHLEY- WEINBERGER ELEMENTARY!

CULINARY KIDS
No matter where we live, we all have one thing in common: Eating! Our chef brings all the elements of fun to the kitchen table as she and the Junior Chefs collaborate on delicious recipes each week. With a foundation of kitchen safety and nutrition, students will create unique dishes to take home while also gaining an appreciation for what food really is and where it comes from. We will learn measuring, seasonings, kitchen vocabulary, how to follow a recipe, and much more. This technique-based, hands-on approach to learning will make being a Junior Chef the most fun part of their day! Please contact us with any inquiries. Price to include materials. No walkups permitted, must be registered to attend.

Thursday Nov. 3- Jan. 5 6 classes $165

HOW TO REGISTER!
ONLINE: at www.fitkidsamerica.org
CALL: 858-583-0839
MAIL: to 5150 Randlett Dr., La Mesa, CA, 91942
E-MAIL: Jwhittles@fitkidsamerica.org

This is not a district sponsored event