

2016-2017 CHEF Co-op

Cooking

Instructor: Julie Kelchner

Class Code : CKG300

Co-teacher?

Tuition : \$85

Length of Class (1st sem/ 2nd sem/both)

fall

Materials Fee : food-included in tuition

Description

The goal of this class is to teach kids healthy food options, kitchen hygiene and safely handling food and kitchen equipment, including knives. Cooking is a grown-up life skill and it instills self confidence. We will be learning how to follow a recipe and some basic knife skills. We will be making a lot of things that the kids can practice at home (homework) and be helpful in the kitchen to their parents. We will be making some healthy breakfast options (instead of cereal), along with some yummy lunch and dinner meals. At the end of the semester, we will be meeting at Ronald McDonald house of Danville to prepare and serve a meal for families of children in the hospital. (not during co-op hours).

Grading Policy

Standard Policy

Specific Policy

There will be no grading. I will give a certificate of completion for portfolios.

Enrollment:

8

Max: 14

Pre-Requisites: none; ability to be responsible and not goof-off (for safety reasons)

Required Text:

Additional Materials:

Large plastic cutting board, chefs knife (new please or very sharp, cover preferred), paring knife (new please or very sharp, cover preferred), apron, hand towel

Contact Information

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