

# Middle School Cooking Class

Instructor: Michelle Price

Co-teacher?

Class Code : CKG310

Tuition : \$15

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

Materials Fee : \$15

## Description:

This class will introduce your middle school age student to measuring, pouring, baking, kitchen terms and kitchen tools. I am not a gourmet chef. I have no formal training--just a mom who loves to cook. I grew up in a family where we spent a lot of time in the kitchen or around the table. I paid attention and wanted to help. I officially fell in love with cooking when I was 11 years old, and I had my first cooking class when I was in 6th. grade. Since that day, I have tried countless recipes--some a success and some not. I love to watch cooking shows and try new ideas. My goal of this class is to teach students how to prepare a tasty, nutritious and edible dish. My goal is also to encourage each student to not be afraid to try something new and to not be afraid to fail, but to keep on trying. In this class, we will discuss: kitchen safety, importance of handwashing, preventing cross contamination, nutrition, meal planning, and cost saving tips for cooking. There will be various recipes that we will cook and homework will be sent via email. The homework will not be in depth and hopefully will be viewed as fun. An example of an assignment might be to plan a supper, which would include finding a recipe, listing ingredients, and giving an idea of the cost of your meal. Hopefully your students will come to see how cooking can be practical and fun. Students will need to bring an apron to class and long hair will need pulled back. Other times students may have to bring in an item from home such as if we need multiple rolling pins. For your convenience, I will be bringing all the food materials which will be covered by a materials fee.

Enrollment: 4 Max: 20

Pre-Requisites: none

Required Text: none

Additional Materials: Apron. Hair tie (girls). Periodically, an item may be requested to be brought in such as a rolling pin or other kitchen tool.

## Contact Information

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