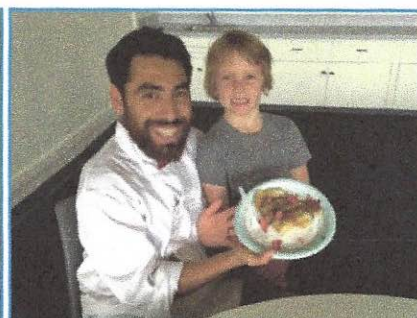




# LIFT ENRICHMENT'S COOKING CLASSES



## **Cooking For Kids:**

### **Fall 2019 - Mediterranean Favorites**

Kids will learn to cook Mediterranean classics in this fun, hands-on cooking class. Mediterranean food is considered one of the healthiest cuisines in the world because it focuses on lean proteins, healthy fats (olive oil) and lots of fresh fruits and vegetables without sacrificing flavor. We teach kids to expand their palates, try new foods and learn a variety of fast, easy recipes they can make at home. Develop your culinary confidence, learn from professional chefs and eat delicious food from Greece, North Africa, Spain, Italy and more!

Menu: Couscous Salad, Chickpea Saute with Greek Yogurt, Homemade Pita Bread, Beef & Veggie Shish Kabobs, Quinoa Salad, The "Chocolate-Cookie" Roll

## **Cooking For Kids:**

### **Winter 2020 – Asian Classics**

Kids will learn to cook Asian cuisine in this fun, hands-on cooking class. Our Chef Teacher will take kids on a culinary journey through Japan, China and Thailand as we combine food, culture and science. Our goal is to teach kids to expand their palates, try new foods and learn a variety of fast, easy recipes they can make at home.

Includes a digital cookbook, video tutorials and a Kid Restaurant for parents and tasty food each day!

Menu: Spring Rolls, Homemade Sushi Rolls, Ramen Noodles, Orange Chicken, Pineapple Fried Rice, Pad Thai Noodles, Sticky Rice with Mango and more!

## **Cooking For Kids:**

### **Spring 2020 – Mexican Fiesta**

Kids will learn to cook authentic Mexican and South American cuisine in this fun, hands-on cooking class. Our Chef Teacher will take kids on a culinary journey through Latin America while combining food, culture and science in each lesson. Our goal is to teach kids to expand their palates, try new foods and learn a variety of fast, easy recipes they can make at home. Includes a digital cookbook, video tutorials and a Kid Restaurant for parents and tasty food each day!

**Menu:** Nachos Especiales, Veggie Quesadillas, Tex-Mex Salad, Peruvian Quinoa Stew, Guacamole, Pico de Gallo, Homemade Tortilla Chips, Chilaquiles, Arroz con Leche (Mexican Rice Pudding), Pancakes with Caramel, Crunchy Beef Tacos and more!