



# LIFT Enrichment After School Cooking Classes

St. Serra School - Spring 2019



## Spring 2019 - 5 Ingredient Feast

Your kids will learn to make EASY, simple, healthy AND delicious foods in our fun, interactive cooking classic. This session features tasty meals using ONLY 5 ingredients. 5 Ingredient Feasts include: Chicken Teriyaki with Veggies, Breakfast Greek Yogurt Parfaits with Fruit and Homemade Granola, Spinach Apple Salad and more! Each lesson students will develop their culinary skills while learning about nutrition, culture and even dining etiquette. At the end of the session, parents are invited to our Kid Restaurant where your kids are the waiters and chefs! Get hungry to learn the art of cooking.

Additional Recipes Include: Mac & Cheese, Gluten-Free Chocolate Banana Pancakes, Shaved Brussel Sprout Salad, Rigatoni with Lemon & Asparagus, Ceviche, Okonomiyaki and more!

On the last day of class, parents are invited to our Kid Restaurant, where the parents can see what their kids learned during the session. Get hungry to learn the art of cooking!!

A digital cookbook with all of the recipes from this session will be emailed to all participants the day before the first class so you can recreate the recipes at home!

**Day of the Week:** Wednesdays

**Dates:** 4/10, 4/17, (no 4/24), 5/1, 5/8, 5/15

**Lessons:** 5

**Time:** 2:00pm-3:00pm

**Price:** \$110 per student

**Grades:** K-2



***Space is limited register today! Only 16 spots available***

***Registration Deadline: 4/5/19***

**Register at [www.LIFTenrichment.com](http://www.LIFTenrichment.com)**

**Or Call (310) 890-8704**

**LIFT Enrichment teaches kids to cook and improve their health!**