

Kids' Healthy Kitchen: Fall Foods

Dates: September 11 - October 23, 2013 (7 weeks)

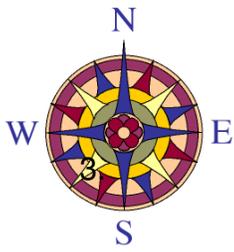
Instructor: Stacy Miller

Objective: Apple Quinoa Salad, Sweet Potato Muffins, Pumpkin Dip and Vegetable Chili-Yum! These sound not only like a menu from the *Food Network* but also like fall comfort foods that you wish your kids would eat. Now they will! Kids' Kitchen will get students excited about helping in the kitchen and eating healthy foods. Menus are designed to be nutritious, fun, and simple to make, but also to expose students to healthy ingredients they may not regularly eat. Kids will learn important kitchen skills such as safety, sanitation, basic knife skills, measuring, and reading simple recipes. Students will be eating what they make each week and bringing home the recipes. The final class will be a kids' Iron Chef-style competition where students are given a secret ingredient to incorporate into a unique recipe!

There is a \$25.00 material fee for this course payable to the instructor on the first day. Students will be asked to bring an apron, plastic storage container, and their own knife to class. Details of suggested student knives will be provided. Sorry, but students with allergies to food ingredients cannot be accommodated in this class. Recipes may contain dairy, wheat, eggs, gluten, and/or nuts.

Preliminary Course Outline

<u>Week</u>	<u>Theme/Topic</u>
1.	KITCHEN SAFETY <ul style="list-style-type: none">• Reading Recipes, Measuring Liquids & Dry Ingredients, Sanitation & Washing Hands, Basic Knife Skills• Meal Planning
2.	APPLES <ul style="list-style-type: none">• Apple and Quinoa Salad• Apple Crumble• Apple tasting



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PUMPKIN

- Greek Yogurt Pumpkin Dip
- Fall Spice Tasting

4. CHILI/VEGGIES

- Comfy in the Cold Chili
- Food Match/Food Facts

5. SWEET POTATO

- Sweet Potato Muffins
- Healthy Muffin & Baking Substitutes

6. TURKEY

- Turkey Cranberry Salad Pita Pockets
- Iron Chef Preparation

7. MYSTERY INGREDIENT

- Healthy Iron Chef Competition

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