

COMING SOON!



Are you and your family Food Network junkies? Do your kids longingly watch all the cooking competition shows, from the couch?? Now they can participate – after-school cooking courses now being offered in Rochester and Rochester Hills!

cook. learn. grow.

A New Learning Experience for Kids

Our curriculum is based on the most current and up-to-date Dietary Guidelines for Americans (2010), guidelines that recommend less sodium, sugar, and fats; more whole grains; smaller protein portions; and more nutrient-dense vegetable servings. Children will learn:

- 1. Where food comes from and how it's grown**
- 2. How to create a balanced meal using MyPlate (www.choosemyplate.gov)**
- 3. Hands-on instruction on cooking techniques, to include:**
 - Knife Basics (cutting skills)
 - Cooking Fundamentals
 - Nutrition (reading labels)
 - Food Science
 - Kitchen Safety
 - Proper Food Handling
 - Menu Planning/Food Presentation

PRE-REGISTER NOW FOR JANUARY 2015 CLASSES!

Pre-register by sending the following information to **info@rata2ee.com**:

Child's Name:	Parent's Name:
Home Address:	Email Address:
Phone Number:	School:
Grade:	

Classes will be held at Reuther and VanHoosen Middle Schools. More information on dates/times will be sent to pre-registered kids by 12/26/14

Rochester Community Schools does not support or endorse any of the organizations and/or activities/events identified in this flyer.