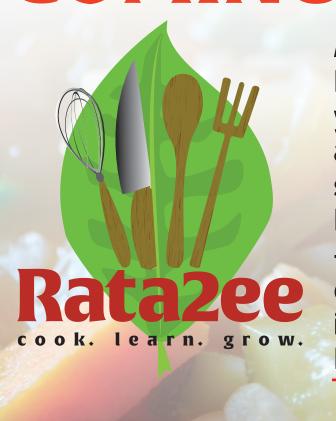
## **COMING SOON!**



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.