

Creative Cooking with Kim

For Grades 3-6

Thursday: 3:30-4:45 p.m.

Grades: 3-6

Cost: \$200.00 Includes all food/supplies. (Checks payable to TDS)

Class Limit: 6-10 (I am also in need of a parent /8th grade student assistant/volunteer)

Location: Staff kitchen. (Kim will pick everyone up from the picnic tables outside the TAP room).

9 Sessions: Oct. 7, 14, 21, 28, Nov. 4, 11, Dec. 2, 9, 16

Registration Deadline: Tuesday, September 28, 2010 (Late processing fee is \$12.00)

Join Kim in the fun of a weekly kitchen adventure! Our class will provide a perfect laboratory for cooking-exploration in a safe place (where the mess is kept at school and out of your kitchen at home!). Cooking in a group not only provides wonderful opportunities and tools to promote positive social interactions and independence, but also ends with some very yummy treats.

We will create snacks with a nutritional twist and some of the projects might include sweets/treats with a healthy twist. We will explore cooking basics, discuss food choices, healthy snacks and more. Now where does Kim's famous Broccoli Ice Cream fit in?? To both nutritional *and* sweet category! If you haven't tried it yet, you will get a chance to do so!

Instructor: Kim Stanley, Elementary P.E. teacher at Tehiyah has been offering Fun and Games classes and sports skills for eight years at Tehiyah, and she also loves to cook fun simple meals and healthy snacks, and especially loves to EAT them!

Contact: 233-3013, ext. 240, kstanley@tehiyah.org

The registration form is below.

-----Please cut and attach with paper clip to front of check-----

Enrichment Class _____ Instructor _____ Day: M T W TH F Cost: \$ _____

Name of Student _____ Grade _____

Name of Parent/Guardian _____ Home Phone # _____

E-mail _____ Emergency Phone # (or if class meeting is cancelled) _____

Please check if your child normally takes the **3:30 Tehiyah School Bus** on the day of the class:

If yes, please check if you want your child to resume riding the 3:30 Tehiyah School bus once the 8-12 week session is completed:

Please check if you want your child to ride the 5:00 school bus for the duration of the class: