



# Free Cooking Classes for Kids

## with youth instructors

### What do they learn?

- How to cook a healthy new recipe each class
- How to prepare and eat more fruits and vegetables



### Who can join and when are the classes?

Grade Level(s):

Dates:

Time:

Class location:

If interested, please contact:

# Teens as Teachers Cooking Academy Training for teen instructors

Date:

Time:

Location:



## Training Objectives

- Prepare teen teachers to plan and implement lessons from the Cooking 101 curriculum
- Identify MyPlate and use it as a guide to make healthy food and beverage choices
- Identify and practice proper hygiene and food safety

## Agenda

1. Welcome and introductions
2. EFNEP/4-H paperwork
3. Food safety and cooking equipment identification
4. How to prepare for cooking lessons
5. Prepare recipes
6. Review lesson schedule and logistics
7. Debrief



For more information please contact: