



CULINARY WEEK

Monday

Activity: Knife Skills 101

Tuesday

Field Trip: Grocery Store

Wednesday

Activity: Kitchen Skills 101

Thursday

Activity: Pancake Art

Friday

Activity: Create your own Energy Ball



About Culinary Week

During Culinary Week, kids will have an exciting time in the kitchen! They'll explore all about kitchen utensils, learning how to use them safely and effectively. Hygiene will be a big focus, as they'll discover the importance of keeping things clean while cooking. They'll also get to go grocery shopping, where they'll learn how to choose fresh ingredients and understand what makes a healthy meal. The artistry of cooking will be highlighted, allowing them to express their creativity through food. Plus, they'll understand how selecting the right foods can help keep our bodies strong and healthy. It's going to be a fun and educational week filled with delicious discoveries!

1- Monday



Today, children will embark on an exciting journey into knife safety. Rest assured, these will be kid-friendly knives designed for young hands. They will learn about different types of knives, such as paring, serrated, chef's, and their specific uses in the kitchen.

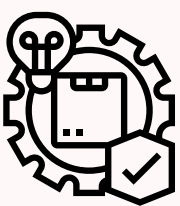
Once they feel confident, we will dive into a fun and tasty activity: chopping fresh fruits to create our own delicious smoothies. This not only reinforces their knife skills but also encourages healthy eating habits. By the end of the day, the children will not only have learned about knife safety but will also enjoy a refreshing treat they made themselves!

2-Tuesday



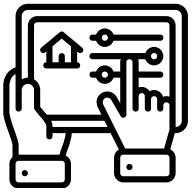
This week, our field trip will take us to the grocery store, where the children will have the exciting opportunity to learn how to select ingredients for their pizzas. They will explore various sections of the store, discovering fresh vegetables, different types of cheese, and various pizza toppings. Additionally, they'll gain practical experience by understanding how to make payments for their groceries, which includes using cash and cards. This hands-on experience will not only make learning fun but also empower them with essential life skills.

3-Wednesday



Today, we will further develop our culinary skills by exploring kitchen equipment, safety, hygiene, and essential culinary terminology. I will guide the children in making pizza dough from scratch. Following that, each child will prepare their own pan-grilled pizzas, creating one savory and one sweet version. As an added bonus, they will also learn various techniques for tying dough, allowing them to make their own pizza knots at home!

4-Thursday



Today, we're diving headfirst into a kitchen escapade where pancakes become our canvas! Get ready to unleash your inner artist as we splash in some food coloring to turn those fluffy discs into vibrant masterpieces. And once our tasty art is complete, we'll gather 'round to devour our deliciously colorful creations together!

5-Friday



Today, we'll explore how our bodies create and store energy, which is essential for feeling good and staying active! Our main energy sources are carbohydrates, proteins, and fats.

Carbohydrates provide quick energy by turning into glucose, while fats serve as a backup for longer activities. Proteins help build muscles and can also supply energy when needed.

Energy is stored in our bodies as glycogen in the liver and muscles, and as fat. This stored energy supports us during times without food, like long school days or intense exercise.

To maintain steady energy levels, focus on whole grains, fruits, veggies, lean proteins, and healthy fats. These foods release energy gradually, preventing sudden drops.

Today's star ingredient is oatmeal, a great source of complex carbohydrates and fiber. We'll make energy and protein balls with oatmeal, nuts, seeds, dried fruits, and natural sweeteners—perfect for snacks or breakfast!

Let's enjoy cooking and learn about the health benefits of our ingredients along the way!