

# Igniting your passion for cooking

**Cooking Classes for adults  
and children**

**Private Cooking Events for  
corporate groups and family  
celebrations**

**A store full of inspiration**

- **Cookware and Cutlery**
- **Gadgets and Table Top  
Accessories**
- **Bakeware and Barware**
- **Gourmet Pantry**

**Fall 2017  
4-session program  
\$149**

**Wednesdays  
4 to 5:30 pm**

**Next start date  
October 18<sup>th</sup>  
(10/18-11/15)  
(No program 11/1)**

## **Pans on Fire**

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[www.pansonfire.com](http://www.pansonfire.com)

## **Kids in the Kitchen Cooking Club**

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An after-school program for  
Kids in Grades 5-8





## What it's about

The Cooking Club teaches children food preparation skills and allows them to participate in fun learning activities about food, nutrition and food safety.

The children will learn:

- the skills they will need to cook balanced, low-cost snacks and meals
- that cooking is fun
- how to make healthy food choices

The Cooking Club helps to accomplish this goal in several ways:

- By providing opportunities for children to improve their food preparation skills
- By teaching children healthy nutrition practices in a fun manner
- By giving children the opportunity to learn about foods from different cultures
- By providing a stimulating learning environment
- By encouraging food security through promotion of affordable meal and snack ideas

## The “Fringe Benefits”

If having fun and learning an important life skill aren't enough, there are plenty of other educational benefits derived from taking part in the Cooking Club. Here are a few of the skills and learning abilities that kids can develop:

- Sensory skills – Through tasting, hearing, touching, smelling and seeing, children will be exposed to and identify different foods.
- Motor skills – Active involvement with food will help large and fine motor skills. As well, food preparation enhances eye-hand coordination.
- Mathematics – Kids count, measure and follow recipe directions in the food-related activities.
- Safety – During food preparation you can teach children the importance of safety when dealing with food, utensils and appliances.
- Social skills – Working with other children will give the kids a sense of sharing and cooperation and an understanding of how to interact with others in groups. They will be able to learn from one another.
- Emotional development – As children learn to make something for themselves, they develop a sense of independence and a positive self-image.
- Language skills – Food activities provide a rich opportunity to learn the names of foods and utensils. Many food activities can also encourage conversations about food.



## Sample Program

### Week 1: Breakfast

Discussion on kitchen safety . Demo on measuring  
Menu: Biscuits and Gravy, Fruit Smoothie

### Week 2: Lunch

Discussion on nutrition, especially on fruits/veggies . Demo on knife skills  
Menu: Minestrone Soup, Quesadillas

### Week 3: Healthy after School Snacking

Discussion on healthy snacks/low salt/homemade vs preservatives  
Menu: Hummus and Pita Chips, Granola Bars

### Week 4: Budget Dinners

Discussions about timing/meal planning and cost of meals  
Menu: Macaroni and Cheese, Ranch Salad

## Contact Us

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