

Dedicated To Youth Foundation, Inc.

Presents the

KIDS KITCHEN CLUB

Professional Instruction

All of the classes taught in our Kids Kitchen Club are lead by classically trained chefs and graduates of fabulous culinary schools.

Healthy Eating Camp: Vitamin C

Description: Today we are focusing on Vitamin C: it is essential for our immune system and keep us healthy - The tastiest way to grab some of this fab vitamin is with a colorful tropical salad and washed down with a delightful kiwi -apple beverage that we're making from scratch. Camp Tuition includes: Uniform and Tool Kit.

Healthy Eating Camp: AntiOxidants

Description: What the heck are they - and why does our body need these ? Where can we get them ? Don't fear the fish chefs - we are making a crazy tasty teriyaki salmon. It's all about branching out and trying new things. Your body will thank you !

All we are saying: Is give peas a chance (9+)

Description: Peas ARE our friends - Don't worry we're not just having peas - but an Italian classic: Chicken Vesuvio with Roasted Potatoes. YUMM...Come on - give peas a chance.

Mom and Dad: Lets Make Dinner

Description: Family Day : Lets Make a healthy Dinner that we all LOVE ! When the kids are part of the planning and making dinner they are more apt to eat it up. Today: Carmel Chicken with Rice. Mmmmm

Springtime Salad: Salad As A Meal

Description: A Salad as meal ? Yup, when you create a Salmon, Red POTato and Apsaragus salad. We'll be making a light and crisp dressing for this healthy, colorful meal. We'll be eating our meal - so Mom don't worry about their dinner tonight !

No School today ? Chicken Cordon Bleu

Description: Schools out today ! Yeah...We're going to learn to make a delicious classic: Chicken Cordon Bleu - You know you'll love it. Don't worry about lunch today Mom - the chefs will be eating their creations.

Little Chef Culinary School: Quesadillas

Description: We are learning to make tortillas from scratch today

Fresh Pasta: Spaghetti and Fresh Meatballs

Description: Fresh Pasta from scrtach ? You CAN do it - along with the best meatballs you've ever tasted. This class is for chefs ages 7+.

Dessert:

Vegetable Ice Cream by Dominion Ice Cream