



FREE

COOKING ACADEMY

Join us for our 6 week cooking academy and learn essential cooking skills and tons of new recipes

Hosted by Farm Smart & UC CalFresh Healthy Living

**AGES:
7-18**

7-12: Pair with teen teachers and learn new skills

13-18: Teen Teacher - Cooking Instructors
Volunteer certification included

Dates: July 11th - August 15th

Day: Every Tuesday

Time: 9:30am- 11:30am

Where: 1004 Holton Rd.
Holtville CA, 92250



Contact Us:
vlanderos@ucanr.edu
760-356-3067

Scan to Register or visit our
website: ucanr.edu/camps

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



"CALIFORNIA'S CALFRESH HEALTHY LIVING, WITH FUNDING FROM THE UNITED STATES DEPARTMENT OF AGRICULTURE'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - USDA SNAP, PRODUCED THIS MATERIAL. THESE INSTITUTIONS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. FOR IMPORTANT NUTRITION INFORMATION, VISIT THE CALFRESH HEALTHY LIVING WEBSITE"

COOKING ACADEMY CLASS SCHEDULE

Week 1: Teens as Teachers Training

The first week will be for the 13-18 year old participants where you will learn

Week 2: Kitchen Rules & Safety

Understand the importance of rules and safety in the kitchen - learn how to use kitchen tools, cooking terminology, and how to read a recipe.

Week 3: Crispy Tofu + Stir Fry

Practice, prepare, and enjoy a variety of vegetables and new foods.

Week 4: Berry French Toast

Learn about grains and how to make a classic breakfast dish!

Week 5: Rainbow Pinwheel Veggie Wraps

Identify and learn to prepare healthy snacks and beverages at home and school.

Week 6: Creamy Mac & Cheese

Learn to choose healthy food and make a whole wheat pasta dish.

Week 7: Apple Pie Cups

Prepare an easy and quick healthy dessert option

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



UNIVERSITY OF CALIFORNIA

"CALIFORNIA'S CALFRESH HEALTHY LIVING, WITH FUNDING FROM THE UNITED STATES DEPARTMENT OF AGRICULTURE'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - USDA SNAP, PRODUCED THIS MATERIAL. THESE INSTITUTIONS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. FOR IMPORTANT NUTRITION INFORMATION, VISIT THE CALFRESH HEALTHY LIVING WEBSITE"