



**"The Kids Master Chefs Cooking Classes"**  
**Sweet Crumbz Gourmet with Instructor Chef Net**

**4 week session: Tuesday, May 7 - 28th 5:30—7:00 p.m.** (held at the Goose Creek Community Center)

**Ages: 10 & up**

**Cost of 4 week session: \$55R/\$60NR Supply Fee: \$20 paid to the instructor on the 1st class (cash only)**  
**Students are encouraged to bring a clean apron to class.**

**Session #1**

**What to Expect:**

- Introduction to Creative Fun in Healthy Cooking
- Cleanliness in the Kitchen
- Learning to Measure
- Prepare to make fruit tacos with
- Peanut Butter and Jelly Tacos

**Session #2**

- Create a quick and cool bite to eat
- Pasta surprise
- Discuss favorite recipes made with pasta
- Master Chefs prepare to make Pasta meatball cupcakes



**Session #3**

- Fun Learning and Tasting Healthy Snacking
- Comparing regular snacking to healthier snacking
- Let's Do it with Veggies
- Prepare for wrap making using Black Beans and Sweet potato filling / will include two choices of fillings

**Session #4**

- Master Chefs to wrap up final class
- Groundwork to complete a healthy chicken strip meal
- Complete with vegetable combo and plated to serve and taste
- Safety in the Kitchen
- Learning to eat healthy foods exploring vegetables and fruits



For more information contact the Goose Creek Community Center at 843-569-4242 or visit [www.goosecreekrecreation.com](http://www.goosecreekrecreation.com)