

Let's Cook! . . . After School



Experience a cooking and nutrition education class with a Registered Dietitian and personal chef from My Chef Shirley, LLC. The hands-on cooking classes will teach students how to make seasonal and nutritious recipes using fruits and vegetables while creating fun memories with friends in the kitchen! Students will learn about seasonality, beneficial nutrients, and mindfulness. As students move through the course they will also learn about safety and sanitation, vital knife skills, food tasting and seasoning, and various culinary techniques.

Because space is limited, students registering for this program should be available to meet for each of the seven planned sessions. Thank you!

WHEN:

3:00 to 4:25pm; **7 Sessions; Mondays | 10/21 & 28; 11/11 & 18; 12/2, 9, & 16**

WHERE: D104, Family & Consumer Life Sciences Cooking Lab

Program Fee: \$20; cash or make check payable to Robinson Secondary School

Guest Instructor: Chef Jennifer Littau

Faculty Sponsor: Mrs. Esslinger, FACS Instructor; kwesslinger@fcps.edu

How to Register:

Sign and return the bottom portion of this form with program fee to Mrs. Aunon during your lunch period in the cafeteria. Space is limited to 18 students. Contact Mrs. Aunon if you have any questions: mfaunon@fcps.edu

An email will be sent by 10/10 confirming registration status.

Let's Cook STUDENT RESPONSIBILITIES:

Students enrolling in this program **will be using chef knives**, and therefore, will be required to have on **closed toed shoes** during the activity time. **Students who do not come properly attired cannot participate.**

Participation in this program may be denied and parents may be asked to pick up their child if the guidelines, including chronic lateness to check-in or use of utensils, other than for chopping food, are not followed.

I, (student's signature) _____, understand and agree to follow all program safety rules while participating in this program.

Print Student Name: _____ **Grade:** 7 or 8 **Locker #:** _____

Parent/Guardian Signature: _____ **Date:** _____

Print Parent Email for Registration Confirmation: _____

