Grades 3-5 and 6-8
Cooking, Nutrition, and Exercise all rolled into one class!

Chefs in Motion provides a unique experience that places participants in a truly hands-on environment in the kitchen to learn basic cooking skills and methods. It also allows youth to engage in non-competitive physical activity.

Overall wellness program that combines:
exercise • cooking • nutrition

- Basics of food and nutrition
- Hands-on cooking
- Learn to cook a full meal
- Healthy snacks, meals, and desserts
- Non-competitive physical activity
- Train for a 5K

Each Participant Receives:
- Chefs in Motion T-Shirt
- OSU Water Bottle
- Chefs in Motion Cookbook which will include every recipe that is used in class
- Complete, and nutritious meal made entirely by the Chefs during each class.
- Entry to into 5K Community Race Event

Physical Activity
During the physical activity portion of class, chefs will learn important aspects of maximizing the benefits of their workouts such as:
- A wide array of proper stretching techniques
- Warm-up activities that prepare you for the workout
- Instruction with proper running form and running techniques
- Setting personal goals and mapping ways to achieve them
After the workout, it is off to the Milam Hall kitchen where they will observe demonstrations and have hands-on experiences making their own delicious meals.

Cooking
Through demonstrations and personalized instruction from our culinary staff, students will learn essential cooking techniques such as chopping, kneading, peeling, pan-frying, marinating, and caramelizing as well as subjects like kitchen safety and clean-up. In addition to cooking skills, the chefs will examine the nutritional value and importance of every recipe prepared.

Summer 2010
See the Summer 2010 schedule for Chefs in Motion summer classes.

Chefs in Motion will run as a two-week camp activity during the summer. Chefs in Motion will be a half day camp, either 8:30 am-12:00 pm or 1:00-4:30 pm. Check the summer schedule to see which age groups and times are being offered each session.

Thank you to our Partners
Roman Meal
Denison Farms
First Alternative Co-op
Willamette Neighborhood Housing Services