

OSU COOKING WITH KIDS

Cooking · Physical Activity · Nutrition

KidSpirit Cooking

Through demonstrations and personalized instruction from our culinary staff, students will learn different cooking techniques and healthy substitutions.

Subjects such as kitchen safety and clean-up are emphasized. In addition to cooking skills, the chefs will examine nutritional value, portion size, and table presentation. This course is taught in the mornings and ends at 1:00 pm.

Chefs in Motion • Grades 3-5 and 6-8

Chefs in Motion is an overall wellness program which combines cooking, nutrition, and exercise. Participants will receive hands-on cooking experience in conjunction with non-competitive physical activity.



Future Iron Chefs • Grades 3-5 and 6-8

Our Future Iron Chefs will learn the basics of food preparation, presentation, and nutrition in a hands-on cooking environment. Chefs will prepare healthy meals daily, including snacks and desserts.

Junior Chefs • Grades K-2

In this 1 hr. cooking class Jr. Chefs will:

- Develop basic culinary skills
- Receive recipes for the foods they create
- Learn basic table etiquette

Jr. Chefs will participate in a 1K event during the last day of their classes' session.

**For recipes, cooking tips
and more, visit our blog at
OSUcooking.org**

Teen Leader

- The Teen Leader program is the first level of KidSpirit's Teen Mentorship Program. Teen Leaders focus on the development of leadership skills and community service.
- *There are no prerequisites or skills required for the Teen Leader Program.

How to Register (For Teen Leaders)

- Register Online! Visit our website at kidspirit.oregonstate.edu
- Call the KidSpirit office at 541-737-5437 .
- Come into the office at 2450 Jefferson Way, Langton Hall, Room #125, Corvallis, OR 97331.

Two-Week Session Prices:

(no one week option)

Full Day: \$362 8:30 – 4:30 PM

Half Day: \$206 8:30-12:00 or
1:00 – 4:30 PM

TEEN MENTORSHIP

The Teen Mentorship Program provides teens in grades 8-12, with experiences and opportunities to be creatively challenged and to enrich personal, professional, and social development.



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