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.