

# Calling all kid-chefs, little foodies, and taste testers!

Join Kitchen Kid this winter as we cook up delicious fun at Tulita Elementary!



Kitchen Kid Afterschool Enrichment: Secret Garden  
\*All new lessons (most recipes new from last session).

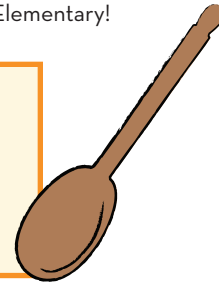
Grades: 1-5

Fridays 1/27 - 3/30

Time: 2:40 - 3:40 pm (no class 2/10 and 3/16)

\$135 for 8 week class

Forms and payment may be sent to school office.



## Secret Garden

This class epitomizes “farm to fork”, as young chefs embark on a culinary journey inspired by the farmers’ markets and the Food Network’s famed Iron Chef Challenge. Each class chefs are introduced to a fresh “Secret Ingredient”, such as basil, pineapple, strawberries, or carrots, and learn about its journey from seedling to the table. Using all 5 senses to explore the ingredients, chefs also learn about their nutritional, cultural, and culinary properties. Young chefs may take a trip to the “Cucumber Spa” before making Mediterranean cucumber cups, become “Bell Pepper Detectives” while whipping up a batch of tri-pepper quesadillas, or make a cornhusk doll and sweet corncakes to help understand the importance of maize in Native American society. Chefs compile a cook-booklet of recipes and activities, and also have the opportunity to bring home seeds to plant in their own kitchen garden!

## About Kitchen Kid & Classroom Cooks

Kitchen Kid believes edible education is essential to raising healthy, happy children, and teaches lifelong skills through the lens of cooking. Since 2006, we have cooked with young chefs across Los Angeles at birthday parties, in-home lessons, afterschool classes, and summer camps. Our Culinary Coaches ensure each tasty lesson supports academic and social skills such as math, geography, cooperation, and reading comprehension. Even our youngest kitchen kids learn the important role nutrition plays in their physical and emotional health, experience success and culinary creativity, and have fun making smart choices about what to eat. At Kitchen Kid, the kitchen classroom is the tastiest place to learn!

Students will be registered in the order in which payment was received. Please complete registration form and send to the school office.

Please contact us with any questions: [info@kitchenkid.com](mailto:info@kitchenkid.com) | 310.450.3462. **Checks only please.**

School Name: \_\_\_\_\_ Does your child attend CDC? Y\_\_ N\_\_

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Home number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Please list ALL allergies or dietary restrictions: \_\_\_\_\_

By signing below I agree to all policies outlined on this form. I affirm I will hold Kitchen Kid, LLC and its employees harmless from any liability resulting from my child's participation in any and all activities and excursions. I also acknowledge all recipes represent the intellectual property of Kitchen Kid, LLC and cannot be reproduced without permission. In the event that a class is cancelled, a full refund will be given. **No credits or refunds given for missed classes. Please make checks payable to Kitchen Kid.**

I give permission for any quotes, images or likenesses of my child to be used by Kitchen Kid.

Signed \_\_\_\_\_ Date \_\_\_\_\_

This activity is not school sponsored and any involvement in this activity is at the discretion of the parent and student.  
This flyer is not printed at District expense.



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