

# PASSPORT TO COOKING

JULY 8<sup>th</sup> to 11<sup>th</sup>

FEE: \$25.00

9:00am for Grades 3-4

10:00am for Grades 5-6-7-8

Take a journey around the world by creating some healthy recipes, having fun, learning to cook, and eating the snack each day. Debbie Barnett from the University of Maine Cooperative Extension will be your guide. Learn to make healthy food choices when cooking and eating. Both levels are totally hands-on and yes, we do eat what we cook!!!! In past years we have made Massaged Kale Salad from the fields of Maine, Herb Garden Pizza from the Italian Countryside, Black Bean Brownies from the Top of the Matterhorn (Switzerland - chocolate), and Fresh Veggie Spring Rolls from Mainland China. Sample foods that are good for you, good tasting, and easy to make. We will also learn food safety, nutrition, preparation and cooking tips. This will be a hands-on learning AND you get to eat what we make. It will be held at the Recreation Building, Limit of 10 per class, first come basis.

*Please let us know of ANY food allergies.*

