



### **Course Description:**

In *You Can Cook 1*, students will acquire the basics they need to be successful in the kitchen. Through hands-on lessons and in-class preparation, they will learn fundamentals of kitchen safety; basics of measurement; how to read, halve, and double a recipe; important kitchen terms and methods; and what kitchen tools to use and when. By the end of the year, each student will be equipped to prepare a variety of delicious foods on their own from scratch and will have begun to assemble a binder full of “keeper” recipes, tips, tricks, and techniques that they can build on for years to come. Plus, we’ll eat in nearly every class!

I will be teaching two sections of this class: *You Can Cook 1: Middle School* (ages 11-14), and *You Can Cook 1: High School* (ages 14+). Both sections will cover similar concepts, but will be tailored in difficulty to the average ability of the students. **\*Please advise me of any food allergies.**

### **Materials Needed:**

- \* Durable 3-ring binder (1.5 in. or larger recommended)
- \* Page protectors (50 or so; recommended, but not required)
- \* Apron (if you care about your clothing)
- \* No textbook purchase required; recipes and handouts to be included in the binder will be provided

### **Tuition:**

\$360 for the year

\$30 non-refundable fee due at registration (subtracted from 2nd semester tuition)

\$180 due on September 12, 2022

\$150 due on January 23, 2023

Cost includes facility rent, recipes and printed materials, and supplies. No tuition refunds will be given after four weeks of class.

### **Tutor:**

My mother was a Home Ec teacher, so my culinary education began early in life and has continued ever since. I have counted cooking as a favorite hobby for many decades, consistently seeking out new recipes and techniques to learn and perfect. I received my Bachelor of Science from Taylor University, where I studied English, Secondary Education, and have spent the last 10 years homeschooling my four children. I also coach middle school volleyball for the Kalamazoo Cougars, and work with middle schoolers at Calvary Bible Church.