



# Kids In The Kitchen Program

Get kids excited about cooking and trying new foods while learning basic kitchen skills and safety. This program includes fun, interactive “little chefs” cooking classes with kid-approved, healthy recipes that inspire creativity. Geared for kids ages 7-13.



Before you start your program in the Wellbeats platform, review and download the [program resources](#).



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Welcome to Kids in the Kitchen</b> 2 min	<b>Chop, Whip, Scoop, Dip</b> 25 min			<b>Pizza Party</b> 30 min		
WEEK 2	<b>La Quesadilla del Jardin</b> 23 min			<b>Pasghetti &amp; Beatmall</b> 22 min		<b>Kids in the Kitchen Wrap-up</b> 1 min	