

Kids in the Kitchen

Syllabus + FAQs

SYLLABUS

The goal of this series is to encourage mentors and the little ones they love to get cooking together! We use “kid-approved” menu items and recipes written and tested by our professional chef, author, and recipe developer. Our recipes are proven to bring balanced nutrition to dishes your little ones will want to both make and eat. A few of the benefits are:

- Opportunity for quality time spent together
- Increase exposure to a variety of nutritious ingredients
- Gain a greater understanding of basic preparation and cooking techniques
- Improve foundational skills
- Know how to safely use basic kitchen tools

Before beginning this program:

- Review the resource page for the Kids in the Kitchen program.
- Download and print the full program workbook or start with just session one.

SESSION 1: CHOP, WHIP, SCOOP, DIP

In this hands-on class, your “little chef” will practice proper knife skills, learn how to measure using kitchen tools, and make a few different dipping sauces and dressings that will have them asking for “more veggies please!”

- Learn how to properly handle a knife and use it safely and effectively.
- Practice using measuring tools.
- Use a food processor or blender safely.

Classes:

- Welcome to Kids in the Kitchen
- Chop, Whip, Scoop, Dip

Menu: Strawberry Vinaigrette, Handmade Hummus, From-Scratch Ranch, and Fresh Veggies and Greens for Tasting

SESSION 2: PIZZA PARTY

The sooner we get kids engaged in the kitchen, the more likely they are to fold healing, wholesome foods into their diets for a lifetime. This class will get them excited about making a dish they already love while we quietly remove the artificial ingredients and add in a few extra veggies.

- Measure ingredients.
- Practice knife skills.
- Toast spices.
- Simmer sauce.
- Assemble pizza.
- Bake pizza.

Classes:

- Pizza Party

Menu: Pizza with Homemade Sauce and Toppings

SESSION 3: LA QUESADILLA DEL JARDIN

“The Garden Quesadilla” shows you how to take a kids’ favorite with little nutritional value and load it up with quick-cooking seasonal veggies to help your whole family thrive. We do all that while helping your “little chef” build cooking skills that will serve them for a lifetime.

- Cook lentils.
- Practice knife skills.
- Shred cheese.
- Grill vegetables.
- Assemble, cook, and cut quesadillas.

Classes:

- La Quesadilla del Jardin

Menu: Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado, and Lentils

PASGHETTI AND BEATMALLS!

Today you and your “little chef” will make incredibly tasty Italian-style meatballs. Then we’re going to put it all together for a meal that is sure to please the kids.

- Sautee onions.
- Measure spices.
- Practice knife skills.
- Portion and shape meatballs.
- Roast meatballs.
- Cook pasta.

Classes:

- Pasghetti and Beatmalls!
- Kids in the Kitchen Wrap-up

Menu: Spaghetti with Homemade Meatballs

PROGRAM FAQs

What age do you recommend participants be?

This course is designed to engage eaters seven years and up. However, we would never stifle interested “little chefs” that are younger than that. They will just need more assistance from the “big chefs” in their lives. Chef Jeremy focuses on teaching safety in the kitchen and simplifying cooking techniques to make this course valuable to all. Even the most experienced home cook may pick up a thing or two.

Do I need any special equipment to complete this course?

No. All the sessions are designed to be doable in a kitchen equipped with the basics. Additionally, Chef Jeremy shares loads of tips and tricks to address any issue participants may run into.

I have a food allergy/sensitivity and/or follow a specific diet. Will I be able to cook along?

Yes! All our recipes have options to be modified to fit a dairy-free, gluten-free, and/or low-FODMAP eating style. Plus, you’ll find many excellent vegetarian, pescatarian, and vegan options. This course is focused on honing your cooking skills. So, if you don’t like, or can’t eat an ingredient, you can swap it out for something that works for you. You’re in control.

What does a “low-FODMAP eating style” mean?

FODMAPs are different forms of carbohydrates that are part of many commonly consumed foods, like fruits, vegetables, dairy, grains, and sweeteners. Most people have no trouble digesting FODMAPs, but in those with irritable bowel syndrome (IBS), unpleasant digestive symptoms like chronic bloating, diarrhea, constipation, and stomach pain can occur from eating high-FODMAP foods. Fun fact: FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

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