



**Wellbeats**

Wellness

## 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 Wellbeats *Wellness*, a product of LifeSpeak Inc., review and download the [program resources](#).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Welcome to Kids in the Kitchen 2 min	Chop, Whip, Scoop, Dip 25 min			Pizza Party 30 min	Key Protective Nutrients for Brain Health 7 min	Eat at least 3oz of fish high in omega-3.
WEEK 2	La Quesadilla del Jardin 23 min			Pasghetti & Beatmall 22 min		Kids in the Kitchen Wrap-up 1 min	