



**Class Title:** Green Little Chefs Adventure Club

**Teacher Name:** Brandi Williams

**Class Day:** Monday

**Class Size:** 14

**Class Cost:** \$91

**Class Fee:** \$96

**Ages or color group served:** Green

**What level is this class:** Level 0

**Prerequisites:** NA

**Graduation Requirements:** NA

**Homework Requirements:** NA

## **Class Description:**

In Little Chefs Adventure Club, young cooks will explore the exciting world of food through hands-on, kid-friendly recipes and fun kitchen activities. Each week, students will mix, measure, assemble, and taste simple snacks and meals while learning important life skills like kitchen safety, following directions, teamwork, and making healthy food choices.

This class is designed especially for younger children, focusing on creativity and confidence rather than complicated cooking. Using simple tools and minimal cooking methods, students will prepare fun foods such as mini pizzas, quesadillas, fruit parfaits, and healthy snacks they can recreate at home.

Along the way, we will explore colorful foods, learn about healthy ingredients, discover foods from around the world, and practice patience and cooperation in a fun, encouraging environment.

Skills children will develop:

- ✓ Kitchen safety & hygiene
- ✓ Measuring and mixing basics
- ✓ Fine motor and coordination skills
- ✓ Trying new foods & healthy habits
- ✓ Creativity and independence
- ✓ Teamwork and sharing

No prior cooking experience is needed — just a willingness to try new foods and have fun!

## **Week 1:**

Kitchen Safety & Little Chef Rules

Focus: Safety + food hygiene

Make: Fruit & yogurt parfait cups

Skills: hand washing, layering, using spoons

Talk About: clean hands & safe tools

**Week 2:**

Rainbow Foods

Focus: Eating colorful foods

Make: Rainbow veggies, ranch or humus.

Skills: cutting

Talk About: why colors = healthy

**Week 3:**

Measuring & Mixing

Focus: basic measuring

Make: No-bake energy bites

(oats, peanut butter/sun butter, honey, mini chocolate chips)

Skills: measuring & mixing

Talk About: sticky vs dry ingredients

**Week 4:**

Breakfast Builders

Focus: healthy breakfast choices

Make: Air fryer mini French toast sticks

Skills: dipping & cooking safety

Talk About: foods that give energy

**Week 5:**

Shapes & Sandwich Fun

Focus: creativity & motor skills

Make: Fun-shaped sandwiches & fruit skewers

Skills: cutting with plastic knives

Talk About: balanced meals

**Week 6:**

Pizza Party

Focus: building a meal

Make: Air fryer English muffin pizzas

Skills: spreading sauce, topping choices

Talk About: grains, dairy, veggies

**Week 7:**

Around the World – Mexico

Focus: cultural foods

Make: Mini quesadillas (skillet)

Skills: sprinkling cheese, folding tortillas

Talk About: foods from different countries

**Week 8:**

Snack Smart

Focus: healthy snacking

Make: DIY trail mix station

Skills: measuring & choosing ingredients

Talk About: protein vs sugary snacks

**Week 9:**

Little Salad Scientists

Focus: exploring textures

Make: build-your-own salad cups

(add dressing in mini containers & shake)

Skills: tearing lettuce, mixing

Talk About: crunchy vs soft foods

**Week 10:**

Sweet Treat Science

Focus: simple food chemistry

Make: Air fryer apple crisp cups

Skills: layering & sprinkling topping

Talk About: what happens when food heats

**Week 11:**

Cooking Team Challenge

Focus: teamwork

Make: Choose & assemble: wrap, pizza, or snack mix

Skills: cooperation & decision-making

Talk About: working together

**Week 12:**

Little Chef Celebration

Focus: confidence & reflection

Make: decorate mini pancakes (premade) OR yogurt parfait bar

Skills: presentation & creativity

Celebrate: what they learned  
(Hand out certificates later if needed)