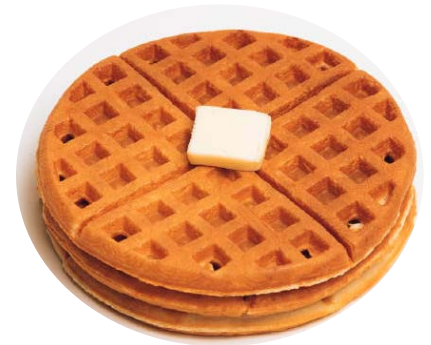


WHAT'S FOR BREAKFAST?

Course Description: Students will learn cooking and nutrition basics while preparing various breakfast recipes.

Target Age: 3rd-4th



Course Outline:

Week 1 Homemade Sausage

★students won't be bringing any food home this week

Week 2 Breakfast Burritos

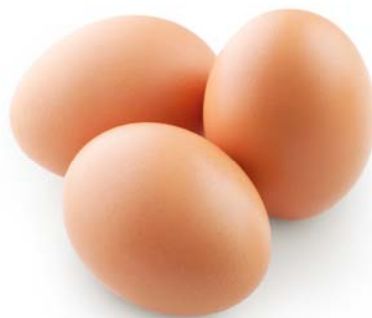
★ bring your own package of 8 tortillas (fajita size)

★ students will bring home 8 burritos (you can freeze)

Week 3 Sugar & Spice Muffin Mix

★ students will bring home muffin mix

★ homework: make one batch of muffins for your family



Supplies: Your child will need a 3-ring binder or 3-prong folder with 10 plastic page protectors, a spatula/scrapper, a wooden spoon, a mixing bowl, measuring cups and measuring spoons. Aprons are optional.

WHAT'S FOR BREAKFAST?

Week 4 Baked Oatmeal
★please bring a 8X8 baking dish to class

Week 5 Breakfast Casserole
★please bring a 8X8 baking dish to class

Week 6 Strawberry Oatmeal Bars
★please bring a 9X13 baking dish to class

Week 7 Pancakes
★students won't be bringing any food home this week

Week 8 Breakfast Sandwiches
★please bring a package of English muffins, a baking pan, and a muffin tin to class.

Week 9 Show and Tell

