

Kids Food Skills Program

Andrea Falcone, Registered Dietitian and Fitness Professional

Program:	Kids Food Skills Camp: <i>Hands on Fun~Cooking for Anyone~ Party in the Park~</i>	
Program Objective:	Engage children between the ages of 6 and 14 in practices of food skills and healthy eating.	
	<p><i>Classic Party time and Springtime Meals and Snacks (ages 6-14 years) + Nutrition Activities</i></p> <p>Children ages 6 to 14 years will learn and work together to make cooking fun. From baking, sautéing, blending and experimenting, children will get right into the kitchen environment to create meals and snacks that will provide balance, nourishment and fun. Children will gain confidence in this critical life skill, and go home with a recipe book at the end of the week to continue learning in their home kitchens with their families.</p>	
Instructor:	Andrea Falcone, Registered Dietitian and Certified Fitness Instructor	
Additional Support:	6 Volunteer University Nutrition Student	
Location:	St. Domenic's Roman Catholic Church 625 Atwater Avenue, Mississauga	
Facilities Required (Food Skills Program):	<p>Kitchen Space –island/counter top for food preparation, stove, microwave, refrigerator, sink</p> <p>Dining Area – to eat food and allow for conversation</p>	
Dates of Camp:	<i>March Break</i> (ages 6-14 years)	Monday, March 12 th – Friday, March 16 th
Time:	<p style="text-align: center;">10:00 AM – 3:30 PM (Monday – Friday)</p> <p style="text-align: center;"><i>*Note – set-up by instructor and volunteers would occur around 9:30 AM and additional clean-up until 4:00 PM (latest)</i></p>	
Program Description:	<p>Healthy Nutrition Habits, including food skills, are important for children to understand and develop as they grow up in today's world.</p> <p>This provides the opportunity for children to improve confidence, use hands-on skills, be more involved in the food preparation process (From grocery shopping to making and eating food), all while improving their appreciation for real food.</p> <p>The March Break program will run for 5 days (Monday-Friday) throughout the March Break and include the following:</p> <p style="padding-left: 40px;">(1) Understanding of basic nutrition – balanced food intake</p>	

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	<p>throughout the day</p> <p>(2) Basic food preparation including but not limited to:</p> <ul style="list-style-type: none">(a) basic knife skills(b) measuring (dry vs. wet ingredients)(c) food preparation (oven, stove, microwave)(d) food cleaning and storage <p>(3) Washing, preparing, making and consuming food</p> <p>(4) Daily clean up</p> <p>(5) Take-home recipes for children and families</p>
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