

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: KIDS CAN COOK TOO (Plant-based Cooking Class)

GRADE OR AGE LEVELS: 7 years old minimum

START DATE: Jan 10, 2023 **END DATE:** March 7, 2023 # **WEEKS TOTAL:**

9 **WEEKS OFF:** none **DAY/TIME REQUIRED:** 1:45 pm or 4:00 pm **ADD'L**

DAYS/WK AVAILABLE: n/a # **HOURS (REQUIRED):** 16 # **HOURS (POSSIBLE):** n/a

TOTAL SEMESTER HOURS POSSIBLE: 16

LOCATION/ADDRESS: Village SDA Church / 635 St Joseph Ave Berrien Springs 49103

DIRECTIONS TO LOCATION (if needed):

MAIN INSTRUCTOR: Vesna Markovic

ADDITIONAL PRIMARY INSTRUCTORS (background checked): n/a

CONTACT INFORMATION: phone: 269-208-9692 email: vesna728@yahoo.com

**** PLEASE NOTIFY ME IF YOUR CHILD HAS ANY DIETARY RESTRICTIONS**

ADDITIONAL REGISTRATION AT SITE REQUIRED? NO

IF YES, INSTRUCTIONS FOR REGISTRATION: none

MAIN INSTRUCTOR QUALIFICATIONS:

I have lived in this area for more than 30 years where I owned and operated a local business for 27 years.

My interest in health and nutrition have resulted in many years of cooking, experimenting with spices, flavors and varieties of foods. Additionally, I have done frequent entertaining where presentation is equally important.

In this class I hope to pass on the love and art of cooking to the next generation that they also may enjoy the benefit of variety of foods, flavors and good health.

COURSE DESCRIPTION

Class objective is for each student to understand the basics of cooking by learning:

1. To measure solids and liquids correctly and learn about measuring tools.
2. Chopping and slicing (limited knife usage)
3. Kitchen safety
4. Proper food storage
5. Spices, oils, etc.
6. Preparation of variety of foods including, breakfast, entrees, dessert and salad.

SYLLABUS/OUTLINE

Jan. 10, 2023: Introduction to “Kids can cook too” class which will include learning to measure, safety in the kitchen, introduction of spices, oils, salts, vinegars, etc.

**Please note this class will last two hours. Remainder classes will last one hour and forty five minutes.

Jan. 17, 2023: Preparation of French toast.

Jan. 24, 2023: Preparation of scrambled tofu or eggs.

Jan. 31, 2023: Preparation of waffles.

Feb. 7, 2023: Preparation of Scalloped potatoes.

Feb. 14, 2023: Valentine’s Day!! Preparation of Chocolate mousse pie, vegan.

Feb. 21, 2023: Preparation of roasted vegetables and dressing.

Feb. 28, 2023: Preparation of Salad and salad dressing.

March 7, 2023: Vegan banana and chocolate bread.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Week 3: Students should know and understand how to measure foods and spices, liquids and solids. Understand differences in oils and vinegars. Know the basic kitchen tools.

Week 6: Begin to experience and understand the difference between baking in the oven, stovetop

cooking, preparation without cooking, etc.

Week 9: Experience the preparation of different foods and being able to repeat the recipe at home.

STUDENT ASSESSMENT

All classes abide by the following:

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

Class-specific assessment:

none

ADDITIONAL RESOURCES: (online, books, video, etc.):

none

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: First session will be two hours. All other sessions will be one hour and forty five minutes.

Behavior:

Weather: Class will be cancelled if local schools are closed due to inclement weather.