

Congregation Edmond J. Safra

Presents

Little Roots in the Kitchen

{ INCLUDEPICTURE "http://www.kids-cooking-activities.com/images/boystirring.jpg" * MERGEFORMATINET }

After-school program for ages 2-5 years

Tuesdays 4:00-5:15 January 5th - May 11th (15 classes) \$525

Instructor/facilitator: Rachel Levy M.S Speech-Language Pathologist

Parent/guardian must be present

Let your children make a mess in our kitchen while learning to cook and bake real food with pleasure and pride. With each recipe your child will count, measure, mix, assemble and most important, have fun! Each recipe in class is designed as do-together projects- with child as chef and the adult as assistant, instilling self confidence and inspiring a life-long healthy relationship with food.

What do children gain from cooking?*

- A blossoming of creativity and a sense of aesthetics
- Confidence and self-esteem; a feeling of accomplishment
- Preliminary math skills (measuring, counting, sequencing of events)
- Pre-reading skills (numeral, symbol and word recognition)
- Science awareness (enhanced powers of observation; increase understanding of time and cause and effect, chemistry and temperature)
- Fine motor skills; hand eye coordination
- Strength and endurance (stirring a thick batter or squeezing a lemon can be hard work if your only 3 feet tall!)
- Patience and self control (waiting for those yummy creations to come out of the oven is a challenge)
- Language skills (observing, describing, predicting)
- Ability to follow directions
- A sense of teamwork
- Food literacy (openness to trying new foods, familiarity with health foods and their origin)
- A lifelong awareness and appreciation of cooking and good eating!

*Taken from "Salad People and More Real Recipes" by Mollie Katzen

For registration please contact Alissa Shams: 212 754 9555 ext 11 or e-mail her at Alissa