

# Bedminster Township Recreation



At Ms. Gail Cooking we strive to make sure every class teaches healthy eating and nutrition while learning to prepare simple recipes safely. My staff and I work closely with each child teaching them how important it is to eat healthy in order to grow big and strong! This program has had great success in helping “picky” eaters to try new foods and enjoy them!

## Skills Learned for our Program:

- ◆ Mixing and measuring
- ◆ Mashing, rolling, spreading, pouring
- ◆ Identify kitchen tools and use safely
- ◆ Safety in the kitchen
- ◆ Food Pyramid
- ◆ Food Groups/My Plate
- ◆ Handwashing and cleanliness in the kitchen
- ◆ Patience and Independence
- ◆ Reading basic recipes

## COVID 19 Updates & Safety Precautions:

- ◆ All Staff is fully vaccinated and gloved
- ◆ Children are kept in their cohort
- ◆ Class size 8-12 children
- ◆ Cooking utensils and equipment changed for every group
- ◆ Children’s’ hands are washed before and after lesson

Kids Cooking will be held in the Bedminster School Family & Consumer Science Room #262 immediately following the school day. **Please note this is an afterschool program for Bedminster School students only!** The cost of the program is \$140 and includes supplies.

**Registration ends Friday, December 30th.**

Dates	Day	Time	Grades	Fee
1/9, 1/23, 1/30 2/6, 2/13 (no class 1/16)	Mondays	3:35pm to 4:45pm	1st to 7th	\$140

**Register online at:**

**<https://register.communitypass.net/Bedminster>**

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Bedminster, NJ 07921  
Telephone: (908) 212-7014  
[www.bedminster.us](http://www.bedminster.us)