



Kitchen enrichment program

“Little Chefs”

Little Chefs

Addressed to: Toddlers, Preschool, Pre-K, Kindergarten and Elementary School.

Days: Tuesday and Thursday

Time: 3:30 to 4:30 PM



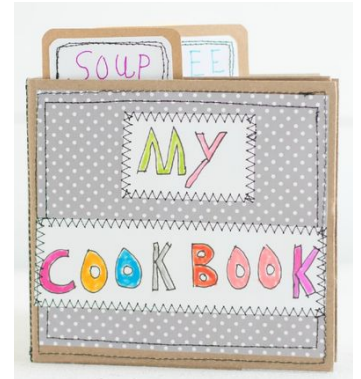
At IIMA we know the many benefits of cooking for children.

Little Chefs will develop:



- Our “Little Chefs” will enhance their abilities to be responsible, careful and independent. To cook properly, they have to follow directives. They also learn to maintain cleanliness, before and after cooking, of themselves, their surroundings and their kitchen tools.
- Their social skills will be increased. In the cooking workshop, children socialize with their classmates, in a completely different environment than the classroom. The teacher may ask them to take turns or to work together in groups. These activities, of course, will develop communication and socialization skills in children.

- Of course, their math skills will be developed quickly and in a fun way. Counting or weighing ingredients, measuring and estimating quantities for recipes, calculating cooking times, and following logical sequences in the application of recipes are some of the activities carried out in a cooking class.



- Finally, their fine motor skills will be enhanced. Our children will develop cooking skills like cutting, peeling, kneading, mixing, and pouring into containers.

In our cooking workshop "Little Chefs", all children participate in one class, always considering, in each activity, their ages and motor skills.



IIMA offers cooking activities based on fun, but also learning cultures from different countries. Each month will focus on a theme or recipes from a different country while expanding our world and our palates!

Topics will include typical food recipes and desserts from countries or concepts such as: Italian Cuisine, French Bistro, Spanish Tapas, Nutritious Appetizers, Mexican Fiesta, Asian Fun, All American, Birthdays, etc.

IIMA will provide all the necessary kitchen and food supplies to teach students how to prepare tasty snacks and meals from scratch.

At the end of the year, students will receive a cookbook with all the fun recipes they have prepared!

