



To register for a
dk KIDS
cooking class,
call the
Demonstration
Kitchen at

(248) 325-3890
or email us at
dk@hfhs.org

Classes are
\$19 per child

Age range is 8 – 16 years
old. Registration closes
72 hours prior to class.

6777 West Maple Rd.
West Bloomfield, MI
(248) 325-3890



HENRY FORD
WEST BLOOMFIELD HOSPITAL

THE dk KIDS ARE IN CHARGE OF THE FRIDGE!

2012 WINTER SCHEDULE

All classes are interactive and cost \$19 per child

During the classes, dk KIDS will learn how to:

- Take charge of the family pantry with a check list
- Create a healthy shopping list and understand how to read nutrition labels and ingredient lists
- Prepare and organize ingredients for meals
- Support your family in creating new healthy habits

Each class is interactive and will teach the essential elements needed to create successful meals in the kitchen while having fun. Safety in the kitchen, nutrition, label reading, preparation and the education of special dietary conditions will be discussed in every class.

ENERGIZING BREAKFAST

WEDNESDAY JANUARY 18

4:45 - 6 P.M.

Start the "New Year" off right! This class will help dk KIDS get through the school day feeling more energized. They will learn about the importance of breakfast along with fun and healthy options. During the class, they will use kid friendly tools that will help make breakfast preparation easier, and learn tips for setting up the day before.

VALENTINES DAY BAKING AND DECORATING

WEDNESDAY, FEBRUARY 8

4:45 - 6 P.M.

dk KIDS will celebrate this Valentines Day with their own healthy pastry creations along with fun tricks and tools to decorate their goodies. Pastry decorating is a great creative outlet and stress reducer for kids to bring home and share with the family.

PASTA MAKING

WEDNESDAY, MARCH 21

4:45 - 6 P.M.

In this exciting class, dk KIDS will learn to make homemade pasta and easy, fresh sauces. The kids will experiment with different ingredients to learn how to make their own recipes.

Cooking class dress code: All hair must be tied back; closed toe shoes must be worn. Please arrive 15 minutes prior to the start of each class on Market Street, just outside of the Demonstration Kitchen entrance.

MAKE SURE TO REGISTER EARLY - CLASSES FILL UP FAST!
ASK ABOUT BEING A DK STUDENT REPRESENTATIVE AND SCHOOL FIELD TRIPS.

www.henryfordwestbloomfield.com/demonstrationkitchen