

ACE COOKING

January 8-February 8, 2007

Week 1 Snack

Fresh orange juice
Deviled Egg-hard boiled eggs
Tuna on wheat thins

Nutrition:

Food Pyramid]
Good food choices
Kitchen safety-general rules

Week 2 Breakfast

Banana pancakes
Scrambled Eggs with cheese
Turkey sausage
juice, milk & fruit

Nutrition:

Importance of breakfast
Making good choices
Milk & milk products
Grains, bread & cereal

Week 3 Lunch

Instant Banana Pudding
Pizza muffin
Turkey Wrap\carrot sticks

Nutrition:

Making good lunch choices `
Label reading
Fruits Meat, beans & nuts

Week 4 Dinner

Turkey soft taco
Tortilla Chips & Dip
Thumbprint cookies

Nutrition:

Vegetable Group
Milk Group\
Germ Video-Washing hands & not spreading germs

Week 5 Extra-Fun

Smoothie with fruit and frozen yogurt
Quesadillas-build your stack
Little Lemon Squares

Extras:

Make chef's hat

Wrap up

Survey

Sit and have a party!!!!!! Enjoy the last day!

Each class will have 20 children meeting once a week `]

Classes will meet on Monday & Thursday. Make-up date: Wednesday, January, 17 & 31 for the Monday class missed. If there is a conflict, children will come on the Thursday for make- up.

Please see Mrs. Ishikawa & Mr. Morwood

Primary 2:00-3:00

Upper 2:30-3:30