

**Erin's Fine Foods**  
**Catering & more!**  
Phone 412-366-5095

Apples to Zucchini

**Cooking with Kids & Having Fun Eating Your Food**

Series of 4 classes

**Introductory Class** – This educational class advocates whole health. Children will learn more about their nutrition, the basic food groups, and picking foods that are healthier choices. The ABCs of kitchen safety will be demonstrated, and children will learn how to become more comfortable in the kitchen. All children will get to taste a variety of fresh fruits, vegetables, and healthy snacks. This class will be offered Monday, June 2, 2008 (4:30 -5:30).

*Breads of the World* – The book *Bread is for Eating* written by Emma Shaw-Smith will be read in this class. Children will learn how bread is made and what ingredients go into making bread. Breads from different parts of the world will be tasted, followed by which types of food are served with those breads. Children will get to make their own bread. This class will be offered Monday, June 9, 2008 (4:30 - 5:30).

*Green Eggs & Ham Class* –Dr. Seuss' *Green Eggs and Ham* will be read at the beginning of the class. Children will learn why breakfast is the most important meal of the day. The basic food groups will be a topic in this class, children will help cook bird' s nests and create a sundae from the yogurt sundae bar. This class will be offered June 16, 2008 (10:00 – 11:00).

*How to Make an Apple Pie* –The book *How to Make an Apple Pie and See the World* written by Marjorie Priceman will be read at the beginning of the class. An understanding of where some of the ingredients we use every day will be taught in this class, for example: apples from Vermont, cinnamon from Sri Lanka, and sugar cane from sugar plantations in Jamaica. Different apples and spices will be tasted and smelled. Children will work together and help make an apple pie from scratch. This class will be offered Monday, June 23, 2008 (10:00 -11:00).

*Playing with Your Food* is a fun “hands” on class. The theme will be insects and plants. Children will make a variety of items such as candy bugs, caterpillar cakes, flower pot cakes, & pretzel butterflies. This class will be offered Monday, June 30, 2007 (10:00 -11:00).