

# Super Star Chef

## 3-DAY COOKING CAMP

### Shine in the kitchen with your new cooking skills!

**H**ave you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty snack for friends or healthy breakfast before school. Join us for a nutrition and cooking camp for youth in grades 4<sup>th</sup> through 6<sup>th</sup>. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals, including fresh salsa, amazing muffins, tasty frittata and party pizza.
- Discover foods that are good fuel for your body and give you energy to play hard.
- Decode food labels and identify if foods are safe to eat.



**University of Kentucky**

College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*



Putting Healthy Food  
Within Reach

Supplemental  
Nutrition  
Assistance  
Program

**DATE: July 6th & 7th**

**TIME: 9:00 a.m.-2:00 p.m.**

**LOCATION:**

Washington Co. Extension Office  
211 Progress Ave.  
Springfield, KY 40069

**TO SIGN UP, CONTACT:**

Roberta Hunt or Darice Russell  
at 859-336-7741 by June 24th