



LIFT Enrichment After School Cooking Classes

Sierra Vista Elementary - Winter 2019



Winter 2019 European Favorites

Enjoy delicious and healthy foods as we take a culinary journey through Europe! Your kids will learn to make Italian classics like Creamy Pasta Marinara, Italian Chopped salad, Spanish favorites like Veggie Paella, Greek staples such as Greek Salad and Shish Kabobs and we'll finish in France with a Ratatouille Stew and Chocolate Mousse with Fresh Fruit. Each lesson students will develop their culinary skills while learning about nutrition, culture and even dining etiquette. Get hungry to learn the art of cooking!

Recipes Include: Greek Gyro Chicken Wraps, Tzatziki with Pita Chips, Patatas Bravas, Swedish Meatballs, French Salad with Vinaigrette, Quick Chocolate Mousse, and more!

On the last day of class, parents, please join us for the Kid Restaurant during the last 20 minutes of class, where your child is the waiter and chef!

Grades: 1-6

Day of the Week: Wednesdays

Dates: 2/27, 3/6, 3/13, 3/20, 3/27, 4/3

Lessons: 6

Time: 1:20pm-2:20pm

Price: \$150 per student

Room: 901



Space is limited register today! Only 16 spots available

Registration Deadline: 2/22/19

Register at www.LIFTenrichment.com

Or Call (310) 890-8704

LIFT Enrichment teaches kids to cook and improve their health