



DEMONSTRATION KITCHEN

dk KIDS

THE dk KIDS ARE IN CHARGE OF THE FRIDGE!

Join us in the Demonstration Kitchen at Henry Ford West Bloomfield Hospital as we continue our dk KIDS program this fall. The dk KIDS classes are designed to teach kids the importance of making healthy meal choices along with learning how to create delicious and nutritious meals.

Each class is interactive and teaches the essential elements needed to create successful meals in the kitchen while having fun:

- Safety in the Kitchen
- Smart Shopping
- Preparation and Technique
- Presentation
- Education (including special medical conditions like gluten sensitivity or lactose intolerance)

2010 FALL SCHEDULE

• \$20 cost for dk KIDS class • All dk KIDS classes interactive • Lunch served during class on 10-16-10 and 11-06-10

SATURDAY, OCTOBER 16

10 A.M. to 12 P.M.

KIDS: WRAPS AROUND THE WORLD

Learn about the tasty and unique ways people make food pockets and wraps in other parts of the world. This class will teach kids how to make cabbage wraps, samosas, grape leaves, spring rolls, and burritos. It's a fun way to learn about other cultures and how to make healthy, tasty simple food for yourself and family.



SATURDAY, NOVEMBER 6

10 A.M. to 12 P.M.

KID FRIENDLY SUSHI

Learn how to make the special rice needed to create your own sushi rolls. Each dk KID will create their own unique and creative sushi roll and receive their own maki su (bamboo sushi rolling mat). Other recipes from kid's ideas will be shared as well.



SATURDAY, DECEMBER 4

10 A.M. to 12 P.M.

GINGERBREAD HOUSE

Henry's Pastry Chef Lisa DeBastos will teach you how to make gingerbread houses in this fun and interactive class. Each child will get to explore their creativity while practicing cake decorating techniques. Coupon towards lunch after class will be provided for Henry's, the healthy restaurant at Henry Ford West Bloomfield Hospital.



Please arrive 20 minutes prior to the start of each class on Market Street, just outside of the Demonstration Kitchen entrance.

Cooking class dress code: All hair must be tied back and closed toe shoes must be worn.

CALL THE DK HOTLINE AT (248) 325-3890 FOR MORE INFORMATION OR TO REGISTER.

MAKE SURE TO REGISTER EARLY - CLASSES FILL UP FAST!

ASK ABOUT BEING A DK STUDENT REPRESENTATIVE AND SCHOOL FIELD TRIPS.



HENRY FORD
WEST BLOOMFIELD HOSPITAL
6777 W. Maple Road • West Bloomfield

Age range is 8 – 16 years old. Registration closes 72 hours prior to class. For questions, email us at dk@hfhs.org and to register call the dk hotline at 248-325-3890.