

WHAT IS ADVENTURES IN THE KITCHEN?

Adventures in the Kitchen is a series of six hands-on cooking lessons created by the University of Tennessee Extension. Lessons last approximately 1-1.5 hours. Children who participate in Adventures in the Kitchen will learn:

**COOKING
SKILLS**

**KITCHEN
SAFETY**

NUTRITION

**PHYSICAL
ACTIVITY**



WHY ADVENTURES IN THE KITCHEN?

Cooking classes that allow children to prepare foods can increase their willingness to try new healthy foods and eat more fruits and vegetables. This can help children eat healthier now and in the future. In addition, children learn important life skills such as preparing meals and being physically active.

Adventures in the Kitchen can be taught in a variety of settings. Extension educators provide the cooking supplies and equipment. Lessons are appropriate for children enrolled in 4th through 6th grade. Children receive recipes and family newsletters to take home.

