

COOKING – ADULT

For ages 18+ unless otherwise noted.

COOKING AROUND THE WORLD

Learn about another country and how to prepare a meal associated with that country. All you need to do is come prepared to have fun and learn to cook a healthy meal for dinner. All supplies are included.

INSTRUCTOR: Sharmila Rajopadhye

LOCATION: Youth Activity Center

15624-01 2/2-2/23, F, 11:35 AM-12:20 PM, 4 wks, \$50 ★

15624-02 3/2-3/23, F, 11:35 AM-12:20 PM, 4 wks, \$50 ★

15624-03 4/6-4/27, F, 11:35 AM-12:20 PM, 4 wks, \$50 ★

COOKING WITH CAROL ANN

Great food begins with shopping. Ingredient authority and award-winning cookbook author, Carol Ann Kates, teaches you how to improve the quality of the meals you prepare simply by becoming a more astute shopper. Her stories will warm your heart; her cooking will delight your palate as she prepares guest-worthy dishes.

LOCATION: Senior Center

I. Mexican

14515-01 Date 2/7, W, 5:00-7:30 PM, 1 day, \$30 ◆

14515-02 Date 4/4, W, 5:00-7:30 PM, 1 day, \$30 ◆

II. Italian

14515-03 Date 2/14, W, 5:00-7:30 PM, 1 day, \$30 ◆

14515-04 Date 4/11, W, 5:00-7:30 PM, 1 day, \$30 ◆

III. American Comfort Food

14515-05 Date 2/21, W, 5:00-7:30 PM, 1 day, \$30 ◆

14515-06 Date 4/18, W, 5:00-7:30 PM, 1 day, \$30 ◆

INDIAN COOKING

Get a glimpse into the enchanting world of Indian cuisine. Learn about its variety of spices and cooking styles by studying a small repertoire of sample dishes.

INSTRUCTOR: Sapna Von Reich

LOCATION: Senior Center

I. Beginning

14510-01 1/16-2/6, T, 6:00-8:00 PM, 4 wks, \$74 ◆

II. Advanced

14516-01 5/8-5/22, T, 6:00-8:00 PM, 3 wks, \$57 ◆

MEXICAN COOKING

Learn how to prepare those delicious Mexican main dishes, chilies, tortillas, salsa, and other popular foods.

INSTRUCTOR: Susie Lagradilla

AGE: 16+

LOCATION: Northside Aztlan Community Center

15304-01 1/22-2/12, M, 7:15-8:30 PM, 4 wks, \$42

15304-02 2/26-3/26 (skip 3/12), M, 7:15-8:30 PM, 4 wks, \$42

15304-03 4/9-4/30, M, 7:15-8:30 PM, 4 wks, \$42

THAI COOKING

Learn several time-saving restaurant techniques in the art of Thai cooking by learning to prepare curry, soup, salad, and rice dishes.

INSTRUCTOR: Sim Suinn

LOCATION: Senior Center

14506-01 2/1-2/15, Th, 6:00-8:00 PM, 3 wks, \$65 ◆

14506-02 3/1-3/15, Th, 6:00-8:00 PM, 3 wks, \$65 ◆

**WHOLE FOODS
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**HEALTH DISTRICT
AD 122026
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COOKING – YOUTH

FOOD & FITNESS ADVENTURES

Boys and girls can explore and learn the fun, healthy side of food and fitness. We will make and taste yummy snacks that will energize our bodies as we explore new games and sports in the gym and rock climbing on the wall. Participants will receive pedometers.

NOTE: Please note any food allergies at the time of registration.

LOCATION: Youth Activity Center

I. 3-5 Years

15528-01 1/17-2/7, W, 1:30-3:00 PM, 4 wks, \$35

15528-02 3/21-4/11, W, 1:30-3:00 PM, 4 wks, \$35

II. Grades K-3

15528-03 1/17-2/7, W, 3:30-5:00 PM, 4 wks, \$35

15528-04 3/21-4/11, W, 3:30-5:00 PM, 4 wks, \$35

III. Grades 4-6

15528-05 1/17-2/7, W, 5:30-7:00 PM, 4 wks, \$35

15528-06 3/21-4/11, W, 5:30-7:00 PM, 4 wks, \$35

FUN IN THE KITCHEN

Let's get creative in the kitchen! These classes are all hands-on and include measuring, mixing, stirring, baking, tasting, and lots of fun! This is not a parent participation class.

NOTE: Please note any food allergies at the time of registration.

AGE: 3-5

LOCATION: Youth Activity Center

I. Edible Crawlies

15519-01 Date 1/8, M, 9:30-11:00 AM, 1 day, \$15

15519-02 Date 1/15, M, 9:30-11:00 AM, 1 day, \$15

II. Yummy Valentine

15519-03 Date 2/12, M, 9:30-11:00 AM, 1 day, \$15

III. Rise and Shine

15519-04 Date 2/19, M, 9:30-11:00 AM, 1 day, \$15

15519-05 Date 2/26, M, 9:30-11:00 AM, 1 day, \$15

IV. It's All About Fruit

15519-06 Date 3/5, M, 9:30-11:00 AM, 1 day, \$15

15519-07 Date 3/26, M, 9:30-11:00 AM, 1 day, \$15

V. Make It Green

15519-08 Date 3/19, M, 9:30-11:00 AM, 1 day, \$15

VI. Bunny Snacks

15519-09 Date 4/2, M, 9:30-11:00 AM, 1 day, \$15

VII. Spring Things

15519-10 Date 4/30, M, 9:30-11:00 AM, 1 day, \$15

ONCE UPON A TIME

Cooking, reading, and crafts will be combined in this fun class. Different books will be highlighted each session.

NOTE: Please note any food allergies at the time of registration.

AGE: 3-5 years

LOCATION: Youth Activity Center

15540-01 1/22-2/5, M, 9:30-11:00 AM, 3 wks, \$30

15540-02 2/10-2/24, Sat, 1:00-2:30 AM, 3 wks, \$30

15540-03 4/9-4/23, M, 9:30-11:00 AM, 3 wks, \$30

CANYON CONCERT
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