



Jr. Chef Camp - Basic

Every participant enters our program through a Beginning Jr. Chef Camp of either 3, 4 or 5 days. This is where they learn the basics: knife safety, kitchen sanitation, menu reading and preparation, nutrition facts & fiction, label reading, shopping on a budget, table settings, dining etiquette and more!



Each day is a different session in which we give kids the basic skills they need to cook safely and enjoy it! Our focus on building kitchen confidence helps kids feel comfortable with cooking, not just with making a few dishes. The program covers these key concepts:

Kitchen Safety: *How do I hold this knife and what's the button on the stove for? We teach knife skills for safety, precision & technique, and kitchen safety & sanitation.*

Food ID: *Where does all this food come from? We taste, smell & cook with a wide range of ingredients, and take a field trip to a Certified California Farmer's Market to see what's in season.*

Flavor: *What will it taste like with a squeeze of lemon? Kids expand their taste buds and gain confidence in using different herbs, spices & seasonings.*

Cooking Techniques: *Hmm, what can be done with these potatoes? We learn how an ingredient tastes depending on whether it's roasted, fried or sautéed.*

The Big Picture: *What is that glass for? Nutrition (taught by dedicated interns from Sacramento State University's Dietetic Internship Program), table settings, dining etiquette & table manners to round-out the cooking & dining experience are taught as well. Upon completion of any Jr. Chef Camp Program, participants are eligible to participate in Guest Chef Classes and Jr. Chef Field Trips, as well as to apply for the Advance Jr. Chef Camp.*

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