Independence in the kitchen is one of the most important life skills we can teach, as the ability to prepare healthy food safely has implications for good health, independence, and peace of mind for families. This program is designed to promote independence in the important life skill of cooking and healthy eating habits. Students will develop their planning skills through cooking by choosing a simple recipe, preparing the ingredients, and following a recipe to make a meal in a small group setting.

This program is taught by Aja Masters, who has been a Teaching Assistant at the DSRF for 4 years, as well as the Summer Program Coordinator. Aja graduated from SFU with a major in Psychology and a minor in Learning and Developmental Disabilities and holds current FOODSAFE Level 1 certification.

Instructional components include: nutrition, planning, problem solving, cutting, pouring, mixing, handwashing, safe food handling, and dishwashing.

**Dates**
April 2 to June 11, 2019

**Class Schedule**
Tuesdays 4:00 pm - 5:30 pm

**Fee**
$220.00 (11 classes)

**Class Size**
4

**Ages**
14 to 18

**Location**
DSRF

**For questions or to register please contact Nimet Tejpar at 604-444-3773 or nimet@dsrf.org**