



WEST HARPETH CHRISTIAN TUTORIAL

Cooking & Baking

Tutor:

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Prerequisites:

- This course is open to all students.



Course Description

This class is designed to introduce concepts involved in basic cooking and baking techniques.

Class time will be filled with hands on food preparation, discussion of safe food handling, following recipes, doing measurement conversions, and making substitutions. Students will be taught to not just read a recipe, but to learn to make a meal with what's available in the pantry. Weekly topics will vary between main dishes, side dishes, baking, sauces, desserts, etc.

Learn some basic cooking skills, table manners, safety in the kitchen, how to plan, shop and prepare a nutritious meal for the family, and create some fun and exciting conversation starters for your mealtime with your family.

Books & Supplies

- ingredients supplied via lab fee
- other supplies TBD

Commitment

- This course meets once per week.
- Cooking A, B, C, and D are identical courses.
- Quarterly projects will be assigned for a grade.

A typical class will look like...

We will cook/bake a recipe weekly while learning some skills that you will need in the kitchen. Your family will be excited to get to sample what you made in class if you are willing to share. :)