

COOKING WITH FRIENDS ACTIVITY SCHEDULE
FALL QUARTER 2016

	Activity	Date	Activity Site(s)	Activity Details
1	Kitchen Safety	Week of September 5th - 9th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH DUE TO THE LABOR DAY HOLIDAY, THE FIRST SESSION WILL BE ON WEDNESDAY THE 7TH	Students will learn the importance of kitchen safety through role playing and various hands on activities.
2	Setting a Table and Table Etiquette	Week of September 12th - 15th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will learn the importance of kitchen safety
3	Basic Food Groups	Week of September 19th - 22nd	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will work together to categorize various foods into the basic food groups.
4	Healthy vs Non-Healthy Choices	Week of September 26th - 29th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will learn about healthy food choices in opposed to unhealthy choices
5	Trying New Foods	Week of October 3rd - 6th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will use their senses to taste and learn about various nutritious foods.
6	How to Use a Microwave	Week of October 10th - 13th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will improve upon their listening comprehension skills and follow simple instructions while learning how to operate a microwave.
7	Importance of Breakfast Quick, Easy, & Fun Breakfast Ideas	Week of October 17th – 20th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will improve upon their following directions skills while learning about the importance of breakfast and how to prepare simple breakfast dishes.

8	Wacky Waffles With Fruit	Week of October 24th -27th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will improve upon following directions while learning how to make homemade waffles.
9	Microwaveable Eggs and Toast	Week of November 1st - 3rd	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will learn how to make eggs various ways by using a microwave.
10	Personal Pizza	Week of November 7th - 10th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will create their own personal pan pizzas while exploring various toppings.
11	Cups of Cupcakes	Week of November 14th - 17th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will bake and decorate their own special cupcakes.
12	Soup and Sandwiches	Week of November 28th - 30th	Mondays and Wednesdays - SAV Tuesdays and Thursdays - RH	Students will learn how to make grilled cheese sandwiches and their choice of soup (tomato or chicken noodle).