

Do you have an aspiring chef at home? This is a fun and interactive class for your child to learn more about food and cooking. Whether they already know the cooking basics or just like to eat, this will be an entertaining and hands on class working in the kitchen.

## CHILDREN'S COOKING CLASS TAUGHT BY LOCAL CHEF LAURA STEWART

**Ages:** 5th – 8th graders

**Cost:** \$150 per student

**Limited Space:** 8-10 students per class

**Duration:** 6 week program – every Tuesday, 3:30 – 5:00pm

### Week 1

Sanitation/Hand washing  
Manners at the table/Etiquette  
Setting the table  
Decorating their own apron

### Week 2

Proper food handling  
How to read a recipe  
Healthy snacks  
Kitchen safety

### Week 3

Low fat fall desserts

### Week 4

Spaghetti and homemade  
Sauce and Italian meatballs

### Week 5

Group activity: Iron chef competition  
Blind food tasting – name that food!

### Week 6

Making healthy and satisfying  
bag lunches



**Classes start Tuesday, October 27<sup>th</sup>!**

School \_\_\_\_\_

Child's name \_\_\_\_\_ DOB \_\_\_\_\_ Grade \_\_\_\_\_

Parent name(s) \_\_\_\_\_

Billing address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Allergies \_\_\_\_\_

Notes \_\_\_\_\_

Please send filled-out form and payment to 5756 Da Vinci Way, Sacramento, CA 95835.

Make check payable to Laura Stewart.

Payment received by October 20th - \$150

Payment received by October 25<sup>th</sup> - \$160

*Personal Chef & Catering Services*  
(916) 288-5761 [chef@indulge-gourmet.com](mailto:chef@indulge-gourmet.com)



Do you have an aspiring little chef at home? Children are naturally curious about cooking, and this is an introductory fun and interactive class to let them become hands on and use their imaginations in the kitchen.

### CHILDREN'S COOKING CLASS TAUGHT BY LOCAL CHEF LAURA STEWART

**Ages:** 1<sup>st</sup> – 4<sup>th</sup> graders **Cost:** \$150 per student

**Limited Space:** 8-10 students per class

**Duration:** 6-week program – every Thursday, 3:30 – 5:00pm

**Week 1**

Sanitation/Hand washing  
Manners at the table/Etiquette  
Setting the table  
Decorating their own Apron

**Week 2**

Proper food handling  
How to read a recipe  
Kitchen safety  
Healthy snacks

**Week 3**

Homemade frosting  
Cupcake decorating

**Week 4**

Homemade Italian meatballs  
Lasagna rolls with a variety of fillers to pick from (i.e. ricotta, parmesan, spinach, marinara)



**Week 5**

Group activity – making healthy and tasty bag lunches  
Blind food tasting – name that food!

**Week 6**

Macaroni & cheese  
Cupcakes

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**Classes start Thursday, October 29<sup>th</sup>!**

School \_\_\_\_\_

Child's name \_\_\_\_\_ DOB \_\_\_\_\_ Grade \_\_\_\_\_

Parent name(s) \_\_\_\_\_

Billing address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Allergies \_\_\_\_\_

Notes \_\_\_\_\_

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THE WORLD'S LEADING FUN SCIENCE PROVIDER  
**SPARKING IMAGINATIVE LEARNING**



**DON'T  
MISS  
OUT!**

**All New Exciting Topics!**

**Movie Effects**

Sit in a director's chair and discover why science is the real star on the big screen! Explore the concept of persistence of vision and how we are able to see movies. Discover how 3-D images are made and check out some red/blue anaglyph glasses. Experiment with sound effects and make your own movie with the Mad Science Animator Booklet.

**Detective Science**

Step into the role of a detective and discover how forensic science plays a central role in solving crimes. Create and analyze fingerprints, examine dental records, make teeth impressions and discover how written materials can be analyzed to help solve a crime. Find out if you would make a good witness when your observation skills are put to the test and take home an identification kit to record your fingerprints and other vital information.

**Kitchen Chemistry**

Take a hands-on look at the chemistry that goes on in your kitchen. Hunt for starch, sugar and fats in foods and investigate a living organism that helps bread rise. Discover how the sun can help turn chemical reactions into a tasty snack and get your own mini solar cooker to take home.

**Earthworks**

Find out that the earth beneath your feet is more than meets the eye in this introductory program on earth science. Discover what the Earth is composed of and how various forces combine to create minerals. Uncover the forces that create earthquakes, the natural faults in the Earth's crust and even how mountains are formed. See minerals fluoresce before your very eyes and create your own Sedimentary Stacker to take home.

**Mad Science Machines**

Find out how simple machines make our lives easier. Experiment with different types of simple machines: levers, wedges, incline planes, wheels and axles, and pulleys, through various hands-on activities. Launch projectiles with a catapult, investigate how inclined planes work and discover how a simple wedge can be a powerful tool. Rig a pulley system and build your own Mad Science machine to take home.

**Walloping Weather**

Welcome to the wild world of weather! Investigate why it rains, what causes lightning and even how weather can be predicted via a science called meteorology. Step into the shoes of a meteorologist and create some of your own regional weather forecasts. Finally, learn about the Sun's energy and ultraviolet radiation. Create your own UV bead keychain to take home.

**St. Michael's Episcopal Day School**  
**Class Day: Tuesdays**  
**6 week Program, Nov. 3, 2009 – Dec. 15, 2009**  
**Time: 3:30 P.M. – 4:30 P.M. SKIP: 11/24/09**  
**Cost: \$75.00 per student**  
**Registration Deadline: Tuesday, Oct. 27th, 2009**  
**[\$80.00 if you register after Oct. 27th, 2009]**  
*\$10 2<sup>nd</sup> student discount must choose*  
*"pay by check" option online AND call*  
 Mad Science of Sacramento Valley  
**(916) 736-2924**  
 www.MadScience.org/Sacramento

**REMEMBER, CLASSES DO FILL SO...**  
**DON'T DELAY... ENROLL TODAY!**

**COURSE REGISTRATION FORM**

School: St. Michael's School >> Please **REGISTER ONLINE** >> Use this form (and Call!) **ONLY** if you **CAN'T** register online!  
 Class Day: **Tuesday** Time: **3:30 – 4:30pm** Dates: **Nov. 3 – Dec. 15** SKIP: **11/24** Grades: **K-6** (www.MadScience.org/Sacramento)  
 6 Wk Pgm. Cost: **\$75, \$80 after 10/27** (\$10 2<sup>nd</sup> student discount must choose "pay by check" option online AND call) ClassCode: **STMLF091**  
 Child's Name: \_\_\_\_\_ Birthday: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Grade: \_\_\_\_ Teacher: \_\_\_\_\_  
 Parent/Guardian: \_\_\_\_\_ Email Required: \_\_\_\_\_  
 Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ **Required:** Work/Cell Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_  
 Address: \_\_\_\_\_

Health Concerns: \_\_\_\_\_

*I hereby give my child permission to remain after school for the Mad Science class.*

My child will be picked up after class by (name): \_\_\_\_\_

My child will attend after-school day care at the school  My child will be traveling home by his/her own means

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**REGISTRATION** - **ONLINE:** Registration is open at [www.MadScience.org/Sacramento](http://www.MadScience.org/Sacramento), where you can get immediate confirmation of your enrollment

**OPTIONS:** You may pay online with your credit card or just register there and mail in your check/money order.

- **BY MAIL:** If you cannot register online, please call the office (916) 736-2924 and send your payment with this form to Mad Science at:

3747 West Pacific Ave. Suite H. Sacramento, CA 95820

(Checks should be made payable to **Mad Science ASP**)

**New Classes Each Term**

**First Come - First Served**