

# Kids Cooking Camp

## Summertime Education and Fun

School is just days from ending and the kids are ready to take a well-deserved break from school. However, summer vacation is the perfect time for children to take advantage of other educational opportunities they might not otherwise have time to participate in during the school year. So Texas A&M AgriLife Extension Service is offering a Kids Cooking Camp to teach basic cooking techniques, along with some other very important facets such as:

- Food Safety Rules
- Preparing New and Exciting Recipes
- Food Samples of Healthy Snacks and Foods
- MyPlate Nutrition Education
- Learning How to Cook economical Meals and Snacks

The children will also have the opportunity to learn about and participate in the Walk Across Texas exercise program. This will be a fun addition to the cooking class that will encourage students to develop the habit of daily exercise through a structured walking program. It is something they will do at home and hopefully involve the whole family! All students who complete the Walk Across Texas program will receive a prize at the end of the summer.

The program is a 4 Part Series that will meet at the Texas A&M AgriLife Extension Service Conference Center on June 14 & 28, July 12, and August 2. There will be two sessions. 9:30 a.m. – Noon for Grades 1<sup>st</sup> – 2<sup>nd</sup> and 1:30 p.m. – 4:00 p.m. for Grades 3<sup>rd</sup> – 5<sup>th</sup> (these are the grades they just completed). The cost is \$40.00 for the entire series.

The deadline to sign-up is June 1, 2016. However, these sessions are limited to the first 20 registrants, so please register your child as soon as possible.

For more information or to sign up, please contact the AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

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