

## PROGRAM SCHEDULE:

### WEEK ONE

Eating 101 & Mindful Eating

### WEEK TWO

Hydration & Sugar

### WEEK THREE

Portions & Macronutrients

### WEEK FOUR

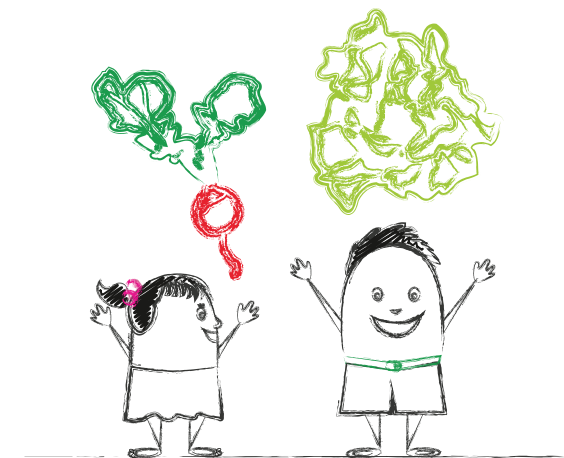
Label Reading & Grocery Store

### WEEK FIVE

Recipe Re-Do

### WEEK SIX

Celebration



FREE TO REGISTER

All cooking skill levels welcome. Groups are led by facilitators trained and certified by BC Centre for Disease Control. This program is appropriate for youth aged 13 -19 who want to make nutritious and delicious meals for themselves and their family.

**Teen2Chef**  
food skills program

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**JOIN US!**

**FREE SIX WEEK  
COOKING PROGRAM**

**Taste new foods  
Improve cooking skills  
Learn about nutrition**



FOOD SKILLS FOR FAMILIES

## BUILDING HEALTHIER COMMUNITIES BY

**CONNECTING** people in the kitchen.

**TEACHING** hands-on cooking skills.

**MAKING HEALTHY EATING** easy, quick and fun.



### COME COOK WITH US

- Cook simple, delicious meals
- Learn to read nutrition labels
- Tour your local grocery store
- Connect with others in your community
- Learn all about fibre
- Find out how much sugar is in your favourite beverage
- Get tips on how to drink more water
- Discover ways to season food without adding salt

# Teen2Chef

food skills program

- Learn to adapt recipes
- Make restaurant favorites at home including Caesar salad, pasta and burgers
- Learn how to compare foods to find healthier choices
- Plan meals and learn how to shop smart at the grocery store
- Learn how to cook with seasonal vegetables and fruits



### COOK NEW RECIPES

- Cookie Dough Energy Bites
- Greek Chicken Pita and Veggies
- Smoothie and Smoothie Bowls
- Fruit Spritzers
- Burrito Bowl
- Veggie Loaded Pasta Sauce & Zucchini Pasta
- Beef and Lentil Burgers
- Coleslaw
- Pumpkin Zucchini Muffins
- Tortilla Pizza
- Caesar Salad



## HOMEMADE HUMMUS

### YOU WILL NEED:



1 Can of Chickpeas

1 tsp Garlic Powder

1/2 tsp Ground Cumin

1/2 tsp Salt



1/4 cup Lemon Juice

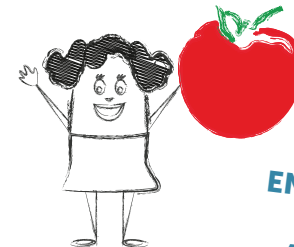
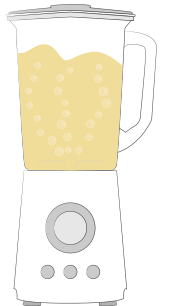


2 tbsp Water



1/4 cup Tahini or Olive Oil

### BLEND UNTIL SMOOTH:



ENJOY THIS SNACK WITH VEGGIES AND PITA CHIPS