

*Happy Cooking...
Happy Eating...*



CMIT-South Chefs



LOVE FOOD

Introducing... the CMIT-South Chefs Club



WHY... Learning how to cook and prepare healthy meals is an important skill in life. The earlier youth start, the better. By acquiring this skill, youth gain an understanding of the importance of a healthy and balanced diet.

WHAT... CMIT-South Chefs is a culinary club designed to support students in establishing and developing healthy eating habits and culinary skills. Offering healthy recipes for breakfast, lunch, and dinner that stem from a variety of backgrounds and cultures, students will learn how easy and fun it is to cook delicious and healthy meals.

WHERE... CMIT South is proud of its culinary station that includes all of the comforts of a kitchen at home.

HOW... Students will be required to learn and maintain sanitary conditions in this cooking environment at the school, which includes an apron, hair net, gloves, and utensils. Etiquette, Proper measuring, preparation, cooking methods, and utensil usage will be taught. Guest chefs from the community will appear from time to time throughout the year to talk with students about the culinary profession. There may even be a culinary competition among the chefs at the end of the year with fun prizes. A list will go home every two weeks of the ingredients needed for those dishes and utensils. Please ensure your child has them weekly and the food items.

WHEN... The club will meet once a week for approximately one hour and a half to two hours, depending on the dish being prepared that day, after school on Monday or Wednesday from 3:00 to 4:00 unless otherwise stated. Students should report at the main office area after school for the club and should be picked up promptly outside on the side ramp located in the school parking lot.

WHO... Limited slots are available due to space restrictions. Contact Dee Wells-Holder for more information about the club at dwellsholder@cmitsouth.org.