



Southern Cuisine Class Plan

CLASS TIME: 6:45 – 8 pm

CLASS OBJECTIVE:

Learn how pasta is made
History of Southern Style Cooking
Using a potato peeler
Understanding alternatives to frying (baking)
Knife skills

Prep Work:

Not much prep work will be done ahead of time other than setting up

CLASS PLAN:

5 Minutes: Welcome Period

- Introduce yourself to the class
- Have each child introduce themselves to each other and you
- Discuss housekeeping rules
- Discuss class objectives above
- Hand out recipes
- Wash hands

20 Minutes: Let the kids gather the ingredients. Read through recipes with the children. Make mac and cheese and freeze as a group.

15 Minutes: Peel potatoes, cut into pieces, boil

- Show proper knife skills (how to hold the knife, which knife to use for what)
- Show proper peeling skills (peel away from you)

15 Minutes: Work on the mac and cheese balls - bake

10 Minutes: Read cinnamon apple rings. Gather ingredients. Make cinnamon apple rings

10 Minutes: Finish potatoes

5 Minutes: Review what you did during class. Ask them questions ... make it interactive.

- Hand out recipes
- Give a closure statement such as "I'm so glad you came today!! We have Kids Night Out programs and camps too, so be sure to check it all out online! Here

are your recipes, and we look forward to seeing all of you again soon!" This helps them to LEAVE! 😊