

Cooking classes just for youths

A four-week after school workshop is designed to prepare kids ages 10-12 to take an interactive role with the family meal-planning process.

Youngsters will learn the six nutrient principles of preparing and eating quality nourishing meals. They will be taught how to shop for healthy food, read and follow recipes, and use basic kitchen tools and equipment.

This workshop is designed to build a foundation for kids to establish healthy eating habits that will last a lifetime.

The workshops are Friday Jan. 11-Feb. 1, 4-6pm at Lake Tahoe Community College. Cost is \$99.

Sign up online.