

BEGINNER ACCESS

*for young children
and anyone who
needs the basics*

*Beginner lessons
focus on small motor
control, dexterity, and
basic kitchen skills.*

BEGINNER SKILLS

- Spreading & Peeling
- Slicing Soft Foods with a Dull Knife
- Cross-Hatch Pattern Cuts
- Measuring Ingredients
- Soaking Dry Beans
- Pouring Skills
- Washing & Tearing Salad
- Working with Dough

INTERMEDIATE ACCESS

*for kids who know
the beginner level
skills*

*Intermediate lessons
focus on recipe
independence, intro to
sharp knives and
stovetop safety.*

INTERMEDIATE SKILLS

- Following a Recipe Well
- Intro to Sharp Knives
- Cracking Eggs
- Making a Recipe Without Help
- Stovetop Safety & Cooking Rice
- Flipping Pancakes
- Rolling Dough
- Browning Ground Meat

ADVANCED ACCESS

*for kids with
intermediate level
mastery*

*Advanced lessons
focus on sharp knife
skills, oven safety and
making meals
independently.*

ADVANCED SKILLS

- Sharp Knife Skills, Levels 1-4
- Slicing & Dicing Vegetables
- Crushing Garlic
- Cutting Whole Fruits
- Sauteing Vegetables
- Cooking Dry Beans
- Cooking Eggs
- Homemade White Sauce
- Steamed Vegetables