

# CARO COOKING CLASSES



**Food has a big influence on our lives.**

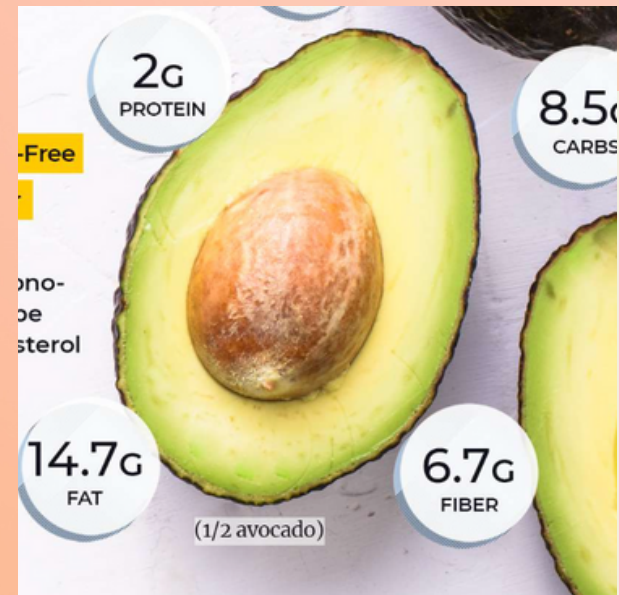
That's why sometimes cooking our food is a great choice, as well as being more conscious about what we are eating.

Through our hands-on classes students learn how to prepare their own food and other aspects of it like ingredient selection, hygiene, avoiding contamination and nutrition.

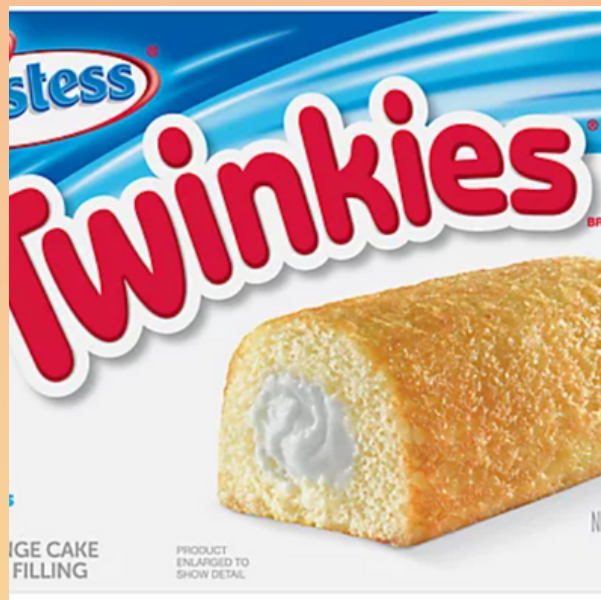
# TOPICS



primary production  
quality: e.g., organic x  
agrotoxic



nutrient composition  
and real foods



food processing

| Gluten Free                    |           |
|--------------------------------|-----------|
| <b>Nutrition Facts</b>         |           |
| About 4 servings per container |           |
| Serving size 1 cup (240mL)     |           |
| Amount per serving             |           |
| <b>Calories</b>                | <b>15</b> |
| % Daily Value*                 |           |
| <b>Total Fat</b> 0g            | 0%        |
| Saturated Fat 0g               | 0%        |
| Trans Fat 0g                   | 0%        |
| <b>Cholesterol</b> 0mg         | 0%        |
| <b>Sodium</b> 570mg            | 25%       |
| <b>Total Carbohydrate</b> <1g  | 0%        |
| Dietary Fiber 0g               | 0%        |
| Total Sugars 0g                | 0%        |

food labels and  
marketing terms

# HANDS ON



From snacks to complete meals, from easy to elaborated recipes, in our classes kids and adults will prepare:

- Smoothies and juices
- Dishes with different kinds of meat, veggies and rice.
- Cakes
- Egg bites, and more.

Classes are at my house, on Barberry Ct, in Concord .





# CLASSES \*PLANNED FOR THIS SESSION



Pre-workout smoothie  
Sweet Corn cake



Pea soup with popcorn  
Roasted veggies



Spring Pasta



Baked mashed potato  
with beef

- we can have some modifications

# UTENSILS



They will also learn how to use their tools properly and safely:

- Starting with butter knives and gradually moving to "Y" peelers and serrated knives.
- Manipulate the blender, the stove for roasting, boiling and grilling, and also the airfryer.

Our ultimate goal is to make it fun and stimulate kids and adults to try different foods, be conscious and confident about their nutrition every day.



ages 11 y/o up

per class

\$75

1 month package  
(4 classes)

\$255

## SCHEDULE



saturdays: **10am - 12 pm**

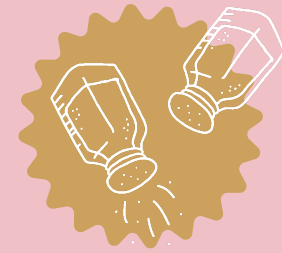
DEC: 2,9,16 | JAN/24: 13 |

- all ingredients costs are included

## REGISTER FORM

[click here](#)

# ABOUT ME



Originally from Brazil, I came from a culture that values home-made cooking as part of our everyday lives.

When I moved with my family to the US years ago, I decided to bring that part of my experience along and equip my kids to be conscious about their nutrition and the value of healthy, home-made cooking.

Finally, I combined that mission with my background as a small business owner to create CaroCooking, a platform to help kids and adults to eat better through hands-on learning.

I like to try different recipes, some of them you can see on my blog [www.carocooking.com](http://www.carocooking.com)

Feel free to contact me with any questions or comments.

**Happy Cooking!**

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**[www.carocooking.com](http://www.carocooking.com)**