

Virtual Matador Kids Culinary Program



Family-friendly cooking lessons from the comfort
of your own home kitchen!

Saturdays 3pm-6pm PST
May 1st, May 8th, May 15th, & May 22nd
\$30 registration fee

RSVP your family and child (age 9-12) at:
<https://engage.csun.edu/matador-kids-culinary-class-may-2021>



Virtual Matador Kids Culinary Program

Program Highlights

- The Virtual Matador Kids Culinary Program will provide cooking lessons for families by offering a unique food experience, as well as create valuable cooking skills.
- Step-by-step live streaming lessons taught by our highly-skilled chef and American Culinary Federation (ACF) member.
- Interactive nutrition discussions designed for students ages 9-12. Classes will cover kitchen safety, basic knife skills, and preparing recipes with fruits, vegetables, grains, protein and dairy.



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Frequently Asked Questions

What age groups can attend the class?

These family-friendly classes were designed for children ages 9-12 to cook alongside an adult at home. If younger or older children in the household would like to join, it will be up to the adult guardian's discretion on their level of engagement.

What kitchen equipment will be needed?

Guardian-supervised access to stovetop, oven, cutting board, knives, and basic cooking utensils. A full list of supplies will be provided once enrolled.



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What if a family member has a food allergy or intolerance?

For each recipe, a list of ingredients will be provided that will include substitutions in the case of allergies, intolerances, or food preferences. If you have questions regarding ingredient substitutions you can reach out to our staff for guidance.

How long are the classes?

Classes will be approximately 2-3 hours, depending on the recipe and pace of participants. The goal is to have the recipes ready to enjoy with dinner.

Do we need to attend all classes?

It is recommended to attend all 4 classes, as the program is meant to build upon the skill sets learned from the previous class.