

# Virtual Matador Kids Culinary Program



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

**April 3rd, 10th, 17th, 24th, and May 1st**

**3pm-6pm PST**

Space is limited

RSVP your family and child (age 9-12) at:  
[magaram.center@csun.edu](mailto:magaram.center@csun.edu)



## 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 1-4 will cover kitchen safety, basic knife skills, and preparing recipes with fruits, vegetables, grains, protein and dairy. Class 5 will culminate with a cooking demonstration by the students showcasing their new cooking skillsets and nutritional understanding of a balanced meal.



## Virtual Matador Kids Culinary Program

# 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.

### **Is there a cost to attend the program?**

There is no cost to attend, however the adult guardian will be responsible to supply recipe ingredients and kitchen equipment for their child each class.

### **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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# Frequently Asked Questions

### **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.

### **Do we need to attend all classes?**

It is recommended to attend all 5 classes, as the program is meant to build upon the skill sets learned from the previous class. Classes will not be recorded and make-up sessions will not be offered at this time.

### **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.