

# Teen Cuisine

## Free Cooking and Nutrition Education Class For teens Grades 6 to 12

Teaching teens the knowledge and skills required to make informed food and lifestyle choices, educators will be helping them to increase their confidence to apply these skills at home, which can lead to positive eating patterns and better health. “Teen Cuisine” is designed to teach youth from grades 6 to 12 important life skills to promote optimal health — both in the present and in the future.

### WHEN

June 24-27, 2019

July 8-11, 2019

Class meets Monday-Thursday

### TIME

Noon to 2:00 p. m.

### WHERE

Superior Middle School  
3626 Hammond Ave, Superior, WI  
Family and Consumer Education Room



Provided by FoodWise Educators: Julie Montgomery & Tarah Nichols



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### Eat Smart

Students learn the basics of MyPlate, hand washing and using a knife safely.

### You Are What You Eat

Students learn how to read food labels to choose healthy food.

### Power Up With Protein

Students learn how each nutrient from the food label affects our bodies.

### Fight The Fat

Students learn ways to make smart choices when eating out and the health effects of different types of fat.

### Have A Plan

Students learn how to plan meals and what happens to food in the Temperature Danger Zone.

### A Healthy And Happy Teen

Students review all they have learned about eating smart and cooking healthy.

**To sign up for all  
8 sessions call:  
715-395-1363**

Created by:

