



DEMONSTRATION KITCHEN

dk KIDS

IN CHARGE OF THE FRIDGE!

Join us in the Demonstration Kitchen at Henry Ford West Bloomfield Hospital as we continue our dk KIDS program this fall. The dk KIDS classes are designed to teach kids how much fun they can have while learning about healthy meal choices to share with their family and friends.

The program combines 30 minutes of "Exercise without Machines" at Vita, the wellness center at Henry Ford West Bloomfield Hospital, with 90 minutes of cooking in our beautiful Demonstration Kitchen.

The dk KIDS will learn the importance of concentrating on the 6 essential elements to create successful meals in the kitchen all while having fun.

- Smart Shopping
- Preparation
- Education of different food cultures and special medical conditions
- Community Service
- Safety in the Kitchen
- Presentation



FRIDAY, OCTOBER 23, 4-6 p.m. FUN FOODS 4 LUNCH BOXES

Learn to create fun lunches for school. Each lunch will have 4 items to help keep you focused all day. Bring a list of foods served at your school cafeteria; tips to help you make healthy choices will be shared.

FRIDAY, NOVEMBER 13, 4-6 p.m. AFTERSCHOOL SPORTS / HOMEWORK SNACKS

This class will teach you tricks of the trade to create energizing snacks that will keep you going the rest of the day. You will find out why some foods keep you energized all day and others put you to sleep. Bring a list of some of your favorite snack foods.

FRIDAY, DECEMBER 4, 4-6 p.m. HOLIDAY FAVORITES FOR EVERY KID ON THE BLOCK

Learn to make traditional holiday favorites with a healthy twist and special treats for our friends and family members with special medical conditions. Gluten Sensitivity and Lactose Intolerance will be addressed. At this class you will learn recipes to prepare so no one feels left out this holiday season.

All classes will be taught by food consultant and dk guest chef, Dr. Kerrie Saunders.

Please arrive on Market Street, outside of the dk entrance 20 minutes prior to the start of each class. The first 30 minutes of each class will be in Vita; please wear comfortable clothes and athletic shoes for light exercise. Cooking class dress code: All hair must be tied back and closed toe shoes must be worn.

REGISTER EARLY. CLASSES FILL UP FAST!



HENRY FORD
WEST BLOOMFIELD HOSPITAL
6777 W. Maple Road • West Bloomfield

All classes are \$29 per child, per class. Age range is 8 - 16 years old. Registration closes 72 hours prior to class. For questions, email us at dk@hfhs.org and to register call the dk hotline at 248-325-3890.