

# dish

COOKING STUDIO

## dish for Kids!

**dish** is proud to launch dish Kids with exciting programs designed to entertain and educate children about all things food!

### Parents & Tots

**Age group:** 3-5 yrs

**Description:** Spend time with your little one in the dish kitchen with fun activities for both parent and child!

**Day:** Every Thursday starting Apr. 2

**Time:** 1:30-2:30pm

**Number of classes:** 8 week program

**Class Structure:** Introduction, craft, food preparation, food game, take home goodies

**Food:** granola, fruit and dips, veggies and dips, tortilla pizzas, sugar and oatmeal cookies, puff pastry, sweet sushi, cupcake decoration

**Price:** \$275

### Junior Chef dish Diploma - *Level I begins March 23 – May 25*

**Age group:** 6-12 yrs

**Description:** Cooking techniques, food and culture, safety in the kitchen, food styling and lots of fun!

**Day:** Mondays for 6-9 yr olds & Wednesdays for 10-12 yr olds

**Time:** 4-5:30pm

**Number of classes:** 15 hour course

**Class Structure:** Kitchen Safety, Golden Rule: "Always Taste it", Demo ingredients (nutritional benefits and fun facts), demo recipe, hands on cooking!

**Food:** Pizza, cannelloni, hot and cold salads, hot and cold sandwiches, chocolate, Asian food, Mexican food, tropical food, Iron Chef challenge

**Price:** \$325

### dish Teens

**Age group:** 13-17 yrs

**Description:** Cooking 101 – basic skills, themed menus, healthy food in a hurry, A Meal to Impress!

**Time:** 5-7pm April 19, 26, May 3, 10, 24 & 31

**Number of classes:** individual or 6 week program

**Class Structure:** Teacher overview, demo recipe, hands-on cooking, dinner

**Price:** \$95 per class, \$540 series



scheduled, corporate & private classes, catered experiences, café & prepared food  
**dish** cooking studio 390 Dupont St. Toronto 416.920.5559 [www.dishcookingstudio.com](http://www.dishcookingstudio.com)

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## Private Cooking Birthday Parties

**Age group:** 3-12 yrs

**Description:** A great way to celebrate your child's birthday, in our spacious dish UP space

**Duration:** 2 hrs

**Party Structure:** Craft or Mocktail, Food preparation, Cupcake or cookie decoration

**Food Game:** Touch-Smell-Taste

**Food:** Tortilla Pizza, Piggies in a blanket, Mexican Fiesta (Tacos or quesadillas), Italian Party (Pizza or Pasta), Tropical Fiesta (Hot and Cold Salad Bar or Hawaiian Pineapple Chicken), Asian Party (Dumplings or Rice Noodles/Salad Rolls)

**Price:** \$50/child

*Minimum of 10 children*

## Customized Cooking Field Trips

**Age group:** 6-12 yrs

**Description:** In partnership with your child(s) school, dish will customize field trips at the dish UP space according to the schools' curriculum to complement the unit they are studying (a meal is included)

**Day:** Monday to Friday

**Time:** 1.5 hr trips, between 9:00am-3:00pm

**Class Structure:** Kitchen Safety, Golden Rule: "Always Taste it", Demo ingredients (nutritional benefits and fun facts), demo recipe, hands on cooking!

**Price:** \$35/child or \$700/group (based on class of 20-25 children)

*Minimum of 20 children*

## March Break: Storytelling Chef

**Age group:** 5-7 yrs and 8-12 yrs

**Description:** Children will learn cooking skills, exciting recipes, fun food and experiments inspired by well known children's books.

**Day:** Monday to Friday

**Date:** March 16-20

**Time:** 9:00am-12pm for 8-12 year olds and 1:00-3:00pm for 5-7 year olds

**Class Structure:** Kitchen Safety, Golden Rule: "Always Taste it", Craft, Food Games and Food Experiments

**Food Preparation:** Demo and hands on cooking!

**Price:** \$325/child 8-12 years, \$275/child 5-7 years

To learn more about the above programs including pricing, availability and booking a party, please call **416.920.5559** or email [lily@dishcookingstudio.com](mailto:lily@dishcookingstudio.com) / [pam@dishcookingstudio.com](mailto:pam@dishcookingstudio.com)



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