

# Super Star Chef

## 3-DAY COOKING CAMP

### Shine in the kitchen with your new cooking skills!

**H**ave you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 18. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fresh salsa, fruity parfaits, tasty veggie pizza and oven-baked calzones.
- Discover foods that are good fuel for your body and give you energy to play hard.
- Decode food labels and identify if foods are safe to eat.



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*



Putting Healthy Food  
Within Reach

Supplemental  
Nutrition  
Assistance  
Program

**DATE:**

**TIME:**

**LOCATION:**

**TO SIGN UP, CONTACT:**