

Food Fascination: Session 1 Online

Session 1

Instructors: Laura Erlig, Jerri Baker and Sue Eaton.

Community Food Heroes: Our focus in Session 1 will be Community Food Heroes. Our food source is so important and our local chefs/restaurant owners are working hard to create a safe environment for outdoor dining. One Spark Academy is planning on inviting guest speakers to Zoom with us; perhaps they can prepare an amazing dish before our eyes. The following week it will be your turn, as each instructor will walk you through preparing a dish. If County orders allow, we hope to arrange a safe class picnic outing at a local park with take-out from the restaurant. During the course, students will learn how to read a recipe, use basic tools (like measuring cups and spoons), even chop with a knife (under supervision). We will need parents to supervise or give permission to allow students to use different tools in their kitchen.

Class 1: Introduction to the class and find out the experiences that our students have had cooking. Make sure all have set up Edmodo. Supply list check off and scavenger hunt for the class with visual examples. Set up expectations that each week the students will cook something at home and take photos and post on Edmodo. Please also feel free to give positive feedback to your classmates for their cooking abilities.

Class 2: Guest chef/speaker: **Jan Hogrewe**, September 3rd at 11am. Jan will share the process of being a home chef and developing her fruit spread that is in specialty stores, known for its amazing tastes and with less sugar. Wow! Jan will cook her delicious oat bars as we watch, then prepare them at home for the following week.

Class 3: Cooking in the kitchen: Just Jan's Oat bars.

You will need the following equipment:

- 9×13 baking dish, oven, mixer, measuring spoons, large bowl to mix ingredients, oven mitts

Here is the recipe: [Just Jan's Oatbars Recipe](#)

Class 4: Picnic Outing: Being together at a distance, if the county and weather allows. Please bring your own water bottle and blanket or mat to sit on at the park as we social distance.

Park: [Conejo Creek Park North](#)

Class 5: Guest chef/speaker: **Luis Sanchez**, September 24th at 11am. Luis will share how he received different opportunities and he became a chef and owner of the restaurant, [Mouthful Eatery](#). He will be cooking an amazing dish and sharing his passion for cooking. Here is his background noted from the Mouthful website:

"Luis has held every position imaginable in the restaurant industry. He has always used his creativity as a tool to express his passion for food and beverage. He has developed a unique style of cooking that blends California fresh with the exciting flavors of Peru. He is a classically trained chef and true believer that food should always be inspiring and flavorful. He has worked all over Los Angeles and could not be more excited to be able to share his passion in his hometown. Luis is the creator of

Mouthful Eatery and all his menu items. He handles operations, Menu Development and is also responsible for the look of our store. Luis feels Mouthful Eatery is a restaurant where our team truly believes in making each guest feel special because we genuinely care about your experience.”

Class 6: Cooking in the kitchen: TBD

You will need the following equipment:

Here is the recipe:

Class 7: Picnic Outing: Being together at a distance, if the county and weather allows. Please bring your own water bottle and blanket or mat to sit on at the park as we social distance and be together. We will be picking up lunch from Mouthful to enjoy a meal together.

Park: [El Parque de la Paz](#)