



# Kids in the Kitchen

***Kids in the Kitchen* is a fun hands-on program offered by University of Missouri Extension that teaches kids how to prepare simple recipes and encourages them to be active and to eat healthier meals and snacks.**

## Contact

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**There are three different levels of lessons appropriate for students ages 6-15.**

- Level A: ages 6-9
- Level B: ages 10-12
- Level C: ages 13-15

**Lessons focus on topics such as:**

- Basic cooking skills
- Safe food handling practices
- How to use basic kitchen equipment
- Identifying food groups and how food keeps us healthy
- Eating a variety of foods
- The importance of regular physical activity