



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

This institution is an equal opportunity provider.

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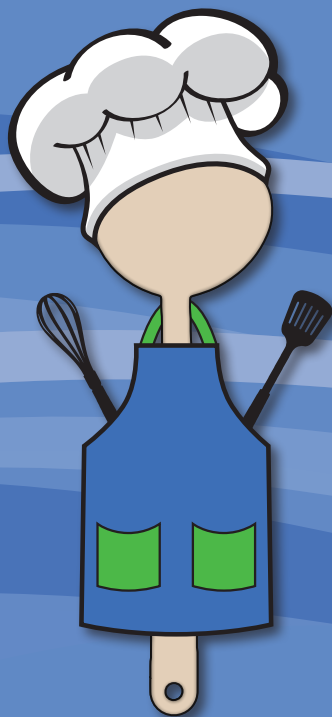
For more information contact your local Extension office:

The University of Tennessee Extension Food and Nutrition Education Program (UT EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) to provide nutrition education with a hands-on approach for families and youth with limited resources. The University of Tennessee Extension Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture. This program provides nutrition education to families and individuals receiving or eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

ABOUT OUR NUTRITION EDUCATION PROGRAMS

Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL



ADVENTURES IN THE KITCHEN

PARTICIPANT BROCHURE

WHAT IS ADVENTURES IN THE KITCHEN?

Adventures in the Kitchen is a series of six hands-on cooking lessons created by the University of Tennessee Extension.

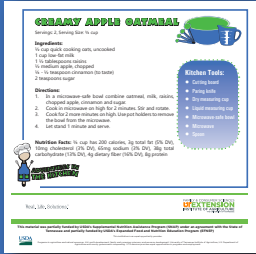
WHAT WILL CHILDREN LEARN IN ADVENTURES IN THE KITCHEN?

New Recipes

Cooking Skills

Healthy Eating

Physical Activity



WHAT CAN YOU DO AT HOME?

Review the family newsletter that will be sent home as part of this program.

Consider preparing the new recipes at home.

Talk about what is learned in the program.



A NOTE FOR GROWN-UPS:

Adventures in the Kitchen teaches skills for life. Through Adventures in the Kitchen, children learn important life skills such as cooking, choosing healthy foods, and engaging in regular physical activity. These skills can help children eat healthier now and in the future.