

HEALTHY COOKING WITH KIDS

www.healthycookingwithkids.com
Leah Diamond (805) 683-2525

Here is a list of different categories of foods. Please fill this out with your child. Put a " x " for things you've made. Put a " ✓ " for those things you'd like to learn to make. Please return this sheet with the application. If you need more room, write on the back.

Child's Name: _____ Birthdate _____

Pancakes _____ Waffles _____ Muffins _____ Scones _____

Cookies _____ *Desserts _____ Quick Breads _____

Snacks _____ Smoothies and drinks _____ Appetizers and dips _____

*Main Dish Salads _____ Veggie Salads _____

*Quick main dishes _____ Healthy Holiday Desserts _____

Other categories _____

*Be specific about what you've made and what you'd like to make in these categories. Let me know any **specific recipes** you'd like to make (below).

Specific recipes? _____

Do you eat (check all that apply to you):

_____ chicken _____ beef _____ fish

_____ vegetarian dishes _____ dairy products

_____ tofu _____ soy products

What kitchen tools has your child used?

_____ Blender _____ Food processor _____ Wok _____ Waffle maker _____ Electric mixer

_____ Other _____

Past experiences with cooking _____

Other comments: _____

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Please fill this out and return it to me as soon as possible with payment. This will guarantee that you are signed up for the classes you request. If you have any questions, feel free to call me.

Child's Name _____ Parent's Name _____

Address _____ City/Zip _____

Home Phone _____ Cell Phone _____

Birthdate/Age: _____ E-mail Address _____

In case of an emergency please contact:

Name Phone Number Relationship

Print Doctor's name Address/Phone number

What specific recipes or categories would you like to make in the classes?

Release: The child above has my permission to participate fully in Healthy Cooking with Kids classes. I will not hold the camp, Leah Diamond Williams or her staff responsible should my child incur any injury during camp activities. I give permission for photos of my child to be taken during the class and used for publicity purposes.

Parent Signature: _____

_____ Date

The Saturday classes are from 10:30-12:45 pm.

Please arrive by 10:20 am because I like to start promptly at 10:30.