

Explorations in *The Culinary Arts*

Session 1: Bon Appetit

Explorations in The Culinary Arts for Students who are Blind/Visually Impaired

Who: Students Who Are Blind/Visually Impaired in Grades 6-12

Where: Missouri School for the Blind (MSB)
3815 Magnolia Ave.
St. Louis, MO 63110

When: **Session 1:** July 10–21, 2017

What: *Explorations in Culinary Arts*, is a 2-week program designed to introduce students who are blind or visually impaired to a variety of skills, techniques, and practical tips designed to make cooking fun, safe, and easy. During *Explorations in Culinary Arts*, students will participate in a wide range of activities including meal and menu planning, grocery shopping, food preparation and presentation. Students will be introduced to adaptive equipment and techniques for cutting, chopping, measuring, pouring, cooking, and baking. Students will explore concepts of healthy eating and try appetizers, main and side dishes, breakfast dishes, desserts, snacks and more. Students will be introduced to careers in Culinary Arts and meet professionals in the field. During *Explorations in Culinary Arts* students will learn skills by experiencing and participating in a variety of lessons and activities culminating a **Healthy Kids Cook-Off and Demonstration** featuring our *Explorations in Culinary Arts* participants.

Costs: *Free.* Transportation, activities, room and board are all provided *FREE* of charge.

How: Complete the registration form found on the MSB Web site and submit it by May 1 to:

Missouri School for Blind
Attn: Joy Waddell
3815 Magnolia Ave.
St. Louis, MO 63011

If you have further questions or need additional information, please contact Joy Waddell, Assistant Superintendent at 314-776-4320 or via e-mail at joyce.waddell@msb.dese.mo.gov