We are enrolling now for our junior culinary nutrition and fitness camp (ages 11–17) for summer 2019.

WHERE
All culinary nutrition sessions take place in the Food Science Teaching Classroom and Lab, located on the University of Texas campus in Mary Gearing Hall. All fitness sessions will take place at the Fitness Institute of Texas located in DKR-Texas Memorial Stadium.

The day will start with an engaging nutrition education lesson followed by a culinary experience in our teaching kitchen as campers prepare their own healthy lunch. Kitchen safety, safe food handling and knife skills will be practiced. After the culinary experience, campers will spend an hour in a fitness session with trainers from the Fitness Institute of Texas (FIT). Activities will include a variety of cardiovascular, strength, and flexibility exercises. The purpose of this experience is for the campers to learn ways to increase their fitness and the importance of exercise for health.

SUSIE’S KITCHEN JUNIOR SCHEDULE
SESSION 1: CHOOSE HEALTHY, LIVE HAPPY [DATES: JUNE 17–21 AND JULY 22–26]
Campers will engage in activities to enhance their knowledge of nutrition, culinary skills and fitness. Campers will be provided a healthy morning snack and prepare their own healthy lunch.

Day 1 Kitchen Tour, Knife Skills and Food Safety Overview
Day 2 Fruits and Veggies (Fiber, Antioxidants)
Day 3 Bone Health
Day 4 Importance of Breakfast
Day 5 Choose Healthy, Live Happy

SESSION 2: INTERNATIONAL CUISINE [DATES: JULY 8–12 AND JULY 29 – AUG 2]
Campers will learn about foods of world cultures as we explore international cuisines and generational recipes. Session 2 is designed to enhance nutrition knowledge on the benefits of key foods/components for each cuisine day as well as fitness. Campers will be provided a healthy morning snack and prepare their own healthy lunch.

Day 1 Kitchen Tour, Knife Skills and Food Safety Overview
Day 2 French
Day 3 Vietnamese
Day 4 Mediterranean
Day 5 Chinese

TIME
Monday – Friday • 9:00am – 2:30pm

PRICE
Cost per week $585.00, (early registration discount– $550.00 until April 15th)

ENROLLMENT: he.utexas.edu/ntr