

The Culinary Skills class offers students the opportunity to learn hands-on culinary skills with the transition coordinator and Granite Academy's chef. Students will learn different topics such as: understanding nutrition labels, following recipes, meal planning and budgeting, proper food storage and usage, diet/health concerns, and risk prevention and safety. Students will need to maintain appropriate kitchen hygiene and safety. They will use kitchen tools, small appliances as well as the microwave, stove top, and oven. Students are asked to bring recipes from home or online for them to create in the kitchen. Each class the students prepare a meal each week, practicing breakfast, lunch and dinner recipes. The class includes learning to appropriately clean up after themselves. Once the meal is completed, students are able to eat what they cooked but also use that time to help make a shopping list for the next week's recipe. The goal of this course is to build basic culinary and nutrition skills for future independence.