

Six Easy Bites



A Hands-On
Food, Cooking,
and Nutrition
Program for
Youth Ages 9-13

Virginia Cooperative Extension



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The Fairfax 4-H
Youth Development
and Family and
Consumer Sciences
Programs Present

Six Easy Bites

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Food, Cooking,
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Youth Ages 9-13**



Six Easy Bites



An opportunity for kids who like helping out in the kitchen and trying new foods, or for those who want to learn more about what's in

food that's good for us and how to prepare food simply and safely.

Kids will learn about the importance of handwashing, how to handle kitchen equipment safely and how to measure food accurately, what food does in the body to help us be strong and healthy, and how to make simple, nutritious, and delicious snacks, vegetables, and desserts.

This is a great opportunity to participate in a 4-H project and learn more about 4-H in Fairfax County.



6 - Part Series

October 20th: Food Safety

October 27th: Kitchen Basics

November 3rd: Nutrition 101

November 10th: Scrumptious Snacks

November 17th: Variety of Vegetables

November 24th: Delectable Desserts

Tuesdays from 6:00pm - 8:00pm

Parents and guardians are encouraged to arrive by 7:30pm for a session wrap-up with the children.

Registration Form

Six Easy Bites

October 20 - November 24, 2009

Pennino Building - 10th Floor - Fairfax Room

12011 Government Center Parkway

Fairfax, VA 22035

Cost: \$15 per participant

Name _____

Address _____

Phone _____

Email _____

Demographic Information:

Date of Birth: _____ Grade Level in School: _____

Gender: Male Female

Ethnicity: Hispanic Non-Hispanic

Race: (Circle all that apply)

White African American American Indian or Alaskan Native
Asian Hawaiian or Pacific Islander

Method of Payment:

Check Make check payable to:
 Cash VCE - Fairfax County

The Fairfax 4-H Youth Development and Family and Consumer Sciences Programs Present

Attn: Six Easy Bites
Virginia Cooperative Extension
12011 Government Center Parkway, Suite 1050
Fairfax, VA 22035-1111

Phone: 703-324-5369
Fax: 703-324-5337

Maximum No. of Participants: 15 (first come, first serve)