

# COOKING WITH CHARACTER: KIDS IN THE KITCHEN



To the Boys, Girls, Adults Community Development Center, the kitchen should be a classroom and a source of daily nourishment. Thus, Kids in the Kitchen is a program where children learn the ins and outs of preparing a meal but also other valuable lessons of life that improve the prospects of good health and happiness.

The classes started with a discussion of basic kitchen rules. The kids created their own rules for the kitchen, such as washing their hands before prepping, not using a knife or the stove without supervision from an adult, washing their fruit and vegetables before adding them to a dish, etc. They learned to use kitchen knives and cutting boards while preparing their meals and how to use measuring cups and other kitchen tools. Their first big meal was lasagna with salad. The students meet every Wednesday to learn how to prepare a meal and, on the last Saturday of the month, they invite a guest and prepare a big meal for them.

Next, the children will learn the fundamentals of dining etiquette and bake a recipe of their choice. They will know how to set the table for their prepared meal. We don't want the children only to cook but to learn the manners of cooking and eating. Table manners are essential; they show that you are respectful, professional, and mindful of the people you eat with. Believe it or not, table manners help build relationships and increase your chances of success.

Cooking brings more to the table than just food. Food brings us together and puts smiles on our faces when we know how to act while eating with one another. We want our children to have that elegant experience.

BGADC also had a Valentine's Day community party for the youth and parents on February 10th. The center was decorated pink, red, and white with the feel of Valentine's Day vibes. Girls and boys walked in, dressed to impress with their suits and ball gowns, ready to dance the night away while showing off their formal attire. Candace Williams and Ahmaad Dickerson won prizes for the best-dressed boy and girl. It was a fantastic night for everyone.