

# On-Line Cooking Classes At The Mixing Bowl Academy Through CurrClick!

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If you have a middle school or high school student who needs time in the kitchen or has an interest in cooking, I highly recommend the On-Line Kids Cooking Classes from the Mixing Bowl Academy that are offered through CurrClick. We participated in these cooking classes and loved them! The reason I am SO very excited about this is that it offers our special kids a unique opportunity that is critically important to their success in life. You need to be able to cook and not be scared in the kitchen.

First, our kids get the experience of purchasing the necessary ingredients at the local grocery store. This involves finding the products, checking out, and paying for them ALL while controlling their behavior in PUBLIC! Second, it involves prep-work such as washing and drying vegetables, pre-measuring ingredients, and learning about various kitchen utensils that are needed in cooking. Third, our kids are exposed to an On-Line classroom where they can see the teacher and how the food is prepared every step of the way in the SAFETY of our own home. The teacher, Mrs. Sanchez, forwards the recipes and ingredient list to all students the week before the class. The day of the class, you click on the weblink in the recipe email she sends you, and you enter the CurrClick Virtual Classroom. Our kids can type questions and comments in the classroom chat box. Fourth, our kids gain valuable knowledge about food preparation, safety, and cutting skills just to name a few. Fifth, our kids are in effect is cooking dinner for us! We made Taco Salad Bowls and California Chicken Wraps that were better tasting than ANYTHING I have ever had at a restaurant. My husband raved about the food! Our son was very happy with the response of his father and he was happier than ever to be able to chow down on the great food that he had just prepared.

All the recipes used are HEALTHY!!! Mrs. Sanchez provides interesting dietary information and facts about various ingredients as well. If you want to learn more about The Mixing Bowl Academy's Live On-Line Cooking Classes, you can go to [www.mixingbowlacademy.com](http://www.mixingbowlacademy.com) and there is a link to the CurrClick website to register. Happy Cooking!!!