Rainbow Chefs: K-1ST Grade Enrichment Programs

Rainbow Chefs offers children the opportunity to learn Culinary Arts, Nutrition, Kitchen Safety, Manners and Etiquette. We have dedicated ourselves to providing children with a support system that begins in the kitchen to develop healthy eating habits, explore their creativity and enjoy being in the kitchen!

With our curriculum based classes and trusted staff of Registered Dieticians, Culinary Arts Educators, and Child Psychologists, Rainbow Chefs has created a program that brings our families back to the dinner table. Rainbow Chefs has successfully hosted classes, camps, birthday parties & specialty class at over 25 locations across the Bay Area including the Ronald McDonald House at Stanford, Recreation Centers, Elementary Schools, Middle Schools and High Schools.

Rainbow Chefs is committed in making the difference in the life of every child by teaching them life lessons through hands-on culinary arts classes. Our hands-on culinary-cooking classes teach valuable life skills as well as reinforce the lessons learned in school like math, writing, reading, science, geography and much much more. Our goal is to empower our young chefs-in-training to develop healthy eating habits, self-sufficiency and self-confidence. Our curriculum based classes consists of cooking fun while learning about nutrition, healthy cooking, baking and cooking skills, the basics of gardening, food facts, manners, etiquette, meal planning, healthy choices and foods from diverse cultural traditions! We teach healthy eating!

Rainbow Chefs recipes are nut free and we use fresh and seasonal ingredients – we show you how to make healthy foods with easy recipes from scratch!!!

"I am so happy that all 3 of my kids are finally enjoying being in the kitchen and are learning nutrition and even know how to eat with a fork and a knife, which is really fantastic. Great program, very nourishing and children are definitely having lots of FUN."

-Monica, San Mateo, CA

RAINBOW CHEFS

K - 1ST GRADE

AMAZINGWORLDOFEDIBLEART

In this amazing class your child will incorporate all different forms of arts to learn about foods, recipes, and healthy cooking. We will show your child how to turn food into fun, edible art pieces! Some recipes include strawberry mice, banana caterpillars, lion king cages, butterflywiches, antipasti scooters and more!

STORYBOOKCOOK

In this timeless and classic class we will take recipes from an array of favorite children's books and turn them into fund and delicious meals! Your child will discover recipes from some all time favorite books like Dr. Seuss, Mother Goose, The Very Hungry Caterpillar, and More!

NOWTHAT'SGROSS

Hit number 10 on the Gross-O-Meter making the best tasting treats with the grossest names! Some recipes include: Worms in Mud (chocolate graham crackers for dirt pudding mud and woms made out of marshmallows!), Brain Blood Clot ("Brains" made out of Jell-O molds with pieces of raspberries and strawberries stuck inside).

SNACKTIMEFAVORITES

Your child will learn how to transform favorite junk food snacks into healthy and delicious treats from scratch. They will get to explore and play with different healthy foods to create new and exciting snacks that they not only enjoy eating but also preparing! Some recipes include home made cheese puffs and fruit roll-ups! Yummy!

MIXANDSTIR

Your young, aspiring chef will learn the basics of measurements and age age appropriate cooking techniques. They will get to use these new techniques and skills to make their all time favorite foods!

PICNICTIME

Who doesn't love going on a picnic? your little Rainbow Chef will learn how to make easy, delicious picnic favorites to enjoy at your next family outings in the great outdoors (or indoors). Versatile recipes that can incorporate your Chef's favorite ingredients to help make that family picnic extra special!