

# BEYOND THE KITCHEN



## CHOPPED COOK-OFF

Students will depart from Sagemont Prep and head to Markham Park and create the meals that they selected on Monday with their group. They will use the skills that they learned from prepping, chopping, and plating. They will prepare the entire meal and have it judged at the end by Sagemont Prep faculty.

# COOKING CLASS

It's time to don your aprons and get cooking in the kitchen! During this class, you'll learn about the benefits of using "real food" and discover how to incorporate natural, alternative ingredients into your meals to make them healthier. You'll also develop knife skills and learn various cooking techniques such as whipping, blending, chopping, mixing, measuring ingredients, kneading dough, and appreciating the cooking process. By the end of the four-hour class, you'll prepare two delicious meals that you'll get to taste and enjoy!



## UNDERSTANDING THE WORLD OF HOSPITALITY

Students will learn about the hospitality industry from professionals in food, beverage, lodging, purchasing, decor, and marketing. They'll get safety and sanitation training and culinary skills. They'll work in groups of four to select ingredients for a "Chopped Cook-Off" competition on Thursday.

**REGISTER HERE:**



# COMMUNITY IMPACT

As part of the Week Without Walls program, every student at Sagemont Prep will participate in a day of community service. Middle and High School students will have the opportunity to either lead a beach cleanup or volunteer at a food pantry. The school's mission highlights the significance of making a positive impact on the community.



# TIGER TAIL RECREATION CENTER

At Tigertail, students will have the opportunity to engage in exciting activities that promote teamwork, build confidence, and conquer fears. They will climb towering structures and navigate a unique lily pad-style ropes course, all while being supported by their peers. Additionally, students will tackle the brand-new Aqua Challenge an exhilarating water obstacle course with eight challenging elements. Safety is of utmost importance, and our experienced and certified facilitators provide all necessary gear and oversee the belaying process. Through various games and initiatives, participants will learn the essential skills of communication and teamwork in a fun and challenging environment.

