

Someone's in the Kitchen

Students find many advantages in taking cooking classes



Garrett Thomas Bloom

Have you ever walked by the Foods hallway and smelled delicious cookies that made your stomach rumble? The Family and Consumer Sciences department offers several cooking classes, including Foods, Advanced Foods and International Foods. Students took these classes for a variety of reasons, from a real love for cooking to just a love for eating.

"I like food," said **Garrett Thomas Bloom ('18)**, laughing. For students like him, cooking class gave them an opportunity to capitalize on getting that school credit while filling their stomachs.

Some had a deeper interest, though. "I like to cook outside of school," **Isiah Toney ('18)** said. For students who enjoyed cooking on their own, a cooking class served as a great way to bring that interest to the school environment.

Foods students also enjoyed the reward of eating their schoolwork, since they would sometimes have food to take with them after class. "Baking pastries isn't as easy, but the outcome is really nice and tastes good," said **Elianna Contreras ('18)**.

Cooking classes were also beneficial in that they taught students culinary techniques, from the basic to the more advanced, depending on the class. Since cooking is a skill many people use every day, the classes were practical. "I took cooking class because I cook all the time," **Maddison Rodgers ('17)** said. Some students took a cooking class having already learned some recipes from home while others were newcomers to the kitchen.

Although many students took Foods class as just another elective, some realized that cooking could be something they really enjoyed, and a select few even decided to get more serious about the culinary arts, joining ProStart to learn more about restaurant and hospitality careers.

Cooking classes were hands-on and practical, making them interesting and helpful - plus they had a tasty outcome. (H. Simpson and I. Kern)

"I like to cook outside of school." -Isiah Toney ('18)



Isiah Toney



Elianna Contreras



Maddison Rodgers



1.) **Pie Time!** In cooking class, **Chayenne Recio ('18)** and **Khayri Hudson ('19)** place their pies on a cooling rack. Foods class turned out to be a fun elective choice. "It's fun because you get to be social and meet new people," Hudson said. (N. Lawton)

2.) **Chopping Away** In preparation for making chicken noodle soup, **Miranda Thomas ('16)** dices carrots. She was enrolled in ProStart, a class in which students learned advanced cooking skills and competed against other culinary teams. "I want to be a chef when I grow up, so ProStart was the perfect choice for me," said Thomas. (I. Kern)



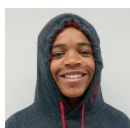
3.) **Time to Enjoy** Taking a bite of his pie, **Zach Cacari ('19)** enjoys tasting the fruits of his labor. However, he did wish the students were able to cook a few more recipes. "I wish we would have made tacos," Cacari said. (N. Lawton)

4.) **Strike a Pose!** Posing in the cooking room, **Aaron Fischer ('17)**, **Emma Embree ('16)** and **Mary Gould ('16)** get ready to mix their ingredients for chicken noodle soup. Besides the bonus of the delicious food, the teacher's personality and field trips made class enjoyable. "Ms. Cross is a really fun teacher and I had a good time on the trip to Iowa City," Fischer said. (I. Kern)

My Favorite FOOD to cook is...



"Hamburgers because they were good."
-Tirena Miles ('17)

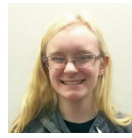


"Everything because it is all good stuff."
-Correy Barber ('18)

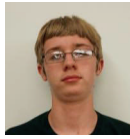
"Puppy chow because I have a sweet tooth."
-Travis Schillig ('18)



"The pudding pie because any pie is good."
-Abigail Lance ('18)



"Lobster pizza because I like pizza."
-Marcos Liendo ('16)



"Cinnamon rolls. They're good and easy to make."
-Joey Koenig ('18)