

Cook for Health



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Junior Chef

Cook with your kids and teens. Learn how to prepare delicious, nutritious meals, snacks and desserts. Recipes are easy and inexpensive. You and your child will prep, cook and then enjoy your tasty creation. Cook from the convenience and comfort of your own kitchen with this web-based cooking class.

We offer a fun, hands on cooking class for kids and teens.

- 5 unique themes
- Breakfast, lunch, snack, dinner dessert
- Educational topic first
- Chef and Medical Doctor co-teach

This can be booked through the HEAL program or by calling our Health Education Dept at 408-851-3800.

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Plant-Based Cooking

For parents (adults) who are interested in implementing a plant-centered way of eating and those who could benefit from lowering chronic disease risk. This class will cover essential components, health advantages, how to get started, and the practical suggestions for long-term adherence to a well-balanced plant-strong nutrition lifestyle.

Cook from the convenience and comfort of your own kitchen with this web-based cooking class.

This can be booked through referral by your Primary Care Provider or by calling our Health Education Dept at 408-851-3800.