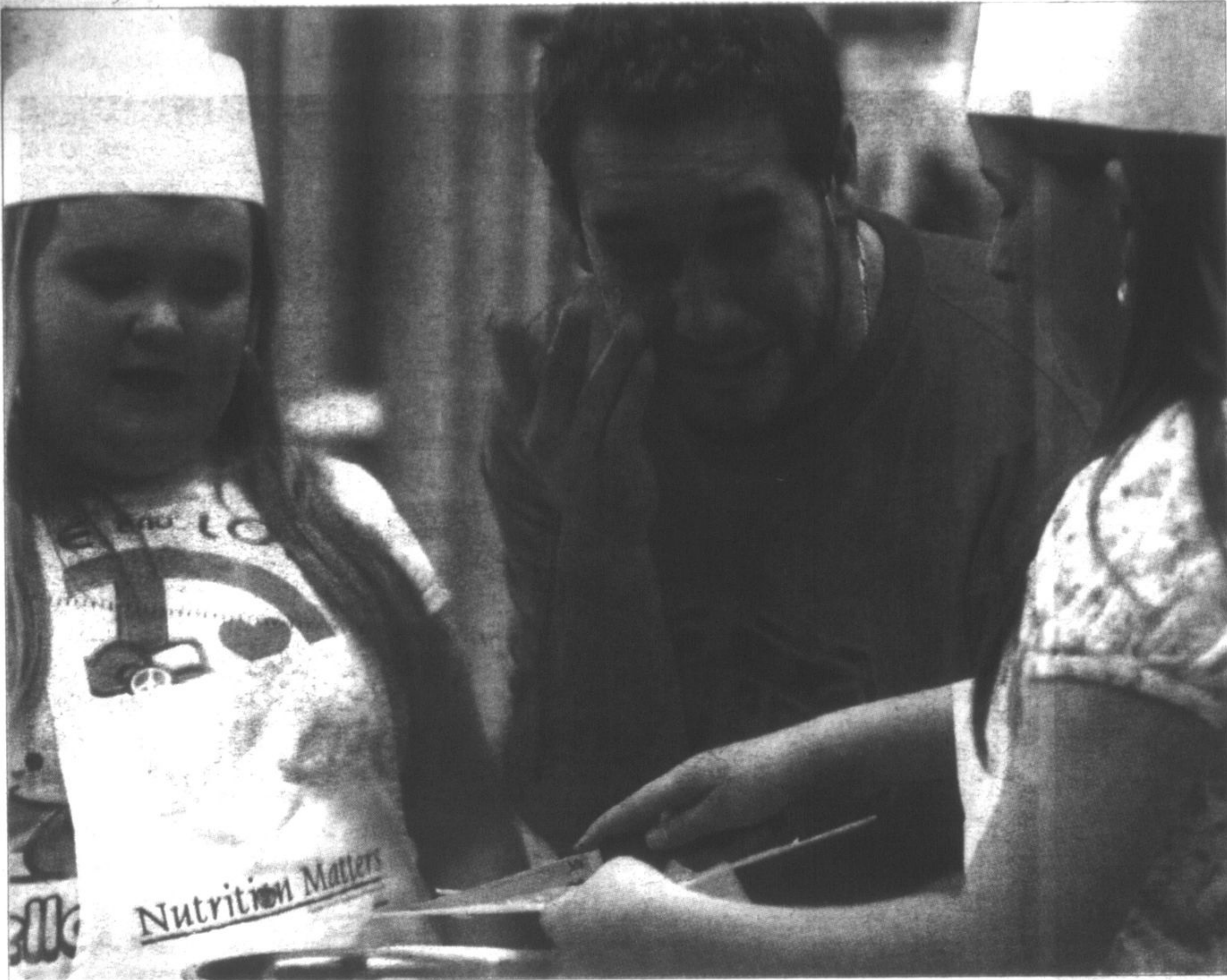
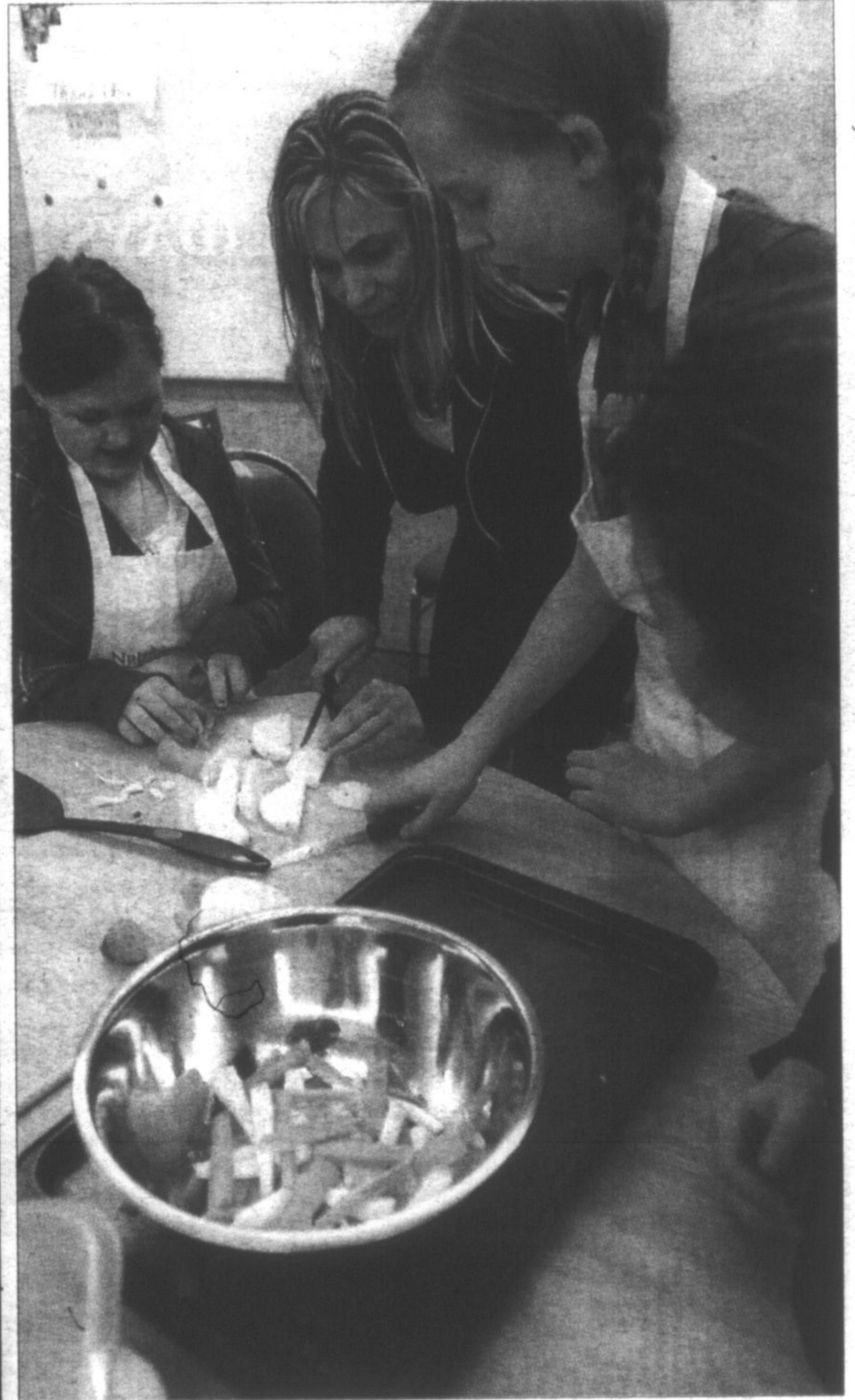


Kids' kitchen

Photography by Steve Somerville



Teacher Kristopher Bellissimo mocks the effects of cutting onions alongside Breanna Carey and Alyssa Jackson during You're the Chef classes at Summitview Public School. The after-school program helps students in grades 6, 7 and 8 develop skills and confidence necessary to prepare and enjoy healthy recipes emphasizing vegetables and fruit. For more on the program in York Region, go to www.york.ca or call 1-800-735-6625 ext. 4335.



Flora Gotzamanis shows Brittney Lehman, Amanda LeGrow and Hayley Stover proper technique to avoid injury when cutting potatoes and veggies.



Facilitator Tiffany Moffatt watches as her son Tyler tosses salted potatoes to make fries.

See additional photographs at yorkregion.com

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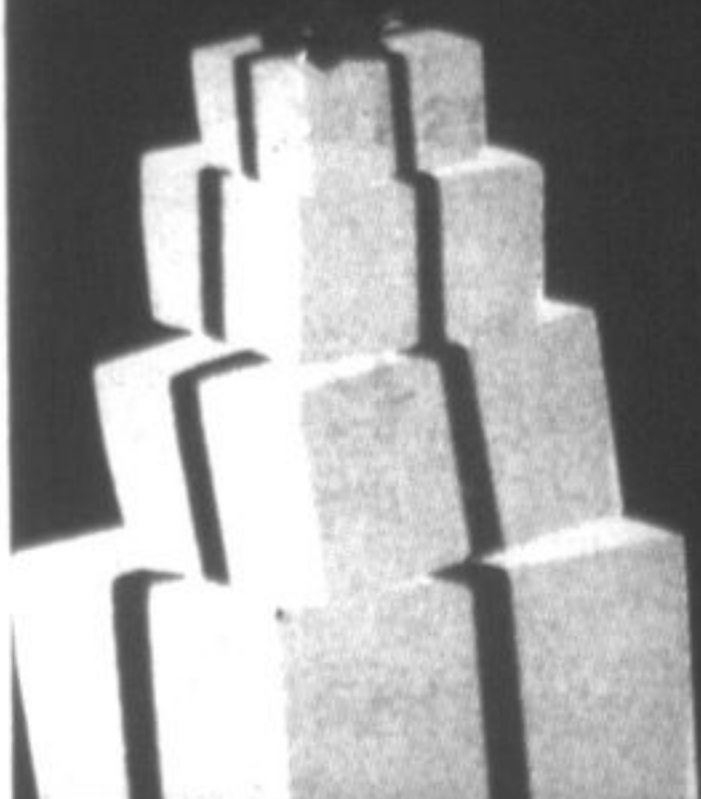
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