

STAAC Class Description 2023-2024

Course Title: Cooking 100
Teacher: Mary Shields
Grades: 6th - 8th Grade
Meeting Day(s): Thursday Time(s): 8:00am - 8:55am
Student minimum required for this course: 3 Maximum accepted 6

Course Description including any prerequisites or other requirements:

Basic cooking skill: knife skills, measure ingredients, follow a recipe, food prep, prepare recipe.

Costs

- Total Tuition: \$240 per year (or \$290 non-volunteers)
 - **Payment Option 1:** Full amount of \$240 (or \$290) to be paid on July 1st.
 - **Payment Option 2:** Split amount of \$120 (or \$145) as two payments due on July 1st and December 1st
- Venmo information: @pat-shields-0 (cell 205-613-7318) (Venmo is the preferred payment method)
- Checks made out to: Mary Shields
and mailed to: 1625 Sunnywood Circle, Vestavia Hills, AL 35216

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Student Responsibilities and Expectations

Be respectful of the cooking environment, responsible in cleaning up and take home any prepared items when necessary.

STAAC's cooking classes are not for people with food allergies specifically: celiac, gluten, or dairy allergies/sensitivities. If you register with these conditions please be aware that the teacher will not provide refunds, special materials, or change the curriculum to accommodate. It will be nut-free to comply with STAAC's policies.

Grading Breakdown

Willingness to learn and class participation.

Textbooks and Supplies Required

To be determined.

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Teacher Biography

Mary Shields. Married 29 years to Pat Shields. Mom of 7.

Teacher Contact Information

Mary Shields - cell phone 205-601-0974

Additional Information

n/a