

# Do You Like Cooking Pizza?!



**When:** Monday, November 12th

**Time:** 5-7 PM

**Where:** NC Cooperative Extension  
Jackson Park

**Registration:** \$5

## Description:

This class will be teach about processed and unprocessed foods, what makes a well-balanced diet, and basic cooking principles.

Join us and learn about cooking skills, nutrition and making healthy choices through hands on activities! Including cooking your very own pizza!

4-H is a youth development program devoted to teaching young people skills that will last a lifetime!

Join us for the upcoming class!

NC Cooperative Extension,  
Henderson County Center  
100 Jackson Park Road,  
Hendersonville, NC 28792

<https://henderson.ces.ncsu.edu/hendersoncounty4-hclubsgroups/>





## REGISTRATION FORM

(For office use only): 4-H Age (as of January 1, 2018) \_\_\_\_\_

Name of Child \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

School \_\_\_\_\_ Grade in School \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Work Phone Number \_\_\_\_\_

Emergency Number \_\_\_\_\_ Contact \_\_\_\_\_

My son/daughter has permission to participate in the 4-H activities checked below. In case of a medical emergency, I understand that every effort will be made to contact me. In the event I cannot be reached, I hereby give permission to the Physician selected by Extension personnel to hospitalize, secure proper treatment for, and to order injection, anesthesia, or surgery for my child as named above.

Is your child allergic to any food or medicines? If yes, please describe. \_\_\_\_\_

Does your child have any special needs the staff should be aware of? If yes, please describe. \_\_\_\_\_

I authorize Cooperative Extension to use my child's image in newspaper articles, brochures, newsletters, web sites, and any other marketing efforts to promote the 4-H Youth Development Program.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sexual identity (including pregnancy) and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

If you are a person with a disability and desire any assistive devices or other accommodations to participate in this activity, please contact Hannah Worrell at 828-697-4891 during business hours of 8:30 a.m. - 5:00 pm (Monday-Friday) to discuss accommodations at least 3 days prior to the event.



For Office use:

Amt paid:

\_\_\_\_\_

Cash paid: \_\_\_\_\_