

The New York Times

Spare Times: For Children

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Laurel Graeber

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IRON CHEF CAT CORA WORKSHOP: (Saturday) Delicious flavors and healthy food are not mutually exclusive, though that statement may leave young diners skeptical. Now Cat Cora, the only female “Iron Chef” on the Food Network, is here to convince them with a workshop at the Children’s Museum of Manhattan. Developed by Chefs for Humanity and the museum as part of the National Institute of Health’s We Can! (Ways to Enhance Children’s Activity and Nutrition) program, the workshop will enlist small visitors in helping to make treats like watermelon gazpacho and fruit parfaits. At 2 p.m., the Tisch Building, 212 West 83rd Street, (212) 721-1223, cmom.org. Tickets (limited and available in the lobby starting at 12:30 p.m.) are free with museum admission: \$9; \$6 for 65+; free for members.