

# **Look Who's Cooking!**

*After School Culinary and Nutrition Education Curriculum*

*by*

**FamilyCook Productions**

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# Look Who's Cooking

## A Letter From Our Founder

Dear Teacher,

You and your students are about to begin a fun-filled food exploration that focuses on learning meal concepts inspired by family meals as celebrated and enjoyed by families around the globe:

### **Look Who's Cooking.**

This FamilyCook Productions (FCP) food education program and curriculum is designed for the most basic learning environment (no fancy kitchen necessary!), to acquaint children with the empowering skill of cooking and to teach families that mealtime can be fun if they collaborate on them more often—together. Through the preparation of simple and delicious recipe concepts from around the globe, children develop:

- basic cooking skills;
- nutrition fundamentals that are fun and easy to understand;
- an adventurous nature about trying new foods;
- interest in enjoying meals shared at the table with family and friends;
- cultural awareness and tolerance.
- an awareness of how and where food is produced to make smarter food choices

The program addresses the notion that cooking healthful foods can really taste good, and does not have to be complicated or time-consuming. The curriculum guides you, the Instructor, in preparing seasonal meals—1 per Lesson—with a group of up to 30 children. We also offer 20 snack ideas for additional classroom cooking.

You benefit from FamilyCook Productions' field-tested techniques that guarantee safety, success and children's acceptance. These techniques have been 13 years in development. Our proprietary techniques are subtle but create a reliable structure for group recipe preparation that produces a non-chaotic, learning experience for your students that results each Lesson in a delicious new dish that the *children prepare themselves as a group*. This collaborative approach offers the plus of teaching the important life skills of cooperation, following directions, etc. while giving children an opportunity to explore their own strengths and weaknesses as well as likes and dislikes.

Through your participation in the program, you join a growing legion of professionals in the education, food and nutrition communities who are committed to teaching the next generation about food and healthful eating. Given these goals, parent involvement is essential; no matter what children learn or how their attitudes about food change, their parents are the ones who provide the food at home and plan the menus.

Thus parent involvement is a significant component to the program. The very first experience in the program is a "Family Day" or "Family Evening." This serves to introduce the program and its goals to the whole family. For older grades, the curriculum also includes an optional, weekly "homework" assignment to prepare the recipe they learned in school—at home! In this way, parents can follow what their children are learning about food and, with the recipes, they can begin improving their mealtime at home.

Online support for this curriculum is available from FamilyCook Productions via email by contacting [Support@FamilyCookProductions.com](mailto:Support@FamilyCookProductions.com). We wish you great success with **Look Who's Cooking** as you empower your students to take charge of their health and enjoy a new, healthier relationship with food.

Cordially,

Lynn Fredericks  
Founder,  
FamilyCook Productions, NYC



# Look Who's Cooking

## Program Goals & Overview

This curriculum involves a series of lessons, recipes and family handouts that are designed to engage children in learning basic cooking skills, nutrition concepts and other key aspects of taste and healthful eating while discovering how children just like them live and learn across the globe.

The program goals are as follows:

1. Help children understand that their well being, long-term good health and effectiveness are directly connected to the food they eat.
2. Develop an adventurous attitude toward trying new foods through hands-on exploration of foods learned through the filter of new cultures.
3. Introduce basic culinary skills and concepts to children to empower them to feel capable of preparing simple meals with their parents at home.
4. Develop children's media literacy about food and help them become savvy consumers capable of making healthy food choices despite product hype and advertising.
5. Instill the value of meals enjoyed at the table with family and friends among the children so they will look for opportunities in their daily lives to enjoy meals this way.
6. Establish an understanding of the seasonality of foods and an ability to distinguish which foods can be produced in their geographic region as they learn to value regional agriculture and support it through shopping at farmers markets.
7. Develop positive experiences and attitudes about various cultures, cultivating tolerance for different ways of living.

### Overview of **Look Who's Cooking** Weekly Lesson Objectives

#### 1) Lesson One: "Family Day/Night"

*Description: Fun evening or afternoon introduction to the program for students and their parents. The goals for parents are to:*

#### **Lesson Objectives and Outcomes**

#### **Families will:**

##### *Nutrition & Food Ecology*

- ❖ Explain the concept of "eating your colors" of fruits and veggies each day



# Look Who's Cooking

## Program Logistics & Teaching Aids

- ❖ Identify 4-5 foods that are associated with fall and winter and explain why.

### *Culinary Skills*

- ❖ Prepare a simple recipe: Ravioli with Ricotta and Sun-Dried Tomato
- ❖ Identify 2 strategies for their family to develop teamwork around meal planning and shopping

### *Family Food Values*

- ❖ Plan to use family cooking to create more family time and improve family nutrition

### **Parents will:**

#### *Nutrition & Food Ecology*

- ❖ Construct a nutritionally balanced meal using Health Pyramid, and be able use food labels to make healthy food choices.

#### *Culinary Skills*

- ❖ Identify three elements of the Family Cooking Mantra for cooking safely and harmoniously.

## **Week Two: “Winter: The Sleeping Earth”**

*Now you are ready to cook a delicious meal with the children in your class Make sure you allow Willow Wabbit to interact with the children, and make the discussions about food in your class fun and something they look forward to!*

### **Lesson Objectives and Outcomes**

#### *Nutrition & Food Ecology*

- ❖ Identify two changes in nature in the winter
- ❖ Describe how foods can be stored over the winter
- ❖ Explain why we don't see food growing in winter
- ❖ Describe the importance of eating all the colors of fruits and vegetables
- ❖ Name one fruit/veggies in each color group

#### *Culinary Skills*

- ❖ Identify 3 steps to prepare Minestrone soup.



# Look Who's Cooking

## Program Goals & Overview

### **Week Three: “Categorizing Foods”**

#### *Lesson Objectives and Outcomes*

*The children will:*

*Nutrition & Food Ecology*

- ❖ Children can identify one food in each food group.
- ❖ Describe how foods can be stored over the winter.
- ❖ Describe the 4 seasons and how they impact food, people
- ❖ Children can identify 3-4 ways they can contribute to their health each day.

*Culinary Skills*

- ❖ Identify 3 steps to prepare chicken soup.

### **Lesson Four: “What Is Food”**

#### *Lesson Objectives and Outcomes*

*The children will:*

*Nutrition & Food Ecology*

- ❖ Describe why we need food
- ❖ Describe what plants, animals and people need for food.
- ❖ Identify the 3 roles of food
- ❖ Correctly distinguish food from non-food substances

*Culinary Skills*

- ❖ Identify 3 ways of cooking squash.

### **Week Five: “The Awakening Earth?”**

#### *Lesson Objectives and Outcomes*



# Look Who's Cooking

## Program Logistics & Teaching Aids

*The children will:*

*Nutrition & Food Ecology*

- ❖ Identify two changes in nature in the spring
- ❖ Describe 3 steps for growing food

*Culinary Skills*

- ❖ Identify 2- 3 ways of eating sprouts.

### **Week Six: “Breakfast”**

*Lesson Objectives and Outcomes*

*The children will:*

*Nutrition & Food Ecology*

- ❖ Describe two benefits of eating breakfast
- ❖ Identify 1 breakfast food in each food group

*Culinary Skills*

- ❖ Describe 3 steps to make pancakes!
- ❖ Identify 2 foods that could be added to pancakes in place of blueberries.

### **Week Seven: “From Store to Plate”**

*Lesson Objectives and Outcomes*

*The children will:*

*Nutrition & Food Ecology*

- ❖ Describe two ways that food marketers make you want to buy their product.
- ❖ Identify whole foods from very processed foods

*Culinary Skills*



# Look Who's Cooking

## Program Goals & Overview

- ❖ Identify 3 steps to make fruit smoothies

### **Week Eight: “Celebrations”**

#### *Lesson Objectives and Outcomes*

*The children will:*

*Nutrition & Food Ecology*

- ❖ Identify two holidays and their connection to the seasons of the earth?
- ❖ Describe a ritual in their family.

*Culinary Skills*

- ❖ Identify 3 steps to making a sandwich

### **Week Nine: “Eating with all my Senses”**

#### *Lesson Objectives and Outcomes*

*The children will:*

*Nutrition & Food Ecology*

- ❖ Identify the 5 senses
- ❖ Describe the 5 tastes: sweet, sour, salty, bitter, spicy
- ❖ Identify a food that has more than one taste
- ❖ Identify one new fruit or vegetable you have learned to like

*Culinary Skills*

- ❖ Identify 3 steps to making a salad
- ❖ Veggies in each color group

*Culinary Skills*

- ❖ Identify 3 steps to prepare Minestrone soup.



# Look Who's Cooking

Program Logistics & Teaching Aids

## **Week Three: “Categorizing Foods”**

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*The children will:*

*Nutrition & Food Ecology*

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- ❖ Describe how foods can be stored over the winter.
- ❖ Describe the 4 seasons and how they impact food, people
- ❖ Children can identify 3-4 ways they can contribute to their health each day.

*Culinary Skills*

- ❖ Identify 3 steps to prepare chicken soup.

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*The children will:*

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- ❖ Describe why we need food
- ❖ Describe what plants, animals and people need for food.
- ❖ Identify the 3 roles of food
- ❖ Correctly distinguish food from non-food substances

*Culinary Skills*

- ❖ Identify 3 ways of cooking squash.

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### *Lesson Objectives and Outcomes*



# Look Who's Cooking

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- ❖ Describe 3 steps for growing food

*Culinary Skills*

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# Look Who's Cooking

Program Logistics & Teaching Aids

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- ❖ Describe a ritual in their family.

*Culinary Skills*

- ❖ Identify 3 steps to making a sandwich
- ❖ .

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- ❖ Identify a food that has more than one taste
- ❖ Identify one new fruit or vegetable you have learned to like

*Culinary Skills*

- ❖ Identify 3 steps to making a salad