



Dear Principal,

A successful, widely acclaimed and evidence-based program is available to educate your school community to live healthier lives. We would like to introduce a youth development program modeled after Food Network's "Iron Chef" program "*Teen Iron Chef*". *Teen Iron Chef* was developed by Family Cook Production and has been empowering students to tap into their inner chef for the last 10 years across New York City Public schools. *Teen Iron Chef* is a program that requires dedication, attention to detail, and a willingness to explore culture, cuisine, and their ability to create.

The key components to the Teen Iron Chef program are:

1. Students will apply to the program and be accepted based on interest, commitment to quality food preparation and safety.
2. Students will learn kitchen quality sanitation procedures in dealing with a variety of foods.
3. Your students will use and respect, "professional-quality" cooking knives and other tools.
4. Students will compete in "teams" and learn the value of working together through weekly battles, aimed at presenting food in a creative way as well as practice public speaking skills.
5. Students will be empowered with the life-long skill of cooking and an appreciation of the origins of food and culture that will serve them the rest of their lives.

The program is available via a license and training of teachers and/or parents, and includes a network of schools and leadership opportunities as classroom extensions for your students. Such extension activities include cooking demonstrations at farmers markets, community events and assisting in cooking and gardening sessions as peer educators to elementary students. We would like to arrange a time to discuss these exciting opportunities that would result from bringing Teen Iron Chef to your school.

Sincerely,

Lynn Fredericks and the FamilyCook Team

P.S. Please visit us at www.familycookproductions.com to learn more and watch our Teen Iron Chefs in action!