School Garden Workshop Series

Cooking with Students

Compiled by Jamie Stoneham, FarmChef Owner

Websites:

- Edible Schoolyard
- FarmChef
- Slow Food Cincinnati
- USDA Food Safety Tips

Curriculum Guides & Videos:

- American Heart Association
- Collective School Garden Network
- Columbia University Series
- Wisconsin School Gardens
- Cooking Matters
- Cooking with Kids
- Early Sprouts
- Feed Our Future
- Foodspan
- Food System Primer
- Massachusetts Farm to School
- Growing Minds Farm to School
- Montessori Growing Gardeners
- Nourish Life Curriculum
- OSU Farm to School
- Slow Food USA
- Teacher Vision
- USDA MyPlate

General Tips:

Set ground rules before the class. Discourage them from saying things like "ewww that's gross," "yuck," etc. If they don't like something (which is fine - explain that it is ok to dislike something), have them use adjectives and describe what about it they don't like. Example: I don't like that it's mushy, crunchy, slimy, hot, too sweet, too salty, bitter, etc. Make sure the groups are small enough so that each student gets a lot of hands on time. Don't give too many instructions at once. Give 2 or 3 instructions then let them do it, and then give them 2-3 more instructions. Choose recipes that allow each child to do something during the recipe even if it's just pouring in a tsp of salt. Get teacher's aids or parents to help. Have children help clean up. They need to know that cooking includes clean up. Practice the recipe at home to make sure it works before trying to do it in class.

Here are some ways you can connect the cooking class to other subjects:

- **Math** - recipes have lots of math. Have them figure out how to half a recipe or double a recipe.
- **Reading** - Read a book that relates to it (for example: Sweet Potato Pie by Kathleen D. Lindsey) or go over what each word means in the recipe (drizzle, toss, tear, etc.)
- **Geography** - What culture/country did this recipe originate from? Let's find it on the map...
- **Science** - Use the scientific process to hypothesize what will happen to the onions when they are cooked or what color will the fritters turn when cooked.
- **Biology** - Grow sweet potato slips. Talk about the different ingredients grown and what parts of the plants we eat.