



Characteristics of a quality afterschool Cooking Program

- Offer age appropriate lessons to engage student interest and attention
- Provides continuous hands on activity for each student
- Develops problem solving, critical thinking skills – why does the recipe work? What happens if I change an ingredient?
- Provides authentic, real world situations. Hands- on work 64% of the American population will work at some point in the food industry, whether through agriculture, marketing, package design or service.
- Connects disciplinary-based core ideas of science concepts that cross disciplines. Offer age appropriate lessons to engage student interest and attention

Math – Pizza Fractions, Muffin Measurements, Dietary Divisions, Meatier Multiplication

Science – explain scientific phenomena of Emulsion – Baffling Butter; Leavening – Cause it Cookies; Fermentation – Yeasty Pretzels; Matter – Applesauce Muffins. Energy Laws

English – sequencing, following instructions of recipes process of creating, presenting and reflection.

National Alignments:

National Health Education Standards 2nd edition Achieving Excellence— Washington, D.C. Standard 7: Demo the ability to practice health-enhancing behavior and avoid or decrease health risks.

HEPA Standards— Children serve themselves (“family style”) all food and beverages from common bowls and pitchers with limited help. Staff sit with children during snack and meals time. Fruits or vegetables are provided (fresh, frozen, dried or canned in its own juice) at every meal and snack


- Do not provide any fried foods or foods which contain trans-fat (listed as partially hydrogenated oils in the ingredient list). Fried foods include items like potato and corn chips in addition to foods that are pre-fried and reheated (e.g., prefried French fries that are then baked, chicken patties/tenders/nuggets, tater tots, etc.)
- When providing grains, all grain foods are whole grains, determined by the first word listed in the ingredient listed contains the word “whole” (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice).




National Family and Consumer Science Standards

- 8.2 Demonstrate food safety + sanitation procedures
- 8.2.5 Practice standard personal hygiene + wellness procedures
- 8.2.7 Demonstrate safe food handling + prep techniques that prevent cross contamination from potentially hazardous foods + food groups
- 8.2.10 Demonstrate safe + environmentally responsible waste disposal + recycling methods
- 8.3.1 Operate tools + equipment following safety procedures and (OSHA requirements)
- 8.3.2 Maintain tools + equipment following safety procedures (and OSHA requirements)
- 8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes glassware + utensils to meet OSHA requirements
- 8.3.5 Demonstrate procedures for safety + secure storage of equipment for food processing, cooking, holding, storing and serving
- 8.5.1 Demonstrate (professional) skills in safe handling of knives tools and equipment
- 8.5.2 Demonstrate (professional) skills for a variety of cooking methods including: roasting, broiling, , grilling, sautéing, braising, stewing, poaching, steaming
- 8.5.3 Demonstrate portion control, proper scaling, and measurements knowledge
- 8.5.14 Demonstrate cooking methods that increase nutritional value and decreasing calorie and fat content, utilize herbs + spices to enhance flavor
- 9.3.6 Critique the selection of foods to promote a healthy life style

The Greet - The Handshake Game

 Alphabet Name Game

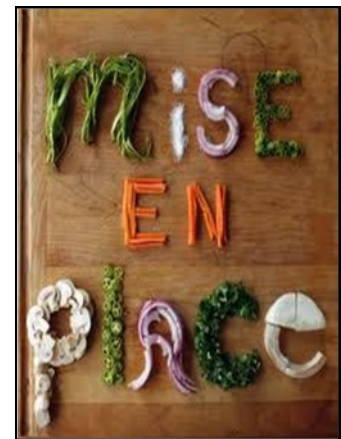
 Toss it Name Game

 Make a sound

“People won’t care what you know until they know that you care”

TEDDY ROOSEVELT

- * Everything in its place
- * Explaining the procedures – how we speak to kids
- * See, Say, Do
- * Safety, Safety, Safety – first aid kit, allergy permission,
- * hair ties, illness, temperatures
- * FATTOM - Food, Time, Temperature, Oxygen, Moisture



Logistics

- * Costs of programming
- * Securing your food
- * Taking home foods

Recipes – seasonal, kid favorites, Latin American, historical, sweet

Let's Cook - Quincy

Q + A Time