



DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

EDUCATION

Host a Cooking Demo

Growing Healthy Schools Month is the perfect time to engage students and the school community with healthy cooking and seasonal recipes. There are many community based organizations that offer healthy cooking demos, and parents and teachers can also act as chefs for the day and prepare a healthy snack with their students. Below are some recommendations on seasonally- appropriate activities and projects:

Activity/ Project	Supporting Resources
Cook a healthy dish for snack with your students' right in the classroom.	If your school participates in the Fresh Fruit & Vegetable Program (FFVP), you can use your class share to cook with as long as there is proper documentation and it is accompanied by a nutrition education lesson. Check out the <u>FFVP Handbook</u> for details. No FFVP? No problem! Check with your garden coordinator to see what is available in your school garden to use.
Teach a lesson around the FFVP snack of the day.	Check out <u>Growing Minds</u> or <u>California's Harvest of the Month</u> website for recipes and activities for each fruit or veggie.
Host a cooking demo in your classroom.	Talk to parents or a restaurant near your school about coming in to do a demonstration with your students. Ask them to focus on dishes that contain fruits & veggies, preferably ones that <u>are in season</u> . Ideas for a demo include smoothies, yogurt parfaits, salsa, salad bites, hummus, or vegetable noodles.
Talk to your high school students about careers as chefs, and have them research local youth development organizations and culinary schools.	Check out <u>Brainfood</u> , <u>L'Academie de Cuisine</u> , and the <u>Art Institute of Washington</u> . <u>Howard County</u> , <u>Prince George's County</u> and <u>Stratford University</u> all have Culinary Arts programs. <u>UDC Community College</u> offers a degree in Hospitality Management & Tourism.
Have your students play chef for the day.	Use this opportunity as a fun way to teach business and math skills. Have students adapt or create a healthy recipe for that serves 50 people, then plan a budget to support the meal. Encourage them to research <u>grocery prices</u> versus wholesale prices. Take a trip to a <u>local farmer's market</u> to research pricing.

If you would like assistance planning or implementing any of these project, please contact Elysia DiCamillo, Program Specialist at the Office of the State Superintendent of Education by emailing Elysia.DiCamillo@dc.gov, or visiting <http://osse.dc.gov/service/farm-school-program>.