

The Nuts and Bolts: Starting a Kids Cooking Club



Overview of Session

- What is Kids in the Kitchen (KIK)
- Why Start a Kids Cooking Club
- The Steps in Creating a Kids' Cooking Club
- Activities and Snacks



ACTIVITIES

Activity 21 – Table Talk
 Approximate time for activity: 15 minutes
 Materials/resources: Laminated questions – see below

Instructions

- Photocopy the questions below, cut, laminate and place into a container.
- During snack time, ask one child at each table to pick a question from the container.
- Have all the children discuss their opinion about the question that was asked. Make sure children do not talk over each other but that they participate in a polite manner.
- This activity can be used during snack time throughout your Kids in the Kitchen program.

Comments/Discussion
 This is a good exercise to encourage conversation during mealtime in a positive and respectful manner.

Table Talk Questions

If you could travel to one place in a time machine, where would you want to go?
 If you could be invisible for a day, what would you do?
 Would you like to have an identical twin? Why would it be good? Bad?
 If you were to be granted one magical power, you wanted, what would you pick?
 What good book have you read lately?
 If you had to pick a new first name for yourself, what would you pick?
 If you could be a superhero, what powers would you want?
 Would your ideal partner be you? Why or why not?
 What is your idea of a dream vacation?
 What is your favorite season of the year? Why?
 What is the most important way you'll spend \$?
 What is your favorite color? Why?
 Why would it be a good idea to have a pet?
 Does anyone who has a pet? Name one if you can!

KIDS IN THE KITCHEN — Activities 106

What is Kids in the Kitchen (KIK) ?

- A kids cooking club for children 6-11 years old
- A how-to manual that includes recipes, activities, sample forms for parents, funders and community partners
- Helps inspire kids to learn how to cook easy, inexpensive, tasty food



Why Start a Kids Cooking Club?

- Children will learn about food and where it comes from
- Teaches kids about healthy eating, cooking skills and food safety in a fun way
- Socialize by preparing and sharing food with friends and family



Why Start a Kids Cooking Club?

- Encourage children to talk to their families about the importance of cooking and eating together
- Enhance community partnerships focusing on child health
- Promote food security by teaching how to prepare low cost healthy snacks and meals



Kids Will Develop Many Skills

- Sensory skills
- Motor skills
- Mathematics
- Safety
- Social Skills
- Emotional developments
- Language skills



Who Can Use KIK ?

- Anyone in the community!
- You do not need to be a nutrition expert!



Creating a Kids' Cooking Club (The Steps)

1) Community Partnerships

- Working with others makes planning, fundraising and implementing easier and more fun



2) Location

- Find a location
- A few things to keep in mind....
 - A place that can accommodate the size of your group
 - Additional room for nutrition activities
 - Cooking equipment and cleaning supplies



3) Timelines

Before you begin to advertise you will need to decide:

- How many sessions you will hold
- A start and finish date
- What day of the week
- What time of the day



4) Funding and Donations

Things to Consider:

- How many children
- How many sessions
- Potential expenses
- What resources / funds you have already
- Hiring a paid facilitator

**** a free or low cost program will ensure money is not a barrier for the children****



Who to ask for Funding and Donations

- Local store
- Community health programs
- Child and family services
- Fundraising

Support can come in the form of money or in-kind services



6) Facilitators

- Paid, volunteer or part of job
- Parents, elders, students, health program staff

** one adult facilitator for every 3-4 children**



7) Participants

Ideas to promote your club:



- Community newsletters / bulletin boards
- School newsletters /bulletin boards
- Word of mouth
- Hang posters in band office, health centers
- Local radio station
- Local stores



8) Communicate with Parents or Guardians

- Permission for children to join the program
- Have parents complete their registration forms, identify food allergies, intolerances or food restrictions



9) Session Planning

In a nut shell.....

- How many sessions do you want to hold
- Choose a recipe for each session
- Review food talk contents
- Choose a KIK Activity for each session
- Plan your groceries, equipment and activity supply lists



Session Planning

In a nut shell.....

- Buy non-perishable food items, supplies and equipment
- Buy perishable food items before each session
- Buy a first aid kit



Session Planning

While waiting for children to arrive:

- Clean and sanitize food preparation area
- Set up food, equipment and utensils



As the children arrive:

- Take attendance; have children check off their names
- Have children sign up for daily clean up duties
- Have the children start with their duty or help the facilitator while waiting for the group to arrive



Once the children arrive:

- Review the rules
- Provide each child with a copy of the recipe
- Review the recipe and procedures
- Put on apron and tie back hair
- Wash hands



continued:

- Prepare recipe
- Set table, sit down at the table to eat
- Discuss the recipe, complete the “KIK At Home section” of the recipe
- Clean up
- Start KIK activity



KIDS in the KITCHEN

FACILITATOR GUIDE

You're Puddin' Me On - Shake a Pudding

Children: 8

Difficulty: Beginner

Equipment: Small containers with lids, Large bowl, Small bowl, Measuring cups & spoons

Purchase: Milk - 1 1/2 litres (6 cups), Vanilla instant pudding - 2 x 153 g packages or 3 x 106 g packages, Frozen blueberries - 500 g (20 oz) or 1 1/2 litres (6 cups)

Suggestions: Use any fruit (fresh, frozen or canned). Cut up into small pieces first.

Food Talk

- Talk about the different ingredients and determine what food group they belong to.
- What are the different kinds of milk?
 - Skim, 1%, 2% and homogenized – they provide the same bone-building nutrients skim has the least fat, homogenized has the most.
 - Chocolate milk has sugar and cocoa added to make it sweet and chocolaty.
 - Butter milk sounds rich and creamy but it's not – it's thick because it has bacteria in it similar to yogurt.
 - Fortified soy beverage is made from soybeans. Vegetarians and people who don't drink milk often drink fortified soy beverage.
 - Lactose reduced milk has the milk sugar or lactose removed (Some people have an intolerance to the sugar in milk and it makes them uncomfortable).
- What animals do people get milk from? (Cow, goat, camel, yak, reindeer)
- Do humans produce milk? (Yes, all mammals produce milk and humans are mammals. We feed our babies with our own milk).

Strange But True

Traditional English puddings were made mostly with spiced meat, fat and sometimes blood and would not taste at all like the sweet puddings we eat today.

That's Disgusting!

The average person in North America eats nearly half a pound of sugar per day (156 lbs per year).

After the children leave:

- Discuss how the recipe and activity went
- Discuss any behavioural issues and solutions
- Discuss suggestions or changes for the future to improve session



Using KIK Recipes

- 32 recipes to choose from
- Each recipe appears in two formats:
 - For facilitator
 - For participants



Facilitators Guide Recipe Format

- The name of the recipe
- Peanut / Nut allergy alert
- Children
- Difficulty
- Equipment
- Purchase
- Suggestions
- Food Talk
- Strange but True and That's Disgusting



FACILITATOR GUIDE

A Bone-Building Delight - Yogurt Parfait

Children:

Difficulty: Beginner

Equipment

Can opener Bowls Measuring cups & spoons

Purchase

Fruit-flavoured yogurt (peach) - 2 x 750 g (24 oz) or 1.5 L (6 cups)
 Canned peach slices - 1 x 796 ml cans (28 oz)
 Nut-free granola - 100 g (3½ oz) or 250 ml (1 cup)

Suggestions

- Use different flavours of yogurt.
- Use different types of fruit (try fresh or frozen fruit).
- Use cereal instead of granola.

Food Talk

- Ask the children what their favourite fruits are.
- What does yogurt taste like? What is the texture like?
- Talk about the different ingredients and determine what food group they belong to.
- Yogurt is from the Milk and Alternatives food group and has lots of calcium. Why is calcium important? (For strong bones and teeth).
- How do you make fruit-flavoured yogurt? (Mix together plain yogurt, cut-up fruit and a little bit of honey).
- Yogurt is great to take to school for lunch. Be sure to use an ice pack in your child's lunch box or put an individual serving of yogurt in the freezer the night before for a healthy frozen treat.
- Granola has many grains in it and is high in fibre. Fibre helps to keep your tummy healthy! helps you poop.

Strange But True

In a famous poem about a man who was shy and fearful, T.S. Eliot wrote: "Do I dare to eat a peach?" Years later, the music group The Allman Brothers (who came from Georgia, The Peach State) put out a record entitled "Eat a Peach."

That's Disgusting!

Many species of birds feed their young by regurgitating partially digested food directly into their mouths. Think of that before you complain about having leftovers for dinner.

Participants Recipe

- To be photocopied for use in the cooking class and to take home
- Kids in the Kitchen* – AT HOME



Nothing Like Homemade - Granola Bars

Preparation Time: 15 minutes

Cook Time: 20 minutes

Equipment

Baking sheet or pan Measuring cups & spoons Tablespoons
 Medium bowl Can opener Waxed paper
 Oven mitts Oven

Ingredients

¾ cup Rolled oats (not instant) 175 mL
 ¼ cup Flaked almonds 50 mL
 ¼ cup Raisins 50 mL
 2 Tbsp Chocolate chips 75 mL
 ½ cup Sweetened condensed milk 125 mL
 1 Tbsp Butter or non-hydrogenated margarine 15 mL

Suggestions

- Substitute almonds with sunflower seeds or dried cranberries.

Instructions:

- Preheat oven to 325°F.
- Grease baking pan or sheet generously with butter or margarine.
- Combine all ingredients into a mixing bowl with a tablespoon. The ingredients will be stiff.
- Put onto baking sheet.
- Using waxed paper in your hands, press mixture evenly onto baking sheet.
- Bake for 20 minutes until golden brown.
- Cool for 10 minutes. Cut into 6 bars.



Makes 3 servings

Kids in the Kitchen – AT HOME

I would make this recipe at home if I could ...

- I use a different ingredient. Instead of _____ I would use _____.
- I use a different kind of cooking equipment. Instead of _____ I would use _____.
- Have someone help me with the recipe. I could ask my _____ to help me.

KIK Activities

- 34 activities that have been grouped into three categories:
 - 6 to 8 years
 - 6 to 11 years
 - 9 to 11 years
- Designed to reinforce or expand on the lessons learned in preparing the meal or snack



ACTIVITY: Soapy Solutions



Outline for Each Activity

- Approximate time needed for activity
- Material / Resources
- Instructions
- Comments / Discussions
- Suggestions



10) Evaluation/Feedback

- Gives you an opportunity to see what the kids liked or did not like
- Gives you a chance to make changes for future sessions



KIDS in the KITCHEN

ACTIVITIES

Activity 1 - Soapy Solutions

Approximate time needed for activity: 20 minutes

Materials/resources

- Cooking oil
- Ground cinnamon
- Measuring spoons
- Sink
- Soap
- Paper towels

Instructions

Rub a little cooking oil (½ tsp or 2 mL) all over hands until completely coated. Then sprinkle some cinnamon on top of the oil and rub it around until it is evenly distributed. The cinnamon simulates the bacteria. The cooking oil simulates the natural oils on the skin to which the bacteria cling.

- Wash hands with soap and warm water to remove the bacteria (cinnamon). The areas that you did not wash will still be brownish-red from the cinnamon. Try shaking hands with a friend and see how much cinnamon is spread. This is one way germs are spread.

Comments/discussion

- This activity shows children areas of their hands they might normally miss while washing.
- Discuss how improper hand washing allows bacteria to grow and how this can make us sick.
- To effectively remove bacteria, wash hands with soap and rub briskly for 20 seconds (this means between fingers and under fingernails). To estimate 20 seconds, sing a known song such as Twinkle, Twinkle Little Star or use a timer.

ACTIVITIES

Activity 10 - Yes, Let's

Approximate time needed for activity: 15 minutes

Materials/resources

- No materials needed

Instructions

- Have the children spread out in a room.
- Tell children that the game they are going to play is called Yes, Let's.
- The facilitator calls out a suggestion for a physical activity, for example: "Let's go skating".
- Everyone responds by saying: "Yes, Let's" and everyone begins to pretend going skating.
- Now have a child make a suggestion. Continue until everyone in the group has had a turn.

Suggested physical activity for Yes, Let's

- Cycling
- Hiking up a mountain
- Basketball
- Soccer
- Football
- Baseball
- Cross country skiing
- Slipping Rope
- Jumping
- Rowing a boat
- Canoing
- Skateboarding
- Fishing
- Hoop dancing
- Swimming
- Climbing a tree
- Archery
- Golfing
- Tennis

Comments and Discussion

The goal of this is to have fun pretending to do different activities. The physical component helps focus the children.

Suggestion

For more physical activity fun, check out Winnipeg in motion at www.winnipeginmotion.ca or Manitoba in motion at www.manitobainmotion.ca



Safety in the Kitchen

- Many potential hazards in a kitchen
 - Opportunity to teach kitchen safety and safe food handling
- Kids need to know general rules of kitchen safety
- General Guidelines



FACILITATOR GUIDE

A Bone-Building Delight - Yogurt Parfait

Children: 8+

Difficulty: Beginner

Equipment: Can opener, Clear glass or dessert bowls, Bowls, Measuring cups & spoons

Purchase: Fruit-flavoured yogurt (peach) - 2 x 750 g (24 oz) or 1.5 L (6 cups)
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Suggestions:
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Thank you!



Questions?

