Cooking Curriculum

Using the themes being studied in the classroom, nutrition lab lessons introduce a simple concept, include student preparation/handling of food, and sampling/tasting. From the Kindergarten experience of “I can try tasting food” to the 6th Grade self-sufficiency of preparing a dish from a recipe, the curriculum provides cooking skills, math practice, science experimentation and understanding as it encourages students to eat “a little better.”

### Kindergarten

The alphabet and early reading skills are reinforced with foods being grouped and presented by the first letter in their names. We lay the groundwork for years of nutrition instruction, beginning with “this is food” and “I can eat this food.” Sorting and organizing, observing and creating patterns are all explored in the kitchen and the garden.

**Lesson 1**  
Introduction to Nutrition Lab – Hummus & Celery

**Lesson 2**  
A-B-C’s of Garden Produce – Carrot Apple Salad

**Lesson 3**  
Seed Sizes – Popping Popcorn, Making Popcorn & Pumpkin Seed Treat Bags

**Lesson 4**  
Cranberries Float – Apple-Cranberry Relish

**Lesson 5**  
Patterns and Sequence – Skewers of Fruit

**Lesson 6**  
All About Seeds – Seed Cookie

**Lesson 7**  
Eating a Rainbow – Yellow-Orange Smoothies

**Lesson 8**  
Healthy Breakfast – Strawberry Heart Oatmeal

**Lesson 9**  
Sorting, Classifying – Edible “Rocks” (a variety of boiled small potatoes)

**Lesson 10**  
Plants vs. Animals – 1 Big Salad

**Lesson 11**  
Garden Beneficials – Ants on a Log

**Lesson 12**  
Measuring – Alphabet Soup

### Grade 1

With inspiration from the storybook “The Little Red Hen” students learn to make tea, bread, butter, honey and enjoy a tea party finale. From dissecting and learning the parts of flowers from the garden to observing activities of bees, they interact with nature as they learn.

**Lesson 1**  
Introduction to Nutrition Lab – Raw Garden Produce Snack

**Lesson 2**  
Dissecting Flowers – Marigold Tea

**Lesson 3**  
An Ancient Infusion – packaging tea into bags

**Lesson 4**  
The Heat is On – energy changes water, states of water

**Lesson 5**  
Beneficial Bread – choosing whole grains

**Lesson 6**  
What is Butter? – making butter from cream

**Lesson 7**  
Bees Make Honey, Honey – simple honey experiment

**Lesson 8**  
Using Honey in Cooking – Bee Snacks

**Lesson 9**  
Alternatives to Sugar-Sweetened Drinks – Honey Lemonade

**Lesson 10**  
Grinding Wheat into Flour – Bread Balls

**Lesson 11**  
Healthy Party Food Choices – Veggie Tea Sandwiches

**Lesson 12**  
Manners and the History of “Tea” – The Little Red Hen’s “Royal” Tea Party
Grade 2

Driven by the availability of produce they are able to harvest from the garden, students are introduced to measuring, using tools, understanding the rudimentary food group recommendations of “My Plate” and begin simple food preparation. They cap their year with the story and experience of making “Stone Soup.”

Lesson 1  Introduction to Nutrition Lab & Safety Strategies – Veggies & Dip
Lesson 2  Garden Produce in Familiar Recipes – Zucchini Pancakes
Lesson 3  Preparation Without Nutrient Breakdown – Steamed Green Beans
Lesson 4  Eating Orange – Easy Pumpkin Soup
Lesson 5  Benefits of Un-Processed Foods – Maple Cinnamon Applesauce
Lesson 6  Beginning to Understand Blood-Sugar – Pomegranate-Citrus Juice
Lesson 7  Eating a Rainbow – Blue-Purple Smoothies
Lesson 8  How to Make a Salad
Lesson 9  Deviled Eggs – customizing flavors
Lesson 10  Sunflower Party Dip – food with eye appeal
Lesson 11  Stone Soup – based on the folk tale, students prepare a soup finale

Grade 3

Beginning with team-building exercises and a taste-bud counting experiment, students delve into the science of calories, the native American story of the three sisters, translated into an edible lesson, and wind up exploring local history of lima bean cultivation by growing and using lima beans to create several dishes, including bean burgers.

Lesson 1  Introduction to Nutrition Lab and Review of Safety Rules – make a pinwheel
Lesson 2  Tongue Test for Super-Tasters – an experiment that reveals physical differences
Lesson 3  How to Work as a Team – building a paper tower
Lesson 4  Three Sisters Stay Together Muffins – exemplifying Native American lore wisdom
Lesson 5  Calories Are Stored Energy – a guessing game
Lesson 6  Trail Mix for Sustained Energy
Lesson 7  Veggie Decorated Trees – fun and healthy party food
Lesson 8  Eating a Rainbow – White Smoothies
Lesson 9  Purple Potato Smash
Lesson 10  Our Secret – Sardines! – student learn the many benefits of this protein
Lesson 11  Encinitas Was Full of Beans – history of local region, to be translated by other locales
Lesson 12  Lima Bean Burgers

Grade 4

Students use edibles to create models of the garden, and study California’s indigenous as well as historic agriculture, particularly as it relates to the Missions. They experience growing, grinding, popping and using corn in multiple methods, capped off with a complete meal preparation of garden tomato sauce on sautéed polenta with greens.

Lesson 1  Introduction to Nutrition Lab and Review of Safety
Lesson 2  “My Plate” Wraps – well-balanced dishes don’t have to look like the diagram
Lesson 3  Salad Analysis – using alternate proteins
Lesson 4  Mushroom Soup – white sauce
## Grade 4 Continued

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## Grade 5

Overabundance and preservation come into play as students delve into the cyclical nature, economics, and challenges that gardening and cooking present. From ratatouille and pumpkin muffins, which utilize garden harvests, they move into freezing, drying, pickling, fermenting, then planning and preparing a complete family dinner.

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## Grade 6

As students study the cultures of the Ancient Worlds in their classrooms, they experience the preparation techniques and understand how particular foods were integral to each. They learn to see recipes as ratios, rather than formulas. They experience the way their food choices can be measured in food miles, learn to eat crops used in rotation to enrich the soil, and begin to understand the global implications of food choices. They assemble dry bean soup mixes to share with families in need.

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