

**Little Parrot Farm  
Summer Art Workshop  
June – July 2020**

**Green Chef: Food for Greener World  
8 Week Cooking Workshop**

Green Chef is a cooking workshop that builds nutrition literacy with children, to empower them to make healthy choices. While building knowledge, students will cultivate a love for cooking healthy dishes that have a green impact.

The workshops help students develop:

- Basic knowledge of nutrition: understanding ingredients, healthy products and improving food choices
- Environment and cultural awareness
  - o Cause and effect thinking skills on how food choices can impact health, local community and the world
- Cooking skills, use of tools and appliances, preparation and safety measures

With each class, students will create a healthy dish to build confidence in cooking. We hope all students can continue being a green chef to sustain a healthy outlook and inspire others!

<b>Lesson 1</b>
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**What is Healthy Eating?**

**Objectives:**

- Camp introduction and program aims
- Thinking and sharing about foods we eat, differences to our body, eating preferences, favorite dishes, family recipes
- Learning what makes a balanced diet, how it relates to the well-being of our planet

**Class activity:**

- **Kitchen basics:**
  - o Develop safety practice by working with current skills, comfort level of knife and cutting board, using electric appliances (microwave, blender, etc.)
- **Food rescue tips:** introduction to food rescue and why we do it, how to practice at home (growing onion, spring onion, potatoes, etc.)

## Lesson 2

### What's Really on My Plate?

#### Objective:

- Learn different food groups and how to apply food observation at home, local environment
- Working with fresh vegetables, fruits (cucumber, oranges, apples, cabbage, etc.)

#### Class activity:

- Students learn to interpret food labels with "Share What's in Your Fridge" activity
- **Cooking Class:** homemade jam (apple, strawberry, orange, apricot)
  - o **Kitchen basics:** cutting fruits and vegetables
  - o **Food rescue tips:** student sharing of rescue tips used in family

## Lesson 3

### Healthy Eating Starts with the Mind

#### Objective:

- Identify between artificial and natural food, what makes food have different colors
- How to make wiser, healthier food choices

#### Class activity:

- Being a food detective; applying knowledge of fruits, vegetables, colors to investigate food
- Breaking down food ingredients - Phytochemical
- **Cooking Class:** Making natural food dye
  - o **Kitchen basics:** measuring ingredients – solid, liquid, powder
  - o **Food rescue tips:** discussion and sharing

## Lesson 4

### PROs of Protein

#### Objective:

- Learn about different protein sources, variety of choices in plant-based protein (legumes, tofu products, etc.)
- Discuss the impacts between animal and plant-based protein

**Class activity:**

- Applying and extending ideas to Plant Protein Project
- **Cooking class:** learning how to make a steamed egg
  - o **Kitchen basics:** splitting and beating eggs
  - o **Food rescue:** sharing ways to reuse eggshells

<b>Lesson 5</b>
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**Whole Grains Superheroes****Objective:**

- Learning the differences between refined and whole grains
- How to make healthy choices with carbohydrates

**Class activity:**

- Overview on carbohydrates
- Student sharing – what grains are in your food closet?
- **Cooking class:** oatmeal cookies
  - o **Kitchen basics:** learning about various heat sources, methods (oven cooking)
  - o **Food rescue tips:** classmate sharing

<b>Lesson 6</b>
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**Oh Soy! Plant Food for a Greener World****Objective:**

- Introduction and overview – dairy products versus dairy alternatives
- Exploring what causes lactose intolerance
- Learning how food choices can impact environment

**Class activity:**

- Discussing global warming; brainstorming ideas to help with food and smart consumer choices
- **Cooking class:** Making oat milk
  - o **Kitchen basics:** mixing, using electric appliance (mixer), filtering and transferring liquids

## Lesson 7

### Food Journey with Senses

#### Objective:

- Explore different gourmet dishes around the world
- Using senses to explore flavors – smelling, touching and tasting

#### Class activity:

- Discovering how other cultures add flavors to enhance dishes
- Learn about fermentation process
- **Cooking class:** making pickled veggies
  - o **Kitchen basics:** amount measurement, slicing, mixing, storing

## Lesson 8

### Greener Me, Greener Earth

#### Objective:

- Theme mix – review and expand on what we learned in past 7 workshops
  - o Nutrition – food choices and ingredients, consumer choices – range in food groups

#### Class activity:

- Brainstorming different ways of what we can do in the future:
  - o Showing more care and love to our bodies and the planet
- **Cooking:** making crepes!
  - o **Kitchen basics:** mixing, pan cooking, flipping, layout and presentation