

# **Ready, Set, Grow!**

## **Honest Weight Food Co-op in the Classroom Cooking and Nutrition Programs**

Ready, Set, Grow! is funded and supported by Honest Weight Food Co-op in Albany NY. We offer these cooking and nutrition programs to local schools and libraries. These programs are in close alignment with our mission to promote more ecologically sustainable ways of living. We are committed to helping our community learn more about growing, and preparing natural foods. We are also committed to learning and teaching about alternative ways of living that are healthy for ourselves, our community, and our planet.

Our Goal is to introduce a variety of healthy, natural and locally grown foods to school children and to increase their knowledge about the origin of our food. Students will receive food and nutrition information enabling them to make healthier food choices as they grow.

Honest Weight Food Co-op provides all required materials unless otherwise noted. If you have any specific classroom needs, please let us know. We will happily try to accommodate your requests.

Ready, Set, Grow! has been a popular addition to many classrooms and libraries in our community. In order to defray some of the expense, we will gladly accept any contribution your organization can make, to help us continue our healthy food education. The suggested contribution scale is \$20-\$50 for a class of 25 kids. We stress the voluntary nature of this contribution. Please only give what and if you can.

For more information or to schedule a classroom visit, please contact  
**Mariah Dahl**  
Outreach Coordinator  
482-3312 x120  
Mariah@honestweight.coop

### **Program List for Grades 2&3**

#### **Stone Soup** 1 hour

We will begin by reading "Stone Soup" by Jon J. Muth. This is a re-telling of the traditional story about journeying monks who visit a village that has fallen on hard times. It is a beautiful version focusing on community and cooperation. The children will make our version of "stone soup". While the soup is cooking, students will clean up and set their tables for our "community meal".

**Everybody Cooks Rice** 1 hour

We will begin by reading “Everybody Cooks Rice” by Norah Dooley. This book’s theme focuses on the commonalities and differences across cultures. We will discuss the importance of rice as a staple food in many cultures of the world. Students will be led in an activity that will demonstrate where and how rice is produced. The class will end with the preparation of a rice recipe from the book.

**Earth Friends at the Grocery Store** 30-45 minutes

This class will focus on healthy food buying practices. The students will be introduced to the concept of a Food Co-op. We will read “Earth Friends at the Grocery Store” by Francine Galko and “A Trip to the Co-op” by Lisa Ford. The students will be able to paint their own cloth shopping bag to take home and use for their family shopping. We will provide a “make your own trail mix” snack.

**Little Sprout** 1 hour

The objective of this class is to have the students learn about the parts of a seed and their functions. The class will be led in an activity where a student volunteer will be dressed up as “sprout the seed” demonstrating the parts of the seed. We will read the book “A Seed Is Sleeping” by Dianna Hutts Aston and Sylvia Long. Other activities may include lima bean dissection, finding the seeds in fruits and vegetables, seed planting and making “seeds that we eat” posters. A healthy seed snack will be provided.

**Hip Dips** 1 hour

There’s something about dips that make kids want to eat fruits and veggies. In this class, kids will work in small groups, creating yummy fruit and veggie dips. Each group will prepare a different dip. When the dips are completed, they will be shared with the larger group. We will use a variety of fresh fruits and veggies for our healthy snack. Kids will get to take home recipes to share with their families.

**Apples Apples Everywhere!** 45 minutes

New York State is the second largest apple producing state in the country. Kids love to learn about the production of our state’s favorite fruit! We will conduct an apple taste test and discuss the best uses of different varieties of apples. We will discuss how our climate in the Northeast is perfect for apple production. The class will also include a fun healthy apple snack that the kids will help prepare!