

# **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**

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**Honest Weight Food Co-op in the Classroom**

**Program List for Grades 4 & 5**

All of the programs listed below are approx. an hour in length.

### **Snack Attack**

In this class children will learn how to prepare some healthy snacks for themselves. We will set up stations where they can make smoothies, veggie and cheese

kabobs, fruit dip, trail mix and healthy soda. We will discuss the importance of eating healthy, even when snacking. Kids will get to take home recipes.

### **Corn: A tradition Continues**

Children will learn about the Native American origins of corn, discover the variety of foods made from corn in our culture, learn it's nutritional value, and by handling the various parts of the corn plant, they will become acquainted with the biology that creates their food. The book "Corn is Maize" will be read. The class will get to experience hands-on, how cornmeal is made, by grinding their own corn. Children will learn how to tell the difference between healthy and not so healthy corn foods by the "Corn Points" game. A snack of organic corn chips and corn salsa will be provided.

### **Hip Dips**

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.

### **Amazing Grains**

Through discovery, discussion and taste testing, children learn about both new and familiar uses for a variety of small grains. Children will gain experience with the grains corn, oats, rye and millet by examining samples of the seeds and plants. This lesson will begin with a discussion of the nature of grains as grasses and of their special nutritional value. We will also discuss the importance of eating whole grains and learn how to identify a whole grain food. Children will review food products made with the grains previously discussed and make a seed art collage. The class will end with a "Make Your Own Whole Grain Trail Mix" activity.

### **Potatoes: More than Fries**

Children will learn about the many varieties of potatoes and their uses by touching observing and drawing. The lesson will begin with examination of potato varieties, the potato plant and the history of the potato. The children will prepare their own "Rainbow Potato Pancakes".

## **Recipes from Around the World**

Program Length – 1 hour

For all of these classes, the children will prepare the recipes collectively and then share the dish with their class. They will get to take home recipes to make with their families.

### **Africa and the American South - Grits and Hoe Cakes**

It is particularly appropriate to teach this lesson in January when the unit can be related to the observance of Martin Luther King Day. Students learn about the history of soul food and how African Americans blended foods from Africa with foods from the American South and Native Americans to develop a creative cuisine. Students listen to African and Soul music and discuss the development of this cuisine within the culture.

### **China - Chinese Brown Rice Stir Fry or Birthday Peanut Noodles**

The children learn about cooking in a wok and stir-frying as an energy efficient way to cook. They learn that beans can be sprouted, and they sample raw bean sprouts. The stir-fry also contains soy sauce and tofu, which are derived from soybeans. Students discuss how these products are made from the versatile, nutritious soybean. Students also learn about the Zodiac calendar and Chinese calligraphy.

### **Mexico – Mexican Rice and Hot Chocolate**

The children learn about a popular traditional sauce, “mole,” an unusual combination of ingredients including chocolate, which is prepared by crushing and mixing in a “metate”. Children will observe and use the metate. Students will also prepare Mexican rice and will identify which foods in the entrée come from Spain and which were introduced by the Aztec Indians native to Mexico.

### **Italy – Pasta Primavera**

The children will learn how to make a meal combining vegetables and pasta. We will prepare pasta from scratch. Students will prepare the basic sauce using tomatoes and basil, which are two important ingredients used in many Italian recipes. They will learn how tomatoes from South America and basil from India became vital to Italian cuisine even though they were not indigenous to Italy.

### **Native American Culture – Sunflower Seed Cakes and Cayuga Corn Soup**

The children learn about the “Three Sisters” in Native American cuisine – corn, beans and squash. By drawing a diagram, students learn how the Three Sisters were planted together and how they complement each other nutritionally. The folklore of Native Americans includes many stories about the Three Sisters, personified as flint corn (larger and whiter than common corn in the U.S. today), beans and squash. Students will prepare the seed cake and corn soup recipes.

### **India - Veggie Curry, Basmati Rice and Chapatis Buffet**

Students will learn about curry powder’s essential role in Indian cooking. We will create a vegetable curry dish served with basmati rice. We will also prepare Chapatis, an Indian flatbread.

### **Middle East – Mezze**

Mezze consists of small dishes of olives, hummus, baba ghanouj and other appetizers. Students will prepare these and other goodies for the Mezze platter. We will listen to Middle Eastern music and learn about the different countries that make up the Middle East.