

## Jr. Chef Club Getting Started

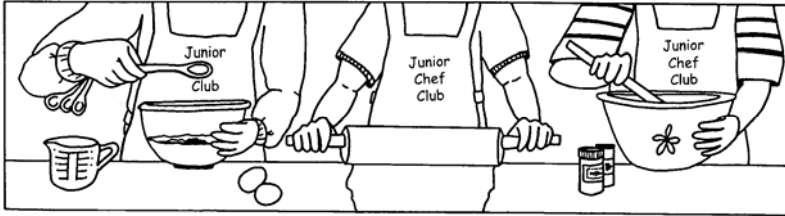
### For School Administrators and Classroom School Teachers

**Jr. Chef** is a fun, interactive way for students and teachers to learn and experience hands-on activities that strengthen their knowledge and skills in making healthy food choices while preparing nutritious snacks and meal items. **Jr. Chef**, used effectively over the past seven years in Washington State schools through Washington State University Extension, is a sure way to enrich the school day by reinforcing health and fitness, science, math, and communication Essential Academic Learning Requirements with integrated and applied activities to daily living skills.

Integrating this curriculum over a two-year period results in students showing remarkable changes in critical thinking skills, attitudes, and behaviors towards healthy foods and food selection; as well as actively participating in influencing healthier food choices while at school and at home.

This Team Nutrition edition is adapted to encourage more active support of the classroom teacher during the lessons. Because of the time and effort involved with preparing for **Jr. Chef** classes, teachers recommend partnering with the local Extension Office when possible, to provide the actual programming.

Good news travels fast! Once students and teachers experience the **Jr. Chef Club**, others will look forward to their turn for the fun experience of becoming a **Jr. Chef**!



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### For the Educator Delivering Lessons

Before the first lesson:

1. Read through the lessons to become familiar with content.
2. Order/purchase necessary equipment, serving supplies, incentives, and visual aides.
3. Gather and/or make necessary visual aides.
4. Recruit classes by talking with school administrators and teachers about content of the lessons. Share an outline of the lessons and a few of the visual aides.
5. Schedule classes with teachers.
6. About one to two weeks before the lesson, send a letter to each classroom teacher participating in the Jr. Chef program. In the letter, state name of educator who will be in the classroom, dates and time, and request administration of pre-tests before first session. Include pre-tests and Collaborative Agreement for signature. (Samples included in Jr. Chef materials.)
7. Practice the lesson:
  - Get familiar with using the visual aides.
  - Prepare each recipe noting times it takes for mixing, cooking, etc.
8. On the day of your first class, pack all materials and double check with Classroom Supply List and Cooking Supply List.

Have fun with the students!