



Jr. Chef Club Introduction

Welcome to the Jr. Chef Club Curriculum!

This is an exciting hands-on approach for teaching fourth and fifth grade elementary students about healthy habits to last a lifetime. It includes nutrition and food safety information while introducing students to basic food preparation skills. It also fosters an appreciation for the benefits of physical activity and encourages students to become physically active for at least 60 minutes each day.

This curriculum is designed for:

- 8 one-hour sessions for Level 1
- 8 one-hour sessions for Level 2

Students Learn By:

- Listening, reading, and using critical thinking skills
- Observing attention-catching visual aides
- Participating in hands-on nutrition learning activities
- Practicing food preparation skills by preparing food in the classroom
- Tasting and evaluating foods made by Jr. Chefs

Every Lesson Includes:

- List of objectives
- Chart showing lesson concepts/activities and Essential Academic Learning Requirement (EALR) integrations
- Hands-on nutrition activities
- Food preparation/tasting activities
- Visual aides
- Activity sheets for students to do in class or afterwards

Extended Learning:

- Optional writing prompts for extended learning during the week
- Parent newsletters to extend concepts into students' homes

Additional Features:

- Students each receive a Jr. Chef cookbook to take home at the end of the series
- Jr. Chef Completion Certificates
- Pre/post tests document knowledge and behavior changes of students
- A parent newsletter evaluation to document knowledge and behavior changes in students' families as a result of the Jr. Chef series and the newsletter

For the Teacher/Educator:

- Educator information provides up-to-date facts for teaching the lessons
- Introduction sheet listing Objectives and EALR integrations
- Supply lists for each lesson: Classroom Supply List and Cooking Supply List
- Detailed lesson plan/script
- Resource tips for ordering and/or making visual aides
- Description and/or pictures of selected visual aides
- Visual aides included electronically when possible
- Jr. Chef Cookbooks (in Publisher)
 - Level 1: Magic Spoon Cookbook
 - Level 2: Jr. Chef Cookbook
- Cooking Table Notes
 - Teacher tip sheet for preparing the recipe with students
 - Recipe for students to follow at the cooking table
- Student activity sheets
- Parent newsletters
- Pre/post student evaluations
- Parent newsletter evaluations
- Optional writing prompts
- Completion certificates for both levels

This series is best-delivered by using two or more educators/assistants. One teacher or educator needs to present the lesson to the classroom students while an assistant or parent volunteer works with the team of six students who are the Jr. Chefs of the day. Make sure all adults involved with the program have a current Food Handler's Permit to help ensure food safety and have reviewed the recipe beforehand.

Your school food service personnel may be willing to order the serving supplies (plates, cups, napkins, plastic forks, etc.) and some of the foods; which will help to minimize supply costs.

Before teaching the lessons, review the Educator Information and gather all equipment, food, supplies and visual aides. It may be helpful to make each of the recipes yourself first, before doing them with the Jr. Chefs.

We hope you enjoy the students' enthusiasm and pride they gain in their food preparation skills. You're sharing valuable information with them that can shape their health for the rest of their lives.

Sincerely,

Jr. Chef Club Developers