



# PART ONE

## PROGRAM GOALS AND OVERVIEW

This curriculum involves a series of lessons, recipes and family handouts that are designed to engage children in learning basic cooking skills, nutrition concepts and other key aspects of taste and healthful eating while discovering how children just like them live and learn across the globe.

The program goals for families are as follows:

1. Understand that their well being, long-term good health and effectiveness are directly connected to the food they eat.
2. Develop an adventurous attitude toward trying new foods through hands-on exploration of foods learned through the filter of new cultures.
3. Introduce basic culinary skills and concepts to parents and children to empower them to feel capable of preparing simple meals with their parents at home.
4. Instill the value of meals enjoyed at the table with family and friends among the children so they will look for opportunities in their daily lives to enjoy meals this way.
5. Establish an understanding of the seasonality of foods and an ability to distinguish which foods can be produced in their geographic region as they learn to value regional agriculture and support it through shopping at farmers markets.
6. Develop positive experiences and attitudes about various cultures, cultivating tolerance for different ways of living.

**Here is a week-by-week overview of the 5-week *Cooking Time Is Family Time* curriculum:**

### **1) Week One: “Family Cooking 101”**

*Description: Fun introduction to the program for families. The goals for parents are to:*

#### *Nutrition*

- ⊞ Understand how to use the New Food & Physical Activity Pyramid to construct meals that reflect variety and nutritional balance and recognize the importance of reading food labels

#### *Culinary Skills*



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- ⌘ Learn basic tips for working with children in the kitchen at home safely and efficiently.

### *Family Food Values*

- ⌘ Be inspired about their kids helping in the kitchen to create more family time and improve family nutrition

### *Culture & Food Ecology*

- ⌘ Discover how food and meals can be a cultural adventure

*The goals for families are to:*

### *Nutrition*

- ⌘ Understand the concept of “5-a-Day” using colors

### *Culinary Skills*

- ⌘ Prepare a simple recipe: Ravioli with Ricotta and Sun-Dried Tomato
- ⌘ Learn strategies to develop teamwork around meal planning and shopping

### *Family Food Values*

- ⌘ Value the sharing of meals with family and friends

## **2) Week Two: Tuscan Bean Soup**

*Now you are ready to embark on further experience of family bonding and teamwork through cooking. Make sure emphasize teamwork throughout the class!*

*The families will:*

### *Nutrition*

- ⌘ Experience more fun strategies to get “5-a-Day” and important phytochemicals, using colors

### *Culinary Skills*

- ⌘ Learn the technique for preparing Tuscan Bean Soup
- ⌘ Learn how to vary the recipe with different ingredients depending on the season



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### *Family Food Values*

- ⌘ Experience the value of teamwork to accomplish daily tasks like healthful meals
- ⌘ Develop excitement to make Tuscan Bean Soup at home as a family

### *Culture & Food Ecology*

- ⌘ Learn how many cultures use meals as an important time to spend time with family and friends; emphasize example of Italy
- ⌘ Understand that every season has foods associated with it; eating fresh is best!

### **3) Week Three: “Food & the Chinese New Year**

*As in many cultures, the Chinese celebrate their New Year with foods that contain important symbolism. The holiday emphasizes the role of food and ritual in cultural celebration and how families must learn to depend and rely upon one another to succeed in achieving family goals.*

The families will:

#### *Culinary Skills*

- ⌘ Learn basic principles of stir frying and wok cookery to be able to vary the recipe depending on what is in season or what they have on hand
- ⌘ Prepare a simple recipe: Ginger Chicken and Broccoli

#### *Family Values*

- ⌘ Understand that to achieve family goals, family members must be able to trust they can rely on each other. Each family member must be dependable.

#### *Culture & Food Ecology*

- ⌘ Discover how food has important cultural significance across the globe with Chinese food and their New Year the example
- ⌘ Learn fun facts of food and eating in China

### **4) Week Four: “Mexican Guacamole & Quesadillas”**

*When people from one culture settle in another—very common in the U.S.—they search for ways to recreate their favorite foods. Substituting ingredients is usually necessary, and cliché foods of a culture can result: fried rice, egg roll (China); burritos, chips and salsa, etc. (Mexico). The healthfulness of the culture’s traditional diet often gets lost in translation; this class will focus on this phenomenon.*



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The families will:

### *Nutrition*

- ⌘ learn that similar food products can be very different nutritionally, and how food labels and menu descriptions help us recognize this.
- ⌘ learn how to evaluate restaurant menus and make healthy choices.

### *Culinary Skills*

- ⌘ learn the technique for preparing guacamole and quesadillas so they can make these dishes at home, varying ingredients for the quesadillas

### *Family Values*

- ⌘ develop increased appreciation for the family home and learn ways to honor appreciation for one's home.

### *Culture & Food Ecology*

- ⌘ learn how in Mexico, families use what is locally available for a healthy diet.
- ⌘ learn how and why traditional dishes change when they are made outside their traditional geographic boundaries.

## **5) Week Five: “Lesson of French Gastronomy: Meals Are a Time to Listen To Each Other”**

*Description: When the French dine, it is an event: the ambiance, the menu and the people dining together are all of equal importance. Meals are slow, and there is a lot of discussion. Old and young are filled up with ideas as well as food; they savor the flavors of their interesting recipes; **quality is more important than quantity.***

*The goals for families are to:*

### *Nutrition:*

- ⌘ understand that portions offered are not always the best guide for how much to eat.
- ⌘ learn polite and smart strategies for portion control when eating out.

### *Culinary Skills:*

- ⌘ prepare a simple meal: Salade Niçoise and Pasta with Fresh Tomato Sauce
- ⌘ learn the basic technique for preparing a fresh tomato sauce for pasta, that can be varied by adding seasonal ingredients



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### *Family Food Values*

- ⌘ understand that dining with family and friends fills us up with enjoyment in our minds and hearts; we're 'fed' in mind, body and spirit, and tend to not overeat when we eat homemade food together at the table.
- ⌘ value the 'skill' of listening to each other

### *Culture*

- ⌘ discover that eating in France is considered an event: meals must look as wonderful as they should taste and family members must share the experience - together