

KIDS IN THE KITCHEN OVERVIEW

Lesson	Objectives	Activities	Poster	Snack-tivity	Suggested Educational Enhancement Item
MyPlate Magic	<p>Understand the importance of eating from five food groups.</p> <p>Identify Go, Grow and Slow foods.</p> <p>Understand the importance of basic food safety.</p>	<p>MyPlate Magic handout</p> <p>MyPlate Relay</p>	F.O.O.D Code of Conduct	Mini Pizzas	MyPlate Beach Ball
Eat a Rainbow	<p>Use the five senses to taste and describe fruits and vegetables.</p> <p>Understand and explain the benefits of eating a variety of fruits and vegetables of many colors.</p>	<p>Eat a Rainbow handout</p> <p>Eat a Rainbow 'Simon Says'</p>	<p>F.O.O.D Code of Conduct</p> <p>Eat a Rainbow Taste Test Word Bank</p>	Eat a Rainbow Taste Test	Eat a Rainbow Bookmark/Sticker
Whole-y Grains!	<p>Describe and identify whole grains.</p> <p>Understand why whole grains are important.</p>	<p>Whole-y Grains handout</p> <p>Whole Grain Experiment</p>	<p>F.O.O.D Code of Conduct</p> <p>Putting Whole Grains to the Test</p>	Trail Mix	Whole Grain Bowl
Cutting Loose in the Kitchen	<p>Learn about kitchen tools, equipment, and terminology.</p> <p>Safely handle and use a knife and demonstrate the following kitchen skills: chopping, dicing, slicing, and measuring.</p>	<p>Slicing, Dicing, Chopping Song</p> <p>Cutting Loose in the Kitchen</p>	<p>F.O.O.D Code of Conduct</p> <p>Cutting Loose in the Kitchen handout</p>	Banana Pudding in a Bag	Cutting Mat
Food is Fuel	<p>Understand how food fuels our bodies and explain the different levels of physical activity.</p> <p>Understand the importance of eating Go and Grow foods to fuel activity.</p>	<p>Let's Get Moving Activity</p> <p>Food is Fuel handout</p>	<p>F.O.O.D Code of Conduct</p> <p>Get Moving!</p>	Turkey Wraps	Jump Rope
Keep Growing & Going	<p>Review lesson 1-5</p> <p>Review Go, Grow, and Slow foods and how sugary treats are slow foods.</p> <p>Celebrate the completion of Kids in the Kitchen.</p>	<p>Go-Grow-Slow Sorting</p> <p>Keep Growing & Going Handout</p>	F.O.O.D Code of Conduct	Energy Bites & Homemade Soda	Apron and Chef Hat