KIDS IN THE KITCHEN OVERVIEW

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