

CLASSROOM COOKING CART GUIDE

WHY COOKING CART EDUCATION?

- It provides practical education that students can use
- It can be easily integrated across the disciplines
- Exposes students to different foods and whole foods nutrition
- It's a great social experience and builds social skills
- Can teach students shopping skills and budgeting
- Language – conversations about food, new vocabulary
- Good opportunity for following directions and working as a team
- Kids learn the tools and equipment needed for cooking
- Helps to build confidence in a kitchen that can be taken home
- Family connections, conversations, celebrations at home
- Great opportunity for occupational therapy, hands-on and sensory based
- Food education builds self-esteem, responsibility and pride
- Expand school gardens' food education into winter months
- It's fun!

Unfortunately, many elementary schools have limited kitchen space to regularly engage students in cooking education. Cooking Carts are a great solution to this challenge! The ideal Cooking Cart resembles a kitchen island on wheels with plenty of storage for a variety of small kitchen appliances and cooking equipment.

HOW DO TEACHERS USE COOKING CARTS IN CLASSROOMS?

1. Meet with your grade level team to plan how this hands-on cooking experience will fit into your existing curriculum.
2. Set a date with _____ to reserve & check-out the Cooking Cart for your classroom.
3. Contact _____ for help with kid-friendly local recipes and to access locally grown ingredients from your school garden or your local food aggregation & distribution system.
4. Contact _____ to reserve the Cooking Cart.
5. Invite Parents and Volunteers to assist with small groups doing hands-on food preparation. This works best with hands-on food preparation stations of 5 to 6 students per adult.
6. Think about a pre-assessment beforehand to get the students thinking about the cooking activity in advance and to assess prior knowledge and misconceptions.
7. If you are having multiple classes working together you need to find a place that is large enough for many small groups to work.

8. Follow up the Cooking Cart activity with: bar graph data of (Predictions, Tried it, Liked it, Will try it again, Favorites) as well as bringing recipes home and writing about the procedure and using digital pictures to highlight the steps.
9. After a cooking or baking activity it is **VERY** helpful to have a few adults to help with the cleanup, inventory all clean equipment and return to _____.
10. Feedback and evaluation. Share what worked and what could work better in the future.

WHAT EQUIPMENT SHOULD COOKING CARTS INCLUDE?

- Kitchen Cart on Wheels, ideally with cupboards and drawers
- Electric Double Burner
- Electric Griddle
- Small Convection Oven
- Food Processor
- Hand Immersion Blender
- Pots & Pans
- Mixing Bowls
- Salad Spinner
- Colander
- Flexible Cutting Boards
- Knives: Chef Knife, Bread Knife, Paring Knives
- Graters & Peelers
- Measuring Spoons & Cups
- Miscellaneous Tools: Whisks, Spatulas, Basting
- Miscellaneous Gadgets: Garlic Press, Timer, Veggie Brush, Can Opener
- Tablecloths & Reusable Dishes & Cutlery
- Oil, Vinegar, Various Herbs & Spices, Salt & Pepper
- Sponge, Dish Soap, and Dish Towels