

# **Fresh Grown Cooking for Kids Program Manual**



**Healthy Youth Program  
Linus Pauling Institute  
Oregon State University**



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## Introduction

### About the Linus Pauling Institute

The mission of the Linus Pauling Institute is to promote optimal health through cutting-edge nutrition research and trusted public outreach. To accomplish this we will:

- Discover basic mechanisms underlying the biology of aging and the causes of metabolic and age-related diseases
- Develop effective approaches to slow aging and postpone metabolic and age-related diseases through diet, micronutrients, and phytochemicals
- Advance the principles of healthy living and healthy aging in the public arena, thereby empowering people everywhere to add years of health and vitality to their lives

Advancing healthspan, not just lifespan, is our passion.

### Healthy Youth Program Mission

Empowering youth and their families to achieve optimal health through hands-on education.

The Healthy Youth Program is a wellness and healthy lifestyle program for children (preschool through grade 12) and their families. Most of our programs are based on vegetable gardens, linking a healthy and active lifestyle with a healthy and sustainable environment and providing fresh produce for families in need. We engage children and families through participatory education, hands-on activities, and interactive dialogue. All of our programs are youth and family centered, tailored to their unique needs, and build on the strengths of the participating youth and families for long-term success.

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## About the Healthy Youth Program

### How it All Started

Providing public education on the role of diet, lifestyle, and micronutrients in promoting optimal health, preventing disease, and increasing healthspan has been a major commitment of the Linus Pauling Institute (LPI) since its inception at Oregon State University in 1996. As part of LPI's public outreach, the **Healthy Youth Program** was founded in 2009. Our goal is to educate children (preschool through grade 12) and families through evidence-based and hands-on activities. Our vision is for a community of healthy, happy and active children and families.

### Our Program Philosophy

The **Healthy Youth Program** is a wellness and healthy lifestyle program. For us, wellness and a healthy lifestyle include physical, mental, and social well-being. It is our goal to help children and families improve their dietary intake and increase their level of physical activity. In addition, a central focus of our programs are family and peer relationships and interactions. We believe that children and families don't live in a vacuum – children are part of families and families are part of communities. Therefore, it is important for us to support children and their families to develop healthy family and peer relationships and to grow as individuals to reach their full potential.

### Child-Centered and Strength-Based Approach to Working with Youth

Our youth programs are based on a child-centered and strength-based philosophy which focuses on the child's strength and assets – not on the child's weaknesses or deficits. It is our goal to engage in a relationship with each child that allows us to explore areas where a child is functioning well and feels good about him- or herself. Central to our program philosophy is our belief that every child is unique and has personal strengths and assets. The inability to demonstrate an emotional or behavioral skill is considered as an opportunity to learn and grow, not as an inherent failure.

Our programs are designed to help children develop emotional and behavioral skills, competencies, and characteristics that (1) create a sense of personal accomplishment, (2) contribute to satisfying relationships with other family members and peers, (3) strengthen the child's ability to deal with adversity and stress, and (4) promote a child's emotional and social development.

## About Fresh Grown Cooking for Kids

Throughout the school year, we offer cooking classes tailored to elementary school students. In addition to learning cooking basics and kitchen safety, children engage all of their senses as they explore new recipes. Produce from the garden is used whenever possible, helping students make the connection from “soil to seed to plate” as they prepare meals together.

### Goal

Help children learn basic cooking skills and develop healthy eating habits.

### Objectives

- Teach children about the importance of making healthy food choices
- Teach children to read, follow and prepare a recipe
- Teach children kitchen safety and food preparation skills
- Provide an opportunity for children to learn to work as a team
- Provide opportunities to taste new foods

### Class Information

- Classes are held one day a week for two hours
  - Staff and volunteers are onsite for three hours: class time with students is two hours with a half-hour prep and half-hour cleanup time before and after class with only staff/volunteers
- Sessions can range anywhere from four to six weeks

### Participants

- *Fresh Grown Cooking for Kids* is designed for children ages 6-12 years old
  - Tip: offering two different class sessions (one session for children ages 6 to 8 and one session for children ages 8 to 12) allows you to tailor the class to different skill levels
- The ideal ratio of supervision is one staff per three or four children

### Suggested Materials

- Dishes, glasses or cups, silverware, pots, pans, basic kitchen utensils, hand soap, dish soap, sponges, hand towels
- Aprons and nametags for staff and participants

## Class Structure

### Preparing for Class

- Select two to three kid-friendly recipes (depending on the level of difficulty and the amount of time required). Please see our website for a list of suggested recipes (insert link here).
- Grocery shopping
- Developing nutrition education lesson and printing materials

### Overview: A Typical Day at Fresh Grown Cooking for Kids

1. Nutrition education
  - a. Different topics are chosen each week for a 10 to 15 minute lesson at the beginning of each class. Topics may include kitchen safety, cooking terminology, caloric intake/energy balance, reading food labels, etc. Please see page our website for sample lesson plan ideas (insert link here).
2. Cooking
  - a. The bulk of the class is spent cooking in small groups of three to four children with one to two staff members per small group
  - b. On average, two recipes are prepared at each class. You may opt to choose one simple recipe and one complicated recipe, or two recipes that require a similar amount of time.
  - c. Whenever possible, incorporate seasonal produce items that are easily available and affordable to children and their families, should they choose to try this recipe at home.
3. Sampling foods
  - a. Children may taste foods after they are prepared and are encouraged to take home a portion. Remind children to bring bags or a food storage container to class and have extra food storage on hand.
4. Clean-up
  - o Clean-up is as much a part of the cooking process as meal preparation, and it's important to include students. Usually with three or four children in each group, one child can wash dishes, one can dry them, one can put dishes away, etc. Rotate through the different tasks each week.

## Six Key Steps

1. Greet all the students in your group. Engage them and set a positive, upbeat tone for the rest of the cooking class.
2. Have the students read through the recipe. (Familiarize yourself with the recipe before the class). Discuss what tools you will need, steps you will take, and any fun nutrition facts.
3. Gather the necessary materials. Have the students gather the utensils and dishes needed on their own.
4. Have the students gather all the necessary ingredients. If your group needs to access a shared ingredient, please bring the appropriate measuring cups, spoons, or bowls to the shared ingredient table.
5. If the recipe involves use of the oven, stove, or knives, please review the relevant safety skills before proceeding with food preparation.
6. Clean-up. Involve the students as much as possible, time permitting.

### For Group Leaders - Things to keep in mind:

- Engage the students as much as possible in every aspect of food preparation. Working together at the round table is a great way for all children to participate at the same time. Remember, this is a time for them to learn and have fun!
- It's about the process, not the end result! Do not worry or stress out if your group moves slowly, the dish is not perfect, or the dish is not finished at all. You can always try the finished product of another group.
- Engagement of the students is far more important than your cooking skills. We do not need you to be a gourmet chef! We just want you to be excited at each class. It is your role as the group leader to engage the children and develop a relationship with them. Don't wait for the children to come to you. Talking about cooking is certainly relevant, but ask about school, soccer, siblings, or anything else to build rapport with the students.

## Tips for talking to children about Cooking Safety

- Before you get started:
  - Always listen for directions, read the recipes together and discuss what you need
  - Wash your hands before cooking or handling food
  - Tie back long hair and roll up sleeves
- When using the stove:
  - Be aware of hot surfaces and pan handles
  - Open hot pots and pans with the lids facing away from you to avoid steam burns
  - Don't use metal spoons to stir food in hot pans: the metal can get really hot!
  - Pour liquid away from you when draining pasta or other food cooked in water
- When using the oven:
  - Always use two dry oven mitts when taking dishes out of the oven or touching hot pan handles
  - Make sure all group members are aware and safely out of the way before opening the oven
  - Move slowly and carefully when putting things into and taking things out of the oven
- When using knives and sharp tools:
  - Stay focused on what you are doing
  - Walk carefully when carrying knives or other sharp objects and be sure to point the blade down and away from you
  - Always use a cutting board when you are working with knives
  - Wash knives as soon as you are done using them; leaving them in the sink can be dangerous
- When using electric appliances:
  - Make sure your hands are dry when using electrical equipment like blenders, food processors, and hand mixers.
  - Make sure the cord stays on a dry surface and out of the water
- Sanitation:
  - Wash/disinfect surfaces and cutting boards after they have come in contact with eggs or raw meat
  - Always wash your hands right away when you have touched eggs or raw meat before you touch anything else



## First Aid and Handling Emergencies

### Basic First Aid Procedures

Injury	Treatment
Nose Bleeds	Pinch nose just below the bridge and tilt head slightly forward
Dehydration	Have student/staff sit down in a cool, shaded area. Apply cool, wet compress to head or neck. Take slow, small sips of water. If feeling better, eat a salty snack.
Splinters	Carefully wash the area with soap and water. Using tweezers, remove the splinter from the area. If the splinter is too deep or difficult to remove, wash and bandage the area and see a physician.
Bruises	Apply a cold compress
Small wounds (cuts, scrapes)	Wash wound, apply antibiotic ointment and bandage
Severe wounds	Have victim sit or lie down, apply pressure to stop bleeding and call 911
Bee stings or other bites/stings	Remove the stinger and apply an ice pack or cold compress to reduce swelling. For other bites/stings, application of hydrocortisone will help reduce itching and an icepack or cold compress will reduce swelling.
Burns: 1 <sup>st</sup> degree – red, sore, covers small area 2 <sup>nd</sup> degree – blistered and painful 3 <sup>rd</sup> degree – skin is white or charred, loss of skin layers	1 <sup>st</sup> or 2 <sup>nd</sup> degree: Put burn in lukewarm water, pat dry and cover with clean bandage. Do not break blisters. 3 <sup>rd</sup> degree: Do not put water on open wound. Do not remove burned-on clothing. Cover the burn lightly and get medical help.

### CALL EMERGENCY SERVICES WHEN:

- Bee sting results in severe allergic reaction
- A student or staff member experiences a severe fall (do not move victim)
- A student or staff member has a severe wound (i.e. resulting in extensive bleeding)
- A student or staff member has a third degree burn

### FIRST AID KIT SHOULD INCLUDE:

- |   |                            |
|---|----------------------------|
| ▪ Antiseptic                              | Ice bag or cold pack       |
| ▪ Antibiotic spray or ointment            | Scissors with rounded ends |
| ▪ Adhesive bandages (various sizes)       | Tweezers                   |
| ▪ Sterile gauze pads                      | Thermometer                |
| ▪ Hydrocortisone cream or calamine lotion | Aspirin                    |

## Outreach and Advertising

Distribute fliers to all local elementary schools or place ads in school newsletters  
Park and Recreation catalog

### Sample flier:



### NEW SPRING SESSION!

## Fresh Grown Cooking for Kids Youth Cooking Classes

basic cooking skills · recipe exploration  
nutrition education · kitchen safety

### Session 1: Children ages 8-12

April 11- May 16

Thursdays, 4:00-6:00 PM

Cost: \$52

### Session 2: Children ages 6-8

May 23- June 6

Thursdays, 4:00-6:00 PM

Cost: \$28

### Location:

CHS Teaching Kitchen

1400 NW Buchanan Ave

(We'll meet you in the parking lot at the first class)

### To Register:

visit [lpi.oregonstate.edu/healthyyouth](http://lpi.oregonstate.edu/healthyyouth)

or call (541) 737-8014

*Scholarships are available for both sessions!*



**Contact us:** (541) 737-8014 · [hyp@oregonstate.edu](mailto:hyp@oregonstate.edu) · [lpi.oregonstate.edu/healthyyouth](http://lpi.oregonstate.edu/healthyyouth)

## Staff Recruitment and Training

### Staff

We have at least one Healthy Youth Program staff member present at each class. In addition, we recruit 10 to 12 volunteers to assist with the class in order to maintain a ratio of one staff member per three or four children.

### Volunteer Recruitment: Sample Posting

**Description:** *Fresh Grown Cooking for Kids* is a youth cooking class for kids ages 6 to 12 years. Children are actively involved in the cooking process including reading recipes, learning about kitchen safety, and exploring new foods. *Fresh Grown Cooking for Kids* is designed to give children a hands-on experience in the kitchen. Volunteers will provide guidance and support for a small group of “student chefs” at each class.

### We are looking for applicants who:

- Enjoy working with elementary school-aged children
- Enjoy cooking and are excited about new foods
- Are energetic, enthusiastic, reliable and patient
- Have a positive attitude and a creative spirit

### To apply:

Prepare the following application packet, including the following forms (found on our website):

- Cover letter
- Resume
- Volunteer Application
- Conditions of Volunteer Service
- 3 Reference Forms (these may be professional or personal in nature)

*\*Include relevant information regarding dates, times, location of the class.*

**Training**

We host volunteer training the week prior to the start of the class. Training is hosted during the time when *Fresh Grown Cooking for Kids* would normally be held (e.g. Thursday from 4 to 6 PM).

Volunteer training should include:

- A review of youth safety
  - Mandatory reporting
  - Cooking safety
  - Basic first aid
- Familiarizing all volunteers with the space
- Working through scenarios related to:
  - Picky eaters
  - Kitchen safety
  - Food preparation
  - Behavioral challenges
  - Mandatory reporting

## APPENDIX









**Helpful Links:**

- Healthy Youth Program website: <http://lpi.oregonstate.edu/healthyyouth/>
- Sample lesson plans: <http://lpi.oregonstate.edu/healthyyouth/fresh-grown-cooking-kids-lessons>
- Suggested recipes: <http://lpi.oregonstate.edu/healthyyouth/fresh-grown-cooking-kids-recipes>