



GUIDE

TEACHERS/PARENTS

THINK LIKE A CHEF

Think Like a Chef



Learning Objectives

This lesson will enhance the mind, body and soul of participating students. As part of this lesson, students will:

- **Mind**
 - Combine ingredients, flavors and cooking techniques to create a dish
 - Identify the vitamins and minerals contained in food items
- **Body**
 - Get their body moving through acting-out cooking techniques
- **Soul**
 - Evoke creative expression in relation to healthy foods
 - Develop teamwork and collaboration abilities working with peers

Materials

- Set of Cooking Cards – Print and cut prior to beginning the lesson, or instruct each group of students to cut their cards (pages 2-6)
- Scissors, construction paper, and coloring utensils
- “Think like a Chef” worksheet (page 7)
- End-of-day Assessment (page 8)
- Nutrient Reference Sheet (page 9)

Overview

This lesson will be co-taught by a visiting chef, aimed to expose students to culinary careers, encourage creative thinking, and stimulate nutrition education. Lesson setup will involve displaying a number of food items for students to sample throughout the lesson. Students will work in small groups to design their own unique recipe, and identify the nutrients that it contains.

Steps

1. Prior to beginning the lesson – provide a sample of as many flavors/ingredients (from the cards) as possible for students to reference (i.e. sample) during creation of their recipes.
2. Allow 5-10 minutes for an introduction from the Chef, and what to expect, including: what they do, how it keeps them healthy, why they like doing it, in addition to various cooking techniques (as depicted on the cards)
3. Divide students into groups of 4-6.
4. Provide each group with a set of cooking cards, construction paper, coloring utensil and scissors (if cards need to be cut).
5. Students will create their own dish by selecting 1 cooking technique, 3 flavors, and at least 3 ingredients.
6. Students will work in their group to combine their selected cards to create a dish. Have each group of students draw their dish, name it, and describe how it would taste.
7. Once students have completed their dish and drawing, instruct them to write a list of nutrients that their dish includes using the “Nutrient Reference Sheet” as guidance.
8. Collect the completed dishes and cooking cards from students at the end of the lesson.
9. Students must complete the end-of-day assessment before heading home.

Adapted from:

<http://slowfoodusa.org/wp-content/uploads/Good-Curriculum-with-Intro-Low-Res.pdf>

<https://www.superhealthykids.com/parenting/teaching-kids-the-abc-s-of-essential-vitamins/>

<https://www.verywellfit.com/what-are-the-major-minerals-2507750>

<https://kidshealth.org/en/kids/minerals.html>

Today, we will learn all about cooking!

There are so many ways to cook food: You can roast, bake, and simmer - to name just a few cooking methods. Read this [article](#) to learn about 15 different cooking methods you can use when making a delicious meal.

Food for thought:

1. What is your favorite dish? How is it cooked?
2. What methods of cooking does your family use?

Application

Visit [Nada's Video Vault](#) to view some healthy and delicious video recipes. Watch the video recipe for "Savory Pastry Pockets with Mushrooms".

What cooking techniques does Nada use while making this recipe?

FLAVOR

Salt

FLAVOR

Basil

FLAVOR

Lemon

FLAVOR

Mint

FLAVOR

Pepper

FLAVOR

Cilantro

FLAVOR

Garlic

FLAVOR

Cinnamon

FLAVOR

Honey

FLAVOR

Parsley

FLAVOR

Maple Syrup

FLAVOR

Sesame

FLAVOR

Oregano

FLAVOR

Cumin

FLAVOR

Ancho Chile

FLAVOR

Vinegar

FLAVOR

Orange

FLAVOR

Olives

INGREDIENT

Zucchini

INGREDIENT

Raspberries

INGREDIENT

Onions

INGREDIENT

Green Beans

INGREDIENT

Carrots

INGREDIENT

Pinto Beans

INGREDIENT

Broccoli

INGREDIENT

Chick Peas

INGREDIENT

Apples

INGREDIENT

Rice

INGREDIENT

Potatoes

INGREDIENT

Celery

INGREDIENT

Peppers

INGREDIENT

Cabbage

INGREDIENT

Cucumbers

INGREDIENT

Radish

INGREDIENT

Tomatoes

INGREDIENT

Lettuce

INGREDIENT

Tomatillos

METHOD

Bake

METHOD

Blanch

METHOD

Pan Fry

METHOD

Boil

METHOD

Poach

METHOD

Braise

METHOD

Sauté

METHOD

Broil

METHOD

Sear

METHOD

Grill

METHOD

Simmer

Think Like a Chef Worksheet



Group Members: _____

Our dish is called ... _____

Our dish tastes like ... _____

Mark the nutrients contained in your dish with a check. Write the name of the ingredient on the line.

- Vitamin A _____
- B Vitamins _____
- Vitamin C _____
- Vitamin D _____
- Vitamin E _____
- Vitamin K _____
- Calcium _____
- Chloride _____
- Magnesium _____
- Phosphorus _____
- Potassium _____
- Zinc _____

Name: _____

Date: _____

One day, I would like to become a chef: (circle one answer) Yes No Maybe

Name 3 cooking methods: _____

Name a food that contains Vitamin A. _____

Zinc is important for: (circle one answer) Energy Strong Bones Wound Healing

My favorite part of garden club today was...

Name: _____ Date: _____

One day, I would like to become a chef: (circle one answer) Yes No Maybe

Name 3 cooking methods _____

Name a food that contains Vitamin A. _____

Zinc is important for: (circle one answer) Energy Strong Bones Wound Healing

My favorite part of garden club today was...

	IMPORTANT FOR	FOUND IN
VITAMINS		
Vitamin A	Healthy eyes, skin, teeth and bones	Red, orange and yellow fruits and vegetables
B Vitamins	Energy	Meats, nuts, fish, dairy
Vitamin C	Wound healing and the immune system	Citrus fruits
Vitamin D	Strong bones and teeth	Milk, dairy and the sun
Vitamin E	Heart health	Nuts, avocado, pumpkin
Vitamin K	Healthy blood and blood clotting	Broccoli, brussels sprouts, cabbage, eggs
MINERALS		
Calcium	Strong bones and teeth	Dairy (milk, cheese and yogurt)
Chloride	Digestion	Vegetables
Magnesium	Strong muscles and heart health	Nuts, seeds, whole grains, dark green vegetables
Phosphorus	Bone growth	Meats, nuts, seeds
Potassium	Normal heart rhythm	Fruits and vegetables
Zinc	Wound healing and the immune system	Beef, pork, chicken, nuts

