



JOSEPH P CORY  
FOUNDATION  
*Anchored in Love.*

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

