Junior Chef Teaching Guide

The Junior Chef Workshop is a nutrition and culinary based education program designed for low-income children but suitable for all. The Junior Chef Workshop gives junior chefs the opportunity to gain valuable skills in the kitchen and the tools to make healthy and easy-to-prepare meals. In addition to the hands on training, the children also receive the necessary materials to go home and replicate these recipes with their families.

The students learn how to properly protect themselves as well as their family from the threats of obesity and obesity related diseases that are ravaging many neighborhoods across America. By giving volunteer community advocates across the country the necessary tools and motivation to make culinary and nutritional educational workshops fun and accessible, we can all combat the growing problem of obesity and malnutrition in America's youth.

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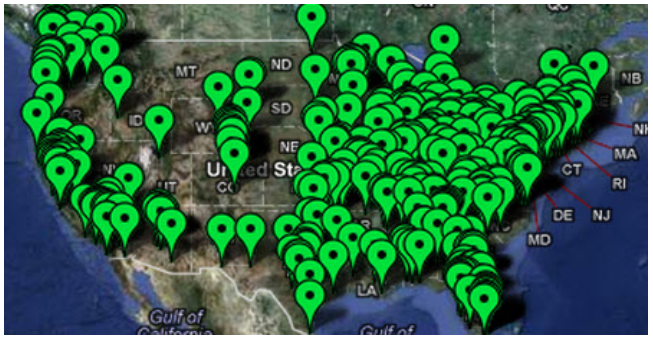

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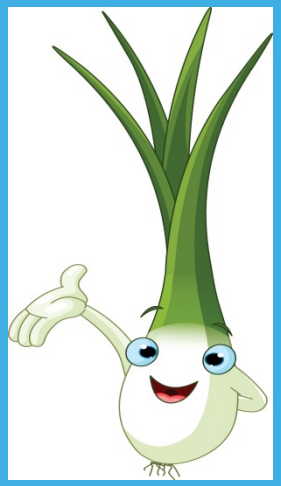

Nourishing USA, making nutrition fun!

Nourishing USA's mission is to help communities throughout America alleviate the strong correlation between low-income status and poor dietary health. With a wide spread network of volunteers and community advocates all across the nation, we can be Americans Nourishing Americans.

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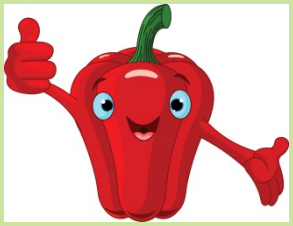
This guide is intended to be used as a framework for culinary and nutritional education. In this guide, Nourishing USA has supplied you with several tools and resources to help educate junior chefs in your community. On pages 4-10, you will find instructions on how to prepare and implement your workshop. This includes information on basic safety and sanitation to more difficult issues such as how to approach health in a positive and productive manner.

This guide also includes ten recipes that are centered on children with regards to taste and nutritional benefits in pages 11-20*. Also included in this guide you will find essential culinary and nutritional handouts that will act as supportive teaching tools to your recipe-lessons on pages 21-27. Among these handouts is a Shopping Tips for Parents handout. This keeps in mind that most children do not shop for themselves, supplying the parents with tips and tools can help to create a healthy environment for the whole family and be basis for starting an ongoing cycle of healthy eating.

How to Use This Guide



On page 28, you will find a fun Healthy Eating Certificate that we have created for you to personalize and distribute after you have taught the workshop in celebration of the Junior Chefs' interests in healthy eating. We want to celebrate the junior chef's interest in healthy eating. On page 29, you will find a Food Donation Request template designed to help you connect to local food supporters willing to provide supplies for your class. On page 30, you will find Share Your Nourishing information which is a page dedicated to welcoming you to the Nourishing USA family and encouraging you to share the progress of your volunteer work with Nourishing USA staff and community advocates across America, using pictures and videos. On pages 31 and 32, you will find the Nourishing USA logo and the iron-on ready logo.

*Please keep in mind that this guide is not intended for infants under 12 months of age and honey should not be

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Junior Chef Teaching Guide

Teaching new skills and information to children can seem like a daunting challenge, but if you follow the tips below, you WILL do great.

Remember to always be prepared, be excited, and be safe.

Be Prepared

- Be comfortable with the recipes, the materials and why they are nutritious. Doing the recipe ahead of time by you is a great way to become familiar with the recipe and the preparation time, as well as having a model of how the recipe should look and taste in the end.
- Know your timing. The recipes in this guide take about 20 minutes to complete with children, so budget time in the beginning for handwashing and sanitation and at the end for eating.
- Be clear about what you want to accomplish. Connecting the recipe to health and wellness is important to make it more than just making good food.
- While the recipes are meant to limit exposure to foods which children are most allergic, always verify from the parents or child supervisor that children do NOT have allergies or sensitivities to any of the ingredients.
- Know the children. The recipes do not use dangerous materials, but without proper supervision, anything can happen.

Teaching Basics

Be Excited

Food is very exciting; we all have a very personal relationship with food that started when we were young. Sharing your excitement for healthy food is infectious, and with your enthusiasm, the children will develop an even stronger relationship with healthy foods.

Food is a very personal thing: we all have likes and dislikes. Healthy foods sometimes fall into the dislike category for one reason or another. The key to making the lessons successful is to make the healthy food familiar, accept no excuses, and try everything.

- These lessons aim to make healthy foods familiar to children. They love pizza, shakes, and finger foods. Make sure they understand that the recipes in this guide are "just like" something they are familiar with.
- There will always be a child that "does not eat that." Do not accept excuses! Everyone tries everything. One abstention from eating the food may lead to others doing the same for no particular reason.
- Try everything with the children. You are a trustworthy person and if you enjoy it, they will too.

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Staying Excited
We all love going to restaurants. Making the dining experience similar for the children will help to make the recipes more memorable and fun.

- The recipes are culturally aware, and you can include music that goes along with the foods. Put on Italian opera for Pizza Kabobs, classical music for the Pea Salad, traditional Japanese music for Edamame and so on.
- Dress the part. Wear an apron; become the head chef! Print the Junior Chef logo on to iron-on transfer paper and create an apron/shirt for each child, they can be your sous chefs. A standard logo is located on page 31 and an iron-on ready logo is on page 32.
- Send each child home with a copy of each recipe and the ingredients list which are low cost. Making the home connection will give the children confidence and make them proud.
- The nutritional aspects of the lessons are included further in the guide along with games and activities to make nutrition more interesting.

Teaching Basics

The 3 B's
Be prepared, be excited, and be safe

Be Safe
The recipes have different levels of difficulty and can be done on your own or as a group. It's up to you since you know the children best.

None of the recipes call for the use of sharp knives and complex kitchen equipment. All of the recipes can be done with hot water, a microwave, a blender, and common utensils (forks, spoons, and butter knives).

That being said accidents can happen anywhere, so you must be prepared.

- Always have a basic first aid kit nearby just in case.
- Monitor all of the children while they are cooking.
- Clean-up spills immediately.
- Practice good food safety and sanitation.
- Make certain the children understand the importance of being safe in the kitchen.

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Children will be looking to you as their food role-model. Showing proper techniques in food safety and sanitation will help them to keep their food safe now and in the future.

Foodborne Bacteria
There are two kinds of foodborne bacteria: one that spoils your food and one that makes you feel sick. You should be familiar with both types and the methods to limit them.

Spoilage Bacteria
This is bacteria that makes your food "go bad". The food will change color or have a bad odor so you know to throw it out. They can make food unappealing but they do not usually cause illness.

Bacteria That Makes You Sick
This is known as pathogenic bacteria and it can be deadly. You cannot see, small, or taste this bacteria and that makes this bacteria hard to detect.

Pathogenic bacteria can get in food a number of ways. Sometimes it occurs naturally and can be destroyed by cooking food to safe temperatures. Other times it can contaminate food through poor hand washing, cross-contamination from other foods, and unclean surfaces and utensils.

If proper food safety is practiced with every meal, every day the dangers of pathogenic bacteria can be minimized.

Safety & Sanitation for Adults

Transporting Groceries
The food you purchase from the store should be used the same day and ideally within 1 to 2 hours of purchasing.

If you are not going to use the purchased food immediately, any perishable food must be refrigerated within 2 hours. If the temperature is over 90 degrees outside the food will perish more quickly and must be refrigerated within 1 hour.

Cross-Contamination
Cross-contamination is the transfer of harmful bacteria to a food from other foods, cutting boards, utensils, surfaces, or hands. It can be prevented by keeping food separated and by keeping hands and food handling surfaces clean.

Common Sense Caution

If you're not sure how old a food is, fear that it may not have been properly refrigerated or has been left out too long, don't taste it! Instead remember the "golden rule"

WHEN IN DOUBT, THROW IT OUT!

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Food Preparation
Follow these basic guidelines and remember safe food preparation always begins with "clean."

Handwashing
Always wash hands with soap and water for 30 seconds before beginning food preparation, after handling food and after using the bathroom, changing diapers, touching pets, coughing or sneezing. Do not handle food if you have cuts, inflections or are otherwise ill.

The handwashing guide for children which appears later in this guide can be implemented at the start of every lesson. You should wash your hands properly as you make certain the children are doing it correctly as well.

Surfaces and Utensils
Harmful bacteria can spread through knives, spoons, utensils, cutting boards and countertops causing cross-contamination. Keep meat, poultry, fish and their juices away from other food. When cleaning surfaces, use hot, soapy water and clean paper towels—if spills happen clean them quickly.

Wash cutting boards, dishes, and countertops with hot, soapy water after preparing each food item and before you go on to the next item.

Safety & Sanitation for Adults

Cutting Boards
Always clean your cutting boards before food preparation begins. Use one cutting board for fresh produce and separate ones for meat and poultry. Clean cutting boards with 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water. Avoid wooden cutting boards and once the cutting boards become worn or have hard to clean grooves, dispose of them.

Tips for Produce
Fresh fruits and veggies are nutritional mainstays. Here is how to make sure they're safe:

- Before eating or preparing, wash fresh produce under cold running tap water to remove any dirt. Firm produce like apples or potatoes can be scrubbed with a brush.
- Do not wash with soap and remove any damaged portions of the fruits and vegetables.

The "Danger Zone"

Cold food should be kept at cold temperatures (below 40 degrees) for as long as possible. Food that is heated should be kept above 140 degrees. This prevents bacterial growth on prepared foods.

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Making nutrition fun is a core element of performing a successful Junior Chef Workshop. In the following pages we will touch on the dos and don'ts of creating a positive food environment.

Do:
Start your workshop with an icebreaker.

- "Find Your Food Partner"
  Great for pairing up junior chefs at the beginning of a workshop and for breaking the ice when kids don't know each other well, as everyone has an excuse to approach other people and start talking.

- "I Like To Eat "
  A simple memory game which helps children get to know each other's food likes and dislikes. Junior chefs list one food they like and one they do not like. They go around in a circle and each child has to try and remember both the likes and dislikes of the other junior chef in the circle.

- "Name That Food"
  A game where junior chefs try and state as many fruits and vegetables as possible. If they can not name any more they are removed and the game continues until you have just one winner.

Making Nutrition Fun

- "First Letter of your Name"
  Junior chefs create a large circle and start by stating their name and one food they like with the same first letter of their first name. Example "My name is Tom and I like Tomatoes."

Do:
Be flexible and fun

A good teacher is responsive to his/her group. Each group of junior chefs will be different, so you will have to speed up or slow down your recipes and lessons according to each group. Keep in mind that not all junior chefs will like everything you create together.

Introducing students to new healthy food can be very hard and you should never take a junior chefs negative feelings toward food personal.

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Do:
Use Humor

Teaching junior chefs means that sometimes you must think like a child. Remember what you loved about being a kid and incorporate it in your lessons. Even taking about serious issues like waste products and digestive issues can be fun. At Nourishing USA we love to get junior chefs involved through humor. For example, we often play the "Poop Game". So every time we say the words "beans", they scream "Poop!" This is a fun way to introduce and start a dialog about the complex issue of fiber and a healthy GI tract.

Do:
Expect Different Knowledge Bases

When working with new groups, some junior chefs many know more than others. Be prepared to feel out their knowledge base for food and nutrition and respond to their needs so they get the most from your workshop.

Making Nutrition Fun

Do:
Know You're Amazing

Know that you are helping to change your community for the better. Addressing obesity and lack of food knowledge can be hard, however, with your commitment and passion you really can help those around you create a healthy lifestyle.

Do:
Spread the Food Love

If you love being a community advocate and teaching junior chefs in your community please tell others. We hope to see junior chef workshops though out America and you will be our best way to get the word out on Nourishing USA programs.

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Don't:
Expect change overnight

Keep in mind that this could be the first time these children meet you or the first time you have cooked with them and it may take time to really win them over. In this guide you will find ten recipes. You may choose to do one or ten; it's up to you, the workshop location, and how you feel about your fit in their environment.

Don't:
Give Medical Advice

As a Nourishing USA community advocate you are not in a role to give any medical advice to junior chefs or parents. Feel free to supply recipes, nutritional tips and wellness ideas but always do not give medical advice.

Making Nutrition Fun

Don't:
Address weight issues

Never address weight, either excess or any other issue with body mass, in a negative manner. Never single out a child or address any weight issues that any of your junior chefs may have. Creating a negative food situation even for a short period of time can have lasting effects on your junior chefs. Keep your workshops positive and remember that some of the food and recipes you bring may be new and scary to some children.

Don't:
Correct a parent or supervisor

Never correct a parent or supervisor of a junior chef in front of the group. If a parent or supervisor has stated something that is incorrect simply address the person privately so as not to embarrass the parent or supervisor. This will help keep an encouraging atmosphere for the junior chefs and help your workshop to flourish.

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Ingredients	
2 tablespoons olive oil 1 yellow bell pepper, chopped- ½ inch 1 red pepper, chopped- ½ inch 1 cup cherry tomatoes, quartered 1/2 cup red onion, diced 2 limes, cut into 4 sections	2 cups microwavable cooked brown rice heated 1 tablespoon olive oil 1 cup corn canned, rinsed and drained 1 can black beans, rinsed and drained ½ cup low-fat cheddar cheese 1/4 cup cilantro

Directions

1. Set up a chopping board in front of class where you are visible to all junior chefs. Chop your peppers, tomatoes, onions, limes. As you chop discuss each product and why it is healthy. This is a good time to start Q&A. Junior Chefs will love to see you chop but remind them to never use a knife and always follow adults rules in the kitchen.

2. In a large bowl have junior chefs squeeze lime juice and add olive oil. Distribute hot rice into each junior chef's bowl. Have them stir making sure each grain is coated with the lime and olive oil. Add the corn, bean mixture, peppers, tomatoes and red onion to the rice mixture and toss well.

3. Finally, have junior chefs add cilantro and low-fat cheddar cheese to garnish.

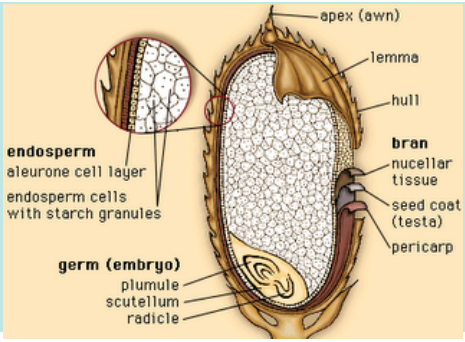
Caliente Mexican Rice

Total time: 20 minutes
Yield: 4 servings









Nutritional Info

A whole grain contains all edible parts of the grain, including the bran, germ, and endosperm.

Junior Chef Teaching Guide

Ingredients	
1 cup garbanzo beans, rinsed and drained 1/4 cup plain yogurt 2 cups Bibb lettuce shredded 2 teaspoons olive oil	4 whole wheat flour tortillas ½ pound lean ham sandwich meat ½ cup canned pineapple, rinsed and drained

Directions

1. Combine the garbanzo beans, yogurt, pineapple and olive oil in a blender or food processor, blend until smooth.

2. Spread pineapple hummus on each tortilla thinly.

3. Add ham and lettuce

4. Roll up wrap and serve immediately.

* You have the option of slicing and serving as pinwheel finger foods.

Ham & Pineapple Hummus Wraps

Total Time 20 minutes
Yield 4 Servings







One tortilla is one serving; this is an example of package portioned products. One tortilla is a perfect amount for your junior chef to enjoy.

Nutritional Info
Pineapple is a tropical fruit that packs in the vitamin C and body-building mineral manganese.

Junior Chef Teaching Guide

Ingredients	
1/4 cup whole wheat couscous 1/2 cup hot low sodium vegetable broth 1/2 medium carrot, shredded	2 scallions, sliced 2 tablespoon raisins 1 tablespoon olive oil 1 teaspoon lemon juice 1 teaspoon honey

Directions

1. Set up a chopping board in front of class where you are visible to all junior chefs. Chop your scallions and carrots. As you chop discuss each product and why it is healthy. This is a good time to start Q&A. Junior Chefs will love to see you chop but remind them to never use a knife and always follow adults rules in the kitchen.

2. Put the couscous into a bowl. Pour hot low sodium vegetable broth over it and leave to stand for about 5 minutes or until soft and all liquid is absorbed.

3. Whisk together the dressing ingredients and stir into the couscous.

4. Fluff up the couscous with a fork. Stir in the shredded carrot, scallions, and raisins.

Couscous Salad

Total Time 20 minutes
Yield 4 Servings







Today's workshop would be a great chance to introduce your junior chefs to the how to read the "how to read a food label" handout included in this guide. Use the couscous box as a label sample.

Nutritional Info

Couscous is among the healthiest grain-based products. It has a glycemic load per gram 25% below that of pasta. It has a superior vitamin profile to pasta, containing twice as much riboflavin, niacin, vitamin B6, and folate, and containing four times as much thiamine.

Junior Chef Teaching Guide

Ingredients	
3 small cucumbers 1/8 cup rice vinegar 1 teaspoon honey	1/4 teaspoon soy sauce 2 tablespoons shredded dried seaweed or 1 sheet 2 cups frozen edamame in pods (green soy beans), thawed

Directions

1. Have junior chefs peel cucumbers into ribbons with a peeler.

2. Remove edamame from pods.

3. Combine vinegar, honey and soy sauce in a bowl and stir. Add the edamame and cucumbers toss well

4. Cut seaweed into tiny strips by rolling up the seaweed cutting with kitchen scissors.

5. Garnish with shredded seaweed.

Japanese Edamame & Cucumber Salad

Total time: 20 minutes
Yield: 4 servings







Adding a "how to use chop sticks" element to this workshop can be very enjoyable for older children. Chopsticks are very low cost and can be purchased at any restaurant supply store or even a local Asian restaurant.

Nutritional Info
Edamame (Green Soybeans) are good source of vitamin A, calcium, and iron, low in sodium, saturated fat and cholesterol free.

Junior Chef Teaching Guide

Ingredients	
1/2 cup low fat chilled mayonnaise 1 tablespoon balsamic vinegar Salt and pepper 1 teaspoon honey	12 ounces frozen peas, thawed and drained 1/4 cup minced red onions 1/2 cup of cheddar cheese, shredded 1 stalk celery, chopped finely

Directions

1. Set up a chopping board in front of class where you are visible to all junior chefs. Chop your red onions and celery. As you chop discuss each product and why it is healthy. This is a good time to start Q&A. Junior Chefs will love to see you chop but remind them to never use a knife and always follow adults rules in the kitchen.

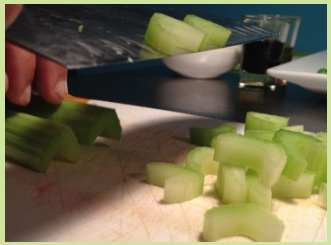
2. Whisk together mayonnaise, vinegar and honey until combined.

3. Gently stir in chopped celery, onion, cheese and peas.

4. Season with salt and pepper to taste.

Pea Salad

Total Time 20 minutes
Yield 4 Servings




Peas come in many colors including PURPLE!

Nutritional Info

Celery is a good source of vitamin-A. Vitamin-A and beta-carotene are natural flavonoid antioxidants. Vitamin A is required for maintaining healthy mucus membranes and skin, and for vision.

Junior Chef Teaching Guide

Ingredients	
1 pound lean turkey sandwich meat 1 head Boston lettuce, leaves separated	1 large carrot, shredded ¼ head red cabbage, shredded 1 cup snap peas 4 teaspoons low-fat ranch dressing

Directions

1. If junior chefs are old enough you can have them shred the carrot and cabbage with a grater and proper supervision.

2. Assemble wraps by using leaf Boston lettuce as your base and adding shredded carrot, shredded red cabbage, snap peas, turkey, and drizzle with dressing.

Garden Turkey Wraps

Total Time 20 minutes
Yield 4 Servings







In this Junior Chef Teaching Guide you will find a seasonal produce handout. Having the children discuss other options for future wrap ingredients can be a fun food activity.

Nutritional Info
Lean Turkey has recently been shown to fall into a group of high-protein foods (including tuna and egg whites) that can help keep post-meal insulin levels within a desirable range.

Junior Chef Teaching Guide

Ingredients	
12 slices turkey pepperoni 1 pound low-fat mozzarella chopped into ½ inches pieces 1 pint cherry tomatoes	4 stems oregano 1 pint button mushrooms 2 tablespoon olive oil 1 cup black olives, pitted

Directions

1. Remove oregano from stems. To remove the leaves, hold the top of the stem in one hand, and then starting near the top of the stem use your other hand to strip back the leaves moving down the stem.

2. Have junior chefs use a damp cloth to wipe any dirt or debris off of the mushrooms. Rinsing mushrooms will make them soggy.

3. Toss button mushrooms, black olives, mozzarella, turkey pepperoni and oregano leaves in a small bowl with olive oil.

4. Thread the ingredients onto bamboo skewers, alternating and arranging them however the junior chefs like.

Pizza Kabobs

Total time: 20 minutes
Yield: 4 servings







Each person in America eats about 46 pizza slices a year. Over 5 billion pizzas are sold worldwide each year.

Nutritional Info

Tomatoes are an excellent source of Vitamins A and C. They also contain Lycopene, a powerful antioxidant that decreases the risk of certain cancers and heart disease.

Junior Chef Teaching Guide

Ingredients	
½ cup pinto beans rinsed and drained 4 sprigs mint 1 green apple, cored and chopped	1 cup garbanzo beans rinsed and drained ¼ cup honey 1 cup grapes or available seasonal fruit

Directions

1. Set up a chopping board in front of class where you are visible to all junior chefs. Chop your apples. As you chop discuss each product and why it is healthy. This is a good time to start Q&A. Junior Chefs will love to see you chop but remind them to never use a knife and always follow adults rules in the kitchen.

2. Place ingredients in a large bowl, drizzle with honey and toss to mix.

3. Garnish with fresh mint.

Bean & Fruit Dessert

Total time: 20 minutes
Yield: 4 servings







Because this recipe is very simple in this workshop you may also be able to do the "plant your own herb garden" section allowing the junior chefs to not just eat fresh herbs (mint) but also plant some for future use.

Nutritional Info
Garbanzo beans (like most legumes) have long been valued for their fiber content. Two cups provide the entire daily value of dietary fiber.

Junior Chef Teaching Guide

Ingredients	
3/4 cup chopped kale; ribs and thick stems removed 1 stalk celery, chopped	1 banana 1cup apple juice 1 cup ice 1 cup strawberries, hulled and quartered

Directions

1. Set up a chopping board in front of class where you are visible to all junior chefs. Chop your kale, celery, banana, and strawberries. As you chop discuss each product and why it is healthy. This is a good time to start Q&A. Junior Chefs will love to see you chop but remind them to never use a knife and always follow adults rules in the kitchen.

1 .Place the kale, celery, banana, apple juice, strawberries and ice in a blender.

2. Using a blender or a mini-food processor, blend until smooth and frothy.

Kale Smoothies

Total Time 20 minutes
Yield 4 Servings







Junior Chefs love to use the blender so let them toss ingredients in and blend as you supervise.

Nutritional Info

One cup of kale provides about 10% of the RDA of omega-3 fatty acids that helps regulate the body's inflammatory process. A megadose of vitamin K further aids to fight against excessive inflammatory-related problems, such as arthritis, autoimmune disorders, and asthma.

Junior Chef Teaching Guide

Ingredients	
6 large strawberries, hulled and quartered 1- 3 ounce package instant vanilla pudding	1 cup blueberries 1 banana chopped into 1/2 inch pieces 4 springs mint

Directions

1. Set up a chopping board in front of class where you are visible to all junior chefs. Chop your strawberries and banana.

2. Divide the strawberries among the glasses.

3. Prepare the instant vanilla pudding according to the package instructions and spoon over the strawberries.

4. Divide the banana among the four glasses.

5. Layer of blueberries on top.

5. Garnish with mint.

* You can adapt this recipe for whatever fruit is in season at time of workshop. You can also distribute the Seasonal Produce handout included in this guide to junior chefs .

Seasonal Parfaits

Total Time 20 minutes
Yield 4 Servings







Serving this recipe in clear glasses allow you to see the levels of fruit and makes a very colorful fruit based dessert.

Nutritional Info

Blueberries are very low in calories. 100 g fresh berries provide only 57 calories. However, the berries contain health benefiting soluble dietary fiber, minerals, vitamins, and pigment anti-oxidants that contribute immensely for optimum health and wellness.

Junior Chef Teaching Guide
Hand Washing for Kids

Being a junior chef means being safe in the kitchen!

<u>You Must Wash Your Hands!</u>

Here is a fun song to sing when you are washing your hands. Don't stop washing until the whole song is over. (30 seconds).

Make sure you get under your nails and the top of your hands too.

Sung to:
"Row, Row Row Your Boat"

Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Germs go down the drain. HEY!
Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Dirt goes down the drain. HEY!

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Junior Chef Teaching Guide

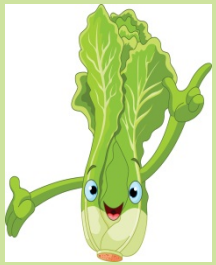
Fresh herbs can be fun and a healthy addition to your junior chef's diet. Creating an herb garden even in a small window unit can connect junior chefs with fresh produce allowing them to understand the growing cycle through, touch, taste smell, and sight. Below are some tips for creating indoor herb gardens for junior chefs.

- When you start your indoor herb garden pick herbs that are seasonal. When choosing herbs to grow with your junior chefs keep in mind that rosemary, basil, oregano, and mint all grow well indoors. They seem to thrive on indoor window sill herb gardens.

- Any container will do for an indoor herb garden. Just make sure that there is proper drainage in the containers you choose. The soil is also crucial in that you need to make sure you provide the soil labeled Potting Soil.

- Planting indoor herbs isn't difficult. Choose an area that allows for at least partial sunlight. Near a window is perfect.

How to Plant an Herb Garden



- When watering the plant, do not water the leaves but only the base of the plant as the leaves are easy to damage and do not need water. Water as needed, every day or every other day, to ensure the soil is moist but not damp. Make a habit of checking the soil of plants, and water only if it feels dry to a depth of ½ to 1 inch.

- Teaching your junior chefs to understand when their herbs are ready to eat and share is a key to them getting the most from their plants. Most herbs are ready approximately 4-5 week after they are planted. You may want to label their plants with a "time to eat" date.

- Also when preparing for your planting you may want to bring in plants at different growth stages so they can see what to expect after they plant their mini herb gardens.

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Winter:	Spring:
Brussel Sprouts	Asparagus
Cabbage	Beets
Carrots	Celery
Celery	Spring Onions
Onions	Greens (Arugula, Lettuce, Kale, Spinach, Swiss Chard)
Leeks	Peas
Potatoes	Peppers
Pumpkins	Turnips
Radishes	Rhubarb
Greens (Spinach, Arugula, Lettuce, Kale, Swiss Chard, Collards)	Strawberries
Turnips	
Winter Squash	
Apples (early winter)	

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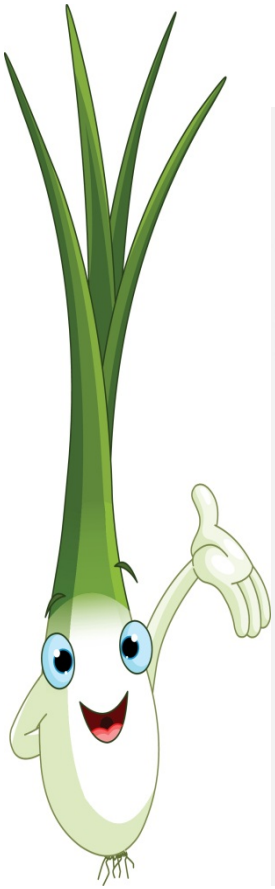
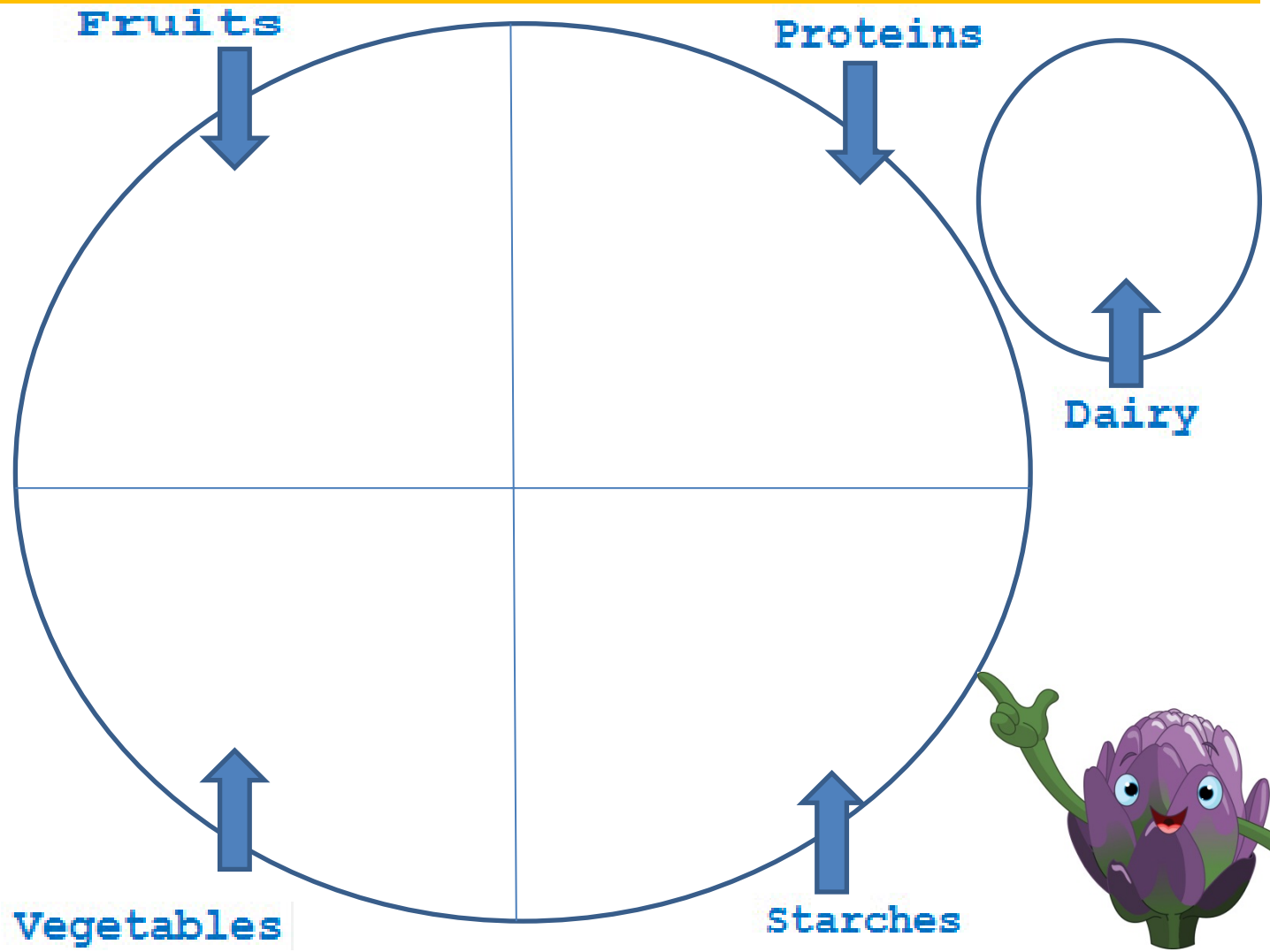
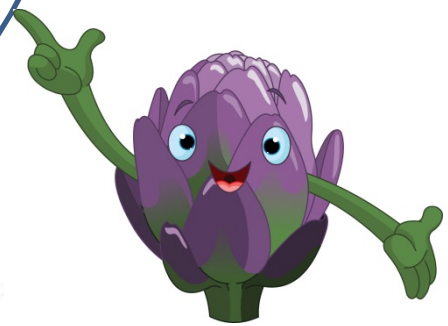
Seasonal Produce Guide

Summer:	Fall:
Artichokes	Beets
Greens	Broccoli
Beets	Cabbage
Broccoli	Carrots
Cabbage	Cauliflower
Carrots	Celery
Cauliflower	Greens
Celery	Cucumber
Cucumber	Eggplant
Eggplant	Garlic
Garlic	Gourds
Beans	Beans
Onions	Onions
Peppers	Peppers
Okra	Leeks
Peas	Peas
Potatoes	Potatoes
Radishes	Pumpkins
Summer Squash	Summer Squash
Sweet Corn	Sweet Corn
Tomatoes	Tomatoes
Turnips	Turnips
Zucchini	Winter Squash
Apples	Zucchini
Apricots	Apples
Blueberries	Pears
Cherries	Plums
Watermelon	Melons

Draw Your Healthy Plate







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Circle the Healthy Food

~~Apple~~, Banana, Grape, Kiwi, Beet, Pea, Leek, Corn, Bean

F	T	A	P	P	L	E	P
M	T	B	E	A	N	L	H
C	E	O	A	G	R	E	K
T	I	L	D	N	R	E	I
B	C	O	R	N	A	K	W
C	T	P	T	O	T	N	I
A	B	E	E	T	N	T	A
G	R	A	P	E	T	T	T

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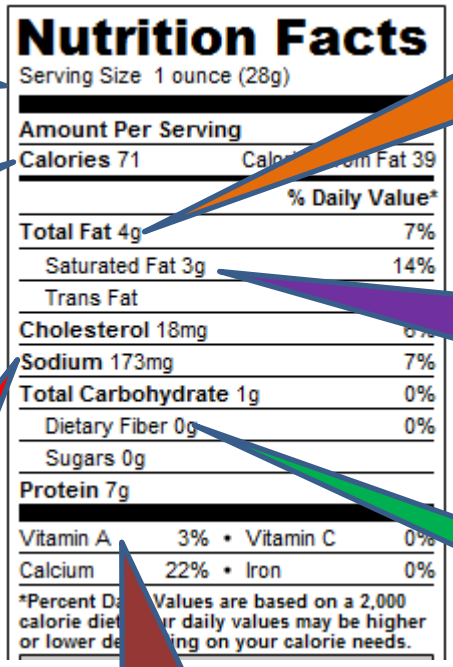
How to Read a Food Label

Cheese, mozzarella, part skim milk

Serving Size: Tells you how many servings are in this product. Keep in mind it may be more servings that you think.

Total Fat: Aim low: Choose foods with a big difference between the total number of calories and the number of calories from fat.



Nutrition Facts

Serving Size 1 ounce (28g)

Amount Per Serving

Calories 71 Calo[illegible]om Fat 39

	% Daily Value*
Total Fat 4g	7%
Saturated Fat 3g	14%
Trans Fat	
Cholesterol 18mg	[illegible]
Sodium 173mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	

Vitamin A	3%	• Vitamin C	0%
Calcium	22%	• Iron	0%

*Percent Da[illegible] Values are based on a 2,000 calorie die[illegible]r daily values may be higher or lower de[illegible]ing on your calorie needs.

Calories: Look here to see how a serving of the food adds to your daily caloric total. A 5'4", 138-lb. active woman needs about 2,200 calories each day. A 5'10", 174-lb. active man needs about 2,900

Saturated Fat: Saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of

Sodium: You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low -- 2,400 to 3,000 mg or less each day.

Vitamins & Minerals: Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a success.

Dietary Fiber: Both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

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Junior Chef Teaching Guide

- Shop the outside aisles of the grocery store and focus your menu planning on fruits, vegetables, meats, seafood and fresh bakery items.
- Limit foods with large amounts of added sugars. These usually have sugar as the first or second ingredient on the ingredients list. The ingredients on the label are listed by order of weight.
- Don't be afraid to talk to your fish monger (the person behind the seafood counter) or the butcher (the person behind the meat counter). They often know what is the freshest and also what they may have on sale to help save money and stretch your food budget.
- Skip foods made with partially hydrogenated oils (trans fats)

Shopping Tips for Parents

- Eye-level is usually buy-level and therefore your most expensive products will be placed on the center of the aisle. For lower cost but very similar products look below your name brand products on the same shelf.
- Lastly, keep in mind that size does not always mean value. A large package of cheesy puffs many look big but they are small on nutritional value and lots of empty calories. Look for more nutritionally dense food even if they appear smaller in size they will make you feel fuller longer.

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Junior Chef Award

This certificate celebrates

_____

For learning to cook and eat healthy!

Nourishing USA Junior Chef Workshop

Signature _____




NOURISHING USA

419 Lafayette Street, 2nd floor, New York, NY 10003 ∞ (646) 524-7627 ∞ http://NourishingUSA.org

_____ _____, _____

Dear _____,

I am _____ and I'm writing you as a community advocate for Nourishing USA. Nourishing USA is a nationwide hunger advocacy program that strives to achieve "Nutrition for All" through community involvement and action. We accomplish this through the Junior Chef program. The Junior Chef program teaches children how to eat healthy and avoid long-term health issues due to obesity and obesity related illnesses and were hoping that you could help us by donating the small amount of products needed to make this possible.

We will be holding our Junior Chef class on _____, and with your help and participation, you will both better the community through your generous donations, and help children to fight obesity.

Thank you for considering our request. If you have any questions or need further information please feel free to contact me. I will follow up with a phone call in the next couple of days.

Sincerely,

_____

Address: _____
_____
_____

Phone: _____

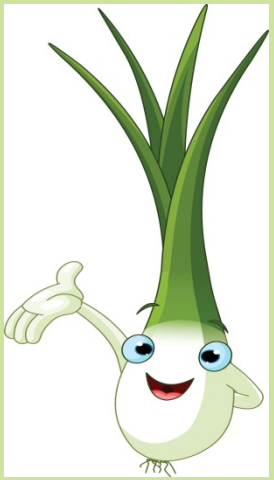
Email:_____

Junior Chef Teaching Guide

A fun part of Nourishing USA is your ability to Share your Nourishing with other volunteer community advocates nationwide and connect. Feel free to like us on Facebook and Twitter and upload your best pictures and videos of your Nourishing USA on flickr.

At the end of each year Nourishing USA will choose the top 3 pictures and videos, and the volunteer community advocate up-loaders will get prizes. We want to see you teaching, eating and having fun!

Share Your Nourishing



Your junior chef workshop could receive…

First Prize
$250.00 for your group to celebrate all your great volunteer work and 15 Nourishing USA Baseball Caps

Second Prize $100.00 for your group to celebrate all your great volunteer work and 15 Nourishing USA Calendars

Third Prize $50.00 for your group to celebrate all your great volunteer work 15 Nourishing USA Mugs

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