



Bienestar

Building housing, hope and futures

Kids' Nutrition Class Outcome Report Winter, 2011



Thanks to the generous grant from Nike and the support of Oregon Food Bank who provided volunteers and cooking equipment a kid's nutrition class was held in Sunset Gardens Apartments. A total of 8 boys and 7 girls participated in this

program. An orientation meeting was held with Oregon food bank volunteer and Bienestar staff sharing information about the planning of the cooking class.

Oregon Food Bank provided a children's cooking curriculum called Kids Up Front - *Where kids are the chefs!* with the idea that kids need to have fun in the kitchen with their friends at the same time that they learn how to make their snacks and drinks. The curriculum taught various cooking skills to use at home and how to choose smart nutritious food wherever they may go.

The classes were divided into six lessons conducted every Wednesday starting on February 9 and ending on March 16. The time was from 4-6 PM at the Sunset Gardens Community room.

Lesson 1: You are the Chef!

Lesson 2: Colorful Fruits and Vegetables.

Lesson 3: Whole Grain Goodness.

Lesson 4: Smart Snackers.

Lesson 5: Super Shoppers

Lesson 6: Kitchen Heroes

Each class started with a 20 minutes activity where the children played games that taught them about the food pyramid and the different food groups: grains, vegetables, fruits, oils, milk, meat & beans. During these activities they learned about daily food choices and that every day they should eat food from each of the food groups. The kid that is climbing the pyramid in the illustration reminds the children to do daily exercises such running, walking, playing, swimming, biking or climbing lots of stairs. The games played included physical movement which combined physical activity with nutrition learning.



After the games was the time to start cooking! First the children washed their hands learning that it is an important part of the cooking process. They used an apron and a chef hat to keep their clothes clean. They learned to cut properly with a knife improving their confidence on how to use it. They also learned to follow safety procedures such as not playing or running with knives and that after using it, it should always return to its sheath to keep everyone safe. After they cooked, it was the time to taste their food and they always were ready to do this!. They ate everything that was cooked and even asked for seconds. At the end of each class they learned kitchen responsibilities by washing their dishes, cleaning the tables and sweeping the floor which kept everything clean for the next cooking session.



The last day was graduation. It was very important to the children because they were excited about their parents being there. We invited them to experience their kids cooking and to show children's new abilities in the kitchen gained during each class. We ate food together in a family style and gave out

certificates as part of a graduation ceremony which made the children feel proud of their new knowledge. They kept their book with recipes to practice at home and received a bag of cooking utensils from Oregon Food Bank to encourage them to cook at home.

