



**MASSACHUSETTS
FARM TO SCHOOL**

Early Childhood: Cooking in the Classroom

October 25, 2023



MASS. FARM TO SCHOOL OVERVIEW

Mass. Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools.

Get involved through our:

- Professional learning opportunities
- Networking
- Policy/Advocacy
- Communications



Presenters

Rebecca Londoño is the Pedagogista at Worcester Child Development Head Start Program at Mill Swan A school. She has been an Educator with the program for over 11 years.



Catherine Champiney, RDN is the Registered Dietitian Nutritionist for the Worcester Child Development Head Start Program. She has worked in Community Nutrition and Food Service in Worcester for the past 11 years with a focus on food allergies, pediatric nutrition counseling, and education in the classroom.



Benefits of Cooking in the Classroom

Helps Combat Picky Eating

Children are more willing to try foods when they are involved with the cooking process

Supports

Social Emotional Development

Physical Development

Cognitive Development

Language and Literacy Knowledge and Skills

Science Knowledge and Skills

Math Knowledge and Skills



Benefits of Cooking in the Classroom



Social Emotional Development

Cooking allows children to take charge of their learning through firsthand experiences. By creating and following recipes as a team, children learn the importance of following directions and being aware of those around them. It involves listening, sharing and turn-taking, following directions, self-regulation, rules, routines, group participation, and conflict resolution. When they make a successful recipe, they will feel a sense of pride and confidence.

Benefits of Cooking in the Classroom

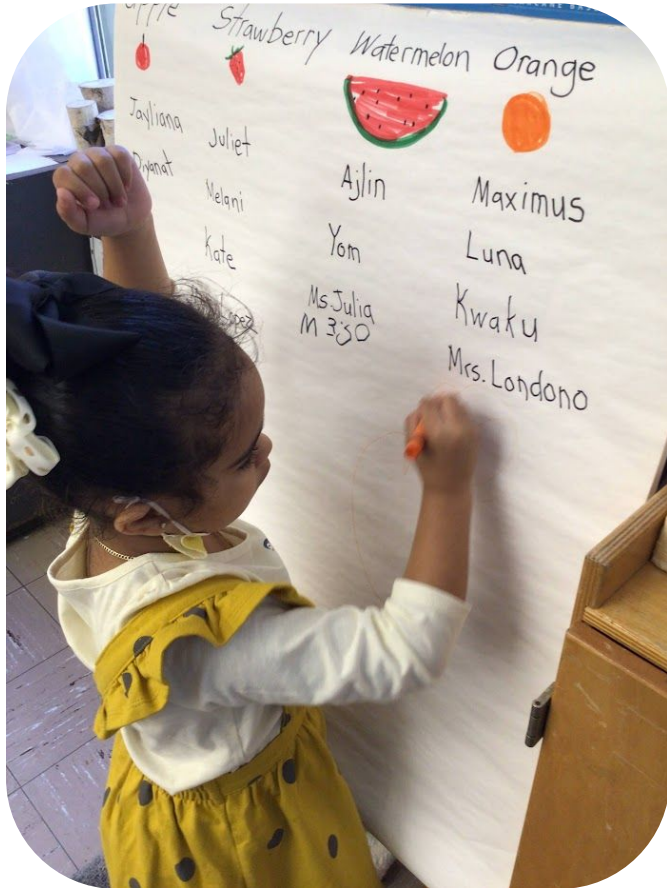
Physical Development

Children engage in fine motor and hand-eye coordination skills.

Children practice mixing, squeezing, spreading, kneading, shaking, mashing, tearing, and peeling.



Benefits of Cooking in the Classroom



Cognitive Development

Children can practice reasoning, making predictions, problem-solving, and creativity skills while cooking. Children come to understand ideas of measuring, sequencing, and cause and effect. For example, children will come to understand that making mistakes is a part of the cooking process. They will consider problem-solving and reasoning before letting a spill get the best of them!

Language/Literacy Development

Children will be exposed to written recipes and have opportunities to represent their own recipes through writing and drawing. They can chart foods that they like best and vote on new recipes to create. Cooking will expose them to varied vocabulary and provide opportunities for conversations.

Benefits of Cooking in the Classroom



Science

Children use their senses to explore foods. They communicate their observations and ideas. They get to know the parts of a plant and their life cycles. They experiment with changing matter, liquids, and solids.

Math

Children learn basic counting skills like counting how many ingredients are in the recipe and how much the recipe yields as well as utilizing measuring spoons and cups.

How to Begin

- Talk about the food the children are eating for breakfast, lunch, and snack
- Talk about food they make at home
- Introduce following a recipe by making playdough together
- Talk about and explore measuring tools
- Read cookbooks together
- Invite families to cook with the class
- Recruit other adults/staff to help
- Have an alternate activity for other children
- Start small and always have fun!



Tips for Introducing Recipes to Children:



- Prepare a recipe chart with photos describing each step
- Have ingredients in their raw form for children to smell, taste, and feel
- Have all equipment, tools, and ingredients prepped and ready
- Read the recipe aloud, discussing as you go
- Discuss safety and sanitary measures with the children during before and during the cooking experience
- Include children in the clean-up process



Cooking Ideas

- Stirring batter in a bowl
- Rinsing and straining fresh fruits and vegetables
- Pouring liquid ingredients
- Measuring liquid and dry ingredients
- Spreading butter on slices of bread
- Mixing and kneading pizza or other yeast dough
- Mashing potatoes and other cooked vegetables
- Rolling bread or pie dough
- Using cookie cutters
- Cutting soft fruits and vegetables with a dull butter knife or plastic knife



Recipe Ideas

- English muffin pizzas
- Pancakes
- Muffins
- Applesauce
- Smoothies
- Ice cream in a bag
- Butter
- Soup
- Lemon or lime water



Picture Books about Food and Cooking

Kiss the Cow by Phyllis Root

Pancakes, Pancakes! by Eric Carle

Bunny Cakes by Rosemary Wells

The Ugly Vegetables by Grace Lin

Our Little Kitchen by Jillian Tamaki

Pete's A Pizza by William Steig

The Little Red Hen Makes a Pizza by
Philemon Sturges

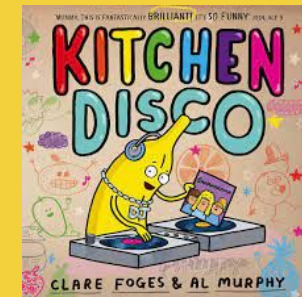
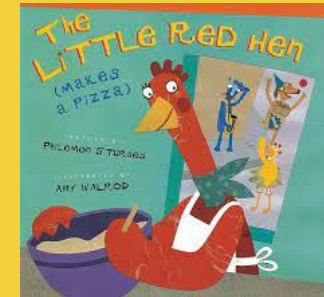
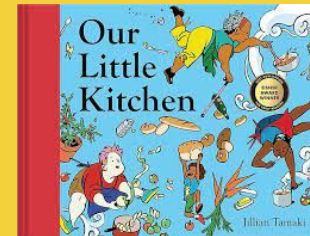
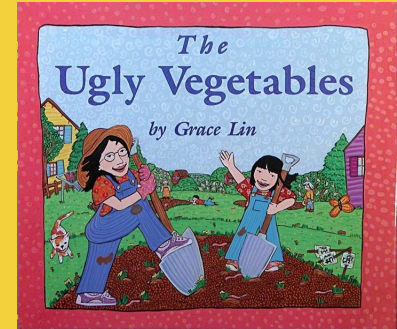
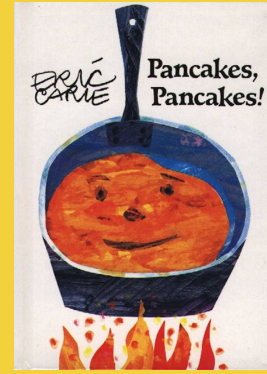
Stone Soup by Jon J Muth

Kitchen Disco by Clare Foges

Amy Wu and the Perfect Bao by Kat Zhang

***Stir Crack Whisk Bake: A Little Book about
Little Cakes*** by Maddie Frost

Eating the Alphabet by Lois Ehlert



Funding for Cooking in the Classroom

- Utilize school gardens
- Outside organizations
- Extras from meal service
- Involve parents
- Grocery store gift cards
- Apply for grants
- Purchase yourself



Safety

- Review basic hygiene
- Handwashing
- Use appropriate utensils
- Supervision
- Oven/hot surfaces safety



Food Allergies and Restrictions

INGREDIENTS: ORGANIC FLOURS (ORGANIC WHEAT FLOUR, ORGANIC WHOLE WHEAT FLOUR, ORGANIC BARLEY FLOUR, ORGANIC RYE FLOUR, ORGANIC SPELT FLOUR, ORGANIC MILLET FLOUR, ORGANIC QUINOA FLOUR, ORGANIC POTATO FLOUR), WATER, ORGANIC CANE SUGAR, ORGANIC CRACKED WHOLE WHEAT, ORGANIC EXPELLER PRESSED CANOLA OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SEA SALT, YEAST, ORGANIC CULTURED WHEAT FLOUR, ORGANIC WHEAT GLUTEN, ORGANIC VINEGAR, ORGANIC ACEROLA CHERRY POWDER, ORGANIC SESAME FLOUR, ENZYMES. 520-081522

CONTAINS: WHEAT, SESAME.



May contain...
May contain traces of...
Made on the same equipment as...
Packaged on the same equipment as...
Manufactured in the same facility as...



Nutrition Facts

1 serving per container	
Serving size	1 Bag (20g)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3.5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	3%
Potassium 80mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: peanuts, corn grits, soybean oil, himalayan pink salt.

Contains: Peanuts.

Questions?



ADDITIONAL RESOURCES & LEARNING OPPORTUNITIES

- Mass. Farm to School - www.massfarmtoschool.org - Subscribe to our newsletter and stay up to date on upcoming webinars and other professional learning opportunities
- Harvest of the Month Program: separate monthly material tailored to Cafeteria, Elementary or Secondary educators.

For information:

<https://www.massfarmtoschool.org/get-involved/harvest-of-the-month/>

- Educators Sign up here:
<https://www.massfarmtoschool.org/get-involved/harvest-of-the-month/harvest-of-the-month-for-educators-sign-up/>
- [Calendar of Professional Learning for 2023-2024](#)

STAY IN TOUCH!



Visit us online:

www.massfarmtoschool.org

Rebecca Londoño

londonor@worcesterschools.net

Catherine Champiney

champineyc@worcesterschools.net