

Healthy Kids Nutrition Class Descriptions

This exciting 4-week series teaches children about food, nutrition, and kitchen safety.

Each session will integrate nutrition activities, hands-on food preparation, and of course eating! The objective of the series is to acquaint students with the fundamentals of preparing foods, kitchen safety and hygiene, the taste, aesthetics, and nutritive value of plant-based whole foods. Each student keeps a journal in which he or she records vocabulary words, nutritional information, observations, and recipes.



Session 1:

Label Reading, Whole Grains vs. Processed Grains, Healthy Sweeteners vs. Refined Sugars, Making a Raw Fruit Tart

Students learn about whole grains through the examination of breakfast cereals. Hands-on interaction with a variety of whole grains allows students to identify whole versus processed grains. The difference between refined sugars and natural sweeteners is also discussed. Students prepare and eat a raw fruit tart.



Session 2:

Vitamins and Minerals, "Food as Art" Project

Students learn the names of the basic vitamins, the parts of the body that benefit from each vitamin, and the colors of the foods that are sources of each vitamin. Students get to make an art project that incorporate the colorful foods they learned about in this session, then they get to eat their art!



Session 3:

Hand-Washing Hygiene, Knife Safety, Stove Safety, Salad Preparation

The importance of hand washing to kill germs prior to handling food is demonstrated as students learn proper hand-washing techniques. The use of "germ juice," a non-toxic liquid that reveals a bright yellow glowing effect under a black light, allows students to see traces of simulated germs not cleaned properly. Students learn safety in the kitchen and how to conduct themselves around a hot stove. And they learn how to safely handle a kitchen knife. Practive with cutting and chopping different vegetables and fruits to use for creating a healthy salad allows them to review the lessons learned in previous sessions. They also get to eat their salad creations!



**Session 4:
Good Fats vs. Bad Fats, No Bake Peanut Butter Cookies,**

Students learn the difference between a good fat and a bad fat, and why trans-fats are not healthy. Students get to touch and feel different types of fats and oils to understand how fats behave in the body. Emphasis on plant sources of protein to prevent eating too much fat from animal proteins. Review of topics learned thus far add to the experience of creating a no-bake cookie from healthy fats and protein.