

FREE e-Booklet

How to teach **Cooking** to kids

Inspiring healthier eating habits
in kids through culinary education



Helpful tips
& teaching tools,
by the author of
*Easy Meals to
Cook with Kids*

Julie Negrin M.S., C.N.

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By Julie Negrin, M.S., C.N.

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Suzanne Fass, Editor

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Introduction

When I first started teaching cooking classes to kids, there was an adorable 4-year-old girl who didn't want to help. While preparing the ingredients to make bread, I handed her the yeast mixture. She sniffed it suspiciously while adding it to the flour—but after a few minutes of stirring them together, she looked up at me with her eyes wide and full of excitement and exclaimed, "We're making dough!" I watched her make that first connection between raw ingredients and a familiar food. She was entranced when the bread came out of the oven and proudly took it home to her family. I was hooked. That was fifteen years ago and I've been teaching kids and parents how to cook ever since.

Culinary education is one of the most effective strategies we can use to combat the childhood obesity epidemic. Hands-on activities such as cooking are powerful ways to transmit healthy habits to children. Teaching children basic cooking skills such as knife skills, sautéing, roasting, and how to transform raw ingredients into a tasty, balanced meal means they can feed themselves healthy meals for the rest of their lives. The more proficient our children are in the kitchen, the less dependent they'll be on packaged and fast foods. When kids bring home recipes they know how to prepare, they ultimately influence how the entire family approaches food. Learning how to cook from scratch also means that families on a budget can prepare nutritious, inexpensive meals with plant-based ingredients like beans and rice.



Whether you're a parent, teacher, chef, or nutritionist, you can channel your passion for food into a meaningful career teaching children and teenagers how to cook. This book will give you the tools you need in order to become a successful culinary educator.

Why Cook with Kids? Improving Health Through Culinary Education*

There are many benefits to teaching children how to cook.

Exposure to scratch cooking helps kids develop a mature palate and a taste for fresh, wholesome ingredients. The earlier kids become accustomed to nutritious foods, the less likely they will acquire a taste for processed foods.

Kids are much more likely to eat what they make. Is there anything more fun than eating your art project? Cooking creates a sense of ownership. When kids help in the kitchen, there are fewer mealtime battles and more willingness to try new foods.

Meals prepared from scratch usually contain more nutrients, fewer calories, and less chemicals and sweeteners than packaged foods and restaurant meals.

Cooking together provides a natural way to discuss nutrition and the impact that food choices have on the environment. The more educated children are about food, the more likely they will appreciate your suggestions to eat something healthy.

The earlier kids learn how to cook, the sooner they will learn an essential life skill. It's hard to imagine that teaching a 3-year-old how to break an egg could result in a culinary prodigy, but kids often become quite talented in the kitchen. This makes the messy floors worth it down the road when they start to cook for you.

Spending time in the kitchen gives kids confidence. Kids thrive on feeling accomplished. Cooking is an ideal way to boost self-worth and to teach responsibility. There is nothing cuter than watching children proudly serving their food to others.

Preparing meals together means quality time as a family. Cooking with children when they are young offers an opportunity to communicate with them on a regular basis. The time you spend together chatting and cooking in the kitchen becomes even more important as they reach their teenage years.

Kids learn much more than just cooking. They learn science, language, counting, fractions, budgeting, weighing, sequencing, measuring, problem-solving, sharing, fine motor skills, and reading. And they learn about other cultures.

My Food Philosophy

The Gold Standard

In my ideal world, we'd all be growing our own food, but that's not feasible for many of us! The next best thing is to find local organic produce and pasture-raised, organic animal products. While some small farmers can't afford third-party organic certification, they do use sustainable farming methods. You can search online for information about specific brands or speak with farmers and ranchers at a farmers' market. Trustworthy vendors freely give information and will often invite you to their farm.

Focus on clean foods that are also whole

When I say "clean," I mean products without pesticides, hormones, antibiotics, and other chemicals. A "whole" food contains only one ingredient: itself (think brown rice, oats, beans, nuts, seeds, vegetables, fruit, chicken, or fish).

Use the best-quality ingredients you can

You'll often be limited by a small budget when teaching classes to kids. Do your best to buy the highest-quality ingredients you can. If you can't afford to buy organic, reach out to local farmers or "green" restaurants to see if they would donate. Or join a Community Supported Agriculture (CSA) program and receive weekly or biweekly deliveries of fresh produce and other foods. Visit www.localharvest.org to find a CSA in your area. The goal is to introduce your small students to as many fresh, clean, whole foods as possible, even when working in low-income communities. Regardless of your student's economic situation, they deserve to learn as much as possible about different food options. Your lesson could be their inspiration to become food advocates in their communities!



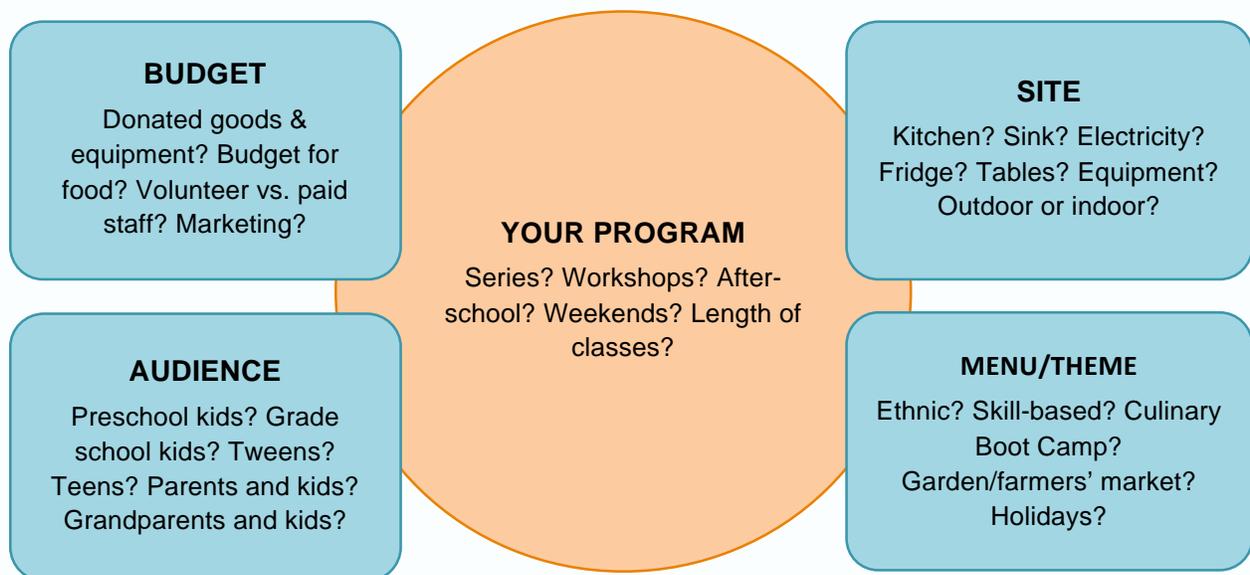
Chapter 1

Planning

Assessment and Research

While you're picking up crucial information in this book, it is a good idea to gain some real-life experience by volunteering at a recreational cooking school, after-school program, community center, farmers' market, or wherever else you can find a culinary education program. For veteran teachers, as well as people new to the field, it can be very enlightening to see how different classes are conducted. It's best to discover which age group(s) you prefer working with before committing to a long-term program.

Whether you are teaching out of a community center, in an elementary school, or in a professional kitchen, you need to assess your space, equipment, and budget before deciding on the menu, pricing, and themes for your classes.



Your Site: Available Equipment and Assistance

Before you start teaching at a new site, collect as much information as possible. The budget, the space, the equipment and many other factors will influence the type of class that will work best for the program. Schedule a site visit with the people you'll be working with. Create a thorough list of questions for your meeting with them. If you can't visit before your class, set up a phone meeting and follow it up with a confirmation e-mail so that you have all the details documented in print. If you are teaching out of your own site, it's still important to review these questions so that you have everything covered.

If you don't already have a site in mind, contact local schools, many of which have established after-school programs. Find local clubs and organizations such as Boys & Girls Clubs, Girl Scouts, or Boy Scouts. Reach out to farmers' markets and gardening education programs. Look for local nonprofits that focus on health and nutrition education. Or pitch your services to recreational cooking schools that offer only adult cooking classes. They may not have thought of offering kids classes until you proposed the idea. If you're in the medical or nutrition field, teach at hospitals or in doctors' offices, focusing on healthy cooking and/or recipes for specific illnesses. Think outside the box—there are plenty of places you can hold cooking classes. The more options parents have to register their children for cooking classes, the better-equipped this generation will be to improve their health.

Questions to Ask in Advance

- What room will the class take place in? Is it a kitchen, partial kitchen, or basic room or classroom?
- How much access do I have to the room before and after class?
- What is the room used for the rest of the time? (This is to anticipate how much cleaning will need to be done beforehand.)
- Can children under 10 years old sit safely away from the heat? How high are the tables, chairs, and/or counters? (Kids under 5 will need low tables and small chairs. Older kids can sit at a regular table.)
- How many kids can fit in the space? How many adults can fit?
- Are there any electricity issues? Is it easy to blow a fuse? Will I need extension cords?
- If there is a kitchen, how many ovens? How many stove-top burners? Is the equipment reliable and in good repair?



- If there is no kitchen, what kind of cooking equipment will be supplied?
- What will I need to provide? Do I need to bring any kitchen tools or equipment to the class? Portable oven? Stand-alone burners? Pots and pans? Knives? Cutting boards?
- Where is the equipment stored? Will it be unlocked or locked? If the equipment is in a separate room, how mobile is it?
- Is there a refrigerator and freezer to store perishables? How long in advance can I store them? Can I leave ingredients in the fridge each week? Is there a cupboard to store the rest of the stock ingredients?
- What kind of sink is there? Is there heated water and decent water pressure for washing hands, cooking, and washing dishes? (This is a major concern in schools.) Can children reach the sink?
- Will there be a contact person from the site attending each class in case I need help dealing with the building, room, or equipment?
- If I need an assistant to work with me in or out of class, do I have to hire him or her, or will the program supply them?
- Is there someone there who can procure food? Or am I responsible for purchasing and bringing every ingredient?
- Who deals with the garbage at the end of class? Does the site recycle or compost?
- Is there a first aid kit?



Finding Assistants

Having good assistants for your cooking classes can mean the difference between a calm class and a hectic one. When you're first starting out, it's important to find someone who is really sharp and proactive. It can be hard to give instructions to your assistant while you're trying to teach and manage the kids. It's also really helpful to have someone to help with the dishes and clean up.

Give yourself plenty of time to recruit volunteers or hire assistants before your class starts. Have back-up substitutes for you and your assistants for emergencies.

When do you need assistants? It's very difficult to teach a kids' cooking class without at least one assistant; when your students are young, they need help with fine motor tasks and bathroom breaks. Older kids need to be supervised around sharp tools and heat. If you have a

really small class of four kids or fewer, it is possible to teach children 10 years old and up without an assistant, but you'll appreciate the extra set of hands.

If your budget doesn't allow for paid assistants, volunteers can be lifesavers. However, you risk the possibility that they won't show up or be unreliable in other ways. It's best if you find volunteers who are benefiting in some way, who either need to fulfill hours for an internship or have an interest in learning how to teach. For series classes, it's best to have the same assistant every week. Your young students respond better to consistency and they get attached to their teachers.

Where can you find assistants? Grad students, college students, culinary or nutrition students who need to fulfill internship hours, parents of your students, retirees, and responsible high school students are all potential assistants. You can post your job description on university job boards, culinary school websites, food blogger sites, food related list-servs and online job boards.

What should you look for? Look for someone who has worked with kids and has some experience with food. If you have a lot of food knowledge but not much classroom experience, hire someone with classroom management skills. Ask them to assist at least once before committing to working with them.

Deciding on Age Group, Class Length, & Scheduling

Who are your classes targeted to—kids? Tweens? Teens? Parents and kids? This will impact when your classes should be offered and how long they should run.

Kids 2 to 3: Toddlers can't sit in class for more than 1 to 1¼ hours. The class could be a little shorter than an hour, but definitely no longer than 1¼ hours. Keep in mind that this age group often still naps in the afternoon, so schedule this class in the morning. Kids in this age group need an adult with them. You can include 3- to 4-year-olds in this class format.



Kids 4 to 6: This age group can sit for a class between 1¼ and 1½ hours long. For kids who have been in school all day, 1¼ hours works well. Four years old is the youngest you can allow kids to be without a parent or caregiver in a “drop-off” class.

Kids 7 to 9: If it's an after-school class, it's hard for kids to sit and focus for more than 1¼ to 1½ hours. If the cooking class is not located at their school, they will need time to travel from school to your class, so find out what time most schools get out. For students who are really serious about cooking, you can run up to 2 hours for cooking camps or weekend workshops for this age group.

Kids 9 to 13: This class can run from 1¼ hours to 2 hours. Once kids are 7 and older, you have more flexibility when grouping different ages. Groups 7 to 11 or 9 to 13 work well. Once kids are 14 years old, they are generally too old to work with the younger ones. But it can work in special circumstances, especially if they are assigned to help the younger kids.

Kids 13 to 18: Teens tend to be the busiest during the school year; however, teen cooking camps in the summer are often very successful. Camp sessions shouldn't run longer than 3 to 3½ hours. After-school or weekend classes during the school year can run anywhere between 1½ and 2½ hours, depending how busy the teens in your area are with other activities.



Figuring Out Your Finances

Developing a Budget

Whether you're working with an organization's funding or offering classes on your own, you will need to develop a budget. Since it's likely you'll be working with limited funds, find out what you will need and prioritize the most important items first.

- Consider what you'll be spending on food for each class.
- You'll need to account for stock items (oil, salt, flour, and so on) as well as cleaning supplies, paper goods, aprons, towels, and miscellaneous items like foil and parchment paper. Overestimate by at least 15 to 20%; there are often unexpected costs.
- Find organizations and/or local businesses that will help subsidize the classes. Grocery stores may benefit from hosting your classes at their locations. Look for local grants and/or talk to your elected officials about funding for your classes. Or throw a unique fundraiser and ask local chefs and businesses to donate or participate.
- Reach out to local businesses to see if you can get equipment and food donated. Some businesses may even be willing to sponsor your classes if you advertise their products in the recipe booklets. But remember to consider which products may conflict with your food philosophy and are deleterious to kids' health.
- Spend some time researching which equipment you'll need. If equipment and kitchen tools aren't provided and can't get anything donated, these expenses can be costly.
- Depending on where you are teaching, you may need to invest in marketing your classes. If you're teaching through an organization, find out if they will absorb the cost for that or if that needs to be figured into the budget you are creating for the cooking classes.

- Create a line item for staff in your budget. The more staff you can hire, the easier time you'll have in your classes.
- Most important: make sure that in your budget you include every bit of income, whether from class fees, grants, or the value of in-kind donations. Also be sure to include every expense you know you will have, and increase whichever you can to cover contingencies you can't possibly know.



Insurance for Cooking Teachers

A lot of this may already be covered if you are working at a site or a school and are protected under their insurance plan. If not, call the professional organizations you're affiliated with and see if they offer good rates for their members.

You will probably need general liability insurance, which covers medical costs if a student gets sick or hurt in your class.

You may also need:

- Product liability insurance
- Public liability insurance
- Fire insurance

Each state has its own laws on liability insurance. Contact your state health and safety department to find out more about what insurance you need depending on where you are conducting your cooking classes and what type of facility you're using.

You can teach cooking classes anywhere!



Sample Lesson Plan

Culinary Lesson Plan and Recipes: Greek Meze (Appetizers)

Overview

Prepare Tangy Tzatziki (Yogurt-Cucumber Dip) and Crispy Pita Chips. Introduce new foods and ingredients. Discuss how the plant-based Mediterranean diet with lots of vegetables and olive oil is healthy. Appropriate for kids 4 years old and up. Lesson plan for 10 students.

Objectives

Culinary Skills

- Identify key ingredients in Greek cuisine including fresh herbs, yogurt, olive oil, and vegetables.
- Learn to use a knife to cut vegetables and to prepare yogurt dip.

Nutrition Information

Understand that yogurt and vegetables are full of important nutrients.

Materials

Ingredients in the recipes are calculated for 4 kids' servings, so for 10 the class will be making 2 times the Crispy Pita Chips recipe (entire class shares) and 2½ times the Tangy Tzatziki (to serve about ½ cup per child)]. It's not necessary to use exact measurements for each ingredient. Often students will prefer extra lemon and very little garlic, so give each student a small amount of each ingredient. They can always add more if they like the strong flavors.



Grocery List

Produce

One 12- to 16-ounce bag baby carrots
4 or 5 bell peppers (red, orange, and yellow)**
2 English cucumbers
3 lemons
1 to 2 heads garlic
1 small bunch fresh dill, or one .25-ounce jar dried dill
Optional: small jars of dried herbs such as oregano, basil, or parsley*

Bakery

4 whole-wheat or white pita pockets

Dairy

1 quart plain whole milk or Greek-style yogurt (you'll have some left over)**
1 pint sour cream (you'll have some left over)**

Stock

1 small bottle of apple cider vinegar (at least ¼ cup)
1 small bottle of olive oil (at least ¼ cup; more if baking chips)
Kosher salt or sea salt

Equipment List

Optional: Oven, toaster oven or small tabletop oven*
10 cutting boards or plates
10 plastic knives or butter knives
5 or 10 "stirring" spoons
Chef's knife (for teacher)
Cutting board (for teacher)
1 large stainless-steel "garbage bowl" for each student table
5 medium stainless-steel bowls for ingredient prep
5 or 10 small stainless-steel bowls (for students to mix dip)
3 medium stainless-steel bowls (for students to squeeze cucumber "water" into)
5 or 10 ramekins for oil* and/or a few for minced garlic and salt
1 colander (for washing produce)
Pepper grinder filled with black pepper
3 sets of measuring spoons (they can share)
At least 3 small box graters (preferably 5 to 10)
6 to 11 pastry brushes*
2 or 3 baking sheets, or toaster oven tray if using
Optional: parchment paper or plastic wrap*
Take-home containers, foil and/or plastic bags for leftovers
Paper towels for clean-up and napkins
Dish towel(s)

*If no oven is available, omit the pastry brushes, baking sheets, and dried herbs, substitute plastic wrap for the parchment paper, and use large bowl(s) to hold cut pita triangles.

**If there is an oven but money is short, omit the bell peppers and sour cream; increase yogurt in recipe to replace sour cream. One quart of yogurt will still be enough.

Plan

Teacher and assistant(s) before class

- One hour before class starts, set out cutting board/plate and knife for each student on student table(s).
- Wash the cucumbers and cut into 10 equal portions and set in a bowl on the prep table.
- Wash the lemons and cut into wedges so that when the students squeeze them, each wedge will yield approximately 1 teaspoon juice. Place wedges in a bowl and set on prep table.
- Rinse and dry the carrots and put them in communal bowl(s) at each student table for students to snack on throughout class and to eat with final yogurt dip recipe.
- If using bell peppers, wash, dry, stem, and seed them. Cut into 10 even portions and set on prep table.
- Pull apart the garlic cloves and place 1 or 2 cloves in small bowl on prep table. Set aside a cutting board and chef's knife to help finish mincing the garlic for really young students who may need help.
- If the fresh dill needs rinsing, wash and dry well with paper towels or dish towel. Set in bowl with garlic on prep table.
- Set out the vinegar, olive oil, and jar of dried dill (if using) with several sets of measuring spoons.
- Set the pepper grinder, a couple of ramekins of salt, and paper towels on the prep table.
- Place student bowls, graters, and "water" bowls (for students to squeeze excess liquid from cucumbers into) on student table(s).
- Cut pita into triangles as directed in recipe. If not baking, place in large bowl(s) and cover with plastic wrap.
- Teacher measures yogurt into 5 to 10 bowls and sets on prep table with stirring spoon in each bowl.

If using an oven

- Preheat oven as directed in recipe.
- Pour olive oil into ramekins and place with pastry brushes on prep table.
- Place pita triangles on parchment paper or foil lined baking sheet(s) on prep table.
- Set out dried herbs and kosher salt for pita chips.
- **NOTE:** *If the oven is really small, bake off a couple of trays of chips before class starts and have the students do 1 tray during class so they can learn how to prepare them.*

Teacher and assistant(s) during class

- Teacher oversees hand washing and describes recipes to students.
- Teacher passes out bowl of yogurt to each student or pair and slowly passes out each ingredient to students, giving them time to do each task.
- Teacher oversees students smashing, mincing garlic and adding to yogurt.
- Teacher oversees brushing of pita chips with oil, salting, and sprinkling with garlic and/or herbs, if using, and puts them in the oven (and takes them out). **NOTE:** Make sure to get the pita chips in the oven as soon as possible so they have time to cool. Allow hot pans to cool safely away from the children.
- Teacher oversees students grating and squeezing cucumber.
- Teacher oversees students tearing or chopping fresh dill, and helps students measure dill, vinegar, oil, salt and pepper and add to yogurt.
- Teacher adds sour cream to each student's yogurt bowl, if using.
- Teacher distributes pita triangles or cooled chips to student table(s).
- While students are eating, teacher reviews nutrition points, reviews new cooking terms (such as mincing), and reminds students that eating lots of plant-based foods (as they do in Greece) is healthy because they contain lots of fiber, vitamins, minerals, and other nutrients.

Students during class

- Students wash hands (as often as necessary: before class, after handling garlic; after grating/squeezing cucumber; after tearing dill; after squeezing lemon; before eating).
- Students brush olive oil on pita triangles and sprinkle with salt and garlic/dried herbs, if using.
- Students grate cucumbers, squeeze excess water into "water" bowl, and add cucumber to yogurt.
- Students tear dill into tiny pieces (or use knife to chop) and add to yogurt mixture.
- Students smash, peel and mince their garlic cloves.
- Students measure vinegar and olive oil into yogurt bowl with assistance from teacher.
- Students squeeze lemon into their yogurt, add salt and pepper, and stir dip together.
- Students stir all the ingredients together do a taste test with the carrot. Students adjust flavors (with partner, if working in pairs).

Recipes

Crispy Pita Chips*

Prep time: 25 minutes

Yields: 32 chips

3 tablespoons olive oil, plus more for the baking sheet (optional)

2 whole-wheat or white pita pockets

Kosher salt or sea salt

Optional: minced garlic and/or dried herbs such as oregano, basil, parsley

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper, or using a pastry brush, lightly grease it with a little oil.
2. On a cutting board, carefully slice each pita into 8 triangular wedges with a pizza cutter or chef's knife.
3. Pull apart each wedge so that one pita pocket yields 16 triangles.
4. Lay the pita pieces close together on the baking sheet.
5. Pour the olive oil into a small bowl. Brush each pita triangle generously with olive oil. Sprinkle very lightly with salt, and with garlic and/or herbs, if using.
6. Bake the chips for 12 to 14 minutes, until crispy and golden brown around the edges.
7. Remove the baking sheet from the oven and let the chips cool on the baking sheet. Make sure the hot pan cools far away from the children, to prevent burns.
8. If not serving right away, store the pita chips in a sealed container or plastic bag at room temperature for up to 4 days.

Healthy Tip: Try to purchase pita pockets that do not contain any hydrogenated oils (trans fats).

Tangy Tzatziki (Yogurt-Cucumber Dip)*

Traditional tzatziki calls for draining the yogurt and cucumber for at least half an hour but this is a much quicker recipe and turns out just as tasty.

1 cup plain whole milk yogurt or plain Greek-style yogurt (use 1½ cups if omitting sour cream)

1 teaspoon minced garlic (about 1 clove)

½ peel-on English cucumber, grated (about 1 cup)

2 teaspoons chopped fresh dill or 1 teaspoon dried

1 tablespoon apple cider vinegar

1 tablespoon olive oil

½ teaspoon kosher salt or coarse sea salt

⅛ teaspoon freshly ground black pepper

2 tablespoons freshly squeezed lemon juice (about 1 lemon)

½ cup sour cream (optional; if omitting, increase yogurt to 1½ cups)

1. Drain the excess liquid from the container of yogurt by carefully tipping the container over the sink. Measure the yogurt into a medium bowl.
2. Stir in the garlic.
3. Gather the grated cucumber in your hands and squeeze out as much liquid as you can until it's very dry. It will shrink to a very small ball. Pull apart the shreds and add to the yogurt .
4. Stir in the vinegar, olive oil, salt, pepper, and lemon juice. Combine well.
5. If using the sour cream, stir it in.
6. Taste and add more salt and/or pepper, as needed.
7. Serve immediately with Crispy Pita Chips, or cover the bowl and refrigerate for a few hours so the flavors blend.

Cooking Tip: I recommend using whole milk yogurt, or at the very least, low-fat. Nonfat yogurt doesn't work as well for creamy dishes and often contains added sugars and preservatives.

Preparation time: 20 minutes

Yields: 2 cups

*Recipes adapted from *Easy Meals to Cook with Kids* © 2010 by Julie Negrin, used with permission. All rights reserved.



Food Education Resources

Books

Teaching and Curriculum Development

Essential 55: An Award-Winning Teacher's Rules for Discovering the Successful Student in Every Child by Ron Clark (Hyperion, 2003)

Growing Food by Pamela A. Koch, Angela Calabrese Barton, and Isobel R. Contento

Linking Food and the Environment (LiFE) Curriculum Series by Pam Koch, Angela Calabrese Barton, and Isobel Contento (Teachers College, Columbia University, and National Gardening Association, 2007)

Nutrition and Education: Linking Research, Theory and Practice, 2nd edition by Isobel Contento (Jones and Bartlett, 2011)

Teach Like a Champion: 49 Techniques That Put Students on the Path to College by Doug Lemov (Jossey-Bass, 2010)

What's On Your Plate?: Kids and Their Families Talk About What They Eat, Where It Comes From, and Why That Matters by Catherine Gund (Aubin Pictures, 2010)

Nutrition and Health

Food and Healing, 10th Anniversary Edition by Annemarie Colbin (Ballantine Books, 1996)

Healing with Whole Foods: Asian Traditions and Modern Nutrition, 3rd edition by Paul Pitchford (North Atlantic Books, 2002)

Mindless Eating: Why We Eat More Than We Think by Brian Wansink (Bantam Boos, 2006)

Staying Healthy with Nutrition by Elson Haas, MD (Celestial Arts, 2006).

The Blue Zone: Lessons for Living Longer from the People Who've Lived the Longest by Dan Buettner (National Geographic, 2008)

The Jungle Effect: A Doctor Discovers the Healthiest Diets from Around the World—Why They Work and How to Bring Them Home by Daphne Miller (Collins, 2008)

The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating by George Mateljan (World's Healthiest Foods, 2006)

What to Eat by Marion Nestle (North Point Press, 2006)

The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating (Penguin Books, 2010)

Food Science

Botany Of Desire: A Plant's Eye View of the World by Michael Pollan (Random House, 2001)

Cooking for Geeks: Real Science, Great Hacks, and Good Food by Jeff Potter (O'Reilly Media, 2010)

Culinary Reactions: The Everyday Chemistry of Cooking by Simon Quellen Field (Chicago Review Press, 2012)

How to Read a French Fry and Other Stories of Intriguing Kitchen Science by Russ Parsons (Houghton Mifflin, 2001)

On Food and Cooking: The Science and Lore of the Kitchen, Completely Revised and Updated by Harold McGee (Scribner, 2004)

Twinkie Deconstructed: My Journey to Discover How the Ingredients Found in Processed Foods Are Grown, Mined (Yes, Mined), and Manipulated into What America Eats by Steve Ettlinger (Hudson Street Press, 2007)

What Einstein Told His Cook: Kitchen Science Explained by Robert L. Wolke (W. W. Norton & Company, 2002)

What Einstein Told His Cook 2: The Sequel: Further Adventures in Kitchen Science by Robert L. Wolke (W. W. Norton, 2005)

Food Politics

Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver (HarperCollins, 2007)

Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back by Michele Simon (Nation Books, 2006)

Eating Animals by Jonathan Safran Foer (Little, Brown and Company, 2009)

Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser (Perennial, 2002)

Food, Inc.: Mendel to Monsanto—the Promises and Perils of the Biotech Harvest by Peter Pringle (Simon & Schuster, 2003)

Food Matters: A Guide to Conscious Eating with More Than 75 Recipes by Mark Bittman
(Simon & Schuster, 2009)

Food Politics: How the Food Industry Influences Nutrition and Health by Marion Nestle
(University of California Press, 2002)

Food Rules: An Eater's Manual by Michael Pollan (Penguin Books, 2009)

Free for All: Fixing School Food for Everyone by Janet Poppendieck (University of California Press, 2010)

In Defense of Food: An Eater's Manifesto by Michael Pollan (Penguin Press, 2008)

Lunch Lessons: Changing the Way We Feed Our Children by Ann Cooper and Lisa M. Holmes
(Collins, 2006)

Omnivore's Dilemma by Michael Pollan (Penguin Press, 2006)

Plenty: Eating Locally on the 100-Mile Diet by Alisa Smith and J.B. MacKinnon (Three Rivers Press, 2007)

School Lunch Politics: The Surprising History of America's Favorite Welfare Program by Susan Levine (Princeton University Press, 2008)

Slow Food Nation: The Creation of a New Gastronomy by Carlo Petrini (Rizzoli Ex Libris, 2007)

The 100-Mile Diet: A Year of Local Eating by Alisa Smith and James B. MacKinnon (Text Publishing, 2008)

The End of Overeating: Taking Control of the Insatiable American Appetite by David A. Kessler
(Rodale, 2009)

The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care by T. R. Reid (Penguin Press, 2009)

Family and Kids Cookbooks

Easy Meals to Cook with Kids by Julie Negrin (2010)

Feeding the Whole Family: Cooking with Whole Foods; Recipes for Babies, Young Children, and Their Parents by Cynthia Lair (Sasquatch Books, 2008)

Grow It, Cook It: Simple Gardening Projects and Delicious Recipes by DK Publishing (2008)

Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 & Up by Mollie Katzen
(Tricycle Press, 1999)

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up by Mollie Katzen
(Tricycle Press, 1994)

Salad People and More Real Recipes: A New Cookbook for Preschoolers and Up by Mollie Katzen (Tricycle Press, 2005)

Sara Moulton's Everyday Family Dinners by Sara Moulton (Simon & Schuster, 2010)

The Whole Family Cookbook: Celebrate the Goodness of Locally Grown Foods by Michelle Stern (Adams Media, 2011)

Williams-Sonoma The Kid's Cookbook : A Great Book for Kids Who Love to Cook by Abigail Dodge (Time-Life Books, 2000)

General Cookbooks

How to Cook Everything: 2,000 Simple Recipes for Great Food, Completely Revised 10th Anniversary Edition by Mark Bittman (J. Wiley, 2008)

How to Cook Everything Vegetarian by Mark Bittman (Wiley, 2003)

How to Cook Everything, The Basics: All You Need To Make Great Food by Mark Bittman (J. Wiley, 2012)

So Easy: Luscious, Healthy Recipes for Every Meal of the Week by Ellie Krieger (J. Wiley & Sons, 2009; look for her other books as well)

Techniques of Healthy Cooking by The Culinary Institute of America (J. Wiley and Sons, 2008; this is a professional textbook)

The Essential EatingWell Cookbook: Good Carbs, Good Fats, Great Flavor edited by Patsy Jamieson (Countryman Press, 2004)

The Food Matters Cookbook: 500 Revolutionary Recipes for Better Living by Mark Bittman (Simon & Schuster, 2010)

The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health by Alissa Segersten and Tom Malterre (Whole Life Press, 2007)

Other Food Topics

A History of Food, New Expanded Edition by Maguelonne Toussaint-Samat, translated by Anthea Bell (Wiley-Blackwell, 2009)

Heat: An Amateur's Adventures as Kitchen Slave, Line Cook, Pasta Maker, and Apprentice to A Dante-Quoting Butcher in Tuscany by Bill Buford (Alfred A. Knopf, 2006)

The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs by Karen Page and Andrew Dornenburg (Little, Brown and Company, 2008)

Seeds of Deception: Exposing Industry and Government Lies about the Safety of the Genetically Engineered Foods You're Eating by Jeffrey M. Smith (Yes Books , 2003)

Films

Apron Strings, directed by Sima Urale, produced by Apron Strings (2008)

Fast Food Nation, directed by Richard Linklater, produced by Jeremy Thomas, Malcolm McLaren (2006)

Food Fight, directed by Christopher Taylor, produced by Positively 25th Street Productions (2008)

Food Stamped, directed by Shira Potash and Yoav Potash, produced by Summit Pictures (2010)

Food, Inc., directed by Robert Kenner, produced by Magnolia pictures, Participant Media, and River Road Entertainment (2008)

Forks over Knives, directed by Lee Fulkerson, produced by Monica Beach Media (2011)

FRESH, directed by Ana Sofia Joanes, produced by Ripple Effect Films (2009)

King Corn, directed by Aaron Woolf, produced by ITVS and Mosaic Films(2007)

Lunch Line, directed by Michael Graziano and Ernie Park, produced by Uji Films (2010)

Modern Life (La vie modern), directed by Raymond Depardon, produced by Palmeraie et Désert, France 2 Cinéma, Arte France (2008)

School Days with a Pig, directed by Tetsu Maeda, produced by Kansai Telecasting Corporation, Nikkatsu Pictures, Yahoo Japan (2008)

Seeds of Deception,

Super Size Me, directed by Morgan Spurlock, produced by Kathbur Pictures, The Con, Studio On Hudson (2004)

The Future of Food, directed by Deborah Koons, produced by Lily Films (2004)

The Garden, directed by Scott Hamilton Kennedy, produced by Black Valley Films (2008)

What's On Your Plate? directed by Catherine Gund, produced by Aubin Pictures (2009)



Food Blogs and Websites

To discover the most up-to-date websites, blogs, and information on the Internet, find people in your field on Twitter and Facebook and see whom they are following.

About the author:

Julie Negrin, M.S., is a certified nutritionist, cooking instructor, and author of *Easy Meals to Cook with Kids*. She has been teaching adults and children how to cook for fifteen years. Julie spent five years as the Director of Culinary Arts at the JCC in Manhattan where she developed recipes and curricula specifically for children. She teaches at the Institute of Culinary Education (ICE), Natural Gourmet Institute, Home Cooking New York, New York City public schools, and consults for not-for-profit organizations. She has appeared on *Sesame Street* and the *Today Show* with Al Roker. Her website is www.julienegrin.com