

**Winter Cooking Program  
Edible Schoolyard Pittsburgh**

**WINTER COOKING PROGRAM SCHEDULE**

**INTRODUCTION TO WINTER COOKING PROGRAM: APPLE CARROT SALAD-----**

Week of November 25<sup>th</sup> :Introductions, WCP Outline, Expectations, Tool Safety, Tasting

**NATIVE FOODS LESSON PAIR -----**

Week of December 2<sup>nd</sup>: Food Heritage Lesson –North America-USA Focus

Week of December 9<sup>th</sup>: Cooking and Community Lesson

\*\*\*\*\*WINTER BREAK\*\*\*\*\*

**GROUNDNUT STEW LESSON PAIR-----**

Week of January 6<sup>th</sup>: Food Heritage Lesson – Africa – Mali Focus

Week of January 13<sup>th</sup>: Cooking and Community Lesson

**TABBOULEH SALAD LESSON PAIR-----**

Week of January 20<sup>th</sup>: Food Heritage Lesson – Asia – Syria Focus

Week of January 27<sup>th</sup>: Cooking and Community Lesson

**RICE NOODLE SALAD LESSON PAIR-----**

Week of February 3<sup>rd</sup>: Food Heritage Lesson – Asia – Japan Focus

Week of February 10<sup>th</sup>: Cooking and Community Lesson (last cooking lesson)

**CONTINUE WITH 3 MORE WEEKS OF COOKING (w/ class suggested recipes) OR  
SPRING GARDEN PLANNING AND LAYOUT-----**

Week of February 17<sup>th</sup>: The Needs of Plants

Week of February: 24<sup>th</sup>: Garden Planting Schedule: Lettuce, Turnips, and Peas

Week of March 3<sup>rd</sup>: Plant Spacing and Layout (last class of the trimester)

(Week of March 10<sup>th</sup>: Transition to outdoor garden classes)



**Edible  
Schoolyard  
Pittsburgh**



## USING THE EDIBLE SCHOOLYARD PITTSBURGH WINTER COOKING PROGRAM -----

This cooking program is designed for use in kindergarten through fifth grade classrooms. It begins with an introductory lesson focused on the importance of tool safety and eating fresh foods in community with others. Subsequent lessons are organized into “lesson pairs” – two-part lessons -- focused on one recipe and one country. Each lesson is intended for a 45-minute or hour-long block of time with a main teacher and 1-2 adult volunteers.

### LESSON PAIR FORMAT-----

#### Lesson #1: Food History

- Engage: A brief, interest-catching introduction to the day’s topic.
- Map skills: The geography portion of class where students will focus in on one continent and one country of the world as context for the lesson. (\*1)
- Food History: Exploring the food (feature crop) and culture within the geographical context. Includes nutritional information.
- Garden Connections: The background of the feature crop including plant family, plant needs and facts, photos and/or real crop examples.
- Tasting and Journaling: The lesson review and evaluation, taking the form of questions, illustrations and retellings as students sample a simple snack (\*2). A journal prompt is provided with each lesson, as well as recommended resources.

#### Lesson #2: Cooking and Community

- Engage: Review of Food Heritage lesson core content from previous week.
- Cooking Together: The actual hands-on cooking where students will use math and science skills to mix, measure and make the food by following a recipe.
- Eating Together: Here, students will work together to “set the table” with placemats (\*3) in small table groups and pass out food samples. Groups then eat together, practicing food-related conversation and table manners.
- Food Journal: After cleanup, students will reflect on their experience and findings during the lesson pair through journaling, storytelling and drawing.

### LESSON PAIR FORMAT NOTES (\*)

1. For the Map Skills portion of the Food History lesson, a map, globe or projected map image is needed.
2. Journaling is emphasized in most lesson pairs and can take many forms. For example: simple lined notebooks, or hand-made, folded paper booklets suited for drawing and writing with age appropriate line spacing. Throughout the lesson pairs, there will also be worksheets and recipe cards to add to/staple into

- journals. A folder to collect worksheets and individual journal entries could also be used.
3. Placemats or tablecloths on student desks help to set the table and the tone for healthy classroom community discussions while eating. Any version will suit, and help to keep desks clean, too. We use simple cotton placemats, one per student.

### **WINTER COOKING PROGRAM PHILOSOPHY-----**

At Edible Schoolyard Pittsburgh, we believe in the power of food to bring people – and yes, elementary school students -- from diverse backgrounds and experiences together through collaborative food exploration, preparation and tasting.

When a group of people – in this case, a classroom—learns and cooks together, a transformation takes place. Working toward the common goal of food preparation allows all to feel welcome, needed, safe and focused on one communal (and delicious) goal.

We hope this Winter Cooking Program enables your students to connect with their food, their health, their peers, new cultures and core content as they eat and enjoy together!

-Edible Schoolyard Pittsburgh Team

