

Companion Guide for Food Explorers Club Lessons

HELLO!

Food Explorers Club is a free resource created by [The Patachou Foundation](#), based on our after-school food literacy program for kids grades 4-6 which includes interactive recipes, lessons, and activities. As a child's food knowledge and vocabulary to describe what they experience with all five senses grows, so will their healthy eating habits and confidence in the kitchen. **Before you get started, read this Grown-ups Guide so your Food Explorer has a safe and fun experience.**



WHAT'S A FOOD EXPLORER, ANYWAY?

Discovering and exploring food can be a fun adventure for kids, especially when they get to spend time in the kitchen with you. By creating a relationship between food and learning, cooking can be a fun and deliberate way to leverage a child's natural curiosity. Who can be a Food Explorer? Anyone!

Before you start, share this pledge with your Food Explorer:

As a Food Explorer, I will try my best to...

- **Try new things:** Have an open mind when trying new foods and flavors. If you don't like something, try saying, "It's not for me," and see if you can describe what you taste. It's okay if you try something and don't like it - you're learning your own tastes and preferences as you go.
- **Taste as I go:** Each ingredient has its own special flavor on their own which change when combined with other foods. For example, some people tomatoes better in salsa than on their own. To experience these flavor changes, snacking while you cook is highly encouraged.
- **Use what I have:** Resourcefulness, using what's around you, is one of the best qualities to have as a Food Explorer. If a recipe calls for a certain ingredient that you don't have (or don't care for), use what is already in your fridge or pantry. You might be surprised how creative you can get.
- **Think about where my food comes from:** Knowing where your food comes from can help you appreciate the hard work that went into growing it.
- **Get messy:** Cooking can be a messy business. Don't worry if your finished dish doesn't look picture-perfect. Sometimes the messiest food is the most delicious.
- **Have fun!**



FOOD IS FUN! FOOD IS FUEL. FOOD IS FROM THE EARTH. FOOD IS FOR SHARING!

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KITCHEN SAFETY

Safety in the kitchen is important. Here are a few tips you should follow and teach your Food Explorer **every time** you cook together.

SANITATION

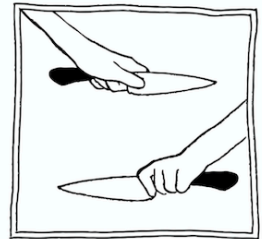
Get the soap ready! You'll probably have to wash your hands multiple times while cooking, but it's an important step in keeping everyone safe.

- Both grown-ups and Food Explorers should wash and dry their hands before handling ingredients.
- Always wash hands after handling raw meat.
- Remind your Food Explorer to avoid touching their face, hair, or any unsanitary surface after they have started the cooking lesson.
- Make sure the cooking area has been cleaned and wiped down.
- Rinse all fresh ingredients that are not specifically marked as "pre-rinsed."

CUTTING BOARD PROCEDURE:

Here's an easy and safe way to secure your cutting board to make it safer for your Food Explorer to chop.

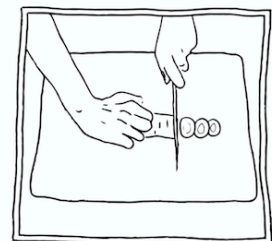
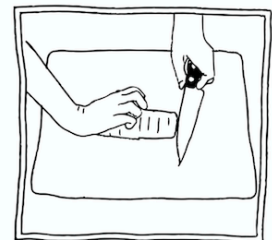
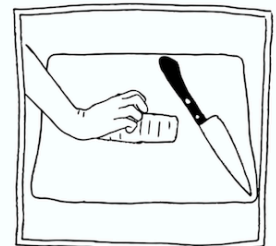
- Wet a dish towel or cloth and wring it out.
- Place rag on the counter and the cutting board on top.
- Push on the cutting board to check that it is secure.
- Wipe knife and cutting board after each ingredient is cut or prepared.



CUTTING INSTRUCTIONS FOR KIDS:

Below are some things to be mindful of when instructing kids on how to use knives:

- When preparing to cut with a knife, make sure you have secured a cutting board on your cutting surface with rubber grips or a wet towel.
- Whenever a knife is laying on a table or cutting board, make sure the blade is facing away from you.
- Always stand when cutting or chopping with a knife.
- The hand holding the knife should be held using this grip (see image to the right)
- The hand holding the food should be held using a "claw" grip (see image to the right)
- To cut, start with the tip of the knife pointing into the board and bring the bottom of the blade down to chop in a see-saw motion.
- Have fun chopping!



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THE FOUR FOOD FOUNDATIONS

The Four Food Foundations are intended to give grown-ups a framework to engage in meaningful conversation about food with their Food Explorers. Each lesson in the Food Explorers Club curriculum highlights at least one of the Four Food Foundations for discussion.

Food is Fun

Trying new foods and flavors can be a fun adventure.

- Introduce students to a wide variety of foods
- Develop a child's sense of taste and to acknowledge, validate, and honor those tastes
- Recognize and identify food and food traditions from different cultures and/or families
- Recognize and identify the different food groups
- Identify how foods from different food groups combine to provide optimal nutrition in meals and snacks

Food is Fuel

Food can support our brains and bodies.

- Explore, consider, and learn to articulate what hunger and fullness feel like to different people (learning about hunger and satiety)
- Explore and consider the importance of hydration
- Explore how different foods appeal (or do not appeal) to different people regarding taste, texture, and mouthfeel (learning about appetite)

Food is from the Earth

Knowing where our food comes from can help us appreciate it more.

- Recognize the life cycle of food
- Explore and consider what identifies food as natural or processed
- Explore and consider the skills necessary to care for plants
- Explore and consider the different ways to prepare and cook food

Food is for Sharing

Making and sharing food with others can bring so much joy.

- Explore and consider what is required for people to be relaxed and comfortable at meal times
- Identify the list of common table manners and expectations (including how to be polite and matter-of-fact about saying "yes, please" and "no, thank you")
- Identify a proper place setting and the proper uses for each utensil (including napkin).

Download a poster of the Four Food Foundations on our website: <http://thepatachoufoundation.org>

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