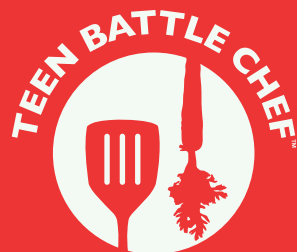



CULINARY COACHES
TOOL KIT

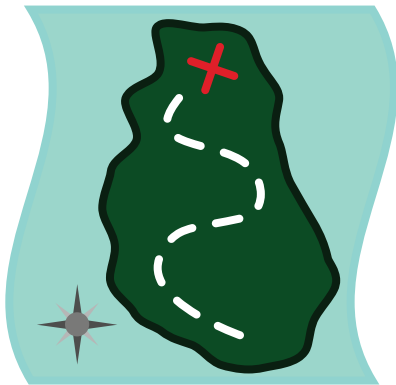


CULINARY COACHES LEADERSHIP GOALS

- 1** Develop the necessary skills to facilitate cooking and nutrition programs with all ages.
 - 2** Learn how plan for and carry out an engaging cooking lesson.
 - 3** Be confident in how to inspire an audience of any age in your community to cook and eat well!
-  **Adriana Leroy** explains why Culinary Coach projects are important and fun!

Featuring the Teen Battle Chefs of Urban Assembly School of Music & Art

1 Get Oriented



- Introduction
- Instructor: Read Me
- Rubric
- Budget
- Fundraising cover letter
- Adopt-a-Program Proposal

2 Plan and Practice



- Nutrition Tools
- Lesson Plan class for Adults/ Families
- Recipes
- Check List Template
- Cooking Station Set-up

3 Teach (and get feedback)



Watch the Culinary Coaches teaching a single mom!

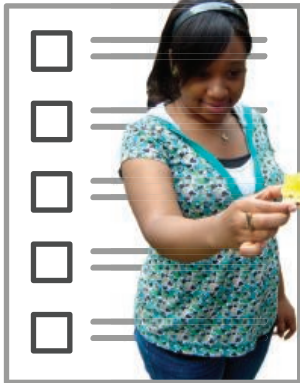
4 Evaluate and Reflect



Reflection Exercise 1

5

Plan and Practice Again: New Audience



Lesson Plan for Preschoolers

6

Teach Some More



Watch our Flower Power Lesson with preschoolers at PS 91!

7

Evaluate and Celebrate



Adriana shares and sums it up!

8

Make Recommendations



Reflection Exercise 2

REMEMBER WHEN COOKING WITH ALL AGES...

- ✓ Ask your audience about possible allergies before you cook.
- ✓ Keep your hands and fingernails clean.
- ✓ Watch your fingertips when using the knife; curl your free hand into a bear claw .
- ✓ Respect everyone's opinion.
- ✓ Stay focused.
- ✓ If you make a mistake, just keep going. You can make up for it as you cook!
- ✓ Be flexible; you may have a plan and things change – go with it!
- ✓ Clean up as you cook.
- ✓ Make sure all your equipment is clean before you start.
- ✓ Go all out when you are presenting!



Special Thanks to the Teen Battle Chef and staff of Urban Assembly of Music and Art, HealthCorps, the students and teachers of PS 91, and Tamika Chapman and Taylor Chapman.

Sponsored by:  health corps

 CIRCULON
GOURMET COOKWARE



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