

Teen Battle Chef™



Teaching Culinary Skills and Fostering Healthy Behaviors

Teen Battle Chef (TBC) is a unique hands-on culinary and nutrition education program designed as a cooking competition where everybody wins invaluable lifelong skills. From mastering the art of crafting mouth-watering Jambalaya to unlocking the secrets of a nourishing, wholesome diet, TBC creates an immersive experience that empowers young minds to thrive.



Is TBC for You?

Yes, if you want to teach cooking and nutrition to adolescents in:

- Middle or High Schools
- After-School Programs
- Summer Programs
- Community Organizations
- Faith Centers

How It Works

After a basic skills session, two teams will battle it out each week by cooking different recipes. They'll complement the main course they cooked with a side dish of discussion about the ethnic origins of their recipes. To round out the experience, the teams will serve nutrition profiles of their dishes. Participants get to spend an hour or so of practical cooking lesson, an enjoyable meal, team camaraderie, and a fun experience that fosters enduring healthy habits.



"What a great way to gently nudge students out of their comfort zone and experience ideas, cultures and cuisine that were once unbeknown to them. I love to see the learning process extend beyond the classroom!"

- TBC Instructor , Bronx, NY

FamilyCook Productions is a nonprofit organization that develops effective, award-winning nutrition education for all ages. Teen Battle Chef has been successfully teaching youth in over 150 middle and high schools in more than 20 states in the past 10 years. All our programs are field-tested with documented behavior-change impacts.


What You Can Expect

When young people discover how easy and fun it is to make tasty, nutritious dishes, they tend to spread their joy and excitement. They will keep their newfound skills for life and share them with friends and family. You'll be nurturing a new generation of advocates for healthy eating.

In addition to the curriculum, TBC comes with bonus leadership modules:

- School Food Ambassadors
- Culinary Coaches
- CHEFS for Changes bodega adoption program
- Special Event Headliners

Each curriculum license also includes a free set of cookware and discount on orders of six or more cooking tools from Oxo.



"Teen Battle Chef made it evident that I need to eat more healthy... I really invest time in myself, like being healthy for me. "

- Female TBC Participant, Brooklyn, NY

Why Teen Battle Chef Matters

TBC is an [evidence-based](#) program that has been celebrated for demonstrating sustained behavioral change over time. The program has been approved by and included in the SNAP-Ed toolkit for use with government-funded SNAP programs.



Teen Battle Chef not only improves eating habits, it develops skills that lead to higher attendance, test scores, and graduation rates among participants. A "sustained effect" study of program participants six months to seven years post TBC, published in Health Education Journal in March 2023, reported favorable health behaviors.

- 74% attained and sustained a healthy weight by adhering to program behavior targets.
- 80% achieved and sustained a healthy weight up to seven years post program.
- 82% report summer or post high school job placement.
- 92% linked their successes to the acquisition of analogue skills.
- An 85% decrease in cell phone "screen time."

Are you ready to battle?

About [one out of six Americans](#) in the 10 to 17 years age bracket is obese. This is a battle for our youth's health and what better way to accomplish that than by teaching youth the skills to become "agents of change" for themselves and their communities. TBC can help you teach valuable nutrition lessons and cooking skills, change eating behaviors for the better, and promote teamwork.

To get started, email us at Lynn@familycookproductions.com

What You Will Provide

- Teachers, staffers, or volunteers who will participate in our training program to facilitate weekly cooking sessions. Our turnkey training program is adaptable, but it includes watching videos, a five-hour live virtual training, and a follow-up webinar on managing the program.
- A kitchen or a classroom with a sink and electrical outlet for a portable induction stove.
- Students or adolescents 11-18 in a school or community setting

