

# THINK LIKE A CHEF!

## TEACHERS GUIDE



## Think Like a Chef Learning Objectives

This lesson will enhance the mind, body and soul of participating students. As part of this lesson, students will:

- **Mind**

- Combine ingredients, flavors and cooking techniques to create a dish
- Identify the vitamins and minerals contained in food items

- **Body**

- Get their body moving through acting-out cooking techniques

- **Soul (Spirit)**

- Evoke creative expression in relation to healthy foods
- Develop teamwork and collaboration abilities working with peers

### Materials

- Set of Cooking Cards – Print and cut prior to beginning the lesson, or instruct each group of students to cut their cards (pages 3-6)
- Scissors, construction paper, and coloring utensils
- “Think like a Chef” worksheet (page 7)
- End-of-day Assessment (page 8)
- Nutrient Reference Sheet (page 9)

### Overview

This lesson will be co-taught by a visiting chef, aimed to expose students to culinary careers, encourage creative thinking, and stimulate nutrition education. Lesson setup will involve displaying a number of food items for students to sample throughout the lesson. Students will work in small groups to design their own unique recipe, and identify the nutrients that it contains.

### Steps

1. Prior to beginning the lesson – provide a sample of as many flavors/ingredients (from the cards) as possible for students to reference (i.e. sample) during creation of their recipes.
2. Allow 5-10 minutes for an introduction from the Chef, and what to expect, including: what they do, how it keeps them healthy, why they like doing it, in addition to various cooking techniques (as depicted on the cards)
3. Divide students into groups of 4-6.
4. Provide each group with a set of cooking cards, construction paper, coloring utensil and scissors (if cards need to be cut).
5. Students will create their own dish by selecting 1 cooking technique, 3 flavors, and at least 3 ingredients.
6. Students will work in their group to combine their selected cards to create a dish. Have each group of students draw their dish, name it, and describe how it would taste.
7. Once students have completed their dish and drawing, instruct them to write a list of nutrients that their dish includes using the “Nutrient Reference Sheet” as guidance.
8. Collect the completed dishes and cooking cards from students at the end of the lesson.
9. Students must complete the end-of-day assessment before heading home.

### Adapted from:

- <http://slowfoodusa.org/wp-content/uploads/Good-Curriculum-with-Intro-Low-Res.pdf>
- <https://www.superhealthykids.com/parenting/teaching-kids-the-abc-s-of-essential-vitamins/>
- <https://www.verywellfit.com/what-are-the-major-minerals-2507750>
- <https://kidshealth.org/en/kids/minerals.html>

Today, we will learn all about cooking!

There are so many ways to cook food: You can roast, bake, and simmer - to name just a few cooking methods. Read this article to learn about 15 different cooking methods you can use when making a delicious meal.

Food for thought:

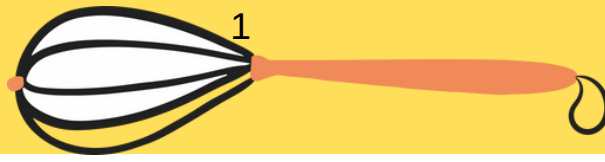
1. What is your favorite dish? How is it cooked?
2. What methods of cooking does your family use?

### Application

Visit [Nada's Video Vault](#) to view some healthy and delicious video recipes. Watch the video recipe for "Savory Lentil and Root Vegetable Soup".

What cooking techniques does Nada use while making this recipe?





FLAVOR

**Honey**

FLAVOR

**Parsley**

FLAVOR

**Maple Syrup**

FLAVOR

**Sesame**

FLAVOR

**Oregano**

FLAVOR

**Cumin**

FLAVOR

**Ancho Chile**

FLAVOR

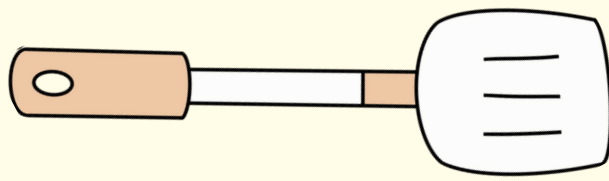
**Vinegar**

FLAVOR

**Orange**

FLAVOR

**Olives**



INGREDIENT

**Zucchini**

INGREDIENT

**Raspberries**

INGREDIENT

**Onions**

INGREDIENT

**Green Beans**

INGREDIENT

**Carrots**

INGREDIENT

**Pinto Beans**

INGREDIENT

**Broccoli**

INGREDIENT

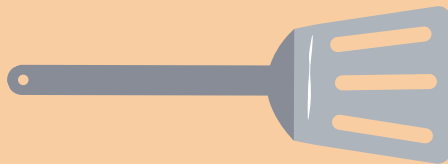
**Chick Peas**

INGREDIENT

**Apples**

INGREDIENT

**Rice**



INGREDIENT

**Potatoes**

INGREDIENT

**Celery**

INGREDIENT

**Peppers**

INGREDIENT

**Cabbage**

INGREDIENT

**Cucumbers**

INGREDIENT

**Radish**

INGREDIENT

**Tomatoes**

INGREDIENT

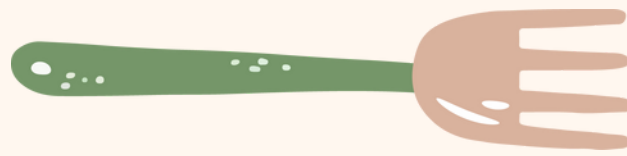
**Lettuce**

INGREDIENT

**Tomatillos**

METHOD

**Bake**



METHOD

**Blanch**

METHOD

**Pan Fry**

METHOD

**Boil**

METHOD

**Poach**

METHOD

**Braise**

METHOD

**Sauté**

METHOD

**Broil**

METHOD

**Sear**

METHOD

**Grill**

METHOD

**Simmer**

# Think Like a Chef Worksheet

Group Members: \_\_\_\_\_

Our dish is called ... \_\_\_\_\_

Our dish tastes like ... \_\_\_\_\_

Mark the nutrients contained in your dish with a check. Write the name of the ingredient on the line.

- Vitamin A \_\_\_\_\_
- B Vitamins \_\_\_\_\_
- Vitamin C \_\_\_\_\_
- Vitamin D \_\_\_\_\_
- Vitamin E \_\_\_\_\_
- Vitamin K \_\_\_\_\_
- Calcium \_\_\_\_\_
- Chloride \_\_\_\_\_
- Magnesium \_\_\_\_\_
- Phosphorus \_\_\_\_\_
- Potassium \_\_\_\_\_
- Zinc \_\_\_\_\_





Name: \_\_\_\_\_

Date: \_\_\_\_\_

One day, I would like to become a chef: (circle one answer)      Yes      No      Maybe

Name 3 cooking methods: \_\_\_\_\_

Name a food that contains Vitamin A. \_\_\_\_\_

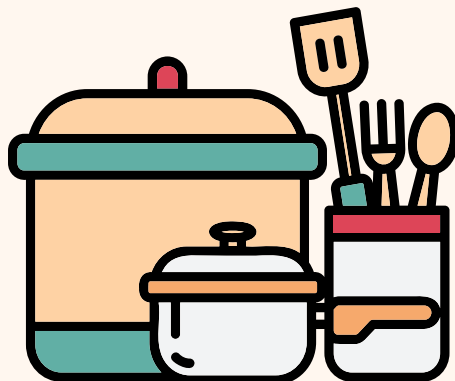
Zinc is important for: (circle one answer)      Energy      Strong Bones      Wound Healing

My favorite part of garden club today was... \_\_\_\_\_



# VITAMINS & MINERALS

	IMPORTANT FOR	FOUND IN
<b>VITAMINS</b>		
<b>Vitamin A</b>	Healthy eyes, skin, teeth and bones	Red, orange and yellow fruits and vegetables
<b>B Vitamins</b>	Energy	Meats, nuts, fish, dairy
<b>Vitamin C</b>	Wound healing and the immune system	Citrus fruits
<b>Vitamin D</b>	Strong bones and teeth	Milk, dairy and the sun
<b>Vitamin E</b>	Heart health	Nuts, avocado, pumpkin
<b>Vitamin K</b>	Healthy blood and blood clotting	Broccoli, brussels sprouts, cabbage, eggs
<b>MINERALS</b>		
<b>Calcium</b>	Strong bones and teeth	Dairy (milk, cheese and yogurt)
<b>Chloride</b>	Digestion	Vegetables
<b>Magnesium</b>	Strong muscles and heart health	Nuts, seeds, whole grains, dark green vegetables
<b>Phosphorus</b>	Bone growth	Meats, nuts, seeds
<b>Potassium</b>	Normal heart rhythm	Fruits and vegetables
<b>Zinc</b>	Wound healing and the immune system	Beef, pork, chicken, nuts



# BASIC KITCHEN SAFETY TIPS

## Wash First

Always wash the kitchen utensils before and after using it

## Clean Spills

Keep your kitchen floor dry and immediately mop the wet area

## Counter Safety

Don't put any hot liquid and food on table edge where children can reach

## Wear Gears

Use proper uniform and protective gears if needed to prevent accident



# COOKING TECHNIQUES

Grill

Pan Fry

Sauté

Boil

Roast

Bake

Poach

Simmer

Broil

Stream

Blanch

Braise

Stew

Blend

Dehydrate



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-Michael Pollan

# LOTS TO THINK ABOUT



## How to Think Like a Chef!

Progress as you learn the basics, just like the professionals.

- 1 Master Cooking Techniques
- 2 Use only the freshest ingredients
- 3 Grow you own - Buy local
- 4 Get it together - Pre Prep
- 5 Understand flavor combinations
- 6 Plan ahead with what you have
- 7 Assemble an attractive plate
- 8 Be thrifty and use everything
- 9 Don't be a slave to recipes
- 10 Simplify
- 11 Understand food-body balance
- 12 Taste, taste, taste!
- 13 Have fun!



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## Quinoa (Keen Wah), Kale, Chickpea Salad

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### Ingredients:

2 Cups Cooked quinoa. Can be made ahead and refrigerated.

1 Cup Cooked canned chickpeas, drained

3 Tablespoons Chopped sun-dried tomatoes in oil

2 Tablespoons Basil pesto. You can make your own, or buy prepared in the store

1/2 Cup Chopped fresh red onions

1/2 Cup Chopped green onions (also known as scallions)

1/2 Cup Chopped fresh kale NOTE: For a nice soft texture, place kale leaves in a plastic bag with a little oil, and massage them until they become softer.

Salt, pepper, lemon juice and olive oil to taste to finish off the salad.

OPTIONAL: You can add 1/2 cup of diced cherry tomatoes and/or red peppers

### Directions:

This is very simple! Place all the ingredients into a big bowl and mix them together.

Add the salt, pepper, lemon juice and olive oil to taste, and you are ready to serve it!

### Serving Suggestions:

This can be served as a salad on the side. You can eat this as a main dish, by placing it on romaine lettuce or similar greens. You can eat this as an entree, by cutting assorted colored peppers in half, scooping them out, and filling it with this salad mixture.

Finally, for a snack, you can top gluten free crackers with this salad mixture, or buy mini peppers, cut them in half, and place a tablespoon of the mixture into each side.

*Additional Notes: We like to "chop" our ingredients into a medium size chop (about 1/4"), however, you can chop them smaller. Also, you can use your own favorite seasonings and "add ins".*

