

Program Description

From September 2013 through March 2014, Nurture and parent volunteers worked together to teach “Food and Fun” cooking skills for 6th and 7th graders at Community School.

The program included guest appearances by local chefs and cooking experts and was designed to be hands on and fun! Recipes created include smoothies, green juices, hummus, fiesta casserole, chocolate “mousse” and minestrone soup. Students were expected to make and taste the recipes but also clean up after in the kitchen. Each recipe aligned with teaching moments in the kitchen including “fun food facts”, food handling safety, and nutritional information.



Quantitative Data

- 98% of the students said they planned to make at least one of the recipes again. The #1 favorite recipe was the “Smoothie Template” followed closely by “Fiesta Casserole”.
- A majority of the students (52%) said that they talked with their family at least once about what they learned in Food and Fun.
- 78% of the students felt that they knew more about healthy eating at the conclusion of the program.
- Over a third of the class (39%) reported they were likely to cook more at home at the conclusion of the program.



Qualitative Feedback

The following are comments about what the students liked best about the program:

- The food!
- Trying all the new foods and helping making things
- Eating the food
- Watching a video about how food is made
- I really enjoyed learning about nutrition
- Getting to try new foods that I would never really try before
- Making the smoothies and soup
- Making Fiesta Casserole
- Making smoothie/green juice and hummus because you got to choose whatever stuff you wanted to put in it
- Learning new recipes
- Trying new DELICIOUS food!

