

## RESOURCES

### TITLE | COOKING OUTSIDE WITH STUDENTS

CATEGORY | Garden Educator Training

SUB-CATEGORY | Learning & Teaching Outdoors

OVERVIEW | This document outlines a training covering best practices for cooking outside with students, including time to practice sample recipes from the Education Outside Curriculum. This training is cross-listed in Program: Cooking Outside.

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#### Training Rationale:

After carefully planting seeds and watching fruits and vegetables grow in the outdoor classroom, students are always excited to harvest and cook. However, cooking lessons can be intimidating for new garden educators because they require ample planning and strong classroom management. This training is important for teaching instructors how to plan and execute successful cooking lessons with students, and helping them avoid common pitfalls.

#### Suggested Time of Year:

November/December. We suggest offering this training around the time that garden educators will be cooking with students. Most Education Outside garden educators did cooking celebrations with students at the end of the semester, so November was an appropriate time for this training.

#### Suggested Workshop Length:

2 hrs

#### Training Objective:

Educators will be able to describe best practices for cooking outside and will feel prepared to cook with students.

#### Training Overview:

During this training, provide an overview of Education Outside's *Best Practices for Cooking Outside*, available in the Table of Contents, and spend the majority of the time on modeling cooking lessons and allowing hands-on time to practice a few recipes as described below. When reviewing the *Best Practices for Cooking Outside* we suggest emphasizing safety, particularly practicing good hygiene, using knives safely, and checking for allergies.

#### Activity Ideas:

- Split into groups and assign each group a section of the Best Practices to read and present to the full group.

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- Practice a few recipes that require different types of preparation and student jobs. With each recipe, model different aspects of the *Best Practices for Cooking Outside*, such as using knives with students, dividing students into groups using job cards, and cleaning with students. If there are multiple facilitators, split into small groups and rotate through two to three stations, each with a different recipe. *Recipes for Cooking in the Outdoor Classroom*, available in the Table of Contents, includes several recipes that can be used for this training. We suggest something like the following:

- A simple recipe with few ingredients: Herb Butter, Pesto
- A simple recipe with students using knives or other cutting tools: Radish Salsa, Fruit Salad, Life Cycle Salad
- A more complex recipe requiring heat: Stir Fry, Fried Rice

### Assessing Understanding:

- Exit Ticket: Ask instructors to describe three key practices to ensure that cooking lessons are safe.