

# Kids in the Kitchen

Kids in the Kitchen encourages young people 6 to 15 years old to eat healthier meals and snacks as a result of hands-on cooking experiences. Youth participants learn to prepare simple, healthy foods they can make for themselves and their family members. Each lesson includes kid-friendly handouts such as recipes and tips for how to use kitchen equipment safely.

## Kids in the Kitchen Level A (Ages 6 to 9) and the Missouri Grade Level Expectations (GLEs).

*Note: Whenever time and facility permits, physical activity is part of the lesson.*

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<b>1A-Kitchen Sense</b> <ul style="list-style-type: none"> <li>Students determine safety rules for working in the kitchen, recognize unsafe food preparation techniques, wash their hands properly, and prepare a healthy recipe.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D1, RA1A2b
	Physical Education	
<b>2A-The Incredible, Edible Pyramid</b> <ul style="list-style-type: none"> <li>Students identify foods from each of the five food groups on MyPyramid. Students prepare healthy snacks using MyPyramid while in the kitchen.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A2a, ME2B2a, ME2D1
	Physical Education	
<b>3A-Rice is Nice</b> <ul style="list-style-type: none"> <li>Students learn about the grain group, how to measure ingredients correctly and prepare a healthy recipe using whole grains. Students learn safe cooking techniques for the microwave, toaster and conventional oven.</li> </ul>	Communication Arts	
	Mathematics	M1A1
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D1, ME2E1, RA1A2b
	Physical Education	

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<b>4A-I'll Eat These Veggies</b> <ul style="list-style-type: none"> <li>Students identify foods from the vegetable group, as well as different parts of the plants that are eaten. Students learn to properly handle knives and pizza cutlery.</li> </ul>	Communication Arts	
	Mathematics	
	Science	LO1D1a, LO1D1c, LO1D3a
	Social Studies	
	Fine Arts	
	Health	ME2D1, RA1A2b
	Physical Education	
<b>5A-Did you Ever See a Kiwi?</b> <ul style="list-style-type: none"> <li>Students identify food from the fruit group and prepare a healthy recipe using fruit. Students handle knives and peelers safely.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D1, RA1A2b
	Physical Education	
<b>6A- Olé Beans Olé</b> <ul style="list-style-type: none"> <li>Students identify foods from the meat and beans group and prepare a healthy recipe using beans. Students learn to properly handle hot pads for hot foods and identify safe storage methods.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D1, RA1A2b
	Physical Education	
<b>7A-Does it Taste the Same?</b> <ul style="list-style-type: none"> <li>Students identify foods from the milk group and taste different types of milk. Students determine signs of spoilage. They prepare a healthy recipe using milk.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D1, RA1A2b
	Physical Education	

**Kids in the Kitchen Level B (Ages 10 to 12) and the Missouri Grade Level Expectations (GLEs).**

*Note: Whenever time and facility permits, physical activity is part of the lesson.*

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<p><b>1B-Kitchen Sense</b></p> <ul style="list-style-type: none"> <li>Students recognize unsafe food preparation techniques. They learn to wash their hands properly.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
<p><b>2B-The Incredible, Edible Pyramid</b></p> <ul style="list-style-type: none"> <li>Students are introduced to MyPyramid and identify foods from each of the five food groups. They learn that we need to eat foods from all food groups to get all the nutrients we need.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B4, ME2D4
	Physical Education	
<p><b>3B-Choose Whole Grains</b></p> <ul style="list-style-type: none"> <li>Students identify the grain group as a good source of fiber, vitamins, and minerals. They compare food labels containing whole grains vs. refined grains.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D4
	Physical Education	

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<b>4B-I'll Eat These Veggies</b> <ul style="list-style-type: none"> <li>Students identify the vegetable group as a good source of important nutrients. Students learn to handle knives, peelers, and hand-held choppers safely.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D4
	Physical Education	
<b>5B-Fantastic Fruits</b> <ul style="list-style-type: none"> <li>Students identify foods in the fruit group as good sources of fiber, vitamins, and minerals. Students safely use knives and peelers to prepare healthy fruit recipes.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME2D4
	Physical Education	
<b>6B-Beans, Beans and More Beans</b> <ul style="list-style-type: none"> <li>Students learn that foods in the meat and beans group are high in protein, B vitamins, and iron. They learn how to properly store and prepare meats and beans.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME2D4
	Physical Education	
<b>7B-Does it Taste the Same?</b> <ul style="list-style-type: none"> <li>Students identify milk as a good source of calcium and taste different kinds of milk. They use the <i>sell by</i> date and identify signs of spoilage.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME2D4
	Physical Education	

**Kids in the Kitchen Level C (Ages 13 to 16) and the Missouri Grade Level Expectations (GLEs).**

**Note: Whenever time and facility permits, physical activity is part of the lesson.**

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<p><b>1C-Kitchen Sense</b></p> <ul style="list-style-type: none"> <li>Students develop safety skills for working in the kitchen and recognize unsafe food preparation techniques. They learn to properly wash their hands and prepare healthy recipes for their family.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D7
	Physical Education	
<p><b>2C-Eating with MyPyramid</b></p> <ul style="list-style-type: none"> <li>Students learn the importance of eating foods from all five food groups to get all the necessary nutrients. They learn the value of eating breakfast.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1A7
	Physical Education	
<p><b>3C-Choose Whole Grains</b></p> <ul style="list-style-type: none"> <li>Students identify the grain group as a good source of fiber, vitamins, and minerals, and compare food labels of whole grains vs. refined grains. They learn to measure ingredients correctly.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<b>4C-I'll Eat These Veggies</b> <ul style="list-style-type: none"> <li>Students recognize foods from the vegetable group as a good source of fiber, vitamins, and minerals. They prepare healthy vegetable recipes and learn proper storage techniques.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
<b>5C-Fantastic Fruits</b> <ul style="list-style-type: none"> <li>Students identify foods in the fruit group as good sources of fiber, vitamins, and minerals. They learn to prevent browning of cut fruits, and how to wash, store, and prepare recipes with fruit.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
<b>6C-Go Lean with Protein</b> <ul style="list-style-type: none"> <li>Students are introduced to a variety of foods in the meat and bean group, which are good sources of protein, B vitamins, and iron. They learn to cook meat, fish, and poultry in healthy ways.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
<b>7C-Got Milk?</b> <ul style="list-style-type: none"> <li>Students identify milk as a good source of calcium. They discover the difference between spoiled and fresh dairy products, what the <i>sell by</i> date means, and practice multiplying and dividing recipes.</li> </ul>	Communication Arts	
	Mathematics	N3E7
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2C7
	Physical Education	

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<b>8C-Meals with Appeal</b> <ul style="list-style-type: none"> <li>Students learn to create plan and healthy meal for themselves or their families.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B8
	Physical Education	

*This material is funded in part by the USDA Food Stamp program.*