



Cooking | Fitness | Nutrition | Safety | Relationships

Assembly Program,  
Classroom Workshop  
& Residency

### Description:

Food is a fantastic vehicle to provide an exciting learning adventure that will captivate students as they are the “STARS” in these grade level programs. Students discover the exciting and incredible world of cooking, health and nutrition through the passions of a real Chef as they see how to apply Social Studies. Kids will explore their world through history, geography, economics, government, cultural, citizenship objectives using critical thinking, problem solving, relationship building and technology to develop conclusions about relationships (international, national, regional and local) between food and society through the world of culinary arts. Students will see how all of these categories of social studies are in cooking and in the world around them.

Students will use social and relationship building processes to engage their world as it relates to cooking, health and wellness. Age/grade appropriate exercises and demonstration of real-world scenarios using social and relationship building concepts will allow students to discover and impact their world. Lively cooking and engaging activities; informative lessons; games; and relays allow students to develop life-skills to make healthier choices for their success.

1st Class Kids has chef educators who are content creators. Therefore any of the desired TEKS can come to life through these cooking venues. Prior to any session or group of sessions, chef educators and classroom teachers may collaborate to insure that program meets classroom TEKS. Classroom workshop available after program. All or nearly all students will be working with ingredients, tools and equipment in this workshop.

### Students will:

- ✓ gain understanding of real word connections between food and social studies
- ✓ learn about the history of food and people, how food has evolved into “cuisine”
- ✓ gain an understanding of cultural diversity through food, its ingredients, equipment and cooking techniques
- ✓ extend their interest in people/cultures through learning about food
- ✓ identify “quality of life” issues through food and cuisine
- ✓ learn "Garden to Plate" principles and responsible sustainability
- ✓ learn how governments play important roles in food production & distribution; & about the roles of Health Departments and the USDA
- ✓ discover the diversity of ingredients such as herbs and spices, cooking equipment and techniques that make up cuisines

Multiple classes can be involved at one time. This program is tailored to be appropriate for early, middle, or upper elementary grades. It can be TEKS-adjusted if requested by the teachers. Call 972-516-0325 to discuss. Almost any TEK can be covered. Chefsville is an animated series in pre-production here in Dallas. Worksheets and activities are themed to enhance program delivery.

Available: Monday - Friday, in-school dates only,

8:30am - 2:15pm, evenings for PTA/PTO orgs

Duration: 30 minutes - 1 hour depending upon grade level

Scheduling Deadline: 2 weeks in advance of our visit

Flat Rate: \$299 (Assembly only) | Price per Additional Workshop: \$129.00

Minimum Residency is 2 visits and up. Normal residency request is twelve sessions.