

Master Chef & Nutrition

Class Length:

1 hour 15 minutes or longer

Class Location:

Learning Lab

Class Size:

Up to 25 participants

Materials:

- Pots
- Pans
- Various cooking utensils
- Graters
- Food processors and blenders (?)
- Plates
- Bowls
- Cutlery
- Oil
- Herbs and spices
- Veggies from farm
- Other food items: grains, beans, fermented foods etc
- Timers
- Sink access
- Garbage, compost and recycling cans

Introduction:

This program can follow a variety of pathways. Master chef can be:

1. a group led activity, where folks are split up into groups, and are given a set amount of time to come up with a dish given certain ingredients
2. a facilitator led cooking demo, picking one dish to focus on and teaching the class how to prepare and cook said dish (with a hand out for ingredients, measurements and instructions)
3. a group and facilitator led discussion on the nutritional benefits of the foods being used + a group led recipe

Instructions:

Gather all materials dependent upon the type of program being led (materials needed will depend on you, the facilitator, and what you would like to use. There is room for freedom and creativity here).

Depending on the program, have folks split into working groups, having recipe cards ready, or have items ready for a group led discussion on an agreed upon recipe for the group to make.

A little pre-research on certain vegetables and food items prior to the class (depending on the materials you have available) will help in deciding which nutrition facts you will share with the group and will give you an idea of which recipe you'd like to teach should the class be a facilitator led cooking demo.