

Summer 2017: Kids Food Skills Program

Andrea Falcone, Registered Dietitian and Fitness Professional

<b>Program:</b>	Kids Food Skills Camp: <i>Hands on Fun~Cooking for Anyone~</i>	
<b>Program Objective:</b>	Engage children between the ages of 5 and 14 in practices of food skills and healthy eating.	
	<p><i>Hands on Fun Cooking for Anyone ~ Summertime Fun~ (ages 5-14 years) + Nutrition Lessons and Physical Activity</i></p> <p>Children ages 5 to 14 years will learn and work together to make cooking fun. From baking, sautéing, blending and experimenting, children will get right into the kitchen environment to create meals and snacks that will provide balance, nourishment and fun. Children will gain confidence in this critical life skill, and go home with a recipe book at the end of the week to continue learning in their home kitchens with their families.</p>	
<b>Instructor:</b>	Andrea Falcone, Registered Dietitian and Certified Fitness Instructor	
<b>Additional Support:</b>	2-3 Volunteer Nutrition Students and Highschool students	
<b>Location:</b>	Queen of Heaven Elementary School 1198 Alexandra Avenue, Mississauga	
<b>Dates of Camp:</b>	<i>Little Hands Camp</i> (ages 5-8 years)	Monday, July 10 <sup>th</sup> – Friday, July 14 <sup>th</sup>
	<i>Cooking with Kids Camp</i> (ages 8-14 years)	Monday, July 17 <sup>th</sup> – Friday, July 21 <sup>st</sup>
<b>Time:</b>	10:00 AM – 3:00 PM (Monday – Friday) <i>*Note – set-up by instructor and volunteers would occur around 9:30 AM and additional clean-up until 3:30 PM (latest)</i>	
<b>Program Description:</b>	<p>Healthy Nutrition Habits, including food skills, are important for children to understand and develop as they grow up in today's world.</p> <p>This provides the opportunity for children to improve confidence, use hands-on skills, be more involved in the food preparation process (From grocery shopping to making and eating food), all while improving their appreciation for real food.</p> <p>The Summer Break program will run for 2 weeks for 2 different age groups during the month of July. The daily lesson plans and activities will include the following:</p> <ol style="list-style-type: none"> <li>(1) Understanding of basic nutrition – balanced food intake throughout the day and daily lesson plans</li> <li>(2) Basic food preparation including but not limited to:</li> </ol>	

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	<ul style="list-style-type: none"><li>(a) basic knife skills</li><li>(b) measuring (dry vs. wet ingredients)</li><li>(c) food preparation (oven, stove, microwave)</li><li>(d) food cleaning and storage</li></ul> <p>(3) Healthier Food Preparation</p> <p>(4) Washing, preparing, making and consuming food</p> <p>(5) Daily clean up</p> <p>(6) Daily Activities – structured and free play</p> <p>(7) Take-home recipes for children and families</p>
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