



Food For Thought

Food is a wonderful medium for communication. Use it!

1. Aroma from your lab is an amazing marketing tool.
2. Invite staff to share the joy of food in your lab, both as “tasters” and as “presenters.” Find the food talents in your building.
3. Add a touch of class by nurturing ambiance, food presentation, and food etiquette. Make dining an occasion.
4. Young chefs love competition, “cook-offs”, and contests with food. Try an “Iron Chef” event for using leftovers as you clean out at the end of the year.
5. Food going out of your lab should “be on a mission.”
6. Invest in food books that are well illustrated with pictures of the food, the ingredients, and the process. Look for added information on culture, history or other enrichment in the book.
7. Let your classroom food activity embrace your students’ world (e.g. homecoming week, prom, presidential election, world events, etc).
8. Use décor and other visuals to “do the talking” for you about food, develop atmosphere, or teach an awareness concept.
9. If possible, taste every chef’s creation. They are waiting for your approval☺.
10. Encourage, but do not force students to sample food. They usually have reasons for not eating. They may be sending you a message you need to interpret. (The counselor may help here).



Here's To Your Health!

1. Set safety limits with your counselors and administrators for your foods lab. Overcrowded labs are just plain dangerous!
2. Know your students' special needs and be prepared to address them (e.g. allergies, diabetes, epilepsy, physical limitations, etc.)
3. Cover kitchen safety issues early, before students ever begin labs. Do not assume they know these things!
4. Sick people should not handle food. This should be a safety rule that applies to all....including you!
5. Keep first aid supplies on hand that you can use. Know what you are allowed and not allowed to do for medical assistance.
6. Avoid using alcohol in classroom recipes. Consider substitutes.
7. Clarify rules early about students bringing food into the classroom. A smart rule is to not allow students to bring food into your lab. Liability is an issue. Don't go there!
8. Do not leave students in a lab without supervision.
9. Classroom keys belong to teachers and should never be loaned to students. Decide what needs to be locked up. Maybe knives???
10. Get a handle on "unwanted guests"from mice to men☺. This may mean leaning on an administrator or district personnel to enforce or manage.



CHOCOLATE...Let It Be Your Friend!

Waffle Iron Chocolate Brownies

1 square semi-sweet chocolate
1/3 cup softened butter
3/4 cup castor sugar

2 eggs (slightly beaten)
1 cup all-purpose flour
1 teaspoon vanilla

- Melt the chocolate (or prepare substitute with cocoa and oil).
- Beat together the softened butter and sugar until blended.
- Beat the two eggs and combine with chocolate, butter, and sugar.
- Into the creamed mixture, add the flour and vanilla & stir well.
- Drop by teaspoonfuls onto hot waffle iron or griddle.
(On waffle iron, these will be done in less than 3 minutes. On the griddle allow 10-12 minutes at 400 degrees, turning each as the mound of chocolate melts into a smooth round surface.
- Present with a swirl of icing or serve with ice cream. Bon Appetit☺

Best-Ever Hot Chocolate Mix (Makes about 20 servings)

3 cups nonfat dry milk
2 cups confectioner's sugar
1 and 1/2 cups Dutch-processed cocoa powder
1 and 1/2 cups white chocolate chips
1/4 teaspoon salt

- Combine all the ingredients in a large bowl.
- Working in two batches, pulse ingredients in a food processor until chocolate chips are finely ground.
- Store in airtight container for up to 3 months.
- To make hot cocoa, stir 1/3 cup of this mix into 1 cup of hot milk.
- If desired, top with whipped cream or mini marshmallows.

Beverage recipe from: Cook's Illustrated Website

Godmother Notes: For me, I like a sweet milk chocolate taste. For this, just decrease the cocoa and increase the white chocolate!



Bringing Joy to You and Yours *It's your classroom, so set the stage!*

1. You are what you wear. Make it comfortable, functional, and fun!
2. Get to know your students very well right away. They each have a story to tell and a food culture to share.
3. Encourage celebration, costume, laughter, and theme music. Set the stage for positive memories with food.
4. Find students' gifts to enrich the classroom while helping you. Look for artists, "techies" organizers, comedians, musicians, travelers, and much more!
5. Your custodian should be one of your best friends. Nurture that friendship, and share expertise.
6. Communicate the excitement and fun happening in your labs with others (e.g. school newspaper and T.V., local community newspaper, notes home to parents, "Chef's Special" boards outside the classroom).
7. Use your unique ability to teach through all 5 senses!
8. Present simple fun, inexpensive awards to your chefs.
9. Notice the little things and small successes and extend sincere compliments. You can make someone's day!
10. Capture the "Kodak moments" and share the photos.



SAVING THE GREEN (Money & Environment☺)

1. Demonstrate hand washing showing how to save water and paper towels when you introduce lab procedure. (Turn off water while rubbing soap on hands for 20 seconds. The friction kills bacteria).
2. Always have recycling containers available for student use. Coordinate with recycling efforts in your school.
3. Have creative labs or assignments for using leftover food.
4. Let cloth and fabric bags become familiar alternatives to plastic and paper grocery bags. If you do have plastic bags in the lab, use them for gathering scraps and garbage from kitchen units. Give everything a second life when possible!
5. Consider using natural, unbleached and recycled paper products. Avoid using Styrofoam or other non-recyclables.
6. Ask students to help you save energy by turning off ovens, lights, and other appliances when not in use. Have refrigerator supplies set out at beginning of labs for all to use preventing constant door opening while saving time and confusion.
7. Investigate, with your administrator or supervisor, “lab fees” if not already in place, or possibly increasing existing fees.
8. Shop in advance for food and supplies when you can take advantage of sales and price reductions. Attempt to reduce your number of trips to the grocery store!
9. Protect recipes with plastic sheet protectors so they can be filed and used many times without blurs and smears.
10. Reduce paper handouts by using blackboard or web sites.



Resources

These are a few of my favorite things for teaching.

Magazines & Newsletters

Cooks Illustrated is full of great recipes that have been repeatedly tested until perfected. It also brings you the latest reviews on tools, techniques. The back covers are beautiful, and worthy of display!

Cooking Light brings you tested recipes for healthier cuisine, and articles focus on health related issues as well.

Real Simple always includes stress free, yet classy recipes, and the magazine is devoted to simplifying everything in life. It's a fun read!

Tufts University Health & Nutrition Letter is filled with the latest food and nutrition scientific updates, but is written in layman's language. ☺

Food Related Books , Cookbooks and Videos

The World's Healthiest Foods by *George Mateljan* is a comprehensive collection of sound nutritional information about food, and recipes too!

Food Lover's Companion by *Sharon Tyler Herbst* defines nearly 6000 food, drink and culinary terms. It is full of answers to mystery ingredients.

Cooking Free by *Dr. Carol Fenster* features 200 recipes for people with food allergies and multiple food sensitivities. Any of Carol Fenster's books a great!

Betty Crocker's Diabetes Cookbook is the best I have seen for this audience.

Hermes House Publications has food books galore on almost any culture or topic. They are full of information, fine recipes, and great color photography.

Kitchen Quick Tips from the editors of *Cook's Illustrated*, includes 834 techniques and shortcuts for the curious cook, and yes, each is illustrated!

And...a must see video for anyone who wants a more worldly view of food is: ***The Meaning of Food*** a series directed by Maria Gargiulo published by PBS Home Video 2005. This set has a print companion book by the same name at cost of @ \$23.00. Video is @ \$60.00. It's a good purchase for a media center.