

Teachers Toolkit

Get the kids at your school excited about food and cooking.

Tackling school food is a great learning opportunity at classroom level. Give kids the choice and empower them to make the right decisions. This will build self-confidence and the awareness of good eating habits.



WAYS TO ENGAGE YOUR STUDENTS

ROLE MODELS

- Superheroes
- Older kids
- Classmates

KIDS RUN PROJECTS

- Create a school garden
- Learn how to cook

INCENTIVIZE

- Reward – school trips
- Competition to be a part of it – the lunch crew / after school club
- Gain skills – cooking, leadership, budgeting

THIS TOOLKIT IS BASED UPON THE FOLLOWING CONCEPTS FROM THE OPENIDEO COMMUNITY:

★ Role-Model Chefs

"Kids naturally look up to older kids."



by Jackie Topol

★ The Hero Food Movement

"Everyone has a hero...what do you think your hero eats?"



by Hampus Lemhag

★ Seed-to-Tray Education in Public Schools

"Put kids in charge of their own school lunches."



by Liz Snyder

★ After-school Cooking Is Fun Club

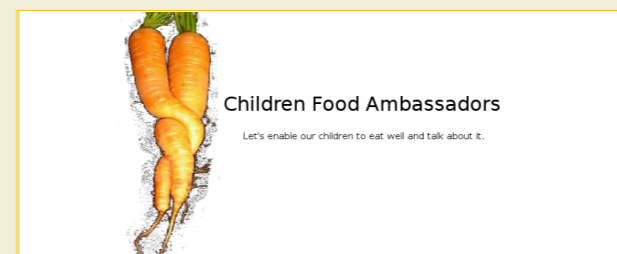
"Cooking and knowing where food comes from definitely need to be a significant part of the curricula."



by Sandra Stovell

★ Children Food Ambassadors

"Why not let children teach children in their own language about obesity and how we can fight it."



by Nicole Winzer