



Healthy Me & You

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Students learned about and tasted different recipes consisting of a variety of ingredients through the Foodie Friday activities for six weeks. Students selected their top three recipes and split into small groups by taste choices. These groups were in charge of learning and practicing the step by step instructions for their recipe, which they then shared with the community at our exhibition. Students also had a chance to record a cooking show with the different recipes they learned and got some amazing feedback at the exhibition. Students presented with felt props to help them demonstrate these steps for a hands on activity for community members. For the writing pieces, students practiced writing whole sentences of the steps in their recipes while focussing on phonetic spelling and patterns of text such as capital letters, finger spaces and proper punctuation. They also created several art pieces of their ingredients using different mediums such as water color, color pencils and markers. The biggest idea that connected all the different pieces of this project was the process. Students worked through the different processes of working on draft work in their writing and drawings, to the process of learning the steps and sharing their recipes of choice with the community.

Teacher Reflection

One thing that stood out was how much pride and confidence students had with working on their art pieces. Students had learned how to use watercolor in one class and they really grasped the idea of using the materials carefully and in a way that was going to create such beautiful pieces. I would like to integrate more opportunities for students to attend field trips to places where expert chefs can teach them a thing or two about their world. It would also be great to integrate more expert chefs to come in and share recipes with the class. Another thing that would make this project better would be to integrate recipes that students may make at home. Giving students a chance to share recipes that they use for certain celebrations or traditions would allow us to highlight the different communities that students come from.

—Ricardo Borja

Student Reflection

My favorite part of the project was making the cooking videos for our parents to see. I also liked sewing our felt ingredients and watercolor.

—Santino I.

My favorite part was the cooking show because we got to eat it after we made it. It was super fun!"

—Kamiah D.

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