



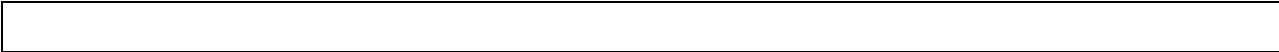
CHEF IN THE CLASSROOM

A COMPONENT OF THE NUTRITION EDUCATION PROGRAM



SHPD PROGRAM/SERVICE

Chef in the Classroom is one component of the Nutrition Education Project (NEP). The goal of NEP is to increase the likelihood low-income children and families in San Francisco will make healthy food choices and engage in daily physical activity. NEP is currently in 18 elementary schools.



WHAT IS THE CHEF IN THE CLASSROOM PROGRAM?

"Chef in the Classroom" partners teachers, students and professional chefs to develop each child's knowledge and palate through nutritious, healthy samplings of beautifully prepared and presented foods.

In the diverse multi-ethnic San Francisco community, the appreciation of healthy food is a delicious way to bring people together. "Chef in the Classroom" flavors experiences with cuisines representing different cultures while demonstrating tolerance and appreciation of our differences. The chefs and the students work together to create each meal.

Our chefs are chosen based on their practical experience, flair for presentation, and ability to model the best practices of their profession. They serve a delectable mix of, nourishing nutrition education, savory social studies, and a measure of mathematics seasoned with a sprinkling of science.



CHEF IN THE CLASSROOM HAS THE FOLLOWING OBJECTIVES:

- **Increase student awareness** of healthy food choices.
- **Increase student consumption of** fruits and vegetables.
- **Increase student’s meaningful participation** by involving them in the cooking process.
- **Increase student’s awareness** of culinary profession as a career choice.

-OVER-

Nutrition Education Project Background

Objectives:

- Educate children in the benefits of eating *fruits and vegetables every day* and being *physically active for 60 minutes a day*
- Empower teachers to integrate nutrition education and physical activity into regular school day lessons and into classroom culture
- Support SFUSD Nutrition and Physical Education policy by working with school sites to develop school procedures around healthy eating
- Increase family awareness and participation related to nutrition and physical activity
- Increase participation in the National School Breakfast and Lunch Programs and the Food Stamp Program

Program Elements

Nutrition Education and Physical Activity Promotion in the classroom:

- Model comprehensive nutrition lessons which incorporate National Health Standards and California Nutrition Competencies while linking to SFUSD academic standards
- Provide demonstration and tasting of healthy foods utilizing a mobile cooking cart
- Promote physical activity through modeling of games and activities

Teacher Support:

- Provide professional development on nutrition education and physical activity promotion
- Facilitate field trips to farms, farmers' markets or gardens

Family Outreach:

- Coordinate school-based Family Health Events
- Provide parent/caregiver workshops on nutrition education and physical activity promotion
- Publish a nutrition newsletter
- Organize a school community social marketing campaign promoting eating more fruits and vegetables



For further information contact:
Mark Elkin
School Health Programs Department
1515 Quintara Street, San Francisco, CA 94116
(415) 242-2615 FAX (415) 242-2618



CHEF IN THE CLASSROOM

A COMPONENT OF THE

NUTRITION EDUCATION PROGRAM

LOGISTICS OF THE CHEF IN THE CLASSROOM PROGRAM:

- Each lesson is one hour
- School Health Programs Department (SHPD) will provide the supplies (bowls, cutlery, any mixing bowls, etc)
- Chef/Presenter will buy the food
- Site Nutrition Coordinator and teacher will also be in the classroom
- Chef shares the recipe with students, so that they can share the recipe with their parents/caregivers
- Recipe should be simple enough for students and families to replicate at home
- Chefs need to commit to at least two lessons (we will try and schedule two consecutive classes at the same school)
- Chefs need to include students in food preparation
- Chef are encouraged to wear black and white attire
- Chefs need to ensure their creations are vegetarian and low in sugar and fat - show SHPD recipe before presentation to ensure students are cooking healthy food
- It is encouraged that chefs feature the Harvest of the Month in their dishes. They include:
Apples-September, **Pears**-October, **Kiwi fruit** - November, **Sweet Potatoes**-December, **Oranges**-January, **Broccoli**-February, **Spinach**-March, **Carrots**-April, **Strawberries**-May, **Salad Greens**-June

Stipend for participating Chefs- \$125.00 for each lesson (stipend covers shopping, lesson prep, classroom, and travel time and orientation meeting.)

- OVER-

**The following supplies are available for use.
Please let us know if you would like anything else
for your cooking session.**

<p>Appliances</p> <ul style="list-style-type: none"> ○ 1 Single Coil Burner ○ 1 Electric Frying Pan ○ 1 15 ft Extension Cord ○ 1 Surge Protector ○ 1 Blender ○ 1 Convection Oven ○ 1 Food Processor ○ 1 Bus Tub 	<p>Pots/Pans</p> <ul style="list-style-type: none"> ● 1 Metal Colander ● 1 Small Metal Mixing Bowl ● 1 Medium Metal Mixing Bowl ● 1 Large Metal Mixing Bowl ● 1 Large Stock Pot w/ lid ● 1 Small Sauce pan w/ lid ● 1 Bus Tub
<p>Miscellaneous</p> <ul style="list-style-type: none"> ● 3 Sandwich Spreaders ● 1 Cooks Knife + Knife Sheath ● 12 Round Tipped Serrated Knives (for students to use) ● 1 Plastic Tongs ● 1 Metal Tongs ● 6 oz Ladle ● 1 Can Opener ● 1 Slotted Serving Spoon ● 2 Metal Serving Spoon ● 1 Plastic Serving Spoon ● 1 Whisk ● 3 Vegetable Peelers ● 3 Wooden Spoons ● 2 Rubber Spatulas ● 1 Plastic Spatula ● 1 Wire Mesh Strainer ● 1 Cart cover ● 1 Bus Tub ● 1 Knife Security Box 	<p>Paper Supplies</p> <ul style="list-style-type: none"> ● 1 Roll/site Aluminum Foil ● 1 Roll/site Plastic Wrap ● 2 Sponges ● 1 Bottle Dish Detergent ● 1 Set Plastic Gloves ● 1 Box 12oz bowls ● 1 Box 9” Paper Plates ● 1 Box Napkins ● 1 Box Plastic Knives ● 1 Box Plastic Forks ● 1 Box Plastic Spoons ● 1 Box Portion Cups ● 1 Box Paper Muffin ● 1 Box Place Mats