Teacher Packet

I. Pre-activity & question worksheet
   - I Want to Be a Chef by Stephanie Maze (Grades 3-5)
   - Chef by Heather Miller (Grades k-2)

II. Presentation agenda

III. Post-activity
   - Writing a Friendly Letter (Grades 3-5)
   - Picture/sentence template (Grades k-2)
I. Pre-activity—Before the Chef visits your classroom

Composing Questions for the Chef

Approximate activity time-- 30 minutes

Tell students that a Chef will be coming to visit the classroom. Encourage conversation by asking questions:

- What past cooking experiences have you had?
- Who does the cooking at home?
- What is your favorite type of food?
- What is your favorite restaurant?
- Have you ever watched a cooking show on TV?

Read Chef, to grades K-2 classes, and selected chapters from I Want to be a Chef, to grades 3-5 classes (students can choose chapters, or if multiple copies are available, different groups can read different chapters and share out).

Tell students that when the chef comes to class s/he will:

- Talk about her/his work
- Cook a dish with vegetables or fruits (and give samples!)
- Answer students’ questions

Generate questions for the chef about her/his work, about cooking or about ingredients, through:

- Post reading/discussion of recommended books
- Whole group brainstorm
- Journal writing
- Homework assignment

Attached is a worksheet that can be used to generate questions. Have questions ready on the day of the visit.
What questions do you want to ask the chef when he or she comes to class?
II. Chef Presentation Agenda---
When the Chef comes to class

Allow approximately 45 minutes

Objectives:
To explore food-related careers
To encourage students to make healthy eating choices

Materials:
Cooking cart
Utensils and plates for food tasting
Pre-selected questions

10 minutes—Introduction
- Job description
- Education experience
- Share a story/memory
- Share what they enjoy/love about their work

20 minutes—Cooking Presentation
- Description of ingredients and equipment
- Cooking Demonstration
- Tasting and sampling

15 minutes—Questions and Answers
III. **Post-activity—After the Chef visits your classroom**

**Writing Letters to the Chef**

Approximate activity time – 30 minutes

Review the chef’s visit to the classroom through discussion, venn diagrams...

Review letter format: heading, salutation, body and closing (see following sheet).

- Grades 3-5 see attached *Writing a Friendly Letter.*
- Grades K-2 see attached picture/sentence template
  Choose a writing prompt:
  - *My favorite place to eat is...*
  - *I like when the chef...*
  - *When I cook at home...*

Choose a focus for the letter:
- A favorite healthy meal that you have helped cook at home
- A favorite restaurant at which you like to eat
- A career that you are interested in pursuing as an adult

Write a 3 paragraph descriptive letter:
1. Introduce yourself – name, age, grade level, family background, hobbies...
2. Food or career focus
3. Thank you for coming, favorite part of the presentation

**Extension Activities:**
- Visit farmer’s market or produce market
- Visit restaurant or place where visiting chef works
Writing a Friendly Letter

Friendly letters have five parts:

1. **Heading**: The heading can include the writer’s address and the date. In casual, friendly letters an address is not necessary.

2. **Salutation** (greeting): This usually begins with *Dear_________.* The blank is for the name of the person to whom you are writing. After the person’s name you put a comma (,).

3. **Body**: The body of the letter is the information you are writing in your letter.

   **Remember to indent each new paragraph!**

4. **Closing**: In the closing the first word is capitalized and you put a comma after the last word. Some examples of closings are:
   - Sincerely,
   - Your friend,
   - Love,
   - Very truly yours,

5. **Signature**: This is your name, written in cursive writing. It goes under the closing.