

# Lisa Campbell- Graham Elementary

Grant/Project Title:

## **Eat Well, Be Well!**

### SUMMARY:

Teaching during the pandemic opened my eyes to what my students were eating while learning at home. Students' food choices were not the most healthiest. Students were eating fast food items such as milkshakes and ice cream for breakfast. Eating poorly has a negative effect on a student's learning performance.

The goal of Eat Well, Be Well! grant proposal is to provide hands on activities that promote healthy snacks and meal choices to enhance a healthy well-being for third graders now and into their adult life.

Each month students will experience a cooking class within their school day. Students will learn about the importance and benefits of healthy eating. Students will use their knowledge of reading and math to assist them in making a recipe. Students will be able to take this information and practice what they have learned in their own homes to share with their own families.

Students will receive their own cookbook and cooking set. The cookbook entitled *Cooking Class: 57 Fun Recipes Kids Will Love To Make (and Eat!)* by Deannea F. Cook will serve as our curriculum guide. Each chapter encompasses a pivotal aspect of cooking which the students will learn about. For example, the first chapter is entitled *Welcome To Cooking Class*. In this chapter, students learn about the different parts of the kitchen. Each student will also receive their own cooking set to use at home. The cooking set will include a mixing bowl, measuring cups and spoons, spoon, whisk, and spatula.

Students will take a field trip in the Spring, 2022, to the downtown Springfield Farmer's Market.

Students will also have the opportunity to experience a kid's cooking class with a real chef. Copper Pot Cooking Studio located at 916 W. Laurel offers cooking classes for kids (and adults). The chef will come to our school and give the students a cooking class. This would be a culminating event to be experienced at the end of the school year (May, 2022).