

Cooking With Children and Cooking at Home Web Sites

The following Web sites offer information on cooking with children in a classroom setting, as well as recipes for home cooks. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

Cooking With Children

Cooking with Kids

Cooking with Kids is an elementary school curriculum that teaches children about nutrition through cooking and food tasting lessons. Free downloads are available of the food tasting lessons for grades K through 6 (in English and Spanish). The Web site also sells a curriculum guide and other materials.

www.cookingwithkids.net/

Free tasting lessons: [http://cookingwithkids.net/What s Available/Free Downloads/index.html](http://cookingwithkids.net/What_s_Available/Free_Downloads/index.html)

The Edible Schoolyard

Located at the Martin Luther King Jr. Middle School in Berkeley, California, this organic gardening and cooking program lets students experience food production and preparation from seed to table. The Web site includes details about the program (which is supported by the Chez Panisse Foundation), classroom and garden lessons, and recipes.

www.edibleschoolyard.org

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

The Food Studies Institute

Food is Elementary

This Web site offers information on *Food is Elementary*, a multicultural curriculum that uses all the senses to instruct children about food and nutrition. The Web site also offers tips for initiating a food-based teaching program in schools, as well as tips for teachers.

www.foodstudies.org/

Team Nutrition, U.S. Department of Agriculture Food and Nutrition Information Center

Recipes and Menu Planning: Cooking with Kids

Team Nutrition's Healthy Meals Resource System Web site offers links to child-friendly recipes, cooking programs for children, and tips for cooking with children.

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=230&topic_id=1189

Cooking at Home

American Cancer Society

Recipes

The American Cancer Society Web site offers healthy recipes for entrees, desserts, and party foods.

www.cancer.org/docroot/PED/PED_3_2_Recipes.asp?sitearea=PED

American Institute for Cancer Research (AICR)

Recipe Corner

AICR is a nonprofit organization that sponsors research on diet and cancer. Its Web site provides information on the link between diet and cancer and on ways to reduce cancer risk. Its Web site provides healthy recipes featuring whole grains, fruits, and vegetables.

www.aicr.org/site/PageServer?pagename=dc_rc_home

New Hampshire Department of Education and Department of Health and Human Services

5 A Day Quantity Recipe Cookbook

This cookbook offers quantity-size and family-size recipes featuring fruits and vegetables.

www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf

School Nutrition Association

The School Nutrition Association Web site offers a recipe database for both quantity-size and family-size recipes.

<http://docs.schoolnutrition.org/recipes/>

Slow Food USA

Slow Food in Schools

Slow Food USA is a nonprofit organization that promotes a sustainable, high-quality, socially just and environmentally responsible food system. Resources available for schools include how-to guidelines on starting a Slow Food in Schools project (such as a farm to school program, a cooking and food tasting curriculum, or a school garden) and a PowerPoint presentation to use in educating the school community about a Slow Food in Schools project.

www.slowfoodusa.org/education/resources.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).