



# Let's Get Cookin'!

## Learning Connections

Connect to [Outdoor Education](#) and [Science & Technology](#) Curriculum:

- Pick a food(s) that the class will be using as part of the *Let's Get Cookin'*! program
  - Learn about how it gets from farm to table (in your backyard or in a commercial operation)
- How does it grow
  - Eating/preparing sweet peppers, tomatoes or fresh herbs? Bring a plan into the classroom. Or do a mini research project about how other foods grow.
  - Learn about the lifecycle of the plant.
  - Learn what you can do with the food.
- Seed saving
  - Use the sweet peppers or tomatoes you are preparing your recipe from.
  - Save the seeds and sprout them in the classroom.
  - Learn more about seed saving from your local library:
    - [Oxford County Public Library](#)
    - [Woodstock Public Library](#)
    - [Seeds of Diversity](#)
- Explore outdoor education areas and local nature areas, walking paths or parks
  - Pack a picnic (remember to keep cold foods cold and hot foods hot) and eat outside
- Plan a hypothetical garden for your backyard, patio or window
  - What would you grow and why?
- Environmental Awareness
  - Plan to bring your own plates/cups/utensils
  - Learn about composting (backyard, industrial, worms, etc.)

*Let's Get Cookin'!*

**Sw**  
SOUTHWESTERN  
Public Health  
Oxford • Elgin • St.Thomas

**ML**  
BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)



### Other Cross-Curricular Connections:

- Literacy:
  - Create a recipe of your own and tell a story about it
  - Tell a story about cooking or eating together or about a recipe or food
- Math:
  - Use your math skills to increase or decrease a recipe to make enough food for a certain number of people. Bonus: look up tips for increasing and decreasing recipes (some ingredients are better not doubled/tripled).

### Resources:

- Celebrate Great Big Crunch – usually promoted in March and October
  - [Coalition for Healthy School Food](#)
  - [Ontario Student Nutrition Program - Southwest Region](#)
- [Sustain Ontario Resource Library](#)
- Ontario Dietitians in Public Health
  - [Bright Bites](#)
  - [School Nutrition Resource](#)
- [Teach Food First: An Educator's Toolkit](#)
  - [Teaching and Talking to Students About Food and Nutrition \(PDF\)](#)
  - [Grade-Specific Examples for How to Use the Guiding Principles \(PDF\)](#)
  - [Lesson Plans and Activities for Teaching Canada's Food Guide](#)
  - [Traditional First Nation Foods Lesson Plan K-8](#): This toolkit provides resources developed with Indigenous leadership local to BC, traditional foods are land-based and there may be important differences in Ontario.

*Let's Get Cookin'!*

**Sw**  
SOUTHWESTERN  
Public Health  
Oxford • Elgin • St.Thomas

**ML**  
BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
www.healthunit.com