



# Before You Begin

## Frequently Asked Questions

1. What are the goals of the *Let's Get Cookin'* program?
  - The program aims to build confidence and skills in basic cooking and food handling, improve food literacy, and promote teamwork and social-emotional development through hands-on cooking experiences.
2. What should I do if a participant corrects my cooking techniques based on how they were taught at home?
  - It's important to acknowledge that there are often multiple correct methods for cooking.
  - In this program, we follow specific techniques for reasons such as safety, hygiene, and the varying experience levels of participants.
  - Encourage participants to appreciate the different methods and focus on learning the skills being taught in class.
3. How should I divide up participants into groups?
  - Ask about participants' level of experience in the kitchen.
  - We recommend splitting participants up into teams with mixed skill levels. This approach fosters peer learning and collaboration.
  - Set clear ground rules emphasizing respect and teamwork, so all participants feel valued and engaged.
4. What should I do if a participant is joking around with a knife in their hand?
  - Safety is our top priority. Remind the student of knife safety rules and speak with them privately about their behaviour.
  - If the issue persists, enlist the help of a leadership at your agency to ensure the safety of all participants.
5. What if I discover that I don't have all the necessary ingredients 5 minutes before a session?
  - Stay calm and assess the situation. Check if there are suitable substitutes for the missing ingredient or determine if the recipe can be modified.



- The experience of needing to adjust or adapt recipes can be good learning for the participants.
- If no alternatives are viable, you may need to skip that recipe for the session.

6. How can I support a student who is new to Canada and struggles with English?

- Use simple language and clear instructions when communicating.
- Pair the student with a buddy who can help translate, explain or demonstrate tasks.
- If necessary, you may ask them to observe during certain activities until they feel comfortable participating fully.

7. Why are meat-based recipes not included in the program?

- Handling meat safely requires specific food safety protocols that can be challenging to enforce in classroom settings.
- By focusing on vegetarian recipes, we ensure participant safety and reduce the pressure on facilitators to adhere to strict meat handling standards, plus the recipes are inclusive for vegetarians.

8. Why aren't there more desserts included in the program?

- The program focuses on teaching a variety of cooking skills and flavors without using an oven.
- Baking and many desserts typically require precise measurements and can leave less room for creativity and experimentation.
- The goals of Let's Get Cookin'! are to build confidence in cooking and fosters teamwork and innovation.

9. How can parents build on the program at home?

- Send copies of the recipes home. Encourage parents to ask their child about their experiences with the program. Participants are often excited to share what they've learned and practice cooking together at home.

10. What should I do if a participant has allergies or dietary restrictions?

- Before the program begins, gather information about any allergies or dietary restrictions. Review recipes to determine what needs adapted or adjusted. Often alternative ingredients or leaving an ingredient out may be an option. It is possible some recipes cannot be modified for all allergies.