

Sprouting Food Memories in Early Learning: From Garden to Culinary Arts in the Classroom

Chef Katrina Morkner, Early Childhood Nutrition Consultant

Questions to support teachers as they plan and implementing garden to culinary arts curriculum:

When thinking about the all school garden, tell me a little about...

- Which plants have been successful?
- Which plants didn't work at all?
- Which plants do you never tire of growing?
- Please describe any garden to table rituals that you already have in place.
- Please describe any garden to table rituals you wish you could create.

When thinking about hands-on cooking with the children, tell me a little bit about...

- Which cooking projects have been successful?
- Which cooking projects have not worked at all?
- Which cooking projects do you never tire of preparing?
- What concerns do you have about food allergies in your program?

When thinking about creating an integrated food curriculum that includes the garden, outdoor kitchen and/or hands-on cooking in the classroom, tell me a little more about...

- Do you have any personal or team goals for the garden and cooking program this year?
- Is there anything in particular you would like to have advice on related to integrated food curriculum?
- Is there anything else you believe is important for me to know to support you as we go through this creative process?

Tips on how I select recipes:

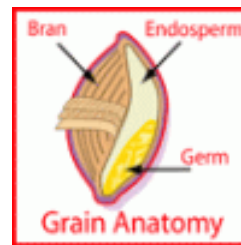
- Prepare only Nutrient-dense foods. These are the foods that contain the largest amount of nutrients with the least amount of calorie; such as fresh seasonal

fruits and vegetables, legumes, and whole grains.

- Recipes with simple preparation method such as a stir-fry in an electric wok with five ingredients.
- A small selection of the cookbooks I like are listed on my website. Most are available at your local library.

<http://www.chefkatrinamorkner.com/>

Some Important information about whole grains:



To be a whole grain food it must consist of the entire grain seed normally called the kernel. The kernel is composed of the bran, the germ and the endosperm. On the list of ingredients the

word "whole" or "whole grain" must appear before the grain ingredient's name. The whole grain must be the first ingredient listed to qualify as a whole grain food source.

A list of whole grains:

Amaranth; Barley; Buckwheat; Corn, including whole cornmeal & popcorn; Millet; Oats, including oatmeal; Quinoa; Rice, both brown rice and colored rice; Rye; Sorghum (also called milo); Teff; Tricale; Wheat, including varieties such as spelt, emmer, faro, einkorn, Kamut, durum and forms such as bulgur, cracked wheat and wheat berries; Wild rice

Tips on how to find picture books to support food curriculum:

- My website has a small sample of some of my favorites. And I invite you to visit it and take a look you may find what your looking for there.

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- Public Library is my first choice when trying to find new picture books. I search by key word. For example: “cauliflower” got me *The Trouble with Cauliflower* a wonderful picture book I love. The children’s librarian is a valuable resource as well. I often consult with them when I’m looking for something and I am always surprised by what they come up with!
- Amazon is easy to use and I always begin on the Children’s Books Home page. I search by keyword and when I typed in “corn” I found the book *Corn is Maze* one of my favorites!

10 Best Ways that Educators and Families Can Give Children the Life Skill of Healthy Eating

1. Write and implement a Nutrition Policy.
2. Create a food committee of families, teachers, administrators, and community members to help support this process.
3. Implement nutrient-dense menus.
4. Build food links by putting a face on your food; bring the school garden and farmers into the classroom.
5. Make literature links to the garden, farmers, farms, and orchards where food is grown.
6. Create food rituals in the classroom.
7. Cook nutrient-dense foods with children.
8. Foster taste memories for your young learners by eating locally and seasonally.
9. Offer opportunities for larger community involvement with families, cooking with children in the classroom or holding their own cooking classes to learn about healthy foods.
10. Build a larger community by becoming a Community Supported Agriculture drop off location.

Websites I like:

Chef Katrina Morkner

<http://www.chefkatrinamorkner.com/>

The Great Sunflower Project

<https://www.greatsunflower.org/>

Trees of Antiquity

<http://www.treesofantiquity.com/>

Renee’s Garden

<http://www.reneesgarden.com/>

Seeds of Change

<http://www.seedsofchange.com/>

Life Labs

<http://www.lifelab.org/>

Life Labs YouTube Cannel

<https://www.youtube.com/user/lifelabvideos>

Acorn Naturalists

<http://www.acornnaturalists.com/>

Organic Gardening

<http://www.organicgardening.com/>

Banana Slug String Band

<http://www.bananaslugstringband.com/>

Favorite Game—to Duck, Duck, Goose
Sprout, Sprout, Grow

Favorite Song to sing with children—sung to the tune of Down by the Station. I like to ask the children to each pick a vegetable and we sing this until everyone has had a turn to have their choice sung. Or you could be an orchard and pick fruits!

It goes like this:

Out in the garden early in the morning

See the little _____ (insert vegetable name here example: radishes) all in a row

See the happy children going out to pick them

Pick, pick, pick, pick off they go.

Favorite Song to rock out and dance to with preschoolers!

All the Veggie Ladies

Sung by Super Sprowtz

<https://www.youtube.com/watch?v=70pk10k6dSU>

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