

Value of Food

At-Home, grades 4-6



The Big Idea

In class, students learned how professional chefs add value to their food through creative plating techniques. Now they will put them to use in your household.

Help your Growing Chef by selecting a meal that they can help prepare and plate for all attendees.

Resources for Grown Ups:

- Growing Chefs! Ontario Youtube Channel
- The GCO Youtube channel has a variety of instructional recipe videos for children. Encourage the young chefs to, where they can, try some of the recipes and take pictures to share what their creations. If students are making their own food, encourage them to think about how the value of the food changes for them.

Plate Like a Chef

Activity Description:

- Discuss the components of the meal or dish so your Growing Chef knows what they are working with
- Next, your Growing Chef will prepare a “chef’s sketch” of what the finished plate will look like on a scrap piece of paper. This will act as the plan for their plating experience.
- Next, prepare the meal. Involve your Growing Chef as much as possible in the meal preparation
- Work with your Growing Chef to plate the meal according to their sketch. While working with your Growing Chef, use some of the *Digging Deeper* questions below to start a conversation about the value of food and how we add value to our food
- Take a photo to share with their teacher and enjoy the meal!

Digging Deeper

During this activity, ask your Growing Chef:

- What gives value to our food?
- How can we add value to our food every day?
- How do we already add value to our food without even realizing it?

Deliverables

- Students will submit a photo(s) to their teacher of their plated dish!