

Value of Food

At Home, grades 7-8



The Big Idea

In class, students researched a culturally significant tradition or celebration that where food plays a large role. Now they experiment with making one or more of these foods at home!

Help your Growing Chef by selecting a meal that the young growing chef can help prepare and plate for all who will be attending.

Resources for Grown Ups:

If your growing chef would like more inspiration on ways to plate their dish, they can check out:

- <https://www.youtube.com/watch?v=ePdOZIFHYXU> (skip the first 50 seconds)
- <https://www.youtube.com/watch?v=OhBOyjqgbUE>

Plate Like a Chef

Time: variable

Activity Description:

- To begin, discuss what the meal is and list all the components.
- 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.
- Prepare the meal. Involve your Growing Chef if possible in the meal preparation.
- Work with your Growing Chef to plate the meal according the 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.
- Enjoy your meal! Be sure to take picture of your Growing Chef’s creation to share with their teacher.

Digging Deeper

During this activity, ask your Growing Chef:

- How does food add value to celebrations and traditions?
- Is some food prepared only at specific times of the year?
- Is this dish we made tonight important for a celebration or tradition?

Deliverables

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