



BEDP Cooking Classes!

Learn how to cook in BEDP!! Cooking is fun and a great way to learn many subjects such as: science, math, history, and different cultures.

How it works: *Each month has a theme and each class focuses on a lesson that teaches a concept of a topic within that theme. For example, October is Breakfast food month and the topic is “basic cooking skills” each class will have a lesson that emphasizes a basic cooking skill: how to crack an egg, properly use a knife, heat safety, etc.*

A schedule of cooking dates will be posted for the month with the cooking project for each date at the beginning of the month. Children need to sign up in advance for cooking projects they are interested in participating. At the beginning of each month, a large cooking bulletin board on a tripod is put out in the cafeteria that contains all the information for each cooking class offered that month: A calendar with cooking dates and projects for the month, recipes for each project, and sign-up sheets for each class. Sign-up sheets for each individual class will be put out again 1-2 days ahead of the class to give children an additional chance to sign up. The same class may be offered more than once if enough children want to participate and cannot get in one class. The cooking calendar and recipes for each month will also be posted on the BEDP website ahead of time.

On the Day of Class:

Students who signed up will be assigned to cooking groups. A list will be posted on the tripod with the group each child is assigned to and the time the group should come over to the cooking table. If their time falls during their gym time or outside time they should not go to the gym or outside and stay in the cafeteria and be available to cook. Group leaders will have lists of their children who are signed up to cook and can help the child figure out what activities are taking place during their cooking time and remind the child to stay inside or not go to gym etc. However, children will be expected to remember their cooking time and be available for cooking when it is their turn. It is not always possible for cooking staff to seek out the children at their group time.

Older students in BEDP, 4th graders, have the opportunity to serve as helpers for each class where they get to act as Joanne’s assistant teachers for the class by doing the actual cooking (supervised by Joanne) measuring ingredients for younger children, helping younger children with tasks that may be difficult such as cracking an egg, or cutting with a knife. Helpers for each class must also sign up

ahead of time on the sign- up sheet and be willing to honor their commitment. They should not drop out in the middle of class or decide to do something else at the last minute on the day of cooking.

Things to Keep in Mind

- *Before signing up the child must make sure the class is offered on a day that he or she comes to BEDP.*
- *children who go to after school enrichments should not sign for a cooking class that falls on the same day they have enrichment.*
- *Children who have homework club on a day they signed up for cooking may go to homework club after they cook. Unless their parents state it is mandatory for homework to be done first. In this case depending on time the child may not get a chance to cook that day.*

- *If your child is going to be picked up before 4pm on a cooking day, it may be best for them to reschedule to another class offered in the month where they are in BEDP for a longer time. Food is typically ready between 4:45 and 5pm.*