TEACHING AT-RISK YOUTH TO COOK

Sheila Crye, Chef/Instructor, Young Chefs

Experts Are In Session

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IACP San Francisco
EXCEL BEYOND THE BELL

• Excel Beyond the Bell offers a dozen programs at 5 middle schools
• The Montgomery County Collaboration Council for Children, Youth and Families (the local management board), public schools and county recreation department are partners
• Students receive an at-risk after-school supper and have “Chill Time” for an hour before programs begin
• Funding comes from the local management board or recreation department
• Families do not pay
• The goal is to provide a safe, structured, positive youth development environment during after-school hours, when unsupervised young people can get into trouble
• Programs meet once a week for 90 minutes, 8-10 meetings per session, 3 sessions each school year
• Activity buses take youths home at 5:15 p.m.
CHALLENGES

• Getting to know each youth by name
• Some youth are more interested in playing and eating than in cooking
• Without a structure to guide them, some youth will bully or tease others
• Finding a fair way to divide the clean-up duties
LEARN NAMES QUICKLY BY TAKING PHOTOS OF YOUTH WEARING NAME TAGS
Precious Battle
HAVE YOUTH MAKE THEIR GROUND RULES ON THE FIRST DAY TO CREATE A SAFE ENVIRONMENT

Our ground rules

- No play with knives
- Respect responsibility
- Wash hands
- Follow directions
- Participate
- Indoor's = Voice
- Don't make a mess
- Be careful near hot things
- No talking while others are listening to the chef

Writing by: [Name]

[Handwritten list of ground rules]
PROVIDE CRAFT ACTIVITIES RELATED TO COOKING
CULTURAL DIFFERENCES CAN CREATE CONFLICT
KIDS NEED TO LEARN TO WASH WITH A SMALL AMOUNT OF DETERGENT AND WARM WATER, SCRUBBING, NOT JUST RINSING
HAVE STUDENT CHEFS ASSIGN SMALL GROUP MEMBERS TO CLEAN UP DURING THE COOKING PROCESS AND KEEP A WEEKLY CHECKLIST
MENU PLANNING: PROVIDE YOUTH VOICE AND CHOICE

- Young people write down the names of dishes they would like to prepare on sticky notes and paste them on posters labeled with the food groups.
- Preferences are compiled into a survey.
- Youths choose one dish that they would most like to prepare from each food group.
- Menus are chosen from the resulting popular vote, aligning with the My Plate icon.
- Healthier adaptations of favorite foods:
  - Fettuccine Alfredo from Cooking Light
  - “Oven-fried” rather than deep fried
  - Desserts in the context of calories and portion size
BUILD YOUTH LEADERSHIP INTO THE PROGRAM

• At the end of each session, young people can try out for the job of Student Chef Assistant
• Criteria: skills, knowledge and attitude

• Functions:
  • Help to set up and break down
  • Guide club members to learn new skills
  • Be a good example

• Rewards
  • Student Service Learning hours
  • A chef jacket at the end of the session
STEAMED OR SAUTÉED DUMPLINGS TO CELEBRATE CHINESE NEW YEAR
JAMAICAN JERK SLIDERS
FROZEN FRUIT SMOOTHIES
LOUISIANA SWEET POTATO HASH
WHAT ARE WE MAKING TODAY? AN OUTLINE GUIDES MEETING FLOW

Jan. 28, 29-31
SUPER SHRIMP STIR-FRY & ITALIAN STUFFED PEACHES

* Planning ahead - you choose:
  - Visit a restaurant
  - Clemente cook-off
ZE-BOT INTRODUCES FOOD BLOGGING AS REFLECTION

• Ze-Bot may look like a zebra, but he’s an alien from Planet Doof, which is “food” spelled backwards

• See “Gumbo Ya Ya” under Kids Food Blogging on foodbackwards.com

• IACP Kids Digital DIY Kitchen project
FIELD TRIP TO A GROCERY STORE

- Produce manager gave a talk about seasonal fruits and vegetables and how to choose for ripeness

- Scavenger hunt to find:
  - The number of varieties of different fruits and vegetables and how to pick the best value
  - Nutrition labels and how to analyze them
  - Sell by and use by expiration dates
  - Non-perishable ingredients for the next week’s meeting
CHOCOLATE-DIPPED STRAWBERRIES FOR VALENTINES DAY
INDIVIDUAL PIZZAS AND CAESAR SALAD
KNIFE SKILLS ARE FUNDAMENTAL
VEGETABLE SOUPS PROVIDE GOOD PRACTICE FOR KNIFE SKILLS
JULIENNE CARROTS FOR SUSHI
SAUTÉED BROCCOLI WITH GARLIC
OVEN-BAKED CHICKEN DRUMSTICKS
SOUTHERN CORN BREAD
APPLE PIE
MEATLOAF WITH MASHED POTATOES AND SPINACH
HAPPINESS IS CHOCOLATE TAPIOCA PUDDING
DISABLED YOUTH CAN BE ACCOMMODATED
RECIPES DETERMINE THE SKILLS THAT ARE LEARNED
STRAWBERRY OMELET
CHOOSE EXPERIENCED SUBSTITUTE COOKING TEACHERS
MANY MIDDLE SCHOOL YOUTH HAVE NEVER USED A VEGETABLE PEELER
PREPPING COLLARDS FOR CALDO AUGUSTINO
CHEESE BISCUITS USING HALF WHITE WHOLE WHEAT FLOUR
TASTING AT THE TABLE CREATES A SPACE TO PRACTICE THE SOCIAL ASPECTS OF DINING
YOUNG CHEFS, INC.

Sheila Crye

crye4@aol.com

301-512-8631