



*The
Rosebud
Club*

Social & Life Skills Lessons
for Girls ages 5-10

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Lesson 05

Understanding Cooking Basics

www.ingoodcompanyetiquette.com

Purpose

This session introduces the joy of cooking and the pride of exerting care and attention to cooking. We'll look at some old and new cookbooks and start personal favorite's recipe journal.

Objectives

By the end of the session, girls will be able to:

- ❖ Talk about the joy of cooking at home.
- ❖ Discuss the importance of healthy food and safety kitchen practices.
- ❖ Collect and categorize their favorite recipes.

Materials needed:

- ❖ Stationery, scissors, crayons – anything girls can use to decorate their journals.
- ❖ Little journals for pasting recipes.
- ❖ Recipe books – old and new with child friendly recipes and pictures.
- ❖ Picture of a food pyramid from an approved source (optional).

Sample Session Schedule:

- 10 minutes: Welcome, check in and set objectives
- 15 minutes: Discussion: What are your favorite foods? Whose cooking did you enjoy the most and why?
- 10 Minutes: Facilitator talk: Home cooking and health, safety in the kitchen, what makes good food interesting to eat? Talk about the food pyramid and healthy eating habits is optional.
- 15 Minutes: Break
- 20 Minutes: Making a recipe journal activity. Children cut out favorite recipes, categorize and paste them in the journal
- 10 Minutes: Sharing and wrap up

Sample Script for Facilitator:

Welcome to Day 5 of our Rosebud club! Today we are going to talk about your favorite foods, why it's important to enjoy home cooked food, safety in the kitchen and how you can collect and categorize recipes that you can enjoy making with your loved ones.

Cooking at home helps us provide healthy good food to our family and friends. Cooking at home also helps us save money! We get to choose clean fresh ingredients that we can cook and serve with care without having to pay someone else for it. Cooking with family and friends can also be great fun; all we need to do is plan well and ensure we are careful.

Here are some simple tips for cooking safely. Make sure the oven and stove are switched off after you finish. Handle knives and other equipment safely with adult supervision. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate. Never add water to a pan that has hot oil in it. It could make the oil splatter and burn someone. Ask adults at home about other safe kitchen practices.

You can cook a healthy meal by combining foods from the food pyramid. Make your food platter colorful and healthy by adding green, orange and red vegetables. A healthy meal is one that combines whole grain, fruits, vegetables, and meats in the right quantities. Let us now look at some recipes and choose what is easy to make, healthy and delicious to enjoy with our loved ones for our collection. Remember when you cook, you are providing your family with love, care and good health along with good food!

Facilitator Tips

- ❖ Ask questions to activate memories of home food, maybe mom's or grandmother's cooking.
- ❖ Ensure the concept of safe kitchen practices is clear.
- ❖ Invoke happy thoughts of cooking with loved ones and sharing a healthy meal.

References

<http://www.has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf>

In Good Company Etiquette also distributes the following training kits (electronic), please visit www.civilitystore.com to order:

- Move Over Martha Stewart: Social Polish without the Pressure to be Perfect
- Executive Finishing School- Social Competence for Professionals
- Every Girl Can Confidence Camp - Ages 8-11
- Mr. Nice Guy: Social Smarts for Young Men Ages 8-13
- Courtesy Camp for Boys and Girls ages 5-8
- Real Beauty Boot Camp - Young Women ages 12-15
- Finishing School for Young Women Ages 14-16
- On the Move- Leadership, Character & Collaboration Program for Youth ages 16-25
- Boost Your Social IQ - Adult
- Manners on the Menu - Dining for all Ages



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