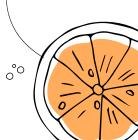


Planning a Food Literacy Session





Tips and Tricks

- → Use the Mise en Place resource to assist with setup and planning.
- → Smaller "work" groups allow more participants to practice similar skills.
- Consider cutting recipes in half and prepared by two groups, to allow for skill development without preparing a ton of food.
- The total recipes prepared can be based on time allotted, skill level and size of group.
- -- Choose recipes that align with goals, available equipment and space.

Session goal(s) The primary goal of food literacy programming is to build skills, not just prepare a meal. Goals Example: Increase knife skills.	Equipment	
Teaching points Example: How to safely cut an onion.	Ingredients Ingredients to purchase:	
Recipes	Ingredients on hand:	

Timing of tasks	Considerations	
Example: Chopping vegetables, preparing vinaigrette.	Example: Number of participants, allergies, age, culture, medical conditions, accessibility, food and kitchen safety.	
Notes		
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