



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.

Teaching points

Example: How to safely cut an onion.

Recipes

Equipment

Ingredients

Ingredients to purchase:

Ingredients on hand:



Timing of tasks

Example: Chopping vegetables, preparing vinaigrette.

Considerations

Example: Number of participants, allergies, age, culture, medical conditions, accessibility, food and kitchen safety.

Notes

