



COOKSMART

BUILDING KITCHEN CONFIDENCE

COOKSMART is a fun, hands-on, curriculum-based cooking program designed to engage students in cooking basics and healthy choices.

The **COOKSMART** program:

- ▶ teaches age-appropriate kitchen skills
- ▶ broadens vegetable and fruit preferences and attitudes toward food
- ▶ builds kitchen confidence and inspiration for meal preparation
- ▶ provides teachers with curriculum-based activities that use fresh food preparation as the basis for math, language, science, health and more

To learn more, visit www.cooksmart.ca



Why COOKSMART?

- 70% of Canadian kids eat less than five fruits and vegetables a day*
- 25% of Canadians have diabetes or pre-diabetes, increasingly at younger ages**
- Obesity rates tripled in 30 years with 1 in 3 children identified as over-weight or obese***

*StatsCan : Fruit & Vegetable Consumption 2014
CDA 2015; *StatsCan: Mean BMI of Children 2011



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COOKSMART is a hands-on, curriculum-based cooking program – for students from kindergarten to grade 6 – designed to build kitchen confidence and help kids learn how to make healthy meal and snack choices – at school.

Focusing on a variety of fresh vegetables and fruits, students prepare, enjoy and clean-up all while learning and practicing kitchen safety in a group environment. At the end of each session, teachers are provided math and curriculum resources based on the COOKSMART experience, and students are encouraged to share their new skills at home.

COOKSMART workshops accommodate between six and 24 students and include:



- Two-hour, grade specific lesson, led by certified COOKSMART instructor
- Age appropriate techniques for simple cooking, clean-up and kitchen safety
- Real-world applications for math, health, science, social studies, reading and writing
- Online resources available for teachers, students and parents
- Focus on increasing daily vegetables and fruits
- Nut-free program. All special diets and allergies accommodated.

COOKSMART is available as a single event or in a series of five or ten workshops throughout the Greater Toronto Area. Multi-session events finish with a Cooking Challenge to engage students' creativity and teamwork.

For more information or to book a workshop, visit COOKSMART.CA, email info@cooksmart.ca or contact Kathy Stewart at 647-894-2086.