



Cooking Green Across America – Winter Season

Post-Viewing Discussion Guide

After viewing *Cooks for Kids: Cooking Green Across America* participants will be able to:

1. Describe techniques used by culinary professionals to produce high-quality school dishes that are flavorful, nutritious, and appealing.
2. Demonstrate tactics used by school nutrition personnel in incorporating local products as part of healthy school meals.
3. Demonstrate tactics used to increase the consumption of fruits, vegetables, whole grains, and lean meats by students.

Discussion Questions:

1. What ingredients and techniques were used by culinary professionals in the school and in the recipe demonstrations to prepare healthful dishes.

2. How could you use these ingredients and techniques to make meals more nutritious and appealing to students at your school?

3. Why should schools include more beans, vegetables, whole grain products, and fruits in the school menus?

4. What produce is available locally during the winter that could be on the menu at your school?

5. What steps would you need to take to purchase more local products?

6. What would a school garden add to your school?

7. Who would you include on a school garden committee?

8. What are some ways that you could involve parents and teachers in emphasizing the importance of healthy eating with children?
