



**Kitchen teachers:**

Megan Brummer - (504) 352-2395

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Here is a brief summary of what your **primary school** students will be learning in the ESY Kitchen this year. Although we are excited to teach our curriculum, and feel that it will benefit your students in all areas of learning, we are also happy to help you use the kitchen to drive your own units home!

**Pre-K: The Five Steps of Tasting** - In this class, pre-kindergartners learn how to look at, smell, touch, taste, and describe their foods, so that they become more comfortable trying new things and communicating about what they experience with their senses. This class is particularly experiential -- so expect some quinoa in students' hair and flour on their sleeves!

*Experiences/field trips: Field trip to Rouse's (Dec.)*

**Kindergarten: Food ABCs** - Kindergartners will eat their way through the alphabet, learning about Cajun food, honey, Jamaica, zucchini... and so many other things in between! We continue using the steps of tasting, and practice setting the table, cleaning up after ourselves, and using kind language.

*Experiences/field trips: I is for Ice Cream at Creole Creamery (Jan.)*

**1st grade: Food is Fuel/MyPlate** - In 1st grade, we discover that food gives us the energy and nutrients needed to play, learn, and stay healthy. We explore each of the five food groups, and what each does for our bodies. The class culminates with a student-chosen MyPlate meal.

*Experiences/field trips: Manners, turtles, and pancake breakfast at Brennan's (Sept.)*

**2nd grade: Seed-to-table** - We are changing our curriculum for 2nd grade this year, and going back to our roots with a class about eating from seed-to-table. We will still learn that eating a rainbow of fruits and vegetables is the best way to keep our bodies healthy, but we will also explore HOW those nutritious foods end up on our plates.

*Experiences/field trips: TBD*

**3rd grade: The history of New Orleans Through Food** - 3rd graders make some pretty impressive food in their first year on the stove, as they learn about all of the groups that have contributed to New Orleans' "Gumbo pot of culture." Expect some etouffee, jambalaya, gumbo, and rabbit stew leftovers! In this class we also prepare students to go to the market and work with chefs in their Market to Table experience.

*Experiences/field trips: Market to Table (Oct.); French Quarter food & walking tour (Dec.); Because of Winn-Dixie tea party; Chinese New Year and Cinco de Mayo celebrations*

**4th grade: A Food Truck Road Trip Through the USA** - In 4th grade we hop on board our very own "food truck," traveling from region to region to find out what people there like to eat -- and why. And then, we make it ourselves! After we've seen the whole country, we decide what dishes we liked best, and "sell" them to the 3rd graders.

*Experiences/field trips: Food truck (May); Medieval Feast*



### Kitchen teachers:

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Here is a brief summary of what your **middle school** students will be learning in the ESY Kitchen this year. Although we are excited to teach our curriculum, and feel that it will benefit your students in all areas of learning, we are more than happy to help you use the kitchen to drive your own units home!

**5th grade: Food Rules** - "Eat real food. Not too much. Mostly plants." Using the framework of these "Food Rules" from Michael Pollan, we learn how to decode food advertising and nutrition labels, cook nutritious versions of corner store snacks, make vegetables taste delicious, and experience a satsuma, eaten mindfully. Ultimately, this unit will empower students to use their own agency to make healthy choices about the food they eat.

*Experiences/Field trips: Healthy snack pop-up (March)*

**6th grade: 10 Things Every Great Chef Knows** - We really just get down to cooking in 6th grade (with a little math and science thrown in). We bake, preserve foods, cook with heat, and make some mother sauces, all while learning how to read recipes, properly measure, and begin to observe physical and chemical changes in the kitchen.

*Experiences/Field trips: NOCCA field trip (May)*

**7th grade: Are You Ready to Be an Iron Chef?** - Iron Chef is on the horizon (in the spring, this year), so we want to make sure 7th graders are ready to hold their own with professional chefs. This class is all about becoming familiar with flavors, textures, and techniques, and learning how to balance them in a winning dish. Students create and cook their own recipes for tacos, yogurt parfaits, sandwiches, curry, and more -- and also learn how to eloquently describe what they've cooked, so they're ready for the judge's table.

*Experiences/Field trips: Iron Chef (April)*

**8th grade: Salt, Fat, Acid, Heat/Restaurant Green** - First quarter 8th grade kitchen students will delve deep into the four building blocks of cooking -- salt, fat, acid and heat. Students will discover that using these components correctly and in balance means never needing a recipe again. In this unit, we review terms like osmosis, diffusion, denaturing, and pH. In third quarter, the kitchen elective will be devoted largely to Restaurant Green. Students will choose and recipe-test a menu, prep all of the food, and then cook and serve their dishes at a full-service, sit-down restaurant in the Green ESY Kitchen.

*Experiences/Field trips: Bearcat Cafe field trip (Jan.); Restaurant Green (Feb.)*