

# Cooking and Gardening Enrichment

What is Enrichment program? Enrichment program is designed to provide challenging, thought provoking activities for all students. Here at YPW we see our students blossom into learning Spanish in every aspect of Education. To be able to provide our Lead Teachers the opportunity to have planning time, we designated Enrichment activities a few times out the week with a Well Qualified Teacher, that Will strive and maintain our students Fun of learning through activities that do what an Enrichment program should do. While still maintaining the full Spanish immersion.

Why cooking and gardening you may ask? Have you ever noticed that kids tend not to want to try new things? Perhaps it is the texture, their taste buds or even that they did not choose or have anything to do with it. Well, Cooking and Gardening have many good aspects and qualities of learning various kinds of studies such as science, social and geographical studies including but not limited to Key connections of content areas and domains of studies and development. It also helps to reinforce daily knowledge.

**Key connection Content Areas:** Mathematics, Science, Social studies, Literacy and Arts

**Developmental Domain Areas:** Social-emotional, Physical, Cognitive, and Language.

Incorporating simple cooking activities into the curriculum is a Natural connection and an important next step in reconnecting students with where their foods come from. Giving the students an opportunity to gain ownership in what they grow. This will also encourage them to want to try what they also cooked.

In the Enrichment Activities Cooking and Gardening Binder you will find a wide range of Ideas and activities. From cooking recipe cards with ingredients needed and directions on how to make or prepare for it, books to read, discussion ideas, follow up ideas, Newsletter information, Art and crafts and objectives or goals that children can gain from this enrichment learning experience.

For any enrichment program teacher, we should review the material provided from the books, binders, handouts and more. We should learn about what we are teaching and technique and strategies on how to teach it.

Reviewing and using the material.....

- Table of Contents: with the wide range of vegetables and fruits to learn about (the Enrichment program for cooking and Gardening Will go in order of what the table of contents order is unless weather does not permit for that item to be planted at this time.) pg.45
- Includes strategies for Gardening with children pg.31 which tells you how to plan/prepare and set up gardening area as well as take care of it, the Plant list for Gardens pg. 33-38, cooking with Preschool children pg.39-41, Cooking abilities pg. 42-43 which lets you know what age is and developmentally appropriate for children of various ages.

**Important Titles of Handouts/Pages to look out for.**

(Please keep in mind of the Month located at times in the top right corner)

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- Preschool Lessons: is for an activity to use with the students
- This week in the Garden Preschool: Are ideas to share with the teachers of the class or even during the enrichment program time.
- Farm to school Goes home: Are cooking or Gardening activities that the parent can do at home to follow up with what the child has learned. This can be made a copy of or even placed in the school Newsletter.

## **Important thoughts for Success in an Enrichment program planning:**

Always keep in mind these important ideas to ensure success not only in the students but also in the Teacher.

- Is this activity age or developmentally appropriate?
- Did this activity function well? Or not? To remember for the following school year.
- How can I be prepared? Possibly Reading or studying up on the material, preparing the material beforehand this includes buying the supplies beforehand, teaching the kids how to use the material properly as well as allowing them to use the material while exploring it on their own. Making sure to show the parents what great activities and learning their child has done through tadpoles with pictures and message. And adapting the material to the needs of the kids.

In the binder there are various helping tips on when its best to plant certain fruits or vegetables. I also enclosed a very informative information about planting/Gardening in Texas provided by the

<https://agrillifeextension.tamu.edu/browse/featured-solutions/gardening-landscaping/fall-vegetable-gardening-guide-for-texas/>

The handouts show various important dates of when it is recommended to grow/plant certain fruits/vegetables and which area/region, included is a map of Texas with the various regions, and included is planting and harvesting techniques.

## **Important thoughts for success in gardening:**

- Learn about how to begin the planting Garden
- Will this activity be age and developmentally appropriate for the children?
- What kind of Garden material and supplies will we need.
- What is the term/vocabulary for this?

Why is Gardening beneficial for children? Well though gardening seems like a lot of trouble it isn't. Gardening can Benefit children in many ways including to their brain body and soul. How does it help their brain? Well since gardening may use a myriad of scientific concepts....children will ask a lot of questions which allows teachers to go into various topics such as weather/climate, earth, Dirt/soil,

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water cycle and so much more. Gardening is beneficial to their body because it allows the students learn about the health and nutrition part of fruits, vegetables and their body. Growing them for themselves will make the students take pride and want to try new things which will then Benefit their body of eating notoriously, going outside and getting fresh air and sunlight, as well as maintaining the garden to work their body physically. In a time of electronics, kids need moments for meaningful connection. Time in the garden allows for team building and promotes communication skills. Planning a garden, planting the seeds and watching them grow give kids a sense of purpose and responsibility. Making sure that the plants get enough fertilizer, water and sun fosters mindfulness. The concepts learned while gardening, like composting food scraps for fertilizer or using gathered rainwater, can show kids a deep respect and responsibility for taking care of our planet.

Many studies have shown that when children have contact with soil during activities like digging and planting, they have improved moods, better learning experiences and decreased anxiety. Most important, the self-esteem a child gets from eating a perfect cucumber that he grew himself is priceless. Don't be afraid to allow the children to explore and get a Little messy. Children learn through play and fun which makes it interesting to them. Engage with the children trying the new dish, singing songs, changing the tone of voice for the story or allowing the child to lead every once and a while.

## **Important thought for success in cooking:**

- Make sure you prepare your supplies ahead of time
- Make sure you know what you're cooking and that it is age and developmentally appropriate for your students.
- Allow the children time to explore and learn about the proper techniques in using the material
- Never force the children to do anything and if something does not work try something else. Always have a backup plan.

## **Why cooking is beneficial to children:**

Children learn by touching, tasting, feeling, smelling, and listening. Children love activities in the kitchen because they can use all benefits of cooking with five senses. There are many ways to get kids involved in cooking. They can help prepare food and cook. Cooking provides kids with practical experiences that help them use essential skills such as reading, following directions, and measuring. Getting involved in cooking helps your child to develop fine motor skills, eye hand coordination, and even early concepts of math and science. There are just so many great benefits to cooking with kids.

Finally, cooking with kids is great time to socialize with teachers and peers also helps include their families. It is an opportunity to meal plan, look for recipes and share ideas on why and how to make meals healthier for the whole school.

So, let's get started.