

Children's Eco Programs – Cooking & Health

Environmental Education School Programs - Little tummies in the Kitchen

Our hands-on programs are based on the Ontario Curriculum Guidelines and educational activities used can include:

Harvesting & Estimating Volume, Food Mapping, Safe Kitchen Practices Including Knife Handling, Vegetable & Fruit Identification, Measuring Using Fractions and Metric Measurements, plus Sensory Activities

Program Availability: Fall, Winter and Spring

All of our environmental education programs are developed to meet curriculum expectations and immerse students in the wonders of nature found within the City of Toronto. All programs can be adjusted to meet individual class needs and accessibility issues. For registration and location information, please see reverse.

JK/SK: Little Chefs

Work together to create a tasty, healthy snack filled with veggies and/or fruit. Learn about measuring, counting and quantities of ingredients while being safe in the kitchen.

Grade 1: You Are What You Eat!

Investigate how fruits and veggies help a body grow. Learn about food groups and bake a healthy snack that helps to introduce students to fractions and measurement.

Grade 2: A Bowl Full of Fractions

Baking is a great way to review fractions! Bake a healthy snack and discuss family celebrations and food.

Grade 3: Choose Veggies

Learn the origins and nutritional value of many common fruits and veggies. Discuss different foods from different cultures. Find out the environmental impact of traditional farming vs. organic farming.

Grade 4: Veggies and Your Health

What nutrients are important for a healthy body? Students can learn how to make healthy food choices. Measure ingredients and the foods you prepare.

Grade 5: Just the Facts

Learn about food labels and nutrition facts. How does the media affect what we eat? Record and measure different aspects of the nutritional content of food and the recipe being made.

Grade 6: Metric Measurements

And other tales of baking adventures. Use metric measures to make a recipe. What influences healthy eating and what are the benefits of healthy eating and an active lifestyle?



Grade 7/8: Dinner Detectives – Clue

How junk food can make you sick and real food can make you healthy. Discover what nutrients are important and what the best way is to introduce them into your daily routine. “Who made those healthy strong bones? It was the calcium in the soup with the broccoli!”



Program Registration

Programs are approximately two hours in length and can be booked for either a morning or afternoon session. Make it a full-day program by pairing it with a Nature & Hiking or Organic Garden program. Nature and Cooking programs can be booked throughout the fall, winter and spring (please see our Nature & Hiking or Organic Gardening Program Brochures for more information).

- **Half-day cooking program cost is \$7.50/student.**
- **Half-day garden or nature program is \$6/student**
- **Full-day garden and nature program cost is \$11/student.**
- **Full-day garden/nature and cooking program cost is \$12.50/student.**
- **Teachers and parent volunteers attend free of charge.**

A minimum of 10 students is required (or minimum program fee is \$60.00) and a maximum of 30 students can be accommodated in one program.

For more information, or to register your class, please contact Keely Forth at 416-392-1329 or e-mail kidsgrow@toronto.ca

Program Location

High Park Children’s Garden

We encourage all groups to take the TTC or walk/bike to our location. High Park is conveniently located along 3 major TTC transit lines and is a wonderful natural area to walk through.

The Children’s Garden is located at the south end of High Park just north of the Colborne Lodge Rd. and the Queensway entrance.

The 501 Queen Streetcar is the closest TTC Route but High Park is also accessible through the Bloor Subway line and the 506 College Streetcar. Parking is available at the Grenadier Restaurant. For more information and directions inside the Park check out our website.

