



Cooking with Kids - for Teachers

Bring food literacy activities to your school! An awesome way to help kids learn about fruits and vegetables is to get them cooking.

Using our [“Your Sandwich Can Save the World”](#) curriculum, we teach kids about the foods that can help them grow big and strong. By following a recipe, kids learn about fruits and vegetables and their nutritional value. They also get to try foods they may not have tasted before.



Here are fun, easy & healthy recipes written for the classroom:

[Sunflower Seed Butter & Apple Slices](#)

[Simple Guacamole](#)

[Bean Burrito](#)

[Minted Watermelon & Cucumber Salad](#)

Possible topics for discussion:

1. What is an example of a healthy fruit and/or vegetable?
2. What is the difference between fruits and vegetables?
3. What fruits and vegetables grow in each season?
4. How does fiber help our bodies?
5. What is an example of a food that has fiber?
6. How do carbohydrates help our bodies?
7. What foods contain carbohydrates?

<http://foodliteracycenter.org/>