

Every Kid C.A.N. (*Culinary Awareness Now*)



A Curriculum developed in collaboration with National Institutes of Health
For use with **We Can!™** Parent Program and Children's Programs

PURPOSE AND OVERVIEW

The **Every Kid C.A.N.™** curriculum is an educational program developed by Chefs for Humanity to support families to make better food choices by learning to prepare easy, nutritious and accessible meals at home. The program teaches parents and children basic culinary skills, provides nutritional information, discusses food choice and healthy alternatives, and uses weekly goal setting activities to support families to adopt healthy habits. The program emphasizes that children who participate in the process of food planning and preparation are more likely to try new foods, expand their range of food choices and maintain a healthy weight. The **Every Kid C.A.N.™** curriculum was designed to provide families and communities with resources to help prevent childhood obesity, diabetes and support parents and children to maintain a healthy lifestyle.

The **Every Kid C.A. N.™** curriculum is a series of six, 60 to 90 minute classes. Each class provides:

- A fun interactive culinary experience focusing on specific meal,
- nutritional information,
- an opportunity to taste new foods,
- a take-home activity and goal setting
- a personal journal
- and an evaluation.

The **Every Kid C.A.N.™** six part curriculum has been created in collaboration with the **National Institutes of Health (NIH)** to support the **We Can!™** Programs and Curricula and serves as optional enrichment that can be delivered as an adjunct to the **We Can!™** Parent Program and **We Can!™** children's programs. The program is currently being further developed and piloted in partnership with the **Children's Museum of Manhattan (CMOM)**.

EVERY KID C.A.N. CLASSES

- **It's Playtime** – Learn to “play with your food” with a basic introduction to culinary skills and a taste-test of 25 colorful fruits and vegetables rich in Vitamin A, Vitamin C and fiber.
- **Break the Fast** – Creating breakfast alternatives that are low in sugar, high in protein and fiber, and fun to make.
- **Now We're Grilling** - Learn how to create the perfectly portioned plate while grilling a delicious lunch featuring Panini sandwiches, vegetables and dip.
- **Salad Builders** – The low-fat solution to a great meal is the salad. This class provides students with the opportunity to build and sculpt a creative salad and includes “shaking-up” some home-made dressings.
- **Pizza Party** – From the whole wheat crust to a creative assortment of healthy toppings – this class
- emphasizes family activities including cooking together, shopping together and exercising together.
- **Do You wRAP?-** Learning about and tasting foods from other cultures helps us to expand our palates. This class provides us with creative and innovative ways to prepare foods we eat everyday in a new way.

EVERY KID C.A.N.™ PARTNERS

National Institutes for Health *We Can!*™

We Can!™ stands for Ways to Enhance Children's Activity & Nutrition. *We Can!*™ is a national education program designed for parents and caregivers to help children 8-13 years old stay at a healthy weight.



Parents and caregivers are the primary influencers for this age group. *We Can!*™ offers parents and families tips and fun activities to encourage healthy eating, increase physical activity and reduce sedentary or screen time. It also offers community groups and health professionals resources to implement programs and fun activities for parents and youth in communities around the country.

Four of the National Institutes of Health have come together to bring you *We Can!*™ The [National Heart, Lung, and Blood Institute](#) in collaboration with the [National Institute of Diabetes and Digestive and Kidney Diseases](#), the [Eunice Kennedy Shriver National Institute of Child Health and Human Development](#), and the [National Cancer Institute](#) have combined their unique resources and activities as part of *We Can!*™

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The Children's Museum of Manhattan

The mission of the [Children's Museum of Manhattan \(CMOM\)](#) is to inspire children and families to learn about themselves and our culturally diverse world through a unique environment of interactive exhibitions and programs. From its humble beginnings in a neighborhood storefront in 1973, [CMOM](#) has grown to a 38,000 square-foot 501(c)3 learning facility with outreach programs at 49 sites throughout New York City, and has become a destination for visitors from around the world.



Since January 2008, [Chefs for Humanity](#) has been delivering *Every Kid C.A.N.*™ pilot programs as part of the [Children's Museum](#) healthy lifestyles programs which provide a blueprint for a family's physical, emotional and environmental well being. Together [CFH](#) and [CMOM](#) have delivered three hands-on culinary programs reaching over 300 participants. In April of 2008 [CFH](#) and [CMOM](#) will pilot a series of three *Every Kid C.A.N.*™ classes at the Classic Center in the South Bronx. The three day outreach will reach 60 children in a low socio-economic community after-school program. In July and August of 2008 [CFH](#) and [CMOM](#) will partner to deliver a four week *Every Kid C.A.N.*™ pilot series to 60 participants at the Children's museum.

[CMOM](#) is a member of the [national Association of Children's Museums](#) and a *We Can!*™ community site. [CMOM](#) and [CFH](#) will continue to collaborate on the development of *Every Kid C.A.N.*™ curriculum development and delivery.

The United States Job Corps Culinary Program

In June of 2008 [Chefs for Humanity](#) will launch a partnership with the [U. S. Department of Labor's Job Corps Center's Culinary Program](#). An overview of *Every Kid C.A.N.*™ curriculum and culinary training program will be presented at the Culinary Expo. In 2008 and 2009 [Chefs for Humanity](#) will begin to train [U.S Job Corps culinary students](#) across the country as *Every Kid C.A.N.*™ Educators who will then be able to deliver the *Every Kid C.A.N.*™ curriculum to their local communities, including *We Can!*™ community sites. [The U.S. Job Corps](#) has 122 Culinary training programs across the U.S.

Culinary Expo is an annual conference and competition held by the [U.S. Department of Labor's Job Corps Program](#) that began in 1987. Each Job Corps Center will bring a three-person team to the event. The competition allows the students enrolled in this [U.S. Department of Labor](#) funded program to highlight their talents and the skills they have learned while enrolled.