



Chicana Farmer Edu-Plate Initiative: Culinary Arts Integration into Education

The kitchen is a powerful classroom. With the Chicana Farmer Edu-Plate Initiative's Culinary Arts Integration, we teach students how to cook and link food with their academic learning. Through this program, students will connect cooking with science, math, history, and culture while also learning how food directly impacts their mental and physical health. This program is key in supporting the Thrive Single Mamas Mission by providing life skills that students can bring home to their families.

Program Details:

- *Cooking Classes:* Structured lessons that guide students from basic kitchen skills to more advanced culinary techniques, teaching them how to prepare healthy meals.
- *Academic Integration:* Culinary arts are linked to academic subjects such as:
 - *Math:* Measuring ingredients, scaling recipes, and understanding ratios.
 - *Science:* Exploring chemical reactions during cooking (such as baking) and understanding how heat transforms ingredients.
 - *History and Culture:* Learning the history behind various dishes and how food reflects culture and traditions.
- *Nutrition Education:* Students learn to balance meals, read food labels, and make informed dietary choices.

Benefits:

- *Real-World Skills:* Students gain practical life skills that empower them to make healthy decisions and prepare their meals.
- *Holistic Learning:* Integrating culinary arts with academic subjects makes learning more engaging, relevant, and applicable.
- *Family and Community Impact:* By learning how to cook and eat healthily, students can share this knowledge with their families, supporting single mothers in creating balanced, nutritious meals at home.

Call to Action:

Turn your kitchen into a classroom with the Chicana Farmer Edu-Plate Initiative's Culinary Arts Program. Contact us at Thrive@marinasrubyslipper.org 800.594.9970 www.marinasrubyslipper.org to bring this exciting, hands-on learning opportunity to your school.

