



## Classroom Cooking Carts

# Guides

Adapted from: Vermont Harvest of the Month ([vermontharvestofthemonth.org](http://vermontharvestofthemonth.org))

### Why Cooking Cart Education?

Some schools have limited kitchen space to regularly engage students in cooking education. Cooking carts are a great solution to this challenge! The ideal cooking cart resembles a kitchen island on wheels with plenty of storage for a variety of small kitchen appliances and cooking equipment. However, even a container that contains plates, forks, and knives and can travel from class to class can be helpful in your Harvest of the Month activities. Cooking carts provide practical education that students can use, as well these additional benefits:

- Exposing students to different foods and whole foods nutrition
- Starting conversations about food and introducing new vocabulary
- Providing a good opportunity for following directions and working as a team
- Building confidence in a kitchen that can be taken home
- Food education builds self-esteem, responsibility and pride
- Expand school gardens' food education into winter months
- Cooking is fun and can be integrated across curriculum!

### Dig Deeper

Get more information, register, or download resources:

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[mtharvestofthemonth.org](http://mtharvestofthemonth.org)



## Suggested Equipment to Include

Here are some suggestions for stocking your cooking cart; however, not all of these pieces of equipment are necessary, and you can build your cart over time.

- Kitchen cart on wheels, ideally with cupboards and drawers
- Flexible cutting boards
- Pots and pans
- Mixing bowls
- Knives: chef's knife, bread knife, paring knives (keep in a safe place)
- Graters
- Peelers
- Measuring spoons and cups
- Miscellaneous tools: whisks, spatulas, basting brushes
- Miscellaneous gadgets: garlic press, timer, can opener
- Tablecloths for student desk or tables
- Reusable dishes and cutlery
- Electric double burner
- Electric griddle
- Small convection oven
- Food processor (or blender with attachments)
- High powered blender
- Hand immersion blender
- Salad spinner
- Colander
- Veggie brush
- Cleaning supplies: sponge, brush, dish soap, and dish towels
- Pantry staples: oil, vinegar, various herbs and spices, salt, and pepper



*The photo above is an example of a simple kitchen island on wheels that has been outfitted as a classroom*

## Steps to Using a Cooking Cart

**Step 1:** Meet with your team to plan how this hands-on cooking experience will fit into your existing curriculum.

**Step 2:** Set a date with whoever is in charge of the cooking cart to reserve the cooking cart for your classroom.

**Step 3:** Ask for help with kid-friendly local recipes and to access locally grown ingredients from your school garden or your local food aggregation and distribution system.

**Step 4:** Invite parents and volunteers in to assist with small groups doing hands-on food preparation. This works best with hands-on food preparation stations of 2-4 students per adult.

**Step 5:** If multiple classes are working together you need to find a place that is large enough for many small groups to work.

**Step 7:** Follow-up the cooking cart activity by graphing data (such as Predictions, Tried it, Liked it, Loved it, Favorites), as well as sending recipes home and writing about the procedure, and using digital pictures to highlight the steps.

**Step 8:** After cooking or baking activities it is VERY helpful if a few adults stay to help with the cleanup, inventory all clean equipment and return cart to wherever it resides when not in use.

**Step 9:** Conduct regular feedback and evaluation. Share what worked and what could work better in the future.

## Cooking with Students Resources

### Guides

- Montana Harvest of the Month Taste Testing Guide, Montana Harvest of the Month
- Montana Harvest of the Month Cooking with Kids Guide, Montana Harvest of the Month
- Cooking with California Food in K-12 Schools, Center for Ecoliteracy
- Food is Elementary: A Hands-on Curriculum for Young Students, Antonia Demas, Ph.D., Food Studies Institute
- Fresh, Healthy and Safe Food: Best Practices for Using Produce from School Gardens, Vermont Food Education Every Day
- How to Teach Nutrition to Kids, Connie Liakos Evers, MS, RD
- How to Teach Cooking to Kids, Julie Negrin, MS, CN

- Nourishing Choices: Implementing Food Education in Classrooms, Cafeterias, and Schoolyards, Eve Pranis

### Kids Cookbooks

- Pretend Soup & Other Real Recipes, Mollie Katzen
- Salad People, Mollie Katzen
- Roald Dahl's Revolting Recipe, Felicity Dahl
- Kids' Fun and Healthy Cookbook, Nicola Graimes



The Montana Harvest of the Month Program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Montana State University, Gallatin Valley Farm to School, FoodCorps Montana, Montana Department of Agriculture, Montana Organic Association, and Abundant Montana. More information and resources are available at [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

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## Sample Inventory

After each use, please complete a thorough inventory of the cooking cart. This can be a student job and can be integrated into the cleaning process.

Sample Inventory Equipment List:

Qty.	Equipment List	Date:	Date:	Date:	Date:	Date:	Date:
1	15' Surge 6 Outlet						
1	Convection Oven						
1	Electric Double Burner						
1	Electric Griddle						
1	Food Processor						
1	Immersion Blender						
1	Electric Hand Mixer						
1	8 Piece Cookware Set						
1	2 Quart Saucepan						
1	9" Skillet						
1	3 Glass Mixing Bowls						
1	12 Quart Metal Mixing Bowl						
1	Salad Spinner						
1	Colander						
2	3-pack Flexible Cutting Boards						
1	8" Bread Knife						
2	5" Chef Knives						
6	Paring Knives						
1	Garlic Press						
1	Timer						
1	Vegetable Brush						

1	Can Opener						
3	Graters						
6	Peelers						
1	Measuring Cup Set						
1	Measuring Spoon Set						
2	10" Whisk						
2	Spatula						
2	Basting Spoon						
2	Slotted Spoon						
2	Ladle						
2	Tongs						
2	Tablecloths						
30	Plates						
30	Cups						
30	Forks/Knives/Spoons						