Curriculum Overview
Kids in the Kitchen (KIK)

Core Components

Objectives:
Youth will learn how to prepare simple, healthy foods they can make for themselves and their family members at home. They will also learn good food safety practices. Lesson-specific objectives are found at the beginning of each lesson, and concisely describe what students should know and be able to do after each lesson.

Theoretical framework:
Lessons are based on Experiential Learning framework and incorporate cognitive, physical, and social/emotional developmental milestones of children.

Setting & target audience:
KIK is intended for use in summer and after school settings, and may be used in schools. Three levels are available, each covering a different age range:

- Level A: ages 6-9
- Level B: ages 10-12
- Level C: ages 13-15

Levels A and B cover such topics as basic cooking skills, good nutrition, healthy food choices, food safety and physical activity.

Level C covers those topics found in Levels A and B as well as a lesson on planning and preparing a complete meal based on USDA’s MyPlate.

Number and duration of lessons:
Recommended lesson length is 45-60 minutes.
- Level A – 7 lessons
- Level B – 7 lessons
- Level C – 8 lessons

Recommended pacing
Not specified. Best practice is to teach lessons one week apart.

Instructional order & strategies
Lessons should be taught in order. Lessons may not stand alone. KIK provides a number of suggestions that help when working with groups. Suggestions are age-group appropriate (such as waiting until just before food prep to distribute supplies so that participants don’t ‘get into’ them).
Level A:

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1A</td>
<td>Kitchen Sense</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>2A</td>
<td>The Incredible, Edible Five Food Groups</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>3A</td>
<td>Rice is Nice</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>4A</td>
<td>I’ll Eat These Veggies</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>5A</td>
<td>Did You Ever See a Kiwi?</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>6A</td>
<td>Ole’ Beans Ole’</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>7A</td>
<td>Does It Taste the Same?</td>
<td>45-60 minutes</td>
</tr>
</tbody>
</table>

Level B:

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1B</td>
<td>Kitchen Sense</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>2B</td>
<td>The Incredible, Edible Five Food Groups</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>3B</td>
<td>Choose Whole Grains</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>4B</td>
<td>I’ll Eat These Veggies</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>5B</td>
<td>Fantastic Fruit</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>6B</td>
<td>Beans, Beans and More Beans!</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>7B</td>
<td>Does It Taste the Same?</td>
<td>45-60 minutes</td>
</tr>
</tbody>
</table>

Level C:

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1C</td>
<td>Kitchen Sense</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>2C</td>
<td>Eating the five food groups</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>3C</td>
<td>Choose whole grains</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>4C</td>
<td>I’ll eat these veggies</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>5C</td>
<td>Fantastic fruits</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>6C</td>
<td>Go lean with protein</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>7C</td>
<td>Got milk?</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>8C</td>
<td>Meals with appeal</td>
<td>45-60 minutes</td>
</tr>
</tbody>
</table>

Core Activities
Each lesson includes core activities, which directly reinforce the lesson objectives. All core activities are required.

We recommend you do not use the “Contaminated Sandwich” activity as written in Lessons 1A, 1B, and 1C. Instead, use food models to demonstrate this activity.

Most lessons include from 1-3 optional activities, which can be used if there is extra time, or shared with the classroom teacher to conduct at another time.

KIK It Up!
Each lesson, except lesson 8C, contains a one-page modified lesson titled KIK It Up! The KIK It Up! modifications to the original lessons provide an alternate way to conduct the lesson, with an emphasis on spending more time on physical activity and less time on food preparation.
Please see page II in KIK Curriculum Overview for more information on the KIK It Up! modifications, and individual lessons for even more detail. If you choose to use the KIK It Up! modifications, you will need to use the physical activity cards, which are available to order here: http://extension.missouri.edu/p/N862. In addition, if using KIK It Up!, it is recommended that you use the shorter, more simple recipes included in the curriculum to leave enough time for the physical activity components.

Materials
Each lesson includes a list of equipment and supplies and student handouts. We recommend that you review materials needed and prepare teaching tools for the series you will teach. Allow adequate staff time prepare for the series.

The authors included information about ordering lesson materials from the University of Missouri. Please see page II of their overview for more information.

Some of the required materials are available from the Washington State Dairy Council. Contact the Washington State Dairy Council at: https://nutrition.eatsmart.org/ Please note that the Washington State Dairy Council offers all nutrition educators $25 of free nutrition education materials each calendar year. See their website for details.

GlitterBug UV/black lights are available at: http://glitterbug.com/
Clue Spray is available at: https://www.brevis.com/

Training
✓ Review Curriculum Overview
✓ Review teacher’s guide and materials
✓ Practice or talk through at least one lesson with your supervisor
✓ Observe another educator teach a Kids in the Kitchen lesson (if possible)

Please Note: A training Power Point will be posted soon for KIK.

Recipes and tastings:
Recipes are included for each lesson. Educators are encouraged to use recipes provided in the curriculum. Other recommended recipes resources include:

- https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes
- http://growhappykids.org/
- http://www.foodhero.org/
- https://spendsmart.extension.iastate.edu/recipes/

Fidelity is...
The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Using program materials
- Adhering to recommended pacing
- Keeping the program’s instructional order
- Utilizing the program ‘routines’
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives
Making adjustments while delivering with fidelity:

Some adjustments to the curriculum can be made without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.\(^1\)
- Provide students with coaching, ongoing support, and individual instruction when needed
- Adjust group size
- Select a different recipe based on seasonal, cultural or facility/equipment needs. See Recipes and Tastings above.
- Increase opportunity for students to engage and ask questions, and provide answers

Evaluation

Check with your supervisor for required evaluation tool and current evaluation protocol.

Link to Curriculum:

- [http://extension.missouri.edu/p/N800](http://extension.missouri.edu/p/N800)

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\(^1\) Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.