

Jr. Chef Comes to Rio Linda Prep After School February 6, 2013

Nutrition Services rolls out Jr. Chef at Rio Linda Prep After School Program. This eight-week series teaches students about smart food choices, nutrition and the importance of physical activity. Each Jr. Chef lesson includes hands-on activities, making food and tasting it, worksheets, recipes and a family handout. Students that complete the 8 week



program will receive a graduation certificate and a recipe book to take home. This program is offered through Nutrition Services in partnership

with TRUSD After School Programs. The first lesson covers food safety and hand washing as well as kitchen safety and tasting activity.



Go for Grains

February 13, 2013

Make half your grains whole. Students learn about the importance of whole grains as they prepare whole wheat biscuits this week in Jr. Chef. Rio Linda Prep Academy students participating in After School Enrichment activities are learning many skills in the 8 week Jr. Chef program. Offered through Nutrition Services in partnership with TRUSD After School programs, Jr. Chef teaches kids to learn to make wise food choices and how to prepare healthy snacks and meals.



Jr. Chef Students Sip on Smoothies as they learn about the importance of Calcium

February 27, 2013

Students are introduced to the Dairy food group and the importance of choosing 3-4 servings of dairy every day. The Jr. Chef students were amazed by the calcium displays showing the amount of calcium our bodies contain over a lifetime. To reinforce the message and to show that there are also other foods that contain calcium students played the Calcium relay. Then, working in groups students practiced their recipe reading skills and prepared their own smoothies. Students enjoyed the experience and we had many one time after school students “join the club” when they learned we were making smoothies.



Students Get Brainy with Breakfast

March 6, 2013

Students participating in Nutrition Services Jr. Chef program learn about making healthy choices for breakfast. Students were introduced to label reading and calculated the amount of sugar in many popular breakfast cereals. Student then prepared scrambled eggs and veggies. The students really enjoyed the experience. Several students mentioned they had never cracked eggs or worked with a skillet before. We also had a new addition to the class, Nutrition Services own Ms. Vicky Gunter who helped teach the students



Munch on Lunch

March 13, 2013

Vegetables are the highlight for this tasty lunch choice. Students not only learned the benefits of fruits and vegetables and the importance of choosing a variety of produce each day but also about texture, crunch and taste by creating their own Veggie Pizza. Students first mixed their own pizza sauce from scratch and then created their own English muffin personal pizza by topping their muffin with fresh vegetables.



Super Snacks

March 20, 2013

Make fruits and veggies your first choice for snacks! Students learned about produce today. They practiced basic knife skills such as slicing and dicing as they cut up bell pepper, carrots and celery for a veggie tray. They also learned how to make a delicious vegetable or cracker dip, a chickpea hummus. Students also reviewed healthy snack choices by playing the “Go, Slow and Whoa” game, an interactive nutrition activity.



Delicious Dinners

April 3, 2013

Delicious Dinners was the theme of this week's Jr. Chef lesson. Students learned about the importance of protein and how to make low-fat protein choices, such as poultry with the skin removed or using beans, nuts or tofu. Students practiced knife skills and learned how to use an electric skillet while they prepared the Apple Chicken Wrap.



Delightful Desserts

April 10, 2013

Students topped off their Jr. Chef Experience with a healthy dessert. As students prepared a Peach Crisp they learned about fat and its role in the diet. Students learned the difference between low fat and high fat foods and snacks and how to reach for healthy desserts, such as fruit, for a healthy sweet treat. Preparing this recipe was also considered a “final test” of the skills they learned throughout Jr. Chef. Students were challenged to demonstrate recipe reading, math and measuring skills, can opening and basic cooking techniques while preparing the recipe.



The 8-week Jr. Chef Series ended with a small ceremony where students that completed the 8-week series received a Jr.Chef Certificate and a Nutrition Services Smart Eating Active Living T'shirt.

