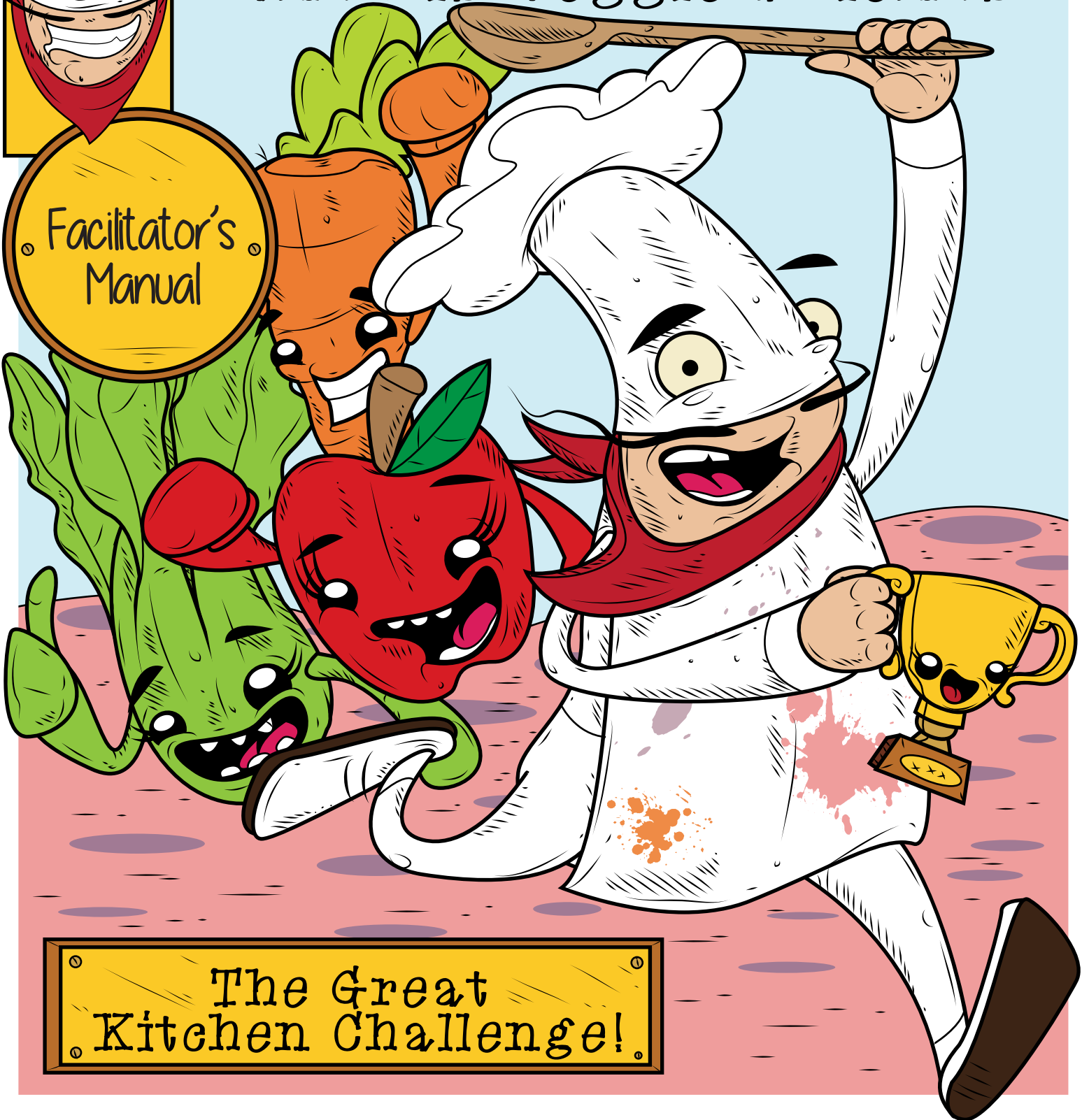
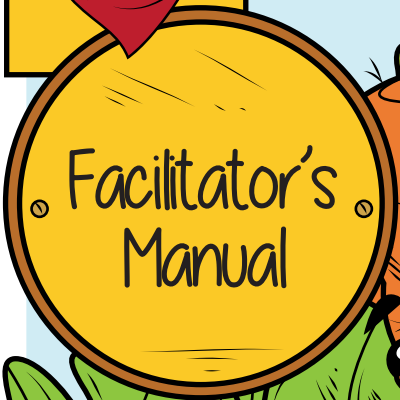
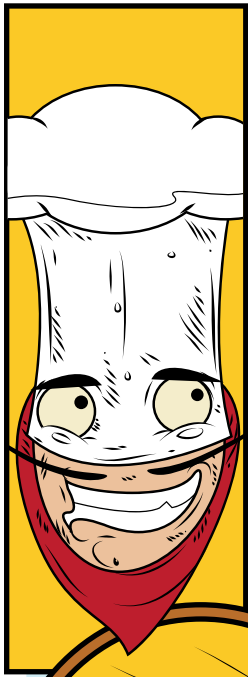


Chef **FROMAGE** and his Veggie Friends



The Great
Kitchen Challenge!

Purpose

The Chef Fromage and his Veggie Friends Great Kitchen Challenge was co-designed by patients, families, and a multidisciplinary team on the Adolescent Psychiatry Unit at BC Children's Hospital. The purpose of this project was to create a resource for youth as part of a Healthy Eating Initiative. This cookbook is intended to be an interactive resource for youth at different stages of healing in both group and individual work in a variety of settings. We hope that it will be used in hospital inpatient/outpatient programs, schools, community-based programs, and in any other settings where youth are supported!

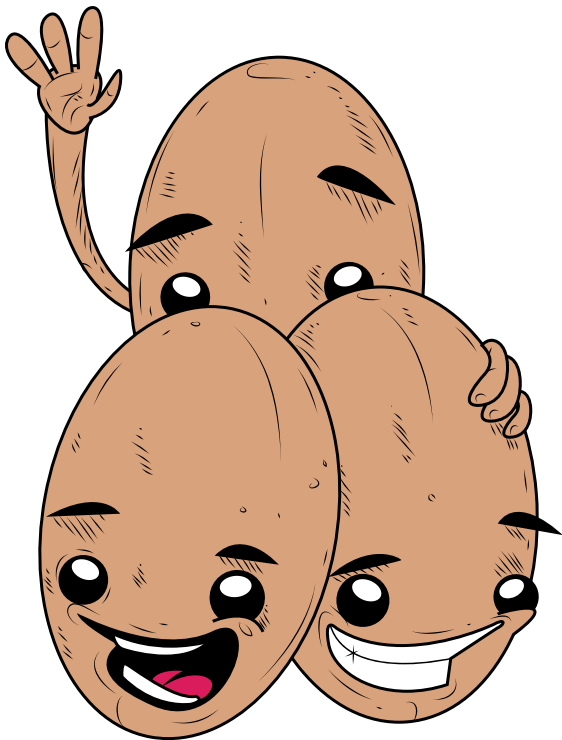


The Goal of the Project: To create a healthy eating resource that includes healthy recipe options of foods youth typically eat, and helpful information related to cooking and eating. Along with the cookbook, this complementary curriculum builds on youth's skills in and around the kitchen.

There are many therapeutic benefits to working and creating in the kitchen. This Facilitator's Manual was created to help you incorporate the Chef Fromage Great Kitchen Challenge into your programming by providing ideas and guidance for anyone working with youth and their families. Program ideas include cooking recipes, activities for teaching independent practical skills, and customized family sessions.

Welcome to The Great Kitchen Challenge!

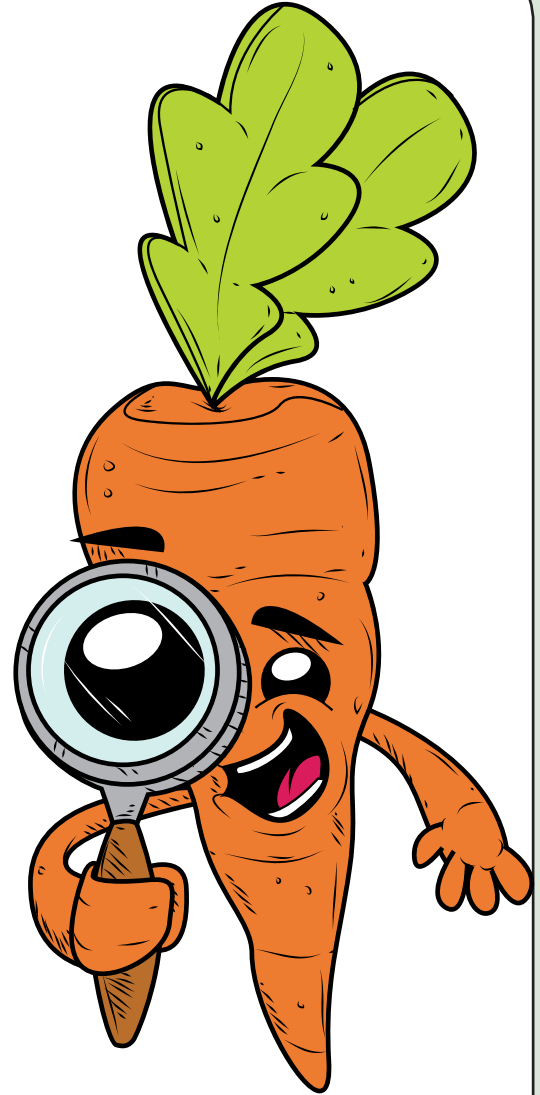
Cooking is one of our basic skills for daily living, and building skills in the kitchen has many demonstrated therapeutic benefits. Cooking activities can be used for both assessment and intervention for youth with a wide range of health conditions. Individual sessions and group activities in the kitchen help to explore an individual's strengths and areas where they may need extra support.



This cookbook and programming is intended to be used by any member of a multidisciplinary team. If your goal is to help foster communication or provide opportunities to build independence and self-esteem, the kitchen is a great place to start. Use this resource as a guide to take your therapy sessions or assessments into the kitchen. Additionally, this resource can help to foster family and sibling connection, which can have a positive impact on the healing process.

What are the therapeutic benefits of Cooking?

- Builds independence
- Enhances the ability to plan, organize and sequence tasks
- Improves time management skills
- Improves memory, attention and focus
- Boosts self-esteem and provides a sense of accomplishment
- Improves physical health and nutritional knowledge
- Provides stress relief and relief from boredom
- Improves social skills (fosters communication and cooperation)
- Improves balance, coordination and sensory awareness
- Fosters CREATIVITY



Baked Apples Challenge 2



CUT AND CORE THE APPLE. PLACE ON THE BAKING SHEET.



BAKE UNTIL TENDER.



TOP WITH NUT BUTTER OR YOGURT AND SERVE! VOILA!

Are you Ready to Get Started?

The Chef Fromage Great Kitchen Challenge was developed for use with children and youth of various ages and abilities, as well as their families. It is divided into different Challenges based on the user's level of experience in the kitchen. 'Challenge' or 'Challenge 1' activities were designed and intended for all levels of experience. 'Challenge 2' activities are considered more complex and are intended for youth ready for more advanced learning opportunities. Skill and observation level should be considered before each cooking activity.

This cookbook is intended to be an interactive resource that allows youth to create shopping lists, adapt recipes and make personalized notes. Along with all 57 recipes within the Great Kitchen Challenge, additional handouts and resources include:

- Kitchen Skills
- Food and Safety
- Measurement Guide
- Serving Tracker
- Label Reading
- Tips for Eating Healthy on a Budget
- Medication and Food

This Instructor's Manual is divided into three parts:

- 1 3 Step Instructor's Guide:** How to facilitate a cooking challenge using recipes from the Cookbook (page 6).
- 2 Culinary TIPS Guide (Teaching Independent Practical Skills):** How to facilitate additional group activities in the kitchen, and suggestions for additional activities based on the handouts from the cookbook to develop additional skills (page 10).
- 3 Family Kitchen Challenge:** Suggestions for including families in these activities (page 14).

1 3 Step Instructor's Guide

This is a guide to help you structure and facilitate a successful cooking group or individual experience with youth. Repeating the steps below on a regular basis will help create routines and develop skills related to using a kitchen and preparing food. Remember, all youth must be accompanied by a staff member when using the kitchen on a unit. Staff must also be familiar with basic food safety principles (please see Step 3 below).

★ STEP 1

CHOOSE A RECIPE - Explore pages 4 and 5 of the cookbook with the youth and turn to the recipe of choice



★ STEP 2

Identify the **KITCHEN SKILLS** at the top of the recipe and review skills (Pages 6 and 7) of the cookbook

★ STEP 3

Review the **FOOD + SAFETY SKILLS** handout (Page 8) and review before each cooking activity. Here are some additional reminders:



Be sure to double check for any food allergies or dietary restrictions among the group members!

Food & Safety Skills

It is very important to prepare and serve foods carefully to prevent foodborne illness. Please review the 4 key concepts with the youth: CLEAN, SEPARATE, COOK and CHILL.

CLEAN



Remind youth about good hand washing hygiene.



Remind youth about clean working surfaces, using soapy water on cutting boards and utensils after cutting raw meats, and the importance of clean washcloths.

Hand Washing Steps



Wet your hands with warm running water.



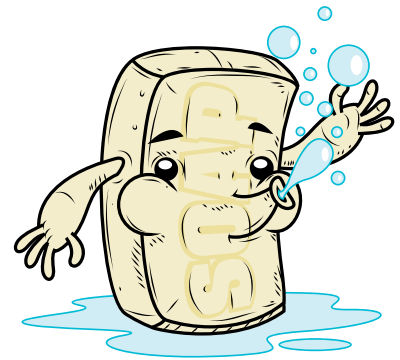
Add soap and rub your hands together to make soapy lather. Scrub palms, back of hands, fingers, and under finger nails. Continue washing for at least 20 seconds.



Rinse your hands under warm running water.



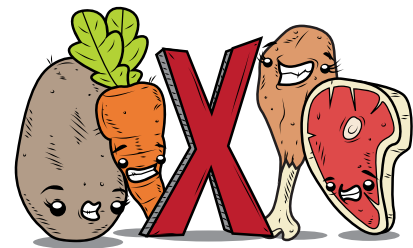
Dry your hands thoroughly with a clean paper towel and turn the taps off with the towel.




SEPARATE




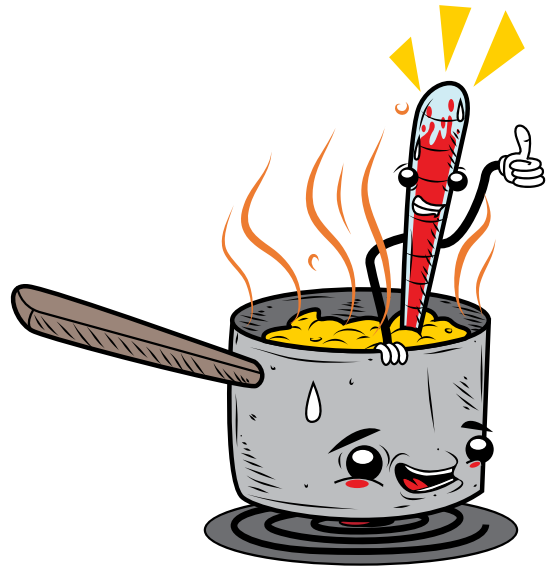
Remind youth to use separate cutting boards for raw meat and veggies.




COOK


 Remind youth to cook food at the correct temperature, as food can contain harmful bacteria, viruses and parasites.

 Remind youth to reheat food at a higher temperature to kill any harmful bacteria.



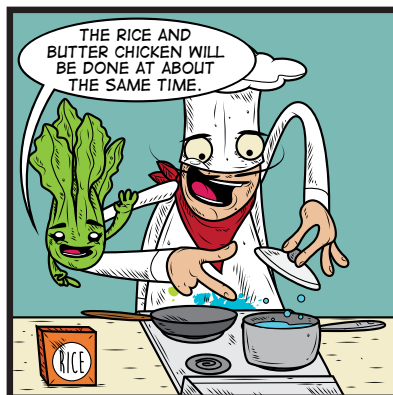
CHILL

 Remind youth to chill food within 1-2 hours after cooking.

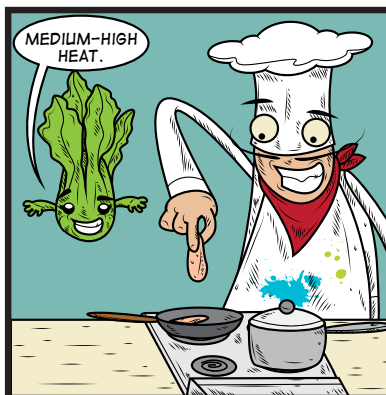
 Remind youth to defrost food in the refrigerator or under cold running water.



Butter Chicken Challenge 1



PREPARE YOUR RICE. WHILE IT COOKING YOU CAN WORK ON THE BUTTER CHICKEN.



MELT THE BUTTER IN A PAN, ADD THE CURRY AND GARLIC POWDER. ADD THE CHICKEN. BROWN THE MEAT.



ADD THE TOMATO SAUCE AND MILK. BRING TO BOIL, ON LOW HEAT, COOK FOR 20 MINUTES. SERVE ON RICE. VOILA! A TASTE OF INDIA!

What is foodborne illness?

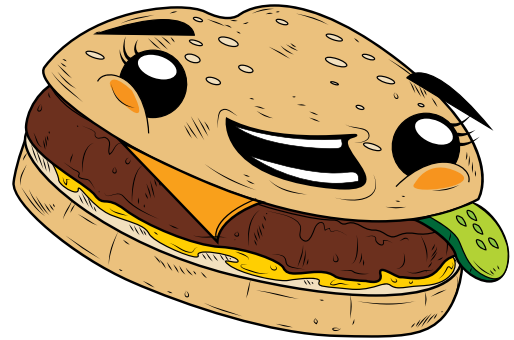
Some harmful germs in food can make you sick, causing foodborne illness or **food poisoning**. The germs (bacteria/virus) can infect the food directly or indirectly. Some examples are:

Direct:

- Someone coughing/sneezing on the food
- An infected cut touches the food
- Contamination from raw meat gets into prepared food
- Pests (such as mice) contaminate food

Indirect:

- Someone does NOT wash their hands properly after using the washroom
- Dirty hands are wiped on an apron or towel
- The same plate is used for uncooked meat and then cooked meat
bacteria, viruses and parasites

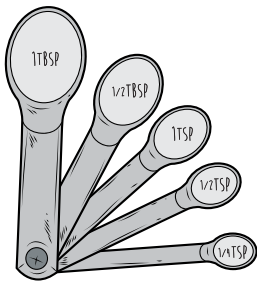


For additional information, please refer to BC's FOODSAFE training program.

2 Culinary TIPS Guide (Teaching Independent Practical Skills)

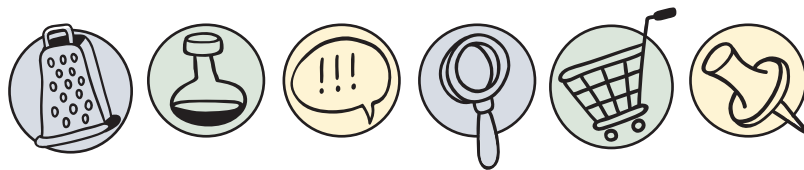
What is Culinary TIPS?

Culinary TIPS is an activity-based group facilitation guide created to enhance functional skills in and around the kitchen. Group topic ideas are based on information handouts found in the cookbook, ideas from youth and common functional skills.



These groups are intended to provide youth with additional learning opportunities and experiences to increase their comfort in and around the kitchen. Build your group based on youth's interests and conversation, as this fosters engagement and a sense of purpose.

This information is provided as a guide; the ideas below are just suggestions. Consider each individual's ability and the group dynamics, as they continuously change. Your knowledge of the youth's previous experience in the kitchen, insight in to their abilities, youth safety, and available resources must all be considered when choosing a topic.



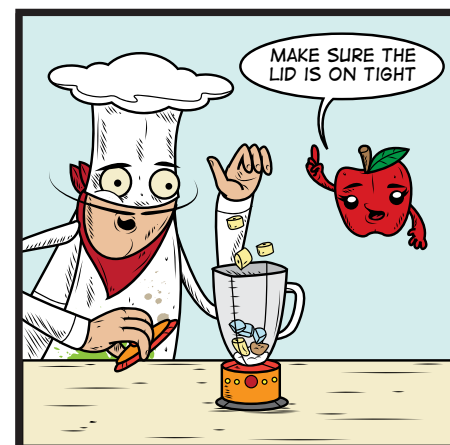
GROUP TOPIC IDEAS:

- Making a fruit/veggie platter (pages 74 and 75 of cookbook).
- Making popcorn with different toppings (pages 68 and 69 of cookbook).
- Organizing and putting away kitchen supplies and equipment.
- Shopping and putting away grocery items in the appropriate place.
- Garden Activities (planting seeds; making a salad from a garden; identifying, harvesting and cooking with herbs).
- Laundry practice (learning to use the washing machine by washing dish cloths, towels and aprons).
- Making trail mix (suggestion in Medication and Food handout, pages 14 and 15 of cookbook).
- Making smoothies (pages 16 and 17 of cookbook).
- Using the handouts in the cookbook (see page 10 of instructor manual).

Smoothie Challenge





CUT THE FRUIT.



BLEND IT FOR AT LEAST A MINUTE TO MAKE SURE ALL THE CHUNKS ARE GONE.



HANDOUT ACTIVITIES

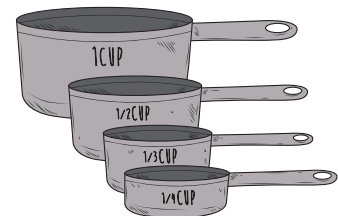
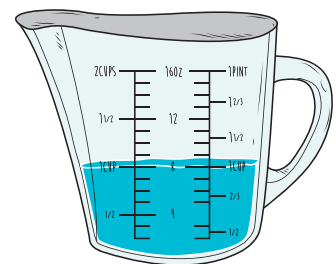
Common Cooking Terms (Page 2)

-  Based on items you have in the kitchen, choose three cooking terms to demonstrate.
-  Review the rest of the terms and answer any additional questions the youth may have.






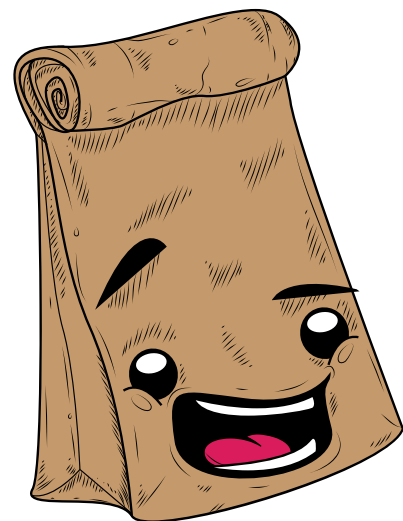
Measurements (Page 9)

-  Have a variety of Wet Measuring Cups, Dry Measuring Cups and Measuring Spoons displayed on the counter.
-  Have a bowl of multipurpose flour and a jug of water. Using table provided in the cookbook, have youth practice measuring using the cups and spoons.






Food Guide Serving Tracker (Pages 10 and 11)

-  Review each section of the food guide. Have youth provide examples of items in each section.
-  Compare the difference between charts for females and males.
-  These pages can be photocopied if youth are interested in tracking their portions over a few days.



HANDOUT ACTIVITIES CONTINUED



Label Reading (Page 12)

-  Have some products from around the kitchen placed on the counter, one per youth.
-  Review each bubble on the worksheet (5 total) while looking at a label.
-  Have youth compare the items with each other.

| Nutrition Facts | | |
|--------------------|-----------------------|----------------|
| Serving size | Serving per Container | |
| Amount per serving | Calories | |
| % Daily Value* | | |
| Total fat | ...g | ...% |
| Saturated fat | ...g | ...% |
| Cholesterol | ...g | ...% |
| Sodium | ...g | ...% |
| Total carbohydrate | ...g | ...% |
| Dietary Fiber | ...g | ...% |
| Sugar | ...g | ...% |
| Protein | ...g | ...% |
| Vitamin A | ...% | Vitamin C ...% |
| Calcium | ...% | Iron ...% |



*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

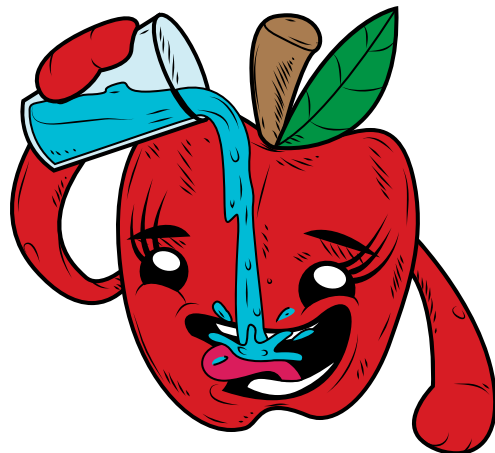
Tips for Eating Healthy on a Budget (page 13)

-  Review all 8 items with youth.
-  Show youth the difference between name brand versus store brand, and difference in price.



Medication and Food (Pages 14 and 15)

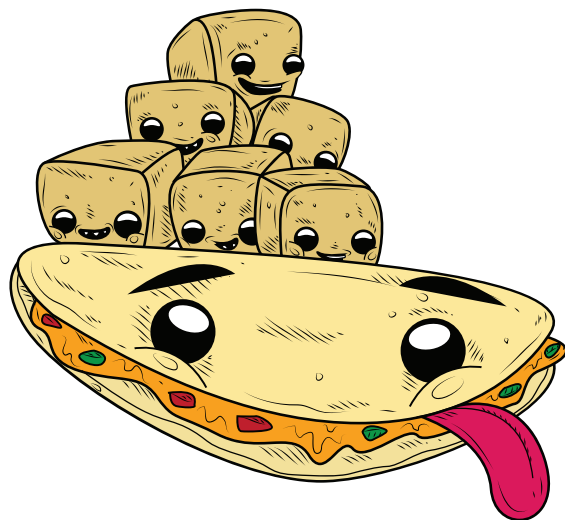
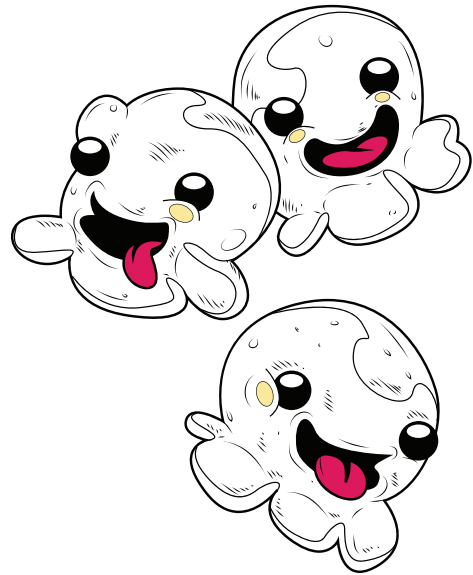
-  Review both Second Generation Antipsychotics and Stimulants Pages.
-  Have a nurse answer any questions that may come up from youth.



3 Family Kitchen Challenge

The Family Kitchen Challenge is intended to bring youth and their families together to engage in a meaningful activity. Family and sibling connection is an important part in the healing process. Cooking together can create many teaching and learning opportunities, and can foster positive communication. Using this cookbook, you can create individual or group opportunities for youth to invite their family into the kitchen. Having the family engaged in a cooking experience may provide the following benefits:

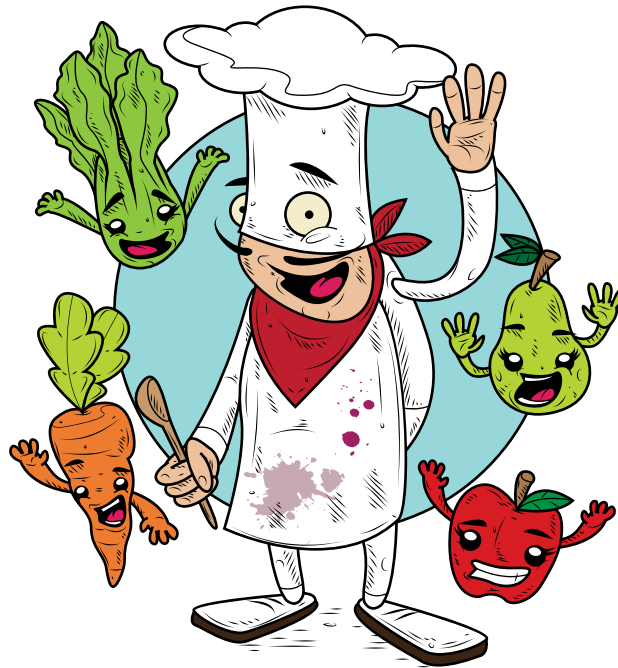
- Discover the strengths in their child
- Discover support needs and strategies for their child
- Foster communication
- Build awareness of safety in the kitchen environment
- Provide/create additional family engagement opportunities
- Provide/create teaching and support opportunities for staff
- Creates a shared sense of accomplishment



Here are a few ideas for activities that can help achieve some of the above benefits of being in the kitchen with your patients and their families:

- Creating a fruit and/or veggie platter together (pages 74 and 75).
- Build your own sandwich (page 40).
- Smoothie Challenge (pages 16 and 17).
- Fajita or Taco Night.

Now You're Ready For
Your Cooking Challenge!





Acknowledgements

This resource was developed by staff on the Adolescent Psychiatric Inpatient Unit at BC Children's Hospital. We wish to thank all of our patients and their families for their valuable contribution to this project.

We are proud to recognize Safeway & Employees for their generous donation in support of the Adolescent Inpatient Psychiatry Healthy Eating Initiative and Adolescent Unit kitchen renovation in the Mental Health Building. Safeway and Safeway employees are caring supporters of BC's children and youth, contributing important funds to BC Children's Hospital Foundation for over 20 years. Thank you Safeway!

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