

# “Young Chefs” Kids Cooking School

Texas A&M AgriLife Extension is partnering with the Rains Elementary School to provide a “Young Chefs” Kids Cooking School. We are very excited to collaborate on this program for the youth of Rains County. Much to our delight, we have 104 Kindergarten through Second Grader students signed up for the program, thus resulting in splitting them between two different classes.

The goal of this program is to teach the children how to develop a healthy lifestyle through cooking and food choices based on the recommendations of the United States Department of Education MyPlate and the Fuel Up to Play 60 Program.

Throughout this six-week cooking class series, the children will be introduced to concepts in food safety, basic kitchen safety tips, cooking terms, measuring and cooking techniques. Each week they will also have the opportunity to prepare a dish from each of the sections of MyPlate.

Our first class was held on Tuesday, February 26 in the Rains Elementary Cafeteria. Mrs. Angie Trull, Rains Elementary School Principal, and her very dedicated and talented staff are the backbone of the success of this program. Each class begins with me demonstrating the recipe for the week, along with the appropriate educational component. Then the students break into four groups and get the opportunity to each have a “hands-on” turn in preparing the recipe, with the assistance of the elementary staff. After the dish is completed, they get to enjoy tasting their creation. For me as a County Extension Agent, it is such a thrill to see the kids try new foods and like them! This experience alone will hopefully encourage them to be willing to try more healthy foods and begin to steer away from junk food.

Mrs. Angie Trull and I are very excited to have the opportunity to share this educational and fun experience with the students. We look forward to helping them acquire the skills necessary to begin a lifetime of fun in the kitchen and learning to eat healthy foods.

For more information on this program, please feel free to call the Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.