

## Rains Elementary “Young Chefs” Kids Cooking School

Texas A&M AgriLife Extension recently partnered with the Rains Elementary School to provide the 2<sup>nd</sup> Annual “Young Chefs” Kids Cooking School. We were once again very excited to collaborate on this program for the youth of Rains County. We had forty 1<sup>st</sup> Grade Students and fifty 2<sup>nd</sup> Grade students enrolled in the class. Each grade met once a week for a four week period.

The goal of this program was 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 were introduced to concepts in food safety, basic kitchen safety tips, cooking terms, measuring and cooking techniques. Each week they had the opportunity to prepare a dish from each of the sections of MyPlate.

Mrs. Angie Trull, Rains Elementary School Principal, and her very dedicated and talented staff were the backbone of the success of this program. Each class began with me demonstrating the recipe for the week, along with the appropriate educational component. Then the students broke into four groups and got the opportunity to each have a “hands-on” turn in preparing the recipe, with the assistance of the elementary staff. After the dish was completed, they got to enjoy tasting their creation. For me as a County Extension Agent, it was 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 and sodas.

Mrs. Angie Trull and I were 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.

To learn more about nutrition and health topics, contact your local Texas A&M AgriLife Extension Service county 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.

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*The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*