



# Orientation

## Participant Orientation Summary

### 1. Collect consent forms

If you have not already done so collect consent forms (Parents must sign consent form for student to take part).

### 2. Attendance

Copy attendance form and complete weekly.

### 3. Review goals and overview of the program with students:

- 7 sessions in total. The first class is an orientation. All classes include food preparation and taste testing.
- Learn basic food skills and food preparation e.g., basic knife safety; chopping; slicing; dicing; reading recipes; and principles of kitchen and food safety etc.
- Gain confidence so they feel comfortable enough to take an active role in food preparation.
- To taste healthy and delicious foods they've prepared. All recipes will have fruits and vegetables and no meat. Practice healthy eating principles by preparing balanced meals and snacks.

### 4. Ground Rules

Record suggestions from students for ground rules i.e. there should be no cell phones, take turns, no tasting food until done, wash your hands before touching food. (post ground rules at each class).

### 5. Safety Information Review (information is found on the following Orientation Session information sheets):

- Participant Orientation - General Kitchen and Knife Safety (demonstration should be done for knife safety)
- Participant Orientation – Principles of Safe Food Handling
- Participant Orientation – Proper Handwashing Technique
- Participant Orientation Cleaning and Sanitizing Dishes  
(Food Safety should be discussed throughout every session.)

There are other topics than can be reviewed during orientation or during the following sessions e.g.:

- Participant Orientation – Measuring Ingredients
- Participant Orientation – Reading a recipe
- Participant Orientation – Video Links

### 6. Hands On Recipe Activity

Practice basic knife skills and food preparation by trying one of the Orientation Recipes.

*Let's Get Cookin'!*