

Chefs in the Garden Program Manual



**Healthy Youth Program
Linus Pauling Institute
Oregon State University**



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Introduction

About the Linus Pauling Institute

The mission of the Linus Pauling Institute is to promote optimal health through cutting-edge nutrition research and trusted public outreach. To accomplish this we will:

- Discover basic mechanisms underlying the biology of aging and the causes of metabolic and age-related diseases
- Develop effective approaches to slow aging and postpone metabolic and age-related diseases through diet, micronutrients, and phytochemicals
- Advance the principles of healthy living and healthy aging in the public arena, thereby empowering people everywhere to add years of health and vitality to their lives

Advancing healthspan, not just lifespan, is our passion.

Healthy Youth Program Mission

Empowering youth and their families to achieve optimal health through hands-on education.

The Healthy Youth Program is a wellness and healthy lifestyle program for children (preschool through grade 12) and their families. Most of our programs are based on vegetable gardens, linking a healthy and active lifestyle with a healthy and sustainable environment and providing fresh produce for families in need. We engage children and families through participatory education, hands-on activities, and interactive dialogue. All of our programs are youth and family centered, tailored to their unique needs, and build on the strengths of the participating youth and families for long-term success.

Contact us:

Healthy Youth Program
Linus Pauling Institute
Oregon State University
307 Linus Pauling Science Center
Corvallis, OR 97331

(541) 737-8014

hyp@oregonstate.edu

lpi.oregonstate.edu/healthyyouth

About the Healthy Youth Program

How it All Started

Providing public education on the role of diet, lifestyle, and micronutrients in promoting optimal health, preventing disease, and increasing healthspan has been a major commitment of the Linus Pauling Institute (LPI) since its inception at Oregon State University in 1996. As part of LPI's public outreach, the **Healthy Youth Program** was founded in 2009. Our goal is to educate children (preschool through grade 12) and families through evidence-based and hands-on activities. Our vision is for a community of healthy, happy and active children and families.

Our Program Philosophy

The **Healthy Youth Program** is a wellness and healthy lifestyle program. For us, wellness and a healthy lifestyle include physical, mental, and social well-being. It is our goal to help children and families improve their dietary intake and increase their level of physical activity. In addition, a central focus of our programs are family and peer relationships and interactions. We believe that children and families don't live in a vacuum – children are part of families and families are part of communities. Therefore, it is important for us to support children and their families to develop healthy family and peer relationships and to grow as individuals to reach their full potential.

Child-Centered and Strength-Based Approach to Working with Youth

Our youth programs are based on a child-centered and strength-based philosophy which focuses on the child's strength and assets – not on the child's weaknesses or deficits. It is our goal to engage in a relationship with each child that allows us to explore areas where a child is functioning well and feels good about him- or herself. Central to our program philosophy is our belief that every child is unique and has personal strengths and assets. The inability to demonstrate an emotional or behavioral skill is considered as an opportunity to learn and grow, not as an inherent failure.

Our programs are designed to help children develop emotional and behavioral skills, competencies, and characteristics that (1) create a sense of personal accomplishment, (2) contribute to satisfying relationships with other family members and peers, (3) strengthen the

child's ability to deal with adversity and stress, and (4) promote a child's emotional and social development.

About Chefs in the Garden

Background and Rationale

Chefs in the Garden discovery camps provide a safe, healthy and active environment where children learn how to grow their own food, how to cook their own food with fresh fruits and vegetables, and how environmental stewardship is part of a healthy lifestyle.

Chefs in the Garden discovery camps are filled with gardening, cooking, environmental science, art, and exercise for elementary school age children. Campers will spend their day in the vegetable garden and learn basic gardening skills and how to cook simple, yet delicious and nutritious meals with the produce from the garden. They will cook all the meals in the garden and have a healthy feast for lunch in a shady area of the garden. Campers will also learn the importance of eating a healthful diet, such as the health benefits of eating fresh fruits and vegetables and substituting whole-grain foods for refined-grain foods.

Goal

Provide an outdoor day-camp experience for students to learn basic gardening and cooking skills and to develop healthy lifestyle habits.

Objectives

- Teach children about the importance of making healthy food choices
- Teach children to read, follow and prepare a recipe
- Teach children kitchen safety and food preparation skills
- Provide an opportunity for children to learn to work as a team
- Engage students in garden-related activities
- Increase student's connection and relationship to nature
- Increase student's knowledge of where their food comes from
- Provide new food experiences to students and encourage them to taste fresh produce
- Foster outdoor play and creativity, and a desire to discover and learn
- Engage children in fun, non-competitive physical activity

Space Required

Considerations for garden site selection:

- Community access and ease of transportation: it is important for the garden site to be in a familiar location to community members and easily accessible for walking, biking, public transportation and personal transportation
- Proximity of restrooms
- Potable water for:
 - Drinking
 - Hand washing
 - Cleaning produce
- Electricity for:
 - Cold storage
 - Hot plates
 - Portable oven
- Space to:
 - Set up tables for food preparation
 - Eat together
 - Play large group games

Suggested Materials:

Garden	Outdoor Kitchen	Activities
<ul style="list-style-type: none"> ○ Large shovels ○ Trowels ○ Weeders ○ Buckets ○ Watering cans ○ Kneeling pads 	<ul style="list-style-type: none"> ○ Oven ○ Hot plate(s) ○ Griddle ○ Blender ○ Food Processor ○ Cold storage ○ Pots and pans ○ Salad spinners ○ Colanders ○ Graters ○ Knives ○ Cutting boards ○ Mixing bowls ○ Serving trays ○ Can opener ○ Cooking utensils ○ Large water jugs ○ Tupperware containers ○ Ziploc bags ○ Plastic wrap ○ Aluminum foil ○ Ice Trays ○ Plates, bowls, cups ○ Flatware ○ Tablecloths ○ Napkins ○ Wash rags ○ Oven mitts ○ Hand towels ○ Hand soap ○ Dish soap ○ Large tubs (for dirty dishes) ○ Compost bin ○ Recycle bin ○ Trashcan ○ Garbage bags 	<ul style="list-style-type: none"> ○ Books about fruits, veggies, gardens, bugs, etc. ○ Coloring supplies: paper, crayons, colored pencils, markers ○ Paint (washable) ○ Balls, hula hoops, jump ropes ○ Mason jars ○ Scissors ○ Tape ○ String/yarn ○ Terracotta pots

Camp Structure

A typical day at *Chefs in the Garden*

8:30-9:00 AM

Children arrive and play games or read books with staff. They can also explore or help in the garden at this time if they choose.

9:00-10:00 AM

Sample Backyard Science Activity: Children are learning about beneficial garden insects. They build insect traps and discover why it is important to create a garden space that acts in harmony with nature.

10:00-10:30 AM

The cool morning hours are an ideal time to care for the garden. Children will work on various garden tasks including watering, weeding, and planting.

10:30-11:00 AM

Children harvest the fruits, vegetables, and herbs needed for preparing lunch.

11:00 AM- 12:00 PM

Everyone will work together to prepare and serve a delicious meal from the garden. Children will participate in every aspect of meal preparation from washing and chopping produce to setting a beautiful table where everyone can sit down and enjoy a meal together.

12:00-1:00 PM

Children and staff eat at a leisurely pace, encouraging conversation and input from the children about what they like about the meal and the new foods they are trying.

1:00-1:30 PM

Sample Nutrition Education Activity: Children explore strategies for planning out healthy meals incorporating the USDA's MyPlate guidelines.

1:30-2:00 PM

Sample Carts & Crafts Activity: Children are learning about artist, Eric Carle, and make nature inspired collages out of recycled materials.

2:00-3:00 PM

Sample Physical Activity: To get their bodies moving, the children solve a scavenger hunt! Each new clue has a physical activity that the children must perform before they are given the next clue. After that, they play a non-competitive game of tag.

Updated May 2014

Parent Open House

At the end of each week of camp, the Healthy Youth Program hosts a Parent Open House. The open house is held for just one hour on the last camp day. While this is an optional part of camp, we have found the open house to be a wonderful opportunity for the children to showcase everything they learned throughout the week and for their parents to get a little “taste” of camp.

Our Parent Open House includes:

- Samples of a typical camp snack, prepared by the children
 - See suggested recipes for ideas (link in Appendix)
- An award ceremony
 - Thank parents for coming
 - Children are called to the front individually and presented with an award/certificate of completion. When presenting the certificate, camp staff will identify a couple of things the child did well throughout the week (i.e. “Billy was a *star weeder* in the garden” or “Suzy was always helpful during kitchen cleanup”).
- Tour of the garden
 - The tour can be formally conducted by staff with the whole group, or the children can informally show their parents around the garden space
- Showcase of camp projects
 - Any artwork or other projects created by children throughout the week is displayed at this time. Following the open house, children are welcome to take home all of their creations.

Camp Themes

Camp themes help guide the preparation and development of camp activities, and provide overall cohesion to each week of camp. See below for some ideas:

- Secrets of the Soil
- Garden Creatures
- Adventurous Artists
- Backyard Science
- Cool Garden Critters
- Nature Art
- Backyard Biology & Kitchen Chemistry

Participants

- 15-18 participants per week (depending on the size of your space)
- Staff ratios: approximately 1 adult per 5 children
- Age groups
 - Ages 6 to 8 years:
 - Shorter day (5.5 hours)
 - Lower child to staff ratios are ideal (4:1)
 - Tend to need more reminders to stay within boundaries and listen to staff when they are providing instructions
 - Enjoy sillier activities and aren't afraid to be silly themselves
 - Have relatively short attention spans
 - Look up to older staff and children as role models and are easily influenced
 - Ages 8 to 12 years:
 - Longer day (6.5 hours)
 - Higher child to staff ratios (6:1)
 - Independent
 - Attention spans are longer than those of 6 to 8 year olds
 - Social skills are more developed, leading to less behavior-related issues
 - 11 to 12 year olds are more laid back and easy going. They don't enjoy silly activities as much, avoid potential embarrassment, and are role models for younger campers

Outreach and Advertising

Send fliers to all local elementary schools, or place ads in school newsletters, and the local Parks and Recreation catalog

Chefs in the Garden

**SUMMER
DAY CAMP
2013**



Grow, cook, explore & play at our discovery camp in the Spartan Garden!

Hosted by the Healthy Youth Program
Linus Pauling Institute

Come grow
with us!

WHO: For children ages 6-12 yrs. old

WHERE: At the Spartan Garden, Corvallis High School

WHEN: choose one or more sessions — please note ages for each session


6-8 yrs. old	8-12 yrs. old
M-F, 8:30 a.m. - 2:00 p.m.:	M-F, 8:30 a.m. - 3:00 p.m.:
SESSION 1: July 15 - 19	SESSION 3: August 5 - 9
SESSION 2: July 22 - 26	SESSION 4: August 12 - 16
	SESSION 5: August 19 - 23

COST: \$115 per week, snacks & lunch included (scholarships available)

TO REGISTER: <http://lpi.oregonstate.edu/healthyyouth>
or call 541-737-8014

Harvest,
cook & eat
lunch in the
garden!

Family garden
cookout on
Fridays!



Outdoor
games &
scavenger
hunts in the
garden!

Science, art
and healthy
living!

Grow your
own food!

Staffing

Recruitment: Sample Posting

Description: The Linus Pauling Institute's Healthy Youth Program (HYP) at OSU will be offering "Chefs in the Garden," outdoor summer day camps for children ages 6-12 years old. The camps will take place at the Spartan Garden at Corvallis High School, and will include activities in cooking and nutrition education, environmental science, gardening, art and physical education. The HYP is looking for interns to help develop and facilitate camp activities; all will take place outdoors, in the garden and adjacent gathering space. The internship will include a week of training, followed by 5 weeks of summer camp. An optional internship extension is available for the fall term (September – December) and will include activity write-ups and program evaluation. A background check will be completed by the HYP for each applicant prior to hiring.

We are looking for applicants who:

- Enjoy working with children and being outdoors;
- Are energetic, enthusiastic, reliable and patient;
- Have a positive attitude and a creative spirit;
- Have the ability to lead children's activities in at least one of the focus areas: cooking, nutrition, environmental science, gardening, art or physical education;
- Have the ability to work cooperatively in a team-oriented setting.

To apply:

Send (email or mail) a **cover letter, resume, one professional reference letter** (from an employer or teacher/professor) and **answers to the questions** below:

For full consideration, please answer all questions completely and to the best of your ability:

- 1) Describe any past experience you have had working with children.
- 2) What are your career goals and how do you envision this internship helping you achieve them?
- 3) Briefly describe one idea you have for an outdoor activity that you could lead with a group of 10-12 children ages 8-11 years old. (Activity ideas should include one of the camp's focus areas – cooking, nutrition, environmental science, gardening, art, or physical activity.)

Training

Intern training should cover:

- Youth safety
 - Mandatory Reporting
 - Garden Safety
 - Cooking Safety
- Familiarizing all staff with the space(s)
- Preparing lunch together
- Pilot-testing of activities
- Camp dress rehearsal: having 2 to 3 days of running through a full camp day (with kids!) is a great way to test-run activities, work out the kinks, and prepare for camp

Camp Activities

Cooking

Every day, children and staff prepare meals together. Depending on the size of your outdoor kitchen space and the number of children at camp, it may be easiest to cook in shifts. Children are involved in all aspects of food preparation including harvesting and washing fresh fruits and veggies, preparing individual dishes, setting the table, and cleaning up after the meal.

Gardening

Gardening is an integral part of camp and occurs daily. In the morning, while it's still cool, campers work together to maintain the garden space. "Weed Warriors" diligently remove unwanted weeds; "Water Heroes" make sure all of the plants are getting enough water; "Mulch Maniacs" help spread mulch around garden walking paths; "Planting Pals" plant new seeds and starts in garden rows; and "Secret Garden" tasks include any miscellaneous garden chores that need to be completed. Ensuring children have the opportunity to get involved in different garden tasks throughout the week helps keep the gardening experience fresh and exciting for camp participants.

Backyard Science

In addition to the importance of engaging children in the cooking and gardening process, we also want them to get excited about science, and the garden is a great venue. Worm bins, terrariums, and pH paper experiments are a great way to teach children that their kitchens and backyards are their very own laboratories!

Nutrition

While we prepare healthy meals together daily, we also want to provide nutrition education to the children, so that they can make healthy choices at home and at school—not just at camp! Nutrition education activities might discuss the MyPlate, energy balance, or eating the rainbow.

Physical Activity

Fun games are a great way to get children moving and to break up the day. Our games are non-competitive and fun for all, emphasizing the importance of movement rather than winning.

Arts & Crafts

At *Chefs in the Garden*, we strive to provide a wide variety of activities for children to enjoy. Arts & Crafts are a great way to wind down at the end of the day and are easily incorporated into camp themes. Toad abodes, bug mosaics, and real Mr. Potato Heads are all big hits in our camps.

APPENDIX

Healthy Youth Program Philosophies

Cooking and Nutrition Philosophies and Guidelines

- The purpose of our cooking and nutrition education is to teach children to make nutritionally sound food choices and to learn to combine ingredients to make tasty, healthy, well-balanced meals.
- Recipes are designed to be simple and nutritious.
- Ingredients should be easily accessible at local grocery stores or harvested from the school garden.

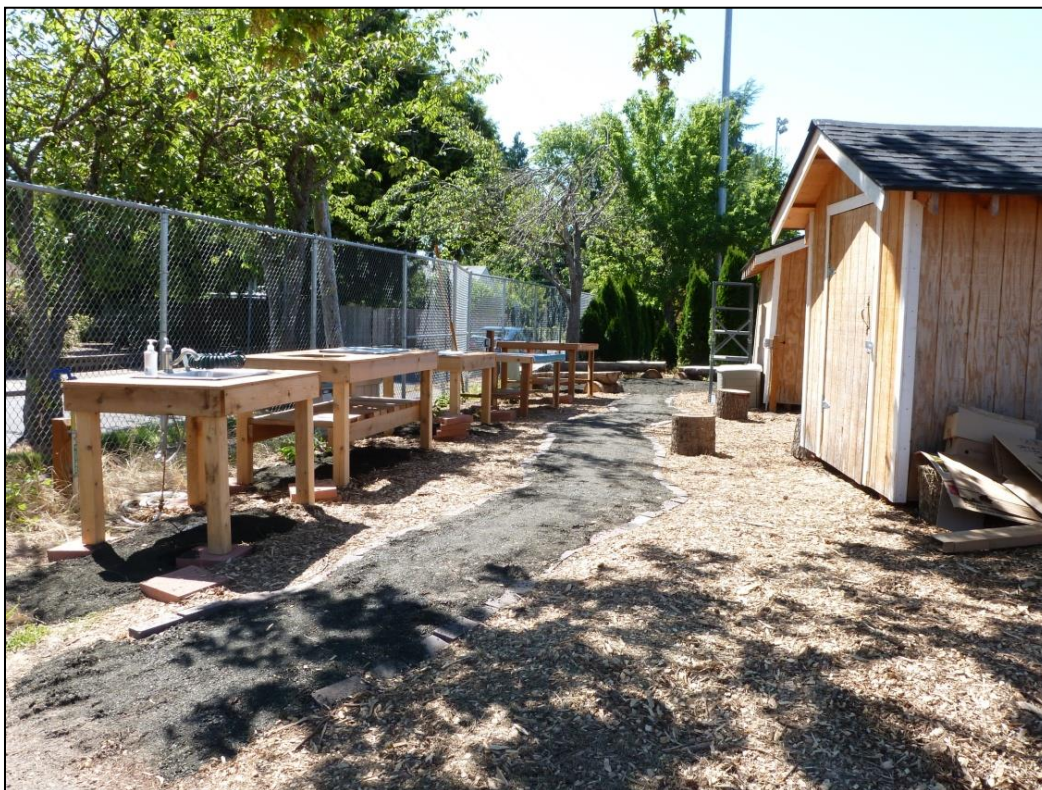
Physical Activity Philosophies and Guidelines

- Physical activity should be fun! Our games and activities are designed to be playful, non-competitive, and to motivate children to be excited about being physically active.
- The physical activities should be age appropriate, reflecting children's natural physical, mental and social development.

Garden and Environmental Science Philosophies and Guidelines

- The purpose of gardening and environmental science activities is to teach children how to grow their own fresh food, and to explore the link between a healthy environment and a healthy lifestyle.
- Gardening activities will introduce children to the basics of backyard food production and maintenance, using all organic methods.
- Environmental science activities will utilize the garden as an ecosystem to explore basic concepts in biology, sustainability, and natural resources.
- Participants will use tools for all gardening and environmental science activities only after tool safety is discussed and demonstrated.

Outdoor Kitchen and Storage Sheds:



Wash Stations:



Garden Space:



Gathering Spaces:



Helpful Links:

Healthy Youth Program website:

<http://lpi.oregonstate.edu/healthyyouth>

Sample lesson plans:

<http://lpi.oregonstate.edu/healthyyouth/lessons-manuals/summer-day-camps/chefs-garden/lessons/index.shtml>

Suggested recipes:

<http://lpi.oregonstate.edu/healthyyouth/recipes.shtml#/suggested/summer-citg>