

Beyond Boundaries: ECALA's Collective Kitchens

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Acknowledging the Land


- [Native-Land.ca | Our home on native land](https://native-land.ca)
- <https://native-land.ca>



Learning Objectives:

- Show how the practical application of literacy, numeracy, digital, and life skills within a kitchen environment contributes to life-long learning
- Demonstrate how to use authentic materials to improve literacy skills
- Model how to create learner-centered spaces

through different activities. Look for these icons to Collective Kitchens enhance literacy.

	<i>Financial Literacy</i>
	<i>Numeracy</i>
	<i>Adult Literacy</i>
	<i>English Language</i>
	<i>Skills For Learning</i>



Who is in the room



- Have you ever done cooking sessions or community kitchen?
- Share information on your learning spaces. For example:
 - English language, numeracy or digital classes
- What are you hoping to learn from this session?



Overview

- Small group of participants
- Great way to develop skills
- Peer-to-peer learning
- Learner-centered practice

Linking Collective Kitchens to Skill Building

- Oral communication
- Personal and interpersonal
- Decision-making and problem-solving
- Creative thinking
- Collaboration



Life Skills

Making
healthy
choices

Changing
habits and
behaviors

Informed
choices

Saving
money

Health
benefits

Numeracy and Financial Literacy



Kitchen
Math



Portions



Stretch A
Dollar



Understand
Money



Price
Rounding

Activities

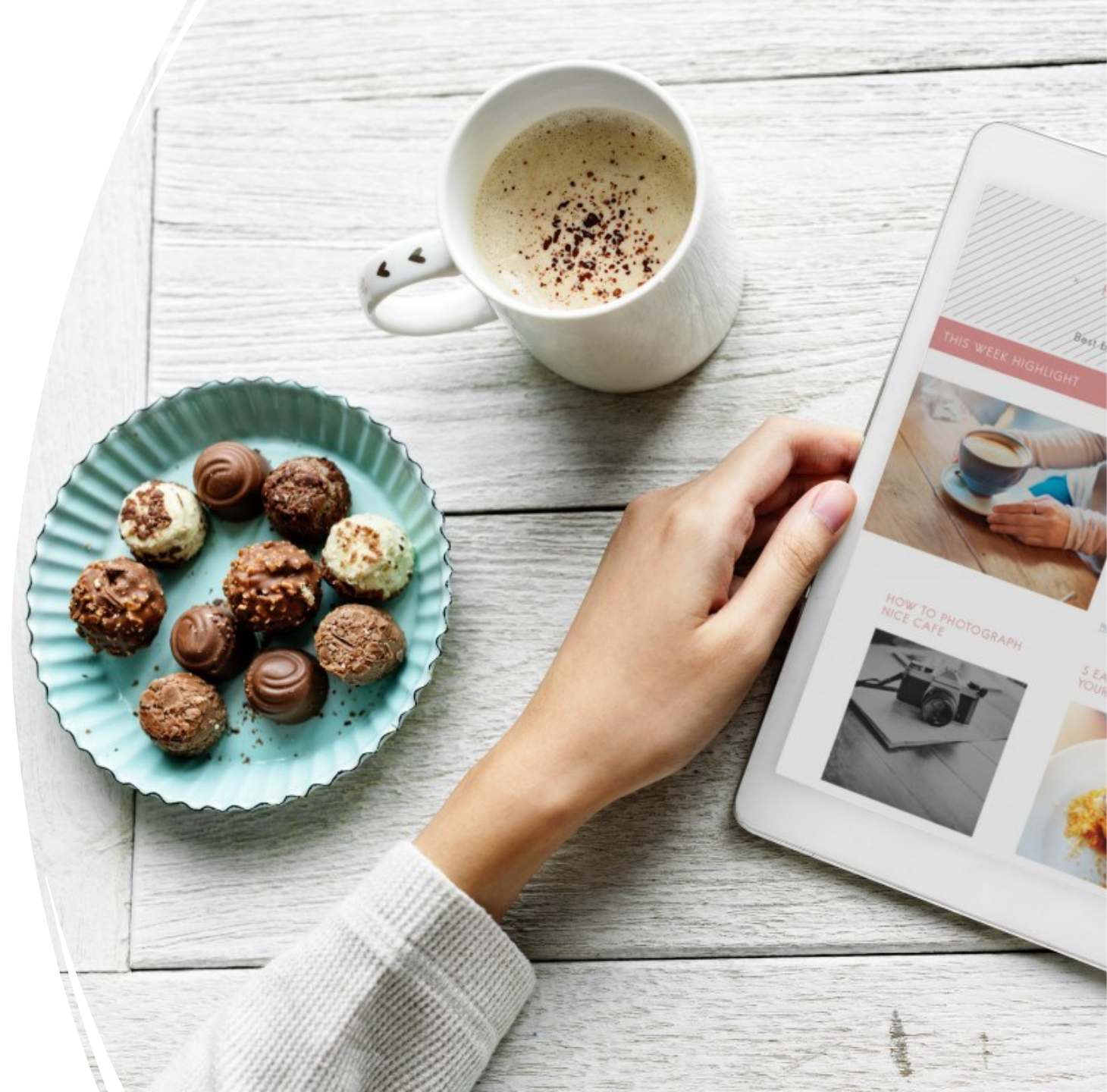
- Grocery lists
- More bang for your buck
 - Using Coupons
 - Buying in bulk
- Portion sizes
- Learning about measuring units
- Learning about money

Changing Recipe Portions

Recipe Amount	Times 2	Times 3	Times 4	Divided by 2	Divided by 4
1/8	1/4	3/8 (close to 1/2)	1/2	1/16	nil
1/4	1/2	3/4	1	1/8	1/16
1/2	1	1 and 1/2	2	1/4	1/8
3/4	1 and 1/2	2 and 1/4	3	3/8	3/16
1 and 1/4	2 and 1/2	3 and 3/4	5	5/8	5/16
1 and 1/2	3	4 and 1/2	6	3/4	3/8
1 and 3/4	3 and 1/2	5 and 1/4	7	7/8	7/16

Literacy

- Reading
- Writing
- Speaking
- Listening
- Vocabulary




Reading

- Vocabulary
- Help learners
 - Recognize themselves as learners
 - Take risks in learning
 - Engage in the act of learning
 - Develop learning strategies

Consider Authentic materials

How to Handwash?

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;

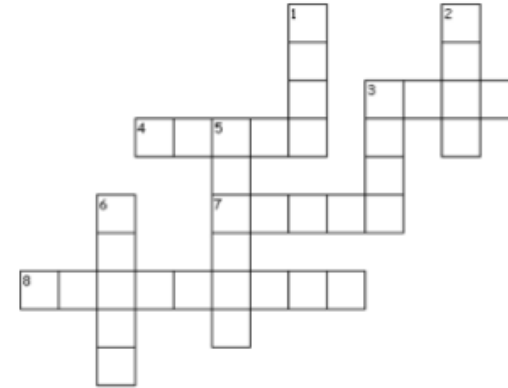


Your hands are now safe.

Writing

- Recipes
- Fill-in blanks
- Grocery lists
- Vocabulary lists
- Word matching

CROSS Word



Word List

Boil	Baste
Quarter	Mince
Simmer	Stir
Bake	Grate
Dice	

Across

3. Heating a liquid on high heat until there are lots of bubbles and steam.
4. Spreading the juices or sauce in the bottom of the pan over the food while it is still cooking.
7. Cutting food into very small pieces.
8. Cutting food into 4 pieces.

Down

1. Cutting food into cubes.
2. Blending food ingredients together using a spoon, spatula or another tool.
3. Cook food by dry heat usually in an oven.
5. Heating a liquid on the stove until you see some bubbles and steam.
6. Shredding food into small pieces.

Speaking and listening

- Sugar quiz
- Storytelling

Oral, Personal and
Interpersonal skill building

The Truth About Sugar Fact or Fiction?

Question #1:
Fruit and vegetables contain different types of sugars.

Question #2:
Sugar is only used to sweeten food and drinks

Question #3:
My body doesn't need sugars

Question #4:
Sugars are hidden in lots of products

Question #5:
Brown sugar is better for me than white

Question #6:
All the sugars in orange juice come from the oranges themselves

Question #7:
Sugars in milk come directly from the cow

Question #8:
Bananas contain one type of sugar

Question #9:
Your body can distinguish between sugars used in processed foods and those found naturally in fruit and vegetables



Decision making and problem-solving

- Healthy eating choices
- Canada Food Guide
- Understanding serving size
- Making substitutions

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice




Choose
whole grain
foods

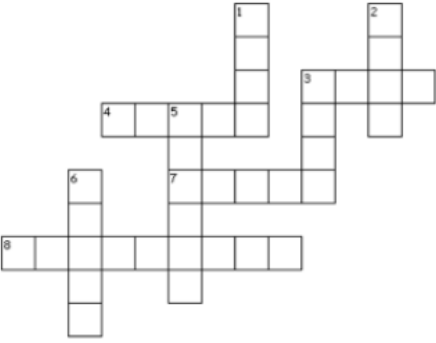
Fun Activities

- Bingo
- Wordsearch
- Crossword
- Coupon sharing

What activities would you include?



CROSS Word



Word List


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Labels

- New vocabulary
- Nutritional information
- Portion size
- Percentages
- Healthy choices
- Measuring



Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food
 Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

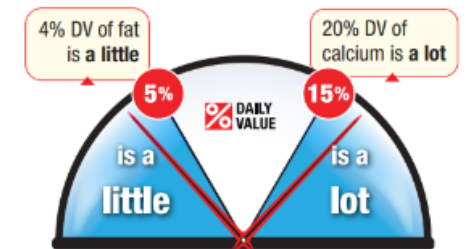
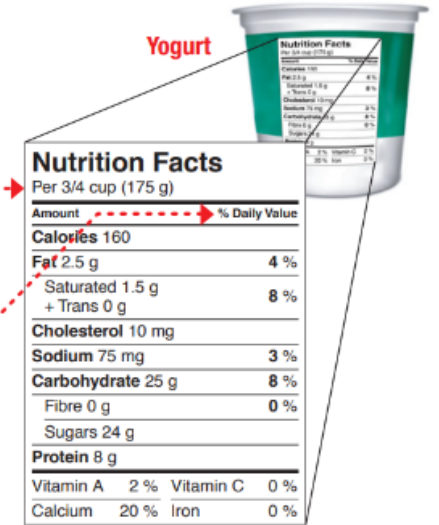
2 READ the % DV.
 The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
 15% DV or more is a **LOT** } This applies to all nutrients.

3 CHOOSE
 Make a better choice for you. Here are some nutrients you may want...

- | | |
|----------------------------|----------------|
| less of | more of |
| • Fat | • Fibre |
| • Saturated and trans fats | • Vitamin A |
| • Sodium | • Calcium |
| | • Iron |

Here is an example of how to choose:
 You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has a **little** fat (4% DV) and a **lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!



Sugar Sense Matching Game

In pairs, work through the Sugar Sense Matching game.

You have 5 minutes.

Sugar Sense Matching Game

Directions: Match the beverage with the amount of sugar it contains.
1 teaspoon = 1 sugar cube = 1 sugar pkg (approx.)

Beverage	Volume	Sugar Amount
Apple Juice	473 ml	24 Teaspoons
Chocolate Milk	500 ml	14 Teaspoons
Cola	591 ml	0 Teaspoons
Energy Drink	473 ml	13 Teaspoons
Large Slush	1000 ml	6 Teaspoons
Sports Drink	700 ml	10 Teaspoons
Water	500 ml	14 Teaspoons
White Milk 2%	500 ml	17 Teaspoons

Creative thinking



- Hand measuring
- Substitutions
- Recipes with food hamper items
- Pantry basics

MEAL Planning

WEEK OF: _____

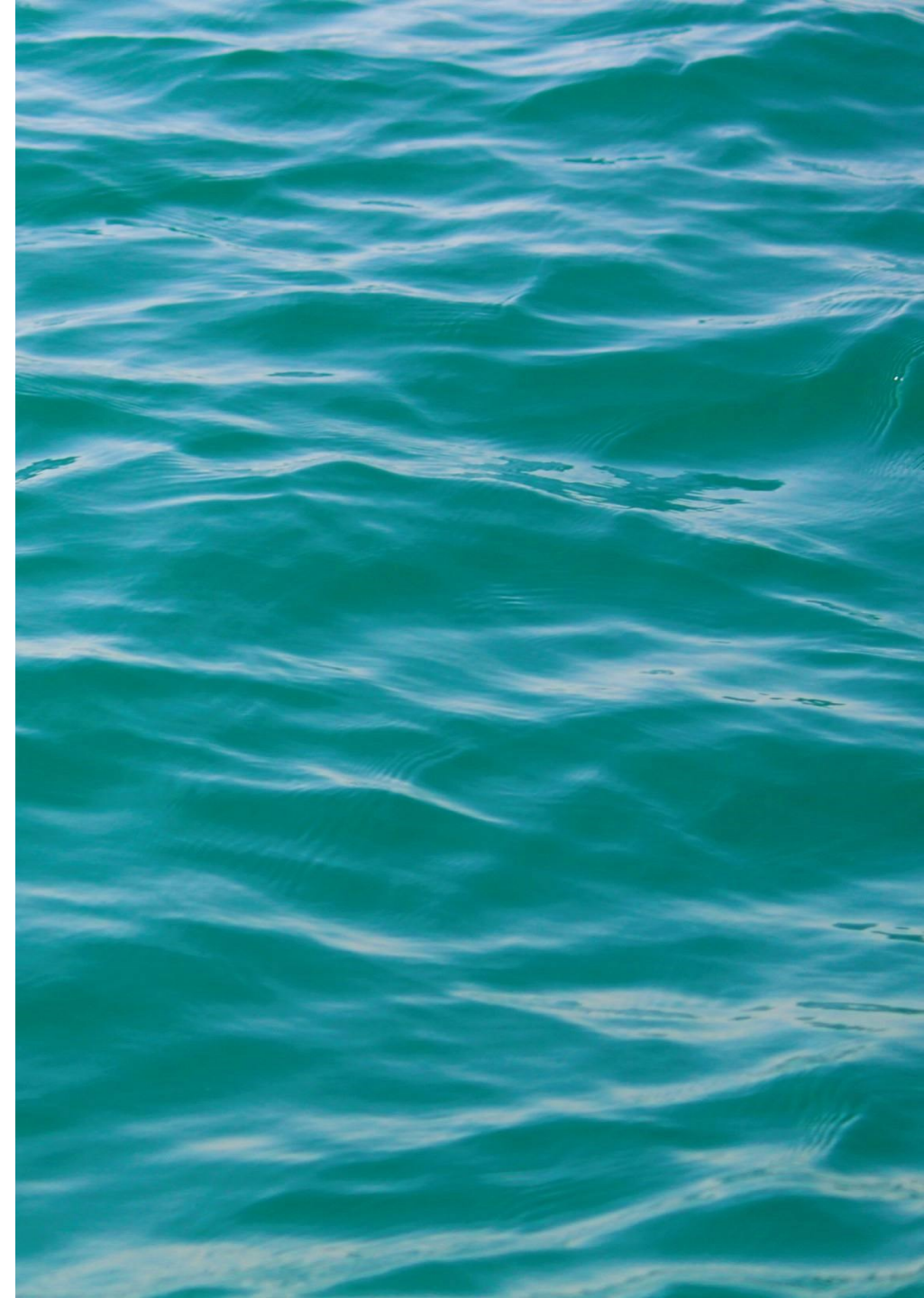
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Learner-centered

- Recognizes what the learner brings to the class
- Includes learners in the whole process of learning (planning, implementing, assessing, etc.)
- Incorporates different methods for learning
- Incorporates adult learning principles

The Ripple Effect

- Provides a supportive environment where learners connect, feel welcome, and actively participate in learning
- Helps reduce barriers
- Shares ways to increase food security
- Developing a sense of belonging
- Developing new transferrable skills to use everyday



Now it's your turn!

Using the Cracker Nachos Recipe handout:

- Build your learning objectives
- Create a list of activities you could do in your Collective Kitchen.



Cracker Nachos: Recipe and Nutrition

Cracker Nachos

Using whole grain crackers in place of tortilla chips reduces the fat and increases the fibre in this recipe. Enjoy this as a snack or an appetizer.

Ingredients

20	low sodium whole wheat crackers	20
½ cup	grated reduced fat (or light) cheddar cheese (18% M.F.)	125 ml
2	green onions, chopped	2
¼	green bell pepper, chopped	¼
½ cup	grated reduced fat (or light) cheddar cheese (18% M.F.)	75 ml
¼ cup	salsa	60ml

Directions

1. Preheat oven to 350° F (175° C).
2. Place crackers close together on a baking sheet.
3. Sprinkle ½ cup (125 ml) of grated cheese on the crackers.
4. Sprinkle with the onion and green pepper. (4)
5. Sprinkle ¼ cup grated cheese on top.
6. Bake in oven for 15 minutes.
7. Remove from oven and spoon a small amount of salsa on each cracker and serve immediately.

Makes 5 servings (4 crackers/71 g)

Nutrition Facts	
Per 1/5 of recipe (4 crackers/ 71 g)	
Amount	% Daily Value
Calories 130	
Fat 6 g	9 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 10 mg	
Sodium 260 mg	11 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 1 g	
Protein 7 g	
Vitamin A	8 %
Vitamin C	20 %
Calcium	15 %
Iron	6 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in potassium	150 mg
High in calcium	188 mg
Source of magnesium	27 mg
Source of iron	0.7 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	½
Milk and Alternatives	½
Meat and Alternatives	0

Share

- One learning objective you talked about.
- What types of activities did you discuss?
- Did you learn anything new while doing this exercise?



Learning Objectives Recap

- Show how the practical application of literacy, numeracy, digital, and life skills within a kitchen environment contributes to life-long learning
- Demonstrate how to use authentic materials to improve literacy skills
- Model how to create learner-centered spaces

Through different activities. Look for these icons to Collective Kitchens enhance literacy.

	<i>Financial Literacy</i>
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	<i>English Language</i>
	<i>Skills For Learning</i>



A Closer look at our Collective Kitchen Handbook

You can download a copy
of our Handbook [here](#)



**ECALA COLLECTIVE
KITCHEN HANDBOOK**



Grocery List
Review

&

Questions



Resources

- [Make healthy meals with Canada's food guide plate - Canada's Food Guide](#)
- [Healthy eating on a budget - Canada's Food Guide](#)
- [home \(openschool.bc.ca\) Online Caring about Food Safety](#)
- [Alberta Food Safety Basics Booklet \(ecala.org\)](#) PDF Questions and answers about food safety
- [Understanding the Sugar Content in Sugar Packets | Actualizado marzo 2024 \(athyp.com\)](#) Crazy Sugar comparisons video 10 mins
- <http://www.cbc.ca/player/play/1326218819869> They all speak carrot

Thoughts?

Feedback Form: <https://forms.office.com/r/xSAydy6rXQ>

Thank you for attending the session!

For more information contact
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