

Metabolic Magic Mini-Interventions

Healthy Cookbook for Kids in the Know

(Suggested usage: After Case Study 2, Case Study 3)

Guidelines:

- Group discussion of ready-made healthy snacks they enjoy, as well as recipes for healthy snacks.
- Consider using fresh food grown in the community garden in the recipes.
- Brainstorm the structure and design of the cookbook to make it “teen friendly.”
- Break into four smaller groups. Each group creates a recipe and finds its nutritional information, researching where to find such information such as FDA.gov, food labels, kidshealth.org, or other sources. Alternatively, focus on nutritional components (rather than amounts), so that information can be used to create balanced meals.
 - Group 1. Search for and/or create healthy snack recipes
 - Group 2. Search for and/or create healthy breakfast recipes
 - Group 3. Search for and/or create healthy lunch recipes
 - Group 4. Search for and/or create healthy dinner recipes
- Design the cookbook including the cover. Photos, drawings and quotes could be used to compliment the recipes. Credit the origin of the recipe.
- Create mock-ups of possible cookbooks from student designs.
- Investigate the cost of printing and spiral binding..
- Discuss having a digital copy of the cookbook available.
- Organize a fundraiser to sell the cookbook and donate the funds back to the community garden.