Kuhio Kids Can Cook!

Students exiting kindergarten through fourth grade participated in cooking classes this summer. Students learned how to make tasty and healthy snacks using fresh fruits and vegetables.

Since Kuhio is a 5210 Wellness School, we discussed the components of the program:

- **Eat 5** fruits, roots, or vegetables every day. Some of the ingredients we used were bananas, pineapples, celery, kale, beets, berries, ginger, and yellow, orange, and purple carrots.

- **Limit yourself to 2** hours or less of screen time each day. Be sure not to spend too much time watching TV and movies and using the computer, tablet (like an iPad), and smartphone.

- **Get at least 1** hour or more of physical activity every day. Do you enjoy swimming, running, playing basketball, jumping rope, or hula hooping? Get some exercise every day.

- **Drink 0** sugary drinks. Instead of drinking soda or sugary slushies made of sugar and food coloring, choose low-fat milk or water. Did you know your body is made of fifty to sixty percent water? Give your body the water it needs to stay healthy!

On the first day of cooking classes, we made Banana Ice Cream using only fresh bananas. We left out the extra fat and sugar which regular ice cream has! We also practiced using fractions and sequencing steps. Proper hand washing, as well as knife safety and skills were also taught.

Kindergartners peel bananas for their Banana Ice Cream.
On the second day, we made Drink-the-Rainbow Smoothies. Using fruits and vegetables from the different color groups, student teams created their own smoothies. We also learned plant parts and the difference between fruits and vegetables. We learned nutrition for each color group and how to use measuring cups. We also continued applying our knowledge of fractions. One student team chose to make their smoothies with five different vegetables; they LOVED the taste of their smoothies!

On our final third day, we made a healthy version of Carrot Cake Parfait (recipe courtesy of Kapiolani Community College’s Culinary Arts Program) using carrots, pineapples, yogurt, granola, raisins, and a little honey. We learned nutritional information for each ingredient and how those ingredients are made or grown. We also practiced cutting and dicing fresh pineapples, as well as peeling and grating carrots. Finally, we applied our knowledge of fractions with the measuring cups and spoons again.

I am hoping these experiences will encourage students to make healthier choices in what they eat and do daily.

Remember: 5210, let’s go!

At Kuhio, Wellness Works!
Mrs. D. Au-Wong