

## Cooking Classes/ Qu'est-ce qu'on mange?

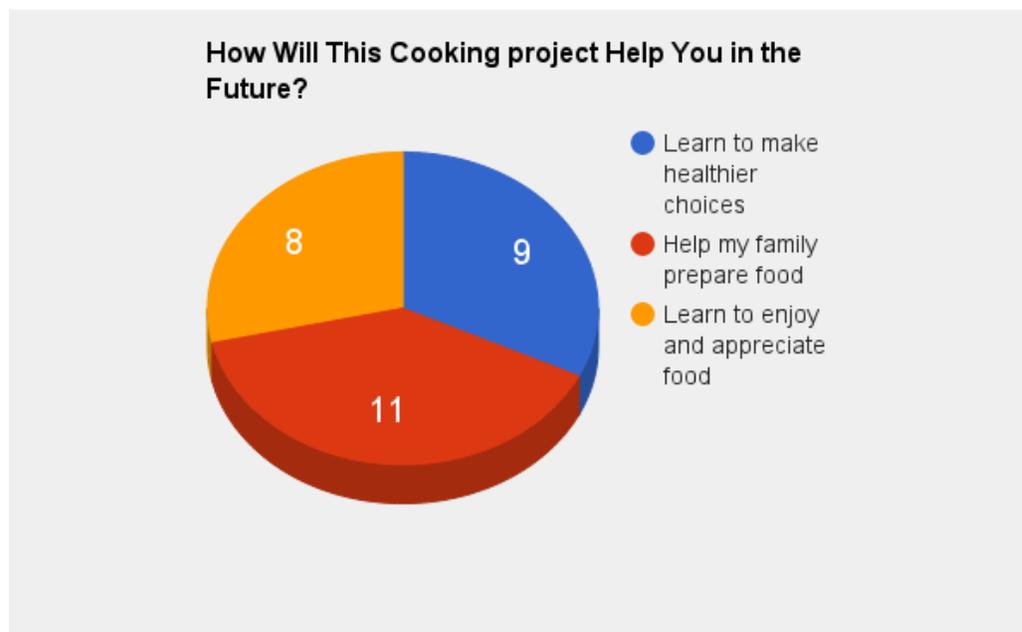
By: Valeria Cori-Manocchio

Qu'est-ce qu'on mange cooking sessions taught Parkdale's grade 5 more than just math and science; while practicing their cooking skills, students were learning new recipes and ways to help out in their own family kitchen. With the help of several grants from local businesses like Maxi and National Bank, students had the chance to stretch their culinary muscles while helping out in their community.

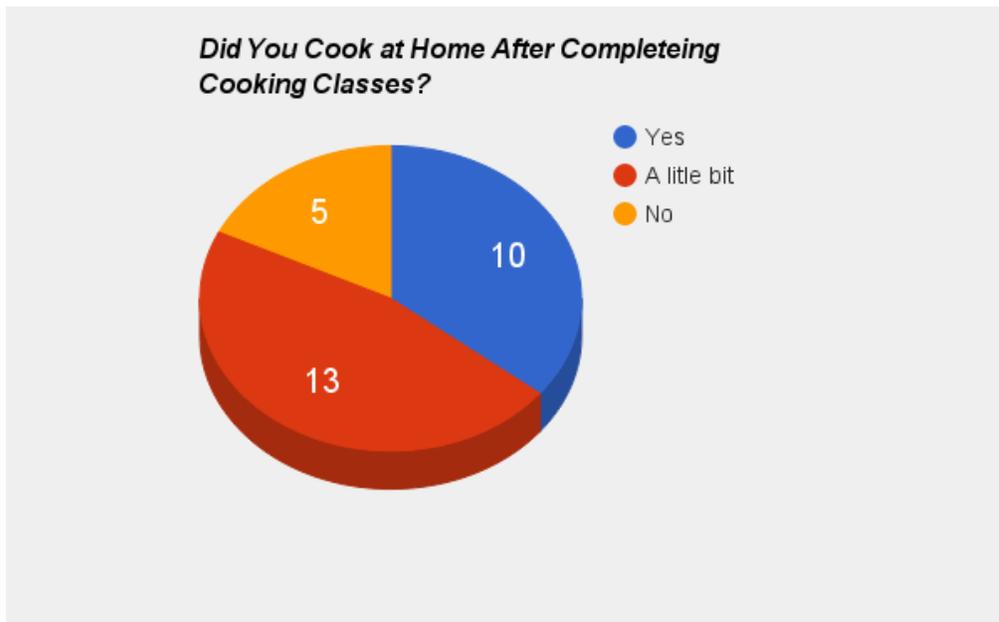
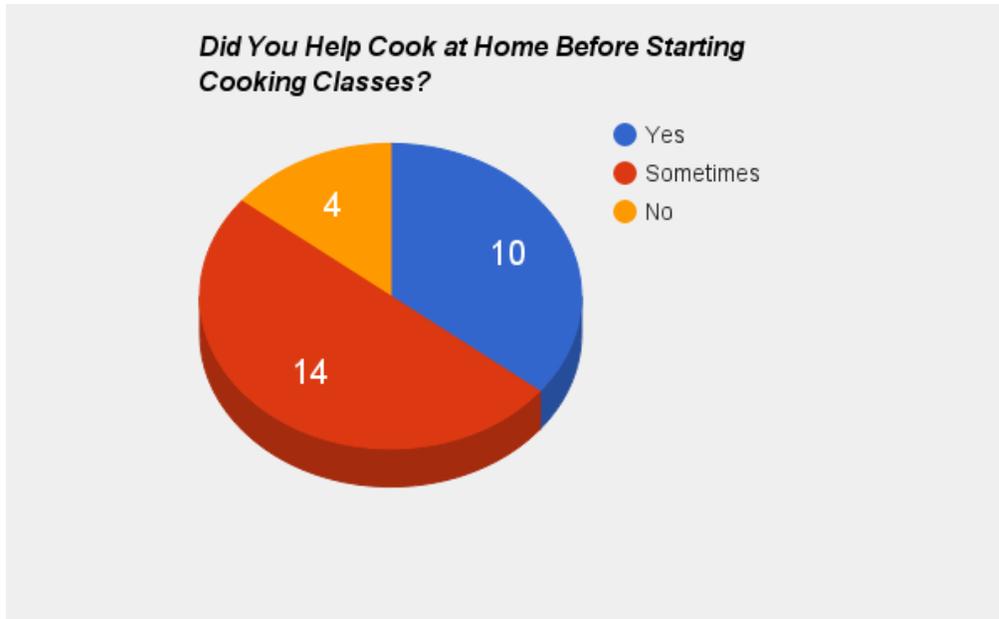
Jaylee said one of the most important tools she learned was working in a small space and sharing equipment like measuring spoons and ingredients with her classmates. Other participants like Nancy and Shannique agreed that learning how to properly chop and cut various ingredients was especially important when they began reading recipes.

Taking the time to measure out ingredients was a fundamental part of preparing dishes like vegetarian chili and oatmeal cookies. "It's really important to know the difference between a tablespoon and a teaspoon," said Serena.

Qu'est-ce qu'on mange sessions also helped students improve their eating habits. Nearly 1/3 of students said cooking enabled them to make healthier choices.



Prior to the cooking sessions, many students already had some experience in the kitchen. After weeks of cooking dishes like vegetarian couscous and baking healthy treats like banana bread, more students reported they either began or continued to cook at home.



Some students tested out recipes from cooking sessions at home and with great success. Warda re-made the vegetarian couscous, adding a little more chili pepper for extra flavor. Hafsah replicated the oatmeal cookie recipe for a healthy snack.

Most importantly, grade 5 chefs do not plan on letting their newly acquired skills go to waste; more than half of students are looking forward to preparing tasty snacks and meals during summer vacation.



The cooking sessions fostered awareness about social entrepreneurship. While Parkdale students prepared various dishes, they did not take home the finished product; instead they donated the meals to local families in need.