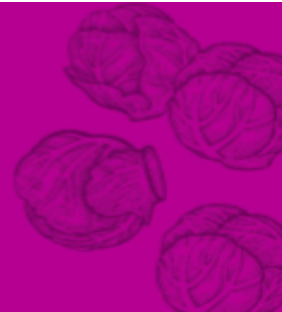


2024 Teaching Kitchen Symposium



Breakout Session 3C Resource

[Full program schedule](#)

Session Title:

Ages and Stages in the Kitchen: Culinary and Nutrition Education for Youth from Pre-K to College

Date & Time:

Nov 14, 2024 1:30 PM MST (90min)

Presenters:

- Lynn Fredericks, Founder & President, FamilyCook Productions
- Linda Novick O'Keefe, Co-Founder & CEO, Common Threads
- Mayumi Uejima-Carr, President, Table for Two USA
- Terry Braggs, Executive Chef of Student Food Experiences, R&DE Stanford Dining

Session Description:

Join us for an engaging breakout session exploring how to tailor culinary and nutrition education to diverse age groups, from pre-K through college. Discover strategies for designing developmentally appropriate curricula that engage young learners, from sensory activities for toddlers to advanced healthy cooking and self-care skills for independent teens. Learn about effective engagement strategies, essential tools and resources, and hear success stories and challenges from educators who have implemented flourishing programs. Come ready to share your experiences, learn from peers, and leave with practical tools and strategies to engage young people and make your teaching kitchen a vibrant space for learning and growth.

Learning Objectives:

By the end of this session, participants will be able to:

1. Apply developmentally appropriate culinary and nutrition education strategies for diverse age groups, from pre-K to college students.
2. Utilize the 10 experiential drivers of behavior change to enhance engagement in teaching kitchen programs for preschool through older adolescents.
3. Address the unique needs and motivations of various age groups, including preschoolers, elementary students, and older adolescents to promote sustained behavior change.
4. Develop a range of funding and resource strategies to ensure the sustainability and growth of teaching kitchens.

Presenter Slides:

- [Mayumi Uejima-Carr](#)
- [Terry Braggs](#)
- [Linda O'Keefe](#)
- [Lynn Fredericks](#)

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References:

- Fredericks L, Koch PA, Liu AA, Galitzdorfer L, Costa A, Utter J. [Experiential Features of Culinary Nutrition Education That Drive Behavior Change: Frameworks for Research and Practice](#). *Health Promot Pract*. 2020 May;21(3):331-335. doi: 10.1177/1524839919896787. Fredericks, L., Utter, J., Tang, L., Shah, A., Wilson Lofts, C.,
- Fredericks, L., & Koch, P. A.. [Can the effects of high school culinary nutrition education be sustained into adulthood?](#) *Health Education Journal*. 2023; 82(6), 611-622. Doi: 10.1177/00178969231178593
- Badaracco C, Thomas OW, Massa J, Bartlett R, Eisenberg DM. [Characteristics of Current Teaching Kitchens: Findings from Recent Surveys of the Teaching Kitchen Collaborative](#). *Nutrients*. 2023; 15(20):4326. <https://doi.org/10.3390/nu15204326>
- Uejima-Carr, M & Silverstone, T. [O32 Wa-Shokuiku-Learn. Cook. Eat Japanese! - Innovative Food Education Program](#). *Journal of Nutrition Education and Behavior*. 2022; 54(7): S16-17. Doi: 10.1016/j.jneb.2022.04.039.

Supplemental Resources:

- [FamilyCook Productions](#)
- [Common Threads](#)
- [R&DE Teaching Kitchen @ Stanford](#)
- [Table for Two USA](#)