



## Core Curriculum Overview

The Cookbook Project curriculum is composed of the core curriculum and curriculum electives. The core curriculum contains the most important content for cognitive, behavioral, and skill-based learning. The curriculum electives are a compilation of classroom-tested lessons created by The Cookbook Project and trained Food Literacy Educators that can be combined with the core curriculum for longer programs.

The curriculum has been drawn from 7 broadly conceived modules shown in the table below:

<i>Module</i>	<i>Topic</i>	<i>Corresponding Academic Learning Areas</i>
1	Food Culture	Literature, History, and Anthropology
2	Nutrition Gardens	Science and the Environment
3	Food Geography	History and Geography
4	Module Literacy	Literacy, Reading Comprehension, Math
5	Food Lab	Scientific Method and Inquiry, Biology
6	Markets and Menus	Microeconomics and Math
7	Food Culture Celebration	Leadership and Community Building

The core curriculum has been developed and adapted to suit the needs of school-based and enrichment educators working with a target audience of youth ages 8-12, although the curriculum has been effectively implemented with younger and older audiences. The development of this core curriculum has been based off of stakeholder involvement, feedback, and consultation. The schools, local chefs, and the program implementation partners involved in past Cookbook Project trainings and program implementation provided valuable feedback that has informed the creation of the core curriculum.

The program activities include a combination of games-based lessons and skills-based cooking classes. Each content-based session provides an opportunity for palate expansion through food tasting, and is complimented by a subsequent food preparation lesson that is age-appropriate, and has taken into consideration the kitchen resources of the schools involved. Through the course of the 16-session program, a pre-assessment, mid-assessment, and culminating assessment has been woven into the schedule of activities to provide insight into the knowledge and skill levels of the youth involved in the program. The assessment schedule has been established based on evaluation protocol from City Year, one of The Cookbook Project's main program partners. See table below for more details: