



# Edible Education Syllabus

Grades 5-8  
5783

## Goals of the Program

- 1-To promote awareness of and exposure to healthier food choices for ourselves and our environment.
- 2-To provide a platform for students to develop and apply math, science, literacy, and Torah knowledge and skills.
- 3-To develop kitchen skills including: food safety and hygiene, knife skills, good table manners, and clean-up
- 4-To reduce food waste through appropriate portion and ingredient estimation as well as proper storage and preservation techniques.

## Student Outcome Objectives:

1. SWBAT demonstrate hygienic food practices including handwashing, surface cleaning, hair precautions, kitchen cleanup, food storage.
2. SWBAT create a nutritionally balanced family menu for a number of days to be set according to the teacher's judgment.
3. SWBAT write a recipe according to a given format.

## Week 1: Introduction

- a. Survey of knowledge and practice of healthy eating
- b. Introduction basic hygiene: handwashing with soap before touching food or utensils, clean table
- c. Establish kitchen clean-up rotation
- d. Safety rules: knives, stoves, etc. require special introductory rules
- e. Introduction to My Plate/ rainbow
- f. Cook one healthy food from largest category (sweet potatoes)
- g. Science: taste buds: salt, herb (nutrition and flavor) Math: portion: estimation (G-3, 4)

## Week 2: Food Safety

StartUpRoots' experiential lesson demonstrates how germs spread and how harmful bacteria can be effectively eliminated. Hand-washing, surface cleaning, safe storage, expiration dates are some of the topics explored in this unit.

## Week 3: Taste Buds and the Satiety Index

Some foods are more filling and satisfying than others. Students explore different tastes and learn what will make them full and satisfied.



# Edible Education Syllabus

Customizable  
for Grades 5-10  
5783

## Week 4: Carbohydrates

Students learn the difference between simple and complex carbohydrates, what function carbohydrates play in a healthy diet, and the difference between good and bad carbohydrates.

## Week 5: Protein

What does protein do for you. How much protein and what kind of protein is best.

## Week 6: FATS

How do fats affect your health? What kind of fats and oils are best? What impact does cooking have on fats?

## Week 7: Fiber

Why is fiber important? What foods contain fiber?

## Week 8: Micronutrients-Vitamins and Minerals

Students enjoy microgreens and the green shake as they learn about the function of micronutrients.

## Week 9: Grains

Students will explore a variety of whole healthy grains and enjoy a variety of inexpensive, healthy and nutritious side dishes they can create.

## Week 10: Sugars, Processed Foods & Healthy Snacks

naturally sweetened “green” drinks, healthful desserts

## Week 11: Flours

What can one do with almond, lentil, oat and other flours.

## Week 12: Food Waste

Portion estimation and purchasing; proper food storage (when to wash vegetables, how to save, freeze, etc.); fermenting; soups: vegetable soup from scraps

## Week 13: Raw Versus Cooked Vegetables

Which foods are better raw; which are better cooked?

## Week 14: Herbs and Spices

Enhancing taste and health with herbs students have grown themselves.

## Week 15: Breads: Healthy Challah Bake

Sprouted breads, sourdough and spelt.



# Edible Education Syllabus

Customizable  
for Grades 5-10  
5783

## Week 16: Water and Other Beverages

Sugary, carbonated drinks really a treat? Students will understand the impact of soda and monster drinks on their body and enjoy alternative options.

## Torah Connected Schedule

Every parasha and every holiday has foods associated with them. StartUpRoots' culinary arts and nutrition curriculum connects Torah, food, tradition, and health so that students can appreciate the healthy guidance can comes from our tradition and bring healthy practices to their family celebrations.