



Let's Eat!: Food Programs for Tweens

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About Me



Contact Me!

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Agenda

- Why food programs
- Types of food programs
- What I've done
- Tips
- FAQs

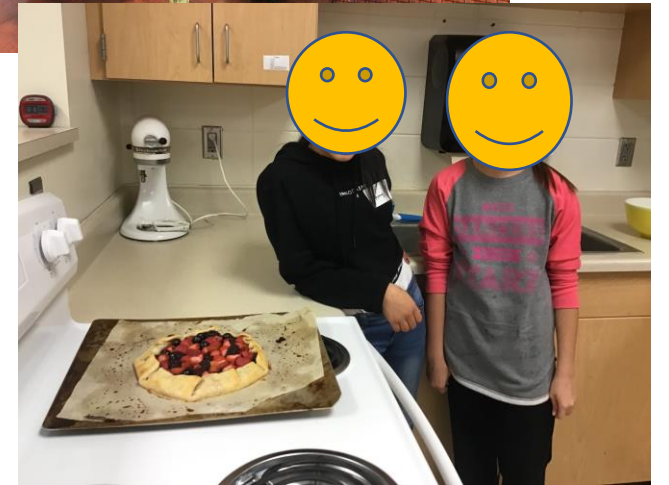


Culinary Literacy

- What is culinary literacy anyway?
- Benefits in the library
- How can TWEENS benefit from food programs



Why food programs in the library?





Who can run a food program?

- ANYONE!



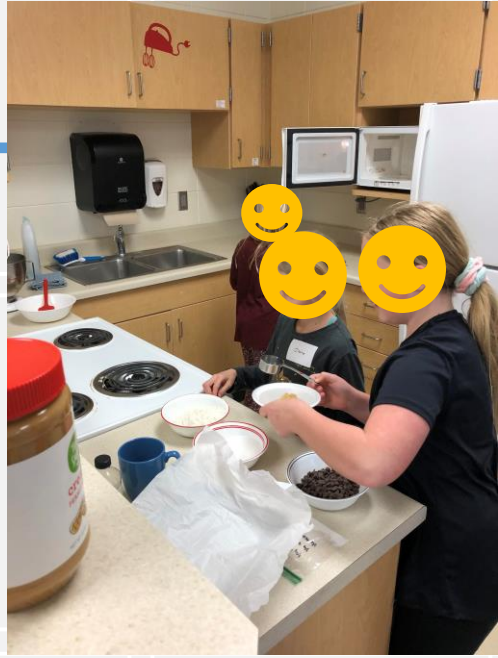
Types of cooking programs

- Smoothies
- Waffles
- Taste tests
- Iron Chef
- Pancake art
- Ice cream
- Cupcake decorating
- Local chef/baker presentations
- Baking clubs
- Cooking clubs
- Others??



What are some programs I've done?

- Secret Science of Ice Cream
- Cupcake Wars
- Chocolate taste test
- Cupcake decorating
- Cookie Decorating
- Baking Club
 - Cookies (many types!)
 - Brownies
 - Cupcakes
 - Pancakes
 - Galettes
 - Cake truffles
 - Muffins
- Book clubs
- Taste Tests
- Food mixes in jars
 - Muffins
 - Hot chocolate
- Popcorn seasoning mixes
- Iron Chef
- Science of Cooking
- Cooking Club



Baking Club





Book clubs



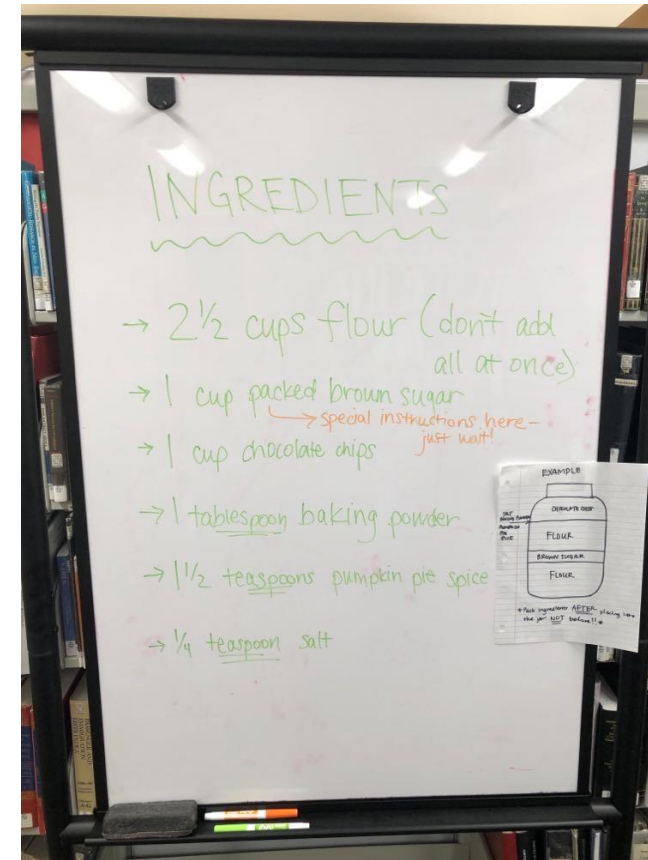
Cupcake Decorating



Science of Cooking (virtual)



Science of Cooking (in person)



Food mixes in a jar



Iron Chef Competition



Cooking Club



How has a typical Baking Club program run for me? (in the past)

- Welcome
- Layout
- Groups of 3
 - Limit 15 kids per session
 - 3 sessions
- Intro and ground rules
- Wash hands and let bake!
 - Know your audience
- Do activities while recipes are baking
- Clean area before leaving
 - Throw away trash
 - Wipe area with Clorox wipe
 - Stack dirty dishes neatly
- They enjoy their baked goods! They can take a recipe on the way out the door



How has a typical Baking Club program run for me? (new and improved!)

- Welcome
- Layout
- Groups of 5
 - Limit 20 kids per session
 - 3 sessions
- Intro and ground rules
- Wash hands and let bake!
- Do activities while recipes are baking
- Clean area before leaving
 - Throw away trash
 - Wash dishes
- Prize for cleanest station
- They enjoy their baked goods! They can take a recipe on the way out the door



Tips I've found useful for programs

- Activities for them to do while it all bakes
 - Following directions worksheet (this one is fun!) – teaches following directions
 - Measuring activity
 - Coloring
 - Would You Rather questions
 - Create your own recipe
 - Madlibs
 - Trivia
- Make them clean up!
- Have them learn about building a plate and making healthy choices
- Try out the recipe beforehand!
- Bring in local experts to help
- Bring first aid supplies



More tips!

- Mise en place - (MEEZ on plehs) - make them do it
 - For trickier ingredients, consider pre-measuring (e.g. Crisco) – great adult volunteer task or for a trusted teen volunteer
 - This is good for basic ingredients as well (baking soda, salt, vanilla)
 - If possible, provide each group with all ingredients (instead of sharing)
 - Always keep paper towels and Clorox wipes handy ;)
 - Have an assistant
 - Display and promote your library's cookbook collection
 - Can also display any resources you have related to cooking (we have cake pans that we've promoted)
 - Promote other programs at the beginning of the program
- **Make sure you have a fire extinguisher nearby! (or at least know where one is)**



Ideas for tying food into other topics

- Tweens grow their own food, then they cook it/bake it (biology, chemistry, culinary skills, gardening)
- STEM food topics
 - Molecular gastronomy (<https://science.howstuffworks.com/innovation/edible-innovations/molecular-gastronomy.htm>)
 - Using solar power to cook
 - Browning effect (Maillard effect)
 - <https://www.youtube.com/watch?v=rs1JLYXROVU>
 - Anything baking or cooking
- Language learning (<https://libwww.freelibrary.org/programs/culinary/>)
- Cookbook/book clubs
- Book programs
 - Cook food from Harry Potter, Lord of the Rings, others
- Economics – examine which food tastes better and compare prices (taste test)
- World cultures – bring in a local chef from a different county to demonstrate cultural foods or do taste tests from food from around the world (great tie-in to CSLP “Adventure Begins at Your Library”!)
- For “national food days” (for example, National Cookie Day on December 4), serve up some cookies, make no bake cookies, or do a cookie taste test!)



FAQs

- I have no/limited budget
 - Free Library of Philadelphia (<https://issuu.com/freelibrary/docs/free-library-culinary-literacy-tool>)
- I have no/limited space
- Food safety/allergies??



Books to tie into baking

- [*The Baking Cookbook for Teens : 75 Delicious Recipes for Sweet and Savory Treats*](#) by Robin Donovan
- [*The Complete Cookbook for Young Chefs*](#) by America's Test Kitchen Kids
- [*The Complete Baking Book for Young Chefs*](#) by America's Test Kitchen Kids
- [*The Cookbook for Teens: The Easy Teen Cookbook with 74 Fun & Delicious Recipes to Try*](#) by Tamra Orr
- [*The Teen Kitchen: Recipes We Love to Cook*](#) by Emily and Lyla Allen
- [*Love Sugar Magic: A Dash of Trouble*](#) by Anna Meriano
- [*Pie in the Sky*](#) by Remy Lai
- [*Charlie and the Chocolate Factory*](#) by Roald Dahl



Resources to check out

- [Free Library of Philadelphia Culinary Literacy Center](#)
- Toolkit for Public Libraries: <https://bit.ly/2xHWSTQ>
- Programming Librarian (a quick search brings up good ideas for introducing food into programs!)
- For cheap recipes:
 - <https://cookbooks.leannebrown.com/good-and-cheap.pdf>
- Programming ideas: check out Teen Services Underground on Facebook!
- Teaching science through baking: <https://bit.ly/39HkCEW>
- For older kids: <https://www.scienceofcooking.com/>
- Demco activity calendars: these typically will include some food program ideas



Any questions?



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