

WELCOME

We at Schoolyard Roots strongly believe in the wide-ranging benefits of cooking in the classroom, whether as an extension of a school garden program, or on its own as a life skill. When given the opportunity to plant, grow, harvest, cook, and taste a vegetable from seed to plate, students in our programs show a sense of pride, excitement, and ownership. Students who may otherwise have trouble staying focused in an ordinary classroom environment have shown great improvements when collaborating to create a meal together. Having cooked with thousands of students over hundreds of hours in public school classrooms, our staff has witnessed the numerous positive impacts of cooking in the classroom, not only for the individual, but also for the school community as a whole. Through experimentation with different cooking methods and tools, testing and re-testing our recipes and lessons, and engaging in constructive dialogue with our stakeholders, we have developed this comprehensive guide to cooking in the classroom. Cooking with students is one of our greatest passions here at Schoolyard Roots and we are thrilled to share what we have learned. We are excited for other educators to have the opportunity to cook in their classrooms and, together with their students, experience the wonder, excitement, and fun it brings to learning.

