

## Project Chef



School



Home



Videos & Activity Ideas

**PHE Curricular Competencies:** Healthy and Active Living

**Audience(s):** K-7

**Hyperlink:** [Project Chef](#)

### Description

Project Chef's recipe page is a treasure trove of over 70 free food-literacy resources including kid-approved recipes with step by step photos, gardening lessons, cross-curricular food-related lessons, favourite food-related books, and a series of videos teaching different kitchen skills.

### Objective(s)

Experiences making wholesome, nutritious meals empower children with the knowledge and skills necessary to make healthy food choices so that they may lead healthy lives. Project Chef's on-line resources support families to build these healthy living skills at home.

### Curricular Connections

This resource supports the following Big Ideas from the PHE Curriculum:

(K-1) Knowing about our bodies and making healthy choices helps us look after ourselves.

(2-3) Adopting healthy personal practices and safety strategies protects ourselves and others.

(4-7) Personal choices and healthy choices influence our physical, emotional, and mental well-being.

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*

Resources mentioned in this document were created by [Project Chef](#).