



ALTOONA AREA SCHOOL DISTRICT

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December 20, 2018

Cooking Kiddos at Juniata Elementary

Students in the Life Skills Support program at Juniata Elementary school are learning more about the duties and tools used within the kitchen to help them begin to acquire lifelong cooking skills. As students complete a themed unit, a culminating cooking activity takes place in each of the four classrooms. Many valuable lessons can be learned from food preparation including teamwork and healthy habits.



Cooking not only fits in with the overall goals of the a life skills program, but it also requires the students to work on various academic skills such as following directions, basic reading skills, basic math and measurement skills, cooperative learning, fine motor skills, development of self-help skills, and building a common knowledge.

The most recent cooking lesson included preparation of cookies and sweets in order to participate in a cookie exchange between the four classrooms. Recipes included Christmas Tree Rice Krispie Treats, No-Bake Chocolate Cookies, Buckeye Candy, Fudge and Hot Chocolate. The students exchanged cookies among classes during their classroom holiday party.



The Cooking Kiddos Grant was funded by the AASD Foundation. Grant funds were used to purchase portable cooktops, slow cookers, non-stick cookware, utensils, measuring cups and spoons, mixers, blender, Toaster Oven, and Food Processor.