



**HealthBarn USA's
Culinary Creations Curriculum Map**
Prepared for Acton Academy

HealthBarn USA is the leader in proven, hands-on healthy-lifestyle education for children and families. The unique curriculum emphasizes the importance of where food comes from and why eating fresh is best for a healthy body! We teach nutrition by empowering children through gardening, games and cooking with fresh, natural foods. The healthy-lifestyle lessons are designed to meet the needs of all children and their families and behavioral research outcomes are conducted by Columbia University's Teachers College. The programs have received national attention on *CNN*, *The Rachael Ray Show* and *The New York Times* and are overseen by the HealthBarn USA esteemed advisory board, which is comprised of some of the country's leading professionals in food, nutrition and education.

HealthBarn USA has partnered with Acton Academy to offer students a dynamic, hands-on healthy-lifestyle **Culinary Creations** program (12-weeks) to be held weekly at the School. The program will be taught by a HealthBarn USA educator each week during a one-hour period of time that includes healthy-lifestyle lesson and preparation (and eating or take home) of a HealthBarn USA naturally, delicious recipe (recipe will go home each day). We will comply requirements set by the school, and uphold very high standards at HealthBarn set by the State of New Jersey.

Term: 12-week program (during after-school hours) held on Wednesdays (the program can be modified to 8 or 10 weeks). We do need access to a sink for the recipes.

Instructor: HealthBarn USA educator (and possible assistant depending on # of students)

Students: Minimum of 8 students; maximum of 16 students, grades 1st – 4th.

Fee: \$20 per child for 12-weeks of the program (1 hour teaching, 1 hr. set-up and clean-up per week) per student, all organic, natural and foods, supplies.

Lesson	Date	Workshop Topics & Materials	Recipe & Tasting
1		Eating Fresh and Seasonal: Why It Matters to Be Strong and Healthy - 7 Healthy Habits	Rainbow Swirly Smoothie
2		The importance of Exercise! - Fun games	Texas Caviar with organic Corn Chips
3		Supermarket Spy Kids - Learning to read labels and determine where a food product contains natural vs. artificial ingredients.	Creamy S'mores
4		Seasonal Food Game - Identifying fruits and vegetables and determining the season for harvesting in NJ	Chocolate LadyBugs

Lesson	W/O	Workshop Topics & Materials	Recipe and Tasting
5		Healthy Fats <ul style="list-style-type: none"> - Tasting a variety of fats from seeds, olives, flaxseed and learning why they are best for our bodies 	Super Salad Bar
6		Whole Grains are Great <ul style="list-style-type: none"> - Learning the difference between whole grains and refined grains 	Air-Popped Popcorn with Brain Butter
7		Powerful Proteins <ul style="list-style-type: none"> - Learning the difference between a variety of proteins to build muscle. 	Rainbow Quinoa Salad
8		Battle of the Bones <ul style="list-style-type: none"> - Importance of calcium and a variety of vitamins and minerals to build strong bones and healthy teeth 	Pumpkin Pie Dip
9		All About Breakfast <ul style="list-style-type: none"> - Learning to become cereal detectives by discovering how to calculate the sugar content in popular cereals. 	Yogurt Sundaes
10		Be Green: Garbage Grab Bag <ul style="list-style-type: none"> - Learn how-to determine is “trash” can be reduced, reused or recycled by playing this fun interactive game. 	Banana Cream Smoothie
11		Getting a Good Night Sleep	Strawberry Cheesecake Treat
12		I’m a Healthy Kid <ul style="list-style-type: none"> - Certificates of achievement 	Snowball Cake Pops

Thank you for your consideration and we look forward to your feedback. Please email me directly at Stacey@healthbarnusa.com or call 201-444-2955 with any questions.

Thank you for your consideration!

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