



FOR IMMEDIATE RELEASE
MEDIA ADVISORY – Tuesday, February 12, 2019
Fargo Public School District #1

ELEMENTARY STUDENTS LEARN HEALTHY EATING & COOKING IN THE CLASSROOM THROUGH COMMUNITY PROGRAM

Classroom learning includes multiplication tables, reading, spelling, American history.... and the science of chopping and sautéing vegetables!

- WHAT:** *Healthy Cooking in the Classroom* Program
WHEN: Thursday & Fridays in February and March. See schedule below.
WHERE: Lewis & Clark Elementary, 1729 16th Street South, Fargo; Lincoln Elementary 2120 9th Street South, Fargo
CONTACT: **Jason Cresap**, Lewis & Clark Principal, 701.446.4804 or cresapi@fargo.k12.nd.us; **Megan Kiser**, Lincoln Principal, 701.446.4904 or kiserm@fargo.k12.nd.us; and **Nicolle Aukland**, Family Wellness Healthy Cooking Instructor for Family Wellness, 701.388.2052 or nicolle.aukland@sanfordhealth.org for more information.

The fourth and fifth graders at Lewis & Clark and Lincoln Elementary Schools will learn about healthy eating and cooking through a series of lessons in February and March (see dates below) that are part of the *Healthy Cooking in the Classroom* program presented by Family Wellness.

Family Wellness Healthy Cooking Instructors will guide the elementary students through weekly lessons that cover healthy eating information, a review of the four basic food groups, portion sizes, and the basics of cooking, as well as the preparation of a new recipe each lesson. These lessons coordinate with the health curriculum taught in Fargo Public Schools fourth and fifth grade classrooms. Lessons utilize USDA meal guidelines as outlined in the [My Plate program](#). Each lesson focuses on one food group (fruits, vegetables, proteins, or grains) and one cooking skill, such as measuring, slicing, or food safety. The students make a new recipe at each lesson that incorporates the food group and cooking skill highlighted that session.

The Healthy Cooking Instructors are assisted by 2-3 collegiate volunteers from North Dakota State University, Concordia College, and Minnesota State University of Moorhead at each of the scheduled healthy eating and cooking lessons.

Cooking Schedule

Lewis & Clark: February **14, 21, and 28** from **8:20 a.m. to 2:30 p.m.**

Lincoln: February **15, 22, and March 1** from **9:50 a.m. to 2:05 p.m.**

[END]