



FOR IMMEDIATE RELEASE

MEDIA ADVISORY – Wednesday, April 3, 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 now these students will learn how to prepare meals, as well as use a “Blender-Bike.”

WHAT: *Healthy Cooking in the Classroom* Program

WHEN: Friday, April 5, 2019.

WHERE: Fourth and fifth grade classrooms, Madison Elementary School, 1040 North 29th Street
Fargo, ND

CONTACT: **Bobby Olson**, Principal, 701.446.5102 or olsonb4@fargo.k12.nd.us; and **Nicolle Aukland**,
Wellness Education Manager for Family Wellness, 701.388.2052 or
nicolle.aukland@sanfordhealth.org for more information.

The fourth and fifth graders at Madison Elementary School will learn about healthy eating and cooking through a partnered lesson with [Prairie Roots Food Co-Op](#) and the *Healthy Cooking in the Classroom* program, presented by Family Wellness.



Family Wellness Healthy Cooking Instructors and Prairie Roots Food Co-Op representatives will guide the elementary students through a lesson that covers healthy eating information, a review of the four basic food groups, portion sizes, the basics of cooking, as well as introduce the “Blender-Bike,” (pictured left). 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.

[END]