

THE WHOLE PLATE



A RETURN TO REAL FOOD

REAL FOOD IS...

MADE FROM SCRATCH WITH
FRESH, LOCAL ORGANIC
INGREDIENTS:

NOURISHMENT FOR THE
BODY, SOUL AND SPIRIT:

DELICIOUS AND
EDUCATIONAL.

**4-Unit Cooking and Nutrition Curriculum for young adults
bringing together the farm, kitchen and classroom.**

Unit 1 - What is Food?

- * **Lectures:** Calories, Proteins, Carbohydrates and Fats
- * **Readings:** A classic in natural foods, *Please, Doctor, Do Something!* by Dr. Joe Nichols
- * **Recipes:** Food Preservation, such as Fruit Jelly and Canned Tomatoes
Beginning cooking techniques- Muffins, Apple Pie, Puddings, Soups and more.
- * **Integrates Well With:** Nutrition and Health, Chemistry

Approx. 30 class hours

Unit 2 - Nourishment for People and Planet

- * **Lectures:** Review of Unit 1 (Basic Nutrients), Vitamins and Minerals,
PowerPoint on Reading Labels
- * **Readings:** *Omnivore's Dilemma*, by Michael Pollon
- * **Recipes:** Recipes for Fall and Expansion of cooking skills: Macaroni with White
Cheddar Sauce, Salads and Dressings, Chocolate Cake with Chocolate Frosting
and more.
- * **Integrates Well With:** Nutrition and Health, Social Studies, Rural Sociology

Approx. 30 class hours

Unit 3 - Learning to Love Organic

- * **Lectures:** Adolescent Nutrition, Agricultural Practices and Labelling, Meat Cuts and How to Cook Them
- * **Readings:** *Silent Spring*, by Rachel Carson
- * **Recipes:** Recipes for Winter and Ethnic Cooking: Homemade Pasta, Asian Stir Fry, Pumpkin Pie, Salmon Quiche, Chili, Rolls, Vietnamese Spring Rolls and more.
- * **Integrates Well With:** Nutrition and Health, Ecology, Bio-chemistry, Water Systems

Approx. 30 class hours

Unit 4 - The Spice of Life

- * **Lectures:** Herbs and Spices- Culinary and Medicinal Uses, Weston A. Price and Indigenous diets, Sports Nutrition
- * **Readings:** *Nutrition and Physical Degeneration*, by Weston A. Price and *What to Eat*, by Luise Light
- * **Recipes:** Ethnic Recipes, Cooking for College, Clean and Cook Fresh Trout, Crock Pot Cooking, Sea Weed Salads, Lemon Meringue Pie, Cook Off Contest and more.
- * **Integrates Well With:** Nutrition and Health, History, Anthropology

Approx. 30 class hours

Created by Jane Siemon,
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THE WHOLE PLATE
inspires young adults to make
delicious food choices
for their own health and
the health of the world.

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