



Nutrition Education

Newsletter



Little Chefs in Nutrition Education

This year, Nutrition Education offered students a hands-on experience in the kitchen, enhancing their culinary skills. They learned proper cutting techniques while preparing dishes like zucchini salsa, resembling pico de gallo. Students also got creative with cookie cutters to craft sweet potato shapes, which they air-fried into tasty fries. Additionally, they made their own overnight oats, allowing them to explore healthy breakfast options. This summer, encourage your student to apply their newfound skills in your kitchen!

Get Your Kids Cooking

Transform cooking into a fun family bonding activity! Schedule a weekly cooking night where your child can choose the meal and get involved in the process. Embrace the mess—it's part of the adventure! Use this time to reinforce nutrition education by discussing food groups and engaging in hands-on activities. Keep a cooking journal to document the tasty recipes you try together! Enjoy cooking & creating cherished memories!



Safe Cutting Skills

In nutrition education, students learned to safely cut using kid-friendly knives, similar to butter knives found at home. To ensure safe cutting, remind them to always grip the food item securely. For easy cutting, guide them to slice away from their body, keep fingers tucked in, and take their time. We call this technique “tip & glide”. Practicing patience and caution fosters both skill and confidence in the kitchen!



Council Bluffs Community
SCHOOL DISTRICT

NUTRITION SERVICES

Find PDFs of recipes used in class on the District Website under the Pick A Better Snack Tab:

<https://www.cb-schools.org/departments/nutrition-and-school-meals/pick-a-better-snack>