Overall Logistics

**Purpose and Goal:** To help kids see and explore science in their everyday lives. We aim to give learners opportunities to think, investigate, and experiment like scientists. Our studies and experiences have shown that when we get kids engaged in science that is relevant to their lives, they become more excited about science, and they begin to think about science in other aspects of their lives. Interested in getting kids in your after-school program excited about science? We’ve outlined several investigations (sequences of cooking and science activities) to get you started cooking with your kids and learning science! But first, let’s address the practical details.

**Targeted Learners:** Middle-school youth (grades 5-8) interested in science and/or cooking. You may do these activities with younger kids, but the language and explanations will need to be tailored to their age group and capabilities.

**Recommended Whole Group Size:** 8 – 20 students. We recommend that students do activities in small groups with 2-4 students per group.

**Facilitator Support:**
Facilitators are adults who work with the students during investigations. They will need to help the kids answer their questions, design experiments, draw conclusions, etc. They will also need to help the kids with cooking and science procedures and group management. Good facilitators are usually:
- Good, inquisitive cooks
- OR
- Interested in scientific exploration and explanation
- Friendly and outgoing
- Good with kids
- Not afraid of getting messy

**Facility Requirements and Recommendations:** For the investigations in this workshop, you will need at least one oven, but two to four are recommended. We also recommend:
- Home Economics room or similar setup
- Large kitchen (or area) with work tables
- Kitchen materials and ingredients (e.g., bowls, mixers, pots and pans, measuring cups, etc.)
- Scientific tools (as listed on each activity)
Permissions: Before cooking with any kids, be sure to secure the proper parental consent.

Time: Our materials are planned for 2-hour sessions that meet once per week. However, the investigations can also work with shorter (1 to 1-1/2 hour) meetings more frequently (~ 2 times per week). In that case, you may choose to do the cooking activity one day, and the science activity the next day. Make sure that those days are close together so that you can bring the results from the previous day to compare the cooking and science activities to one another.