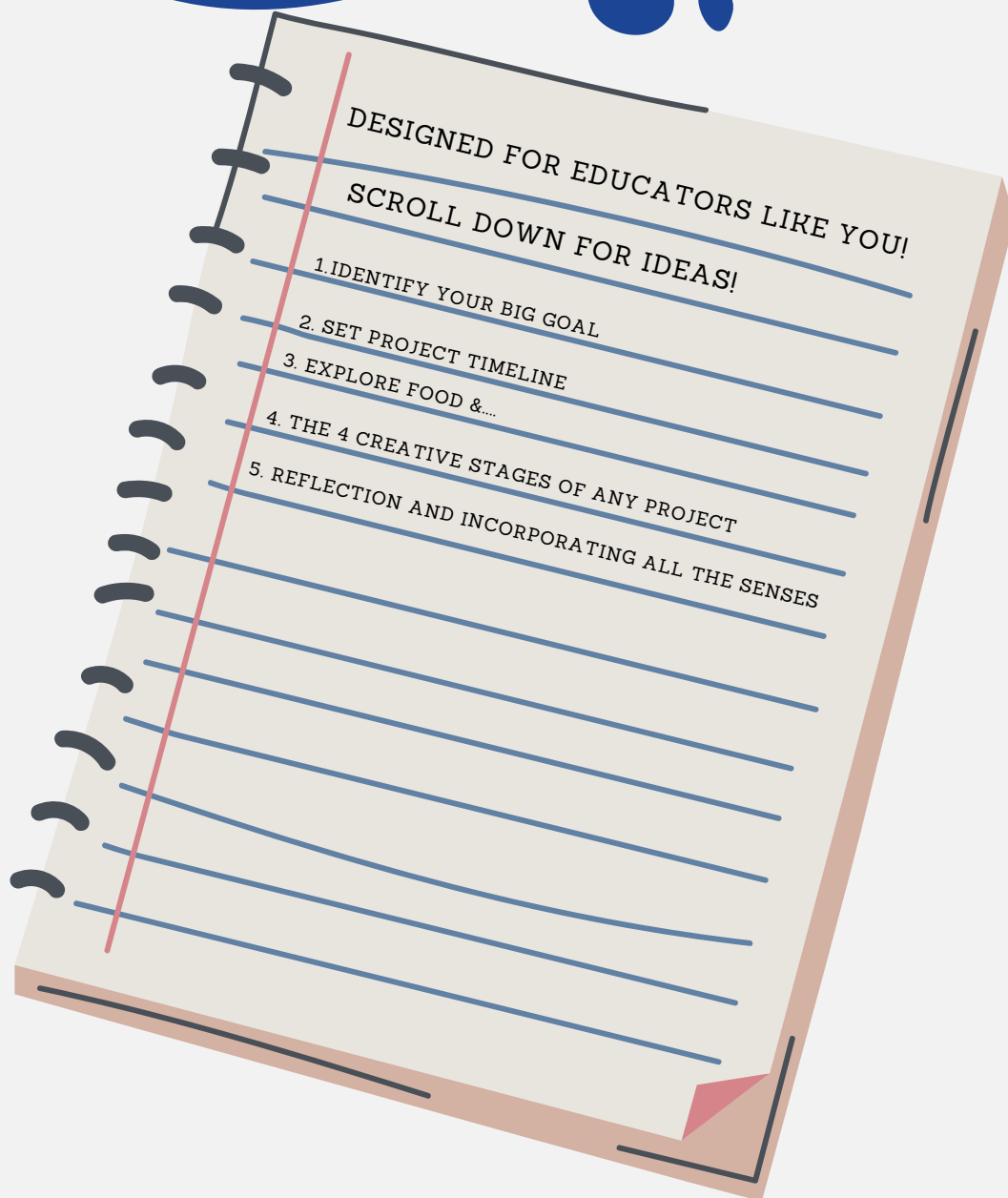


5-Step Guide to Using Food in Your Curriculum



Identify Your Big Goal



When you want to incorporate new topics into your curriculum we recommend starting with your BIG goal and working backward

You might want to spice up the curriculum by adding an interactive project about current events or social justice topics or enocuring students to explore diverse histories

As a multi-passionate educator, we know picking just one goal can be tough. But by picking one BIG goal you can make sure it infuses every part of the curriculum



Do a brain dump!

Write every goal you have for your students.



Identify Gaps

Highlighting existing curriculum you'd like to add or imrove



Guided meditation

Examples of Goals we've seen in the past

- Improve research and writing skills
- Explore the impact of what we eat
- Learn about civil rights movements
- Relate personal stories to different experiences
- Create meaningful experiences as you celebrate cultural heritage months (and we have a **NEW** program to help your entire school with this every month ([LINK](#)))





Set Project Timeline

After you have defined your BIG GOAL, it's time to set your project timeline. The timeline will depend on your goal, existing curriculum, support, and, of course, the support you have

Younger students usually prefer short activities over a day or two. Older students often enjoy longer projects that let them explore. For all students, rewarding milestones help mark progress and build excitement.

Here's what we'd suggest:



Improve research and writing skills - semester-long research project

Milestone: Class Potluck on last day of class



Explore the impact of what we eat - Z-week research project

Milestone: Calculate student progress and share out. Such as "30 pages of rough drafts and 10 research questions answered"



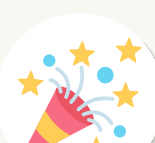
Learn about civil rights movements - 4 weeks, prioritizing in-class activities

Milestone: Hanging up created posters around the school



Relate personal stories to different experiences - 1 week, prioritizing reflection homework

Milestone: Share something they learned with a partner



Create meaningful experiences as you celebrate cultural heritage months - 1 day activity, every month

Milestone: Snack after each activity

Explore Food &

(Insert Your Favorite Topic Here)



(Yes, Really - any topic Let's get cooking with curiosity.)

WHY FOOD? BECAUSE FOOD CONNEC TO EVERYTHING.

from sizzling science experiments in the kitchen to juicy historical tales of trade, food opens doors to every subject imaginable. Whether you're stirring up chemical reaction, writing flavorful memoirs, or measuring out frctions in a recipe, food makes learning real, relevant, and deliciously fun.



START WITH A BIG IDEA

What's your ultimate goal for this project? Once you've got that, it's time to stir in a theme that excites you and will spark curiosity in your students



3 EASY STEPS TO COOK UP YOUR PROJECT

1. **Mix and Match Ideas:** Jot down at least 3~5 combos of "Food &" ... Don't worry about them being perfect - just get the ideas flowing
2. **Stir in Some Research:** Look up eachh combo, watch a short video, read an article browse a few images. What sparks your curiosity
3. **Taste Test Your Topics:** Narrow it down feel flavorful and doable. Pick what fits your intersts- no need to be an expert

Stuck? Try this recipe:



Food & The Revolutionary War



Food & Mathematical Averages



Food & Art History



This is all about making learning meaningful, creative and a little bit tasty! You've got this!

The 4 Creative Stages of Any Project

Perfect for classroom, research or creative adventures
(Psst... They can repeat or switch around depending on your project!)



Wonder – Start with Curiosity!

Spark excitement with a question, idea, or class brainstorm. Let students know what **THEY** want to know, big ideas, mini mysteries, or just something weird they heard at lunch!

Pro Tip: Dive Deeper! Ask: Why? What Changed? What does it mean?



Learn – Fuel the Curiosity!

Time to Explore! Whether it's stations, videos, or independent research, let students follow the trail of their own questions. Encourage them to build on what they already know.

Pro Tip: Kick things off with a... What do you already know?



Share – Say it Loud!

Help students express what they've discovered. This could be by posters in the hallway, class discussions or even a parent newsletter. **Mak** it public and make it proud!

Pro Tip: Use this moment for milestones, a celebration a shout-ouk, or even a hallway takeover!



Create – Let the Imagination Fly!

TikToks? Interactive games? food from ancient Rome? **YES!** final projects shouldn't be one-size-fits-all, let students dream big and learned **THEIR** way.

Pro Tip: Not sure where to start? **BRAINSTORM** options as a class! You might be surprised by their genius

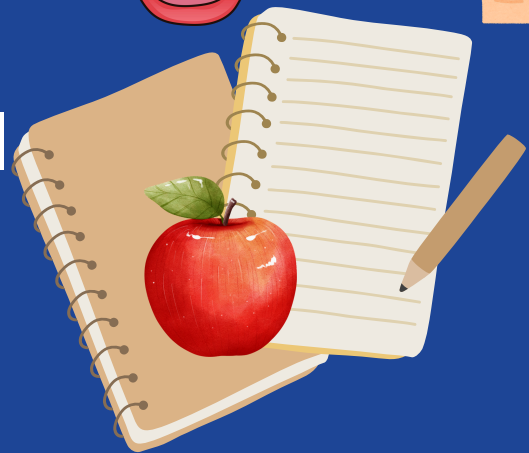
REFLECTION AND INCORPORATING ALL THE SENSE

ARE BOTH WAYS TO ENHANCE YOUR FOOD PROJECT

You are almost done outlining your new cool food project. The last step: take some time to circle back through the project timeline and stages, and identify opportunities for your students to reflect on the material and their personal experiences, and brainstorm ways to incorporate more multisensory activities.



with the added benefit of providing more meaningful experiences that will last in their memory for a long time to come.



BONUS: 4 Ideas That You Can Put Into Action RIGHT NOW

Science

School Garden and STEM -
A set of FREE resources designed by the Museum of Food and Culture for ECE students. Our lesson guides can be adapted for any grade level as students practice descriptions, observations, predictions, and hypotheses.



Math

Practice data collection and analysis with a taste test! You can use almost any type of food or drink with this project, but we recommend getting multiple varieties of whichever food you choose. Make it easy and start with different varieties of apples.



Art

Experiment with different artistic media as students create artwork related to their personal food stories. Practice drawing as students think about memory, collage as students explore their opinions and topics of justice, or photography as they document the food in their daily lives.



Social Studies

Cooking through Cultural Heritage



Identify Your Big Goal



Step 1: Do a Brain Dump

Write down every goal you have for your students, big or small.
(Don't hold back!)

My Brain Dump: _____



Step 2: Identify Gaps in Your Current Curriculum

- What's Missing
 - what could you expand
 - Are there any voices or topics left out?
- Curriculum Areas to Add or Improve



Step 3: Reflect with Guided Meditation (*Optional*)

Take a moment to center yourself. Reflect on:

- What excites you most about teaching?
- What do you hope students remember years later?
- how can learning connect to their real lives?

Insights from Reflection: _____



Step 4 Draft Your Big Goal

Write ONE clear, powerful goal to guide your work

Example: "Help students explore the impact of what we eat on our health, communities, and environment"

My Big Goal Draft: _____



Step 5: Connect Your Goal to Curriculum Ideas

☐ Improve Research and Writing Skills

☐ Explore the Impact of What we Eat

☐ Learn about civil rights movements

☐ Relate personal stories to different experiences

☐ Other Ideas:

Explore Food &

☑ **Step 1: Do a Brain Dump**

What's your ultimate goal for this project? Write a sentence or two describing what you hope students will learn and experience

My Big Idea: _____

☑ **Step 2: Mix and Match Ideas**

List at least 3-5 combos of "Food & ____". Don't worry about them being perfect, just get the ideas flowing!

Example: Food and Civil Rights

Example: Food and Art History

Food & _____

☑ **Step 3: Taste Test Your Topics**

Pick 1-2 topics that feel exciting and doable

It's okay to follow your instincts, no need to be an expert!

☑ **Step 5: Final Draft**

Next Steps: Share your plan with a colleague

Gather Materials and resources

Make it fun. This is about making learning meaningful and a little tasty!

Stuck? Try These Combos:

✓ Food & the
Revolutionary War

✓ Food & Mathematical
Averages

✓ Food & Art History

☑ **Step 4: Draft Your Project Plan**

Write a short description of your project ideas.

My Top Choices

Creative Project Planner Worksheet

Wonder-Start with Curiosity!

What questions or ideas are you most curious about?

Big Questions I Have: _____

Something weird, interesting, or exciting I've heard or thought about

Why is this interesting to you? What do you want to know more about?

Learn-Fuel the Curiosity

What did you already know? What did you find out through research, videos, or exploration?

Things I Already Knew: _____

New Things I Learned: _____

What surprised you the most?: _____

Share-Say it Loud

How will you show or tell others what you've learned

☐ Poster ☐ Slide Show ☐ TikTok ☐ Speech ☐ Wall Display

My Plan to Share: _____

Create- Let the Imagination Fly

What creative way can you bring your learning to life?

My creative ideas: _____

What Materials or tools will I need?: _____

What makes this project "me"?: _____



Set Project Timeline

Use this worksheet to create a timeline that fits your ultimate goal. Follow each step to build milestones & track progress.

Step 1: Draft Your Timeline Goal

What do you want students to achieve during this project?

Ultimate Goal: _____

Milestone Brainstorm

What milestones would keep your students on track and celebrate their progress?

Choose Timelines

Write a timeline for each milestone

Next Steps:

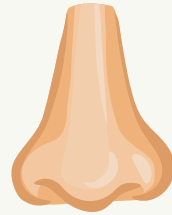
Share your timeline with students. Mark milestones with mini-celebrations for those who reach them

Reflection for Your Food Project: Engaging all Senses

What images do you want to incorporate into your project



What sounds are important for this activity?



What powerful experiences do you want to create using touch, smell or taste senses

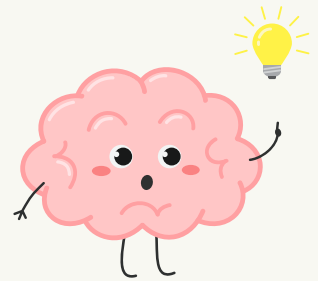


How would additional multisensory experiences enhance your project?



Identify Your Big Goal

Do a Brain Dump



Identify Gaps



Guided Meditation



Explore Food &

Your Favorite Topic



What's Your Big Idea

Food &

Your Idea:

Food &

Your Idea:

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Your Idea:

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Your Idea:

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Your Idea:

Task: Create-Let the Imagination Fly!

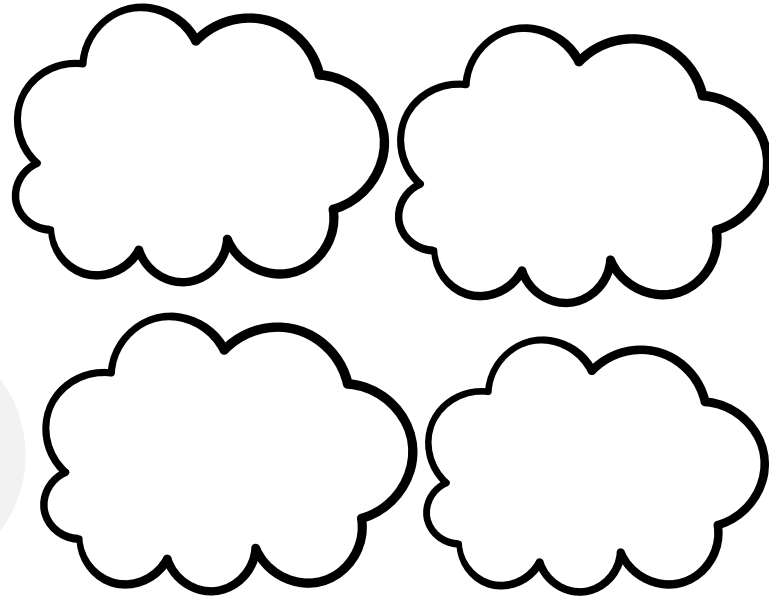
Tiktoks? Interactive Games? Food from ancient Rome? YES! Final projects shouldn't be one-size-fits-all, Let students dream big and LEARN their way!



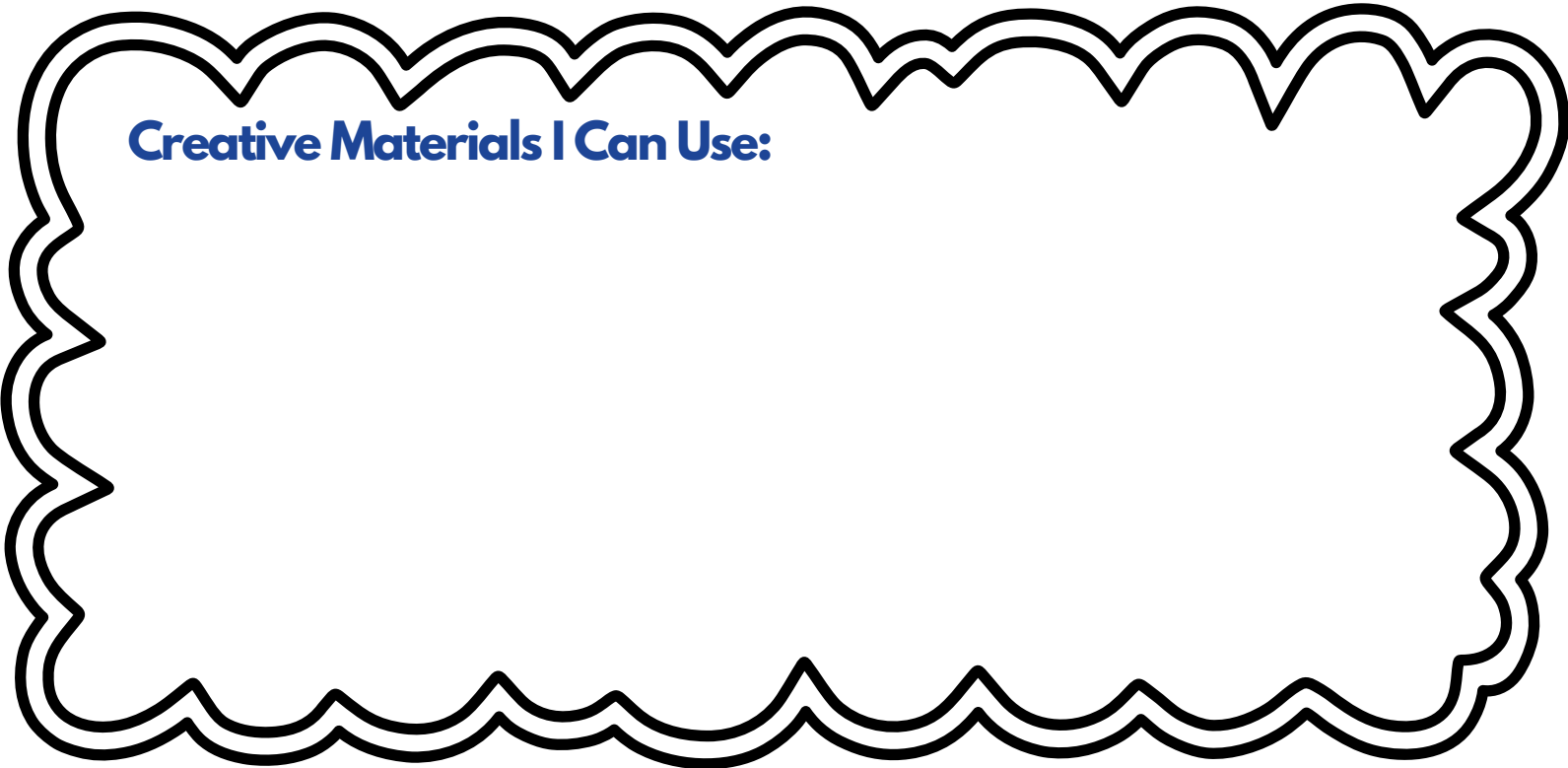
Ideas for Final Presentation



Project Ideas:



Creative Materials I Can Use:



REFLECTING & USING THE SENSES



Reflect

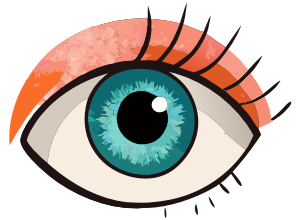
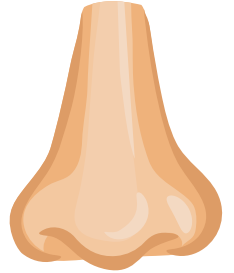
Questions or activities to encourage student reflection:

Brainstorm

Ideas to incorporate more sensory activities

REFLECTING & USING THE SENSES

Mix and Match



My Goals

When incorporating new topics into your curriculum, start with one big goal and work backward. Whether it's boosting engagement, discussing current events, or exploring culture through food, identifying a clear focus helps shape the entire unit.

Brain Dump

three things I want to do better this year

1. _____
2. _____
3. _____



My One Big Goal

This is important to me because...

Examples

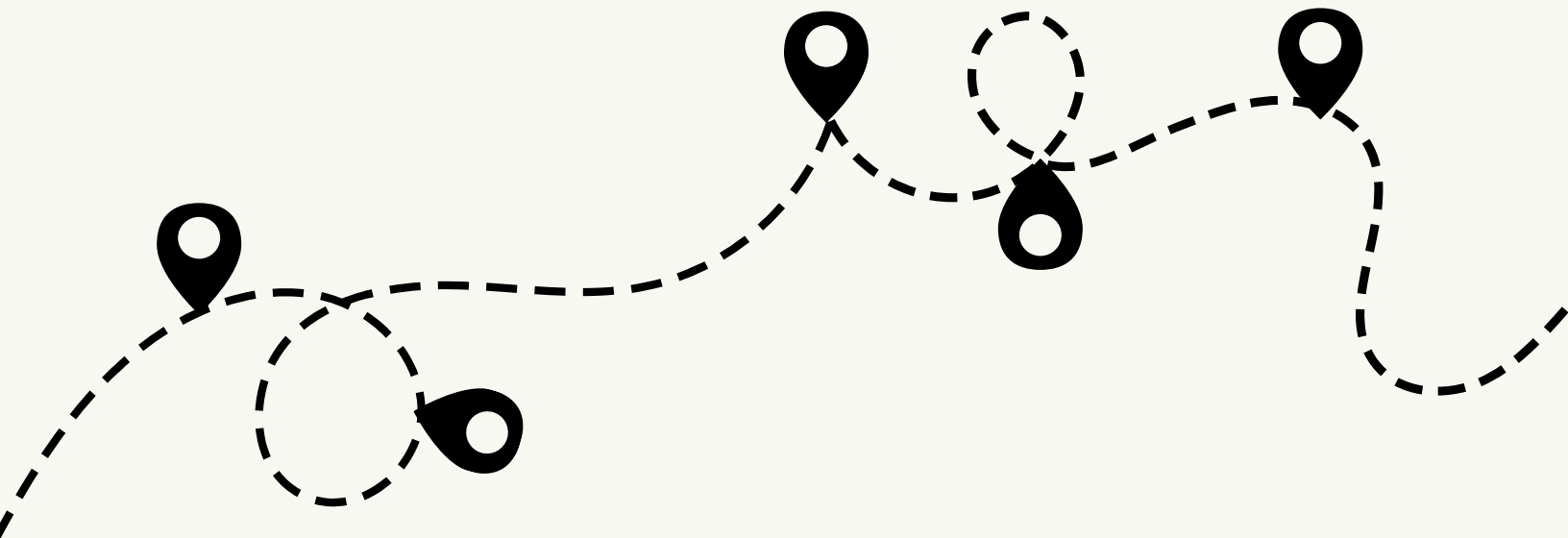
- Strengthens research and writing
- Connect food to health, history, or identity
- Teach civil rights movements
- Strengthen research and writing
- Share personal stories across cultures
- Celebrate heritage months with intention

One thing I will do to reach this goal...

Creating Your Timeline

The image shows a blank organizational chart template. It consists of four vertical columns. At the top of each column is a small rectangular box. A horizontal line runs across the top of the chart, connecting these four boxes. Below this line, each column has a larger rectangular box. At the bottom of each column, there are ten horizontal lines, providing space for additional information or notes.

My Milestones



Explore Food & Your Favorite Topic

Food connects to every subject, from science and history to writing and art. Now that you've defined your **BIG GOAL**, it's time to narrow the scope of your project.

Where to Start:

Think in terms of "Food & _____" (e.g., Food & the Revolutionary War, Food & Art History, Food & Math).

Then:

- Brainstorm pairings.
- Do some light research (articles, videos, images).
- Choose a direction that fits your goal and your students.

Food &

Your Idea:

Food &

Your Idea:

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Your Idea:

WONDER • LEARN • SHARE • CREATE

WONDER — What are we curious about?

- What's an interesting question or big idea we want to explore?
- What do we already know about this topic?
- What do we wish we knew more about?
- How does this connect to something we care about (like food, identity, culture, etc.)?
- Why might this topic matter to people today?

LEARN — What do we need to find out?

Use the questions below to help you (and your students) plan a creative, meaningful, and well-structured project from start to finish.

SHARE — How will we show what we've learned?

- Who is our audience? (Classmates, parents, school community?)
- What's the best way to explain or present our ideas?
- How can we make our project visible — through a display, discussion, video, or creative format?
- What do we want people to think or feel after they see our work?

CREATE — What can we make to bring our project to life?

- What creative format fits our topic best? (Examples: TikTok, skit, art, recipe, model, poster, zine...)
- What materials or tools do we need to make it happen?
- Who can help us: classmates, teachers, family members?
- What's our plan to finish the project on time and make it awesome?

REFLECTING & USING THE SENSES

Use this space to freely jot down anything that's on your mind after completing the project. Ideas, frustrations, unexpected wins, next steps — anything goes. This is a no-pressure space to unload your thoughts and start uncovering what really mattered.

Examples:

Have students journal and keep a food waste diary.

Have students talk to friends and family about what they've learned

Use your senses to quickly capture the of the project and spark ideas for what's next.

- Sight: What did you see? (Body language, student work, visuals)
 - Sound: What did you hear? (Conversations, questions, tone)
 - Touch: What were students doing? (Hands-on work, materials)
 - Smell/Feel: What was the atmosphere like? (Calm, chaotic, focused)
 - Taste: What was the overall "flavor" or vibe? (Sweet, messy, bland?)
- What's one small next step you want to take?

Planning Student Reflection

Briefly sketch how students will process what they've learned.

- What do you want them to take away?
- How will they reflect? (writing, drawing, discussion, etc.)
- How will it be meaningful, not just a task?

Write your plan or a reflection prompt you'll give students.

REFLECTING & USING THE SENSES

This worksheet is designed to help you reflect on your project by breaking it down into the real, sensory experiences that happened in the classroom. In the boxes below, jot down specific activities, moments, or student interactions from the project. Then, draw a line connecting each one to the sense it relates to most: sight, sound, touch, smell/feel, or taste (the overall vibe or "flavor" of the experience). This simple exercise can help you see what stood out, what students were engaging with, and what kind of atmosphere you created, all of which can shape your next steps.

