

iCook 4-H

This curriculum teaches ways for families to cook, eat, and play together. It highlights culinary skills and provides recipes, gives game ideas to play as a family, provides opportunity to taste new recipes, and helps set goals for at home.

Lessons: Each lesson (8 total) is 2 hours long, best for groups of 10 parent child pairs.

1. Cooking Skills and Recipe for the Day
2. Physical Activity
3. Family Engagement/Communication
4. Goal Setting
5. Take-Home Message