The Kitchen of Life: 
Ethical Values Based Micro-Economies

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View our presentation at:  
"The education of even a very small child, therefore, does not aim at preparing him for school, but for life."

—Maria Montessori, Discovery of the Child (1948)
Kitchen of Life Project
Our revolution begins with food
WHY?
Today we will:

- Examine our Middle School micro-economy to see how adolescent efforts can go beyond financial goals to include among their purposes wellness and environmental sustainability.

- Share an overview of our school-wide food and nutrition efforts

- Learn how to use food as a VEHICLE for impressionistic lessons for all levels and subject areas
Coffee House Floor Plan

TO-GO LUNCH

OATMEAL

SMOOTHIES YOGURT PARFAITS

FRESH JUICE

CROISSANTS

QUICHE

BAGELS

COFFEE HOT COCOA

BREAKFAST SANDWICH

ALLERGEN FREE BAKED GOODS

CASHIERS

Seating

DOOR

MUSIC

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The Middle School Coffee House
A Focus on Learning

- Entrepreneurial Skills:
budgeting, inventory supplies, shopping lists, profit analysis, price points, advertising

- 21st Century Skills:
creativity, innovation, communication, collaboration, critical thinking, problem solving, interpersonal skills, teamwork and community building
"They [adolescents] must understand the complex problems of our times, otherwise they are just a pair of hands acting without seeing what relation their work has on the pattern of society."

- Maria Montessori Childhood to Adolescence, p. 61
Coffee House Debriefing
The Middle School Coffee House
A Focus on Peace and Sustainability

Coffee House
Thursday the 26th
@ 7:30 in the MS Room

Please Support the Middle School

Class of 2016
A. Boshart
B. Brandon
C. Case
D. Cottrell
E. Cunningham
F. Dave
G. Butler
H. Gately
I. Gillen

SAVE 25¢
BE GREEN
BYO MUG

PLEASE PLACE ALL DIRTY DISHES HERE

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The Middle School Coffee House
A Focus on Peace and Sustainability
The Middle School Coffee House
A Focus on Wellness and Awareness
Support Local Businesses
Reduce Waste, Recycle
Community
Ethical, Sustainable, Profitable Business Decisions
Peace
Organic, Whole Foods
Fair Trade
Accessible to All
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"The shop would be in respect to the studies of economics and politics an educational object, similar to the aquarium or terrarium in the case of the study of biology."

- Maria Montessori Childhood to Adolescence, p. 70
"A shop or store could be established in the nearest big town, and here the land-children could easily bring and sell the produce of their fields and garden and other things that they had made."

- Maria Montessori

Childhood to Adolescence, p. 69
The Middle School Store
Farm to School
Lunch Program

Gardens / Composting

Restaurant Out of a Box Cart and Curriculum

MS School Store and Coffee House

Parent Cooking Classes / Student Cooking Elective

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Kitchen of Life: Restaurant Out of the Box Project
FOOD
(Lentils)
El Jardín de Lentejas
The Cycle of the seed
The Cycle of the Seed Book

Agua lluvia
luz sol
oxígeno
tierra suelo
Fermentation
Yogurt
Kombucha
Miso (Japan)
Kimchi (Korea)
Sauerkraut (China)

The Science of Cooking

Edible Paper

Natural Coloring
- Saffron
- Turmeric
- Beets

Emulsions of Mayonnaise

The Endless Possibilities...
SEED:

OM, the sanskrit term that literally translates into "seed". The most well known sound OM, the sacred syllable that echoes the primordial sound of the universe.

“Every word has a story and history”
Language

salt (English)  salary

sal (Spanish)  salarial

lens (English)  lentils

lentes (Spanish)  lentejas (Spanish)
"The Dance of Language through Music and Movement"
Palabras para Cocinar
Words to Cook
“Walking the Words”

Language through Music and Movement
Lower Elementary Journal

Language
Primary Sequencing Work

Language

Primary 3-Part Matching Work
Primary One-to-One Matching Work
Language

Primary 3-Part Matching Work
Art and Literature
IN SUMMARY...

You know the **WHY**
You have an idea of the **HOW**

Now, we have to make choices
SHE TEACHES YOUR CHILDREN …

WE TEACH THEM …

OR
IT” TEACHES YOUR CHILDREN ….

WE TEACH THEM …

OR
He “wants” to eat this … OR Andrew WANTS to eat that …
FIELDS of DEATH

OR

KITCHEN of LIFE
Thank you for coming! Questions?
Nutrition Curriculum - Lesson Plans

- Washington State University PULSE on HEALTH curriculum
- Food is Elementary Curriculum from Food Studies Institute
- Jamie Oliver’s Food Revolution School Kit recipes, lessons, and activities.
- UC Davis Nutrition Curriculum Classroom-based and garden-based learning
- Edible Schoolyard Curriculum - organized by topic and grade level
- USDA Serving Up MyPlate: A Yummy Curriculum
Nutrition Curriculum - Lesson Plans

- **Big Ideas: Linking Food, Culture, Health, and the Environment** A New K-12 Alignment with Academic Standards from Center for Ecoliteracy in Partnership with National Geographic
- Example of a graphics curriculum that teaches systems thinking through food
Articles and Online Resources

- The Rethinking School Lunch Guide from the Center for Ecoliteracy
- USDA Farm to School Program
- Jamie Oliver’s Food Revolution
- The Pleasures of Eating by Wendell Berry
- The Teaching Kitchen Collaborative
- 35 Food Education Organizations around the world
- The Role of the School in Preventing Childhood Obesity CDC
- USDA Guide to Smart Snacks in School
- Pulses.org (dry peas, beans, lentils and chickpeas)
- United Nations: Addressing the Global Food Crisis
Print Resources

- The China Study by T. Colin Campbell and M.E. Thomas M. Campbell II
An education capable of saving humanity is no small undertaking: it involves the spiritual development of man, the enhancement of his value as an individual, and the preparation of young people to times in which they live.

- Maria Montessori Education and Peace (translated by Helen R. Lane)