

This past year, our students were unable to return to school for in-person learning. Isolated in their homes and bedrooms they returned to school virtually making it challenging for me as their teacher to provide authentic, hands-on learning opportunities. The OSU Extension, however, offered a curriculum that provided nutrition and healthy cooking education to my students. Every week, my students came to the school and picked up a cooking kit that included educational materials and resources to explore, healthy ingredients, and a recipe of the week from the Food Hero website. Many of my students reported that to be the highlight of their week and would send me pictures of the dishes they prepare with reports on how they turned out. There were added benefits as we learned through students' stories of how they were able to experience the joy of cooking a meal for their family members or from parents who reported how they were able to bond with their child as they cooked dishes together. For many students, this was their first experience in cooking. Others reported that of everything they learned all term, what they took away the most was how to eat healthy (and that healthy food can taste good too!). If there is one thing I know, my school year teaching online has been a much richer experience having had the OSU Extension supporting my students and I through this program

Please continue your support of this program.