

Teaching Cooking: Equity & Diversity



01 Cultural Relevance & Respect

02 Language Inclusivity

03 Affordable Food

- Access and cost
- Incorporate leftovers
- Use what they have
- Adapt ingredients using pantry staples or food bank items.

04 Trauma-Informed & Emotionally Safe Teaching

- Autonomy
- Choice

05 Representation in Curriculum & Facilitation

06 Use Familiar /Accessible utensils and cookware





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07 Recipes

- Encourage exchanging ingredients
- Work off a Master-Recipe

08 Keep it Positive

- Focus on what did work
- Encourage the small wins

09 Focus on Community Building

- Share recipes, stories and favorite ingredients
- In groups, encourage peer teaching

10 Accessibility

- Physical limitations
- Various learning styles
- Other disabilities



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