

# COOKING MATTERS!

These aspiring chefs attended a five-day camp called - yes - Cooking Matters at the Boys, Girls, Adults Community Development Center at Marvell. Cooking does matter, of course, because it goes to the very heart of good health for everyone.

Twenty-five children and five adults took the training, tried their hands at the stove and the chopping block, and then sampled the fresh foods and the new recipes. They rated each recipe with thumbs up (and a few thumbs down).

The students learned the skills of measuring ingredients, handling a knife and following a recipe.

They learned about the US Department of Agriculture's My Plate recommendations for creating healthy meals, which start with these guidelines: Make half your plate fruits and vegetables, focus on whole fruits, vary your vegetables, move to low-fat and fat-free dairy products, vary your proteins, and eat and drink the right amount for you.

After classes, students were awarded learning-reinforcement tools to take home and share with their families.

BGACDC offers the cooking classes in collaboration with the University of Arkansas Cooperative Extension Service, the Phillips County Health Department, the University of Arkansas for Medical Sciences-East and the Helena Community Garden. Their staffs provided the training and the healthy ingredients.

If you would like schedule a cooking class or a demonstration for your group of children or adults, call Julie Goings at (870) 338-8027 or Stephanie Loveless at (870) 572-2727.

