

Join us every week day at 10am AST for a new Make-At-Home activity & 1pm AST for an Outdoor activity for a Digital Learning skill while schools are closed.

# COOKBOOK DESIGN FOR CLIMATE ACTION TEACHABLE MOMENT QUESTIONS

## HOW TO CREATE TEACHABLE MOMENTS FOR KIDS

A teachable moment is an unplanned, or intentionally placed, learning opportunity. These can happen anywhere and at anytime. They provide parents, guardians, and teachers the chance to help children learn new concepts and deepen their understanding of previously acquired knowledge. This can also be very useful when considering the design process as students can be more informed as they develop future iterations.

Parents, guardians and teachers have learned to watch for these moments. They listen and pay close attention ready to pounce with questions or thoughtful discussion at any time. We can create these moments especially when kids are working on a project or doing their homework by asking open ended questions. More importantly we need to be ready to explain and discuss the 'why' behind the child's answer and encourage them to research and dig deeper. This 'why' is the key to creating the teachable moment to better decode the world they live in.

Sometimes these questions and discussions can lead to questions that adults can't answer and this is the golden opportunity to model how to learn instead of what to learn! When you don't have the answer it gives kids the chance to learn alongside you: "That's a great question! Let's look it up together!" This builds confidence because it's ok that we don't always have all the answers. More importantly, it gives kids the sense of pride to learn that we are all life-long-learners.

Turn your cookbook recipe into a food blog! Look at some samples online and write about the story of this recipe, detailed instructions for making it, and even photos from the preparation process.

What is the history of farming in your province?  
What were some of the first foods to be harvested there?

Would this be an easy recipe to double if you wanted to make a larger portion?

What would the recipe be if you wanted to make a half sized portion?

Calculate your recipe's carbon footprint? Look where your ingredients came from. If you bought all your ingredients locally, how will your footprint be affected?

What units of measurement are used in your recipe?

What is it about the climate in your region that lets certain foods grow well and others would not?

What is carbon footprint?

How did food transportation affect the carbon footprints and also the recipes we cook on a daily basis?

Research the required minerals and nutrients that make for great gardening. How can you get these nutrients naturally?

When and how did they start making flour?

How has the engineering of this popular ingredient evaluate?

How are innovative ways that technologies are used in the farming industry?

Why is technology important to farming?

What are the nutrition elements in your recipe?

How can you adapt or modify your recipe for people with food allergies or intolerances?

How can you make it healthier?

Conduct an interview with someone you know from a different generation. Find out about the food and recipes they remember from when they were younger.

Research traditional foods in your area. How are they different or similar to foods people eat today? Record a video on Flipgrid to explain what you discovered.  
[flipgrid.com/blabs](https://flipgrid.com/blabs)

How could you include more artistic elements in a cookbook?  
How do colour and form play a role in graphic design?

Some of the concerns with buying foods grown in other areas of the world is the amount of packaging needed to safely get it delivered, and the carbon footprint of transporting it. Think of a food that needs to travel a long way to get to you and stay fresh. Use the design thinking framework to find a possible solution to the problem of packaging or transporting this product to your hometown.

