

Teaching Solo or In a Team

Some teachers prefer to work by themselves, while others enjoy collaborating with a partner. Though it is entirely manageable for a single teacher to instruct A Taste of African Heritage, larger classes work best with more than one teacher. Here are few benefits and ways of working solo or with a co-teacher:

Teaching Solo. Dozens of teachers have taught ATOAH by themselves, and gone on to teach more classes this way. Teaching solo allows you the freedom to conduct your class however you want to, bringing your passions into each lesson. If you wish to conduct your classes by yourself, consider bringing in someone to help with the evaluation pieces on the first and last classes, or help you with the prep/cleanup portions. This is a great role for the youth or a family member or friend that also wants to learn about healthy eating. This program is about building and strengthening community, including your own!

Team Teaching. Many instructors enjoy team teaching. There is a good deal to cover in each class, between the nutrition, cultural history, cooking, tasting, discussions, and evaluations in Lessons 1 & 6. It can be nice to have a helping hand. Do you know any health professionals, chefs, fitness trainers, avid cooks or healthy-eating devotees within your social circles? Invite them to bring their talents and knowledge to your class. You'll get the added advantage of diverse interests and expertise, which makes for a very dynamic class experience. We've had teaching teams of up to 3 instructors—bring in however many helpers you need to make teaching easy and fun!

Make sure you're on the same page. If you do decide to bring on a co-pilot for your classes, be sure to clearly delegate duties and roles within your class. Share weekly meetings to review lesson materials ahead of time together and discuss. This will help you avoid any confusion or mixed messages in class.