

The Cooking Portion: Demo or Hands-On

How you set up your class will depend, in many ways, on your class site. If your meeting space is small and you do not have access to multiple knives and chopping boards, then teaching demo style is probably easiest. If you have access to a larger prep space and a variety of cooking tools, then you may wish to have your participants be more hands-on. The choice is really up to you. Here are a few ways that past ATOAH teachers have conducted their classes:

Demo-Style. The curriculum was designed for demo-style teaching, with the teacher(s) preparing the dishes under the view of the participants. Teachers report that students enjoy being able to pay close attention to each of the recipes being prepared and ask questions along the way. They will be asked to go home and put into practice all they learned in their weekly homework assignments.

Hands-on Approach. Some teachers are able and prefer to lead hands-on classes, inviting students to be each lesson's chefs and helping them as they go. Teachers report that students enjoy this approach because they're able to be active in class, getting their hands involved in the cooking process, as well as the level of pride/satisfaction students feel with the meals they prepare.

Appointing Helper Chefs. Teachers who would like to lead a hands-on class but who don't have enough utensils for all of the students can appoint volunteer "sous chefs" – student helpers that aid in the prep work each week, over the six-weeks. On the first day of class, ask for volunteer helpers, and assign each volunteer a lesson number (up to as many helpers as you'd like), until you have all of your classes covered by helpers.

Inviting Dishes from Home. If you'd like to have your students be hands-on, but you have limited resources, invite volunteer students to make dishes from previous lessons to bring in from home, to build a heritage plate over the course of the series.