



Let's get more teenagers back into the kitchen, cooking and having some fun!

Most of you will be familiar with my work encouraging increased vegetable consumption (all the resources I have produced for vegetables.co.nz and potatoes.co.nz). This new concept is based on over 20 years of experience in developing nutrition education resources and specifically tackles the issue that less and less teenagers have the skills (or motivation) to make good food choices and take personal responsibility.

With my teenage daughter Claire, we have developed a strategy to inspire teenagers. We have written an eBook which utilises cool technology - it is very visual with lots of photos and embedded YouTube video links - for example in the YouTube where Claire shows how to boil potatoes - she shows and explains - do you have to peel them? what size do you cut them? how much water to put in the pot does it matter if it is hot or cold? how high do I have the heat? how long do you cook them for? and how do you know when they are cooked? All common sense really - once you know! Trouble is as - you will know? - lots of kids don't.

Claire has written ten 'foodie rules' which is a totally new spin on nutrition guidelines... written in language teenagers can relate to - without the glazed eyes and 'whatever' shrug! Things like...

*\*???????? All food is ok, but don't do binge or excess - it's how much and how often? you eat a food ...? 2 or 3 chocolate biscuits are ok - a packet isn't... a can or glass of coke is fine - 2 litres is over the top...*

*\*???????? If it's greasy or fatty you need to hold back (this stuff blocks your arteries, makes you fat and gives you yuk skin!)*

*\*???????? Do some exercise every day (about 30 minutes) - okay okay these are meant to nutrition guidelines but have you ever noticed that if you slob around, you eat crap food!!! Fact.*

*This is just a 'taste' of what we have put together... To access a free sample of the new eBook go to [www.itsmyturntocook.com](http://www.itsmyturntocook.com) - be sure to check **View Glenda's Blog** which you can get to off the home page - I have developed this specifically for people like you - passionate about developing better food skills with children - leave me a comment and tell me what you think.*

I hope you will find this resource as helpful as I think you will, being an ex Home Ec teacher myself I am pretty sure this is right on target! It will totally support all your classroom teaching and enhance learning - I encourage you to share this link with any other home ec / food technology teachers and of course parents of teenagers and teenagers!

Glenda Gourley

[www.itsmyturntocook.com](http://www.itsmyturntocook.com) - the site dedicating to inspiring teenagers to cook

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