



Twenty-four women employed as cooks in full-year Head Start Child Development Centers from Arizona and Nevada spent two days as students at the University of Arizona in April, 1968. They worked with a team of nutrition specialists in the Food Laboratory, School of Home Economics.

The Workshop developed as a result of needs observed over the past year and frequent requests made to the Regional Training Officer that specialized training was highly desirable for these important staff members.

In early January the planning committee began to shape the program. Individuals from seven different state, county and city organizations participated in the program planning. They were Mary Adele Wood, Professor, Division of Food and Nutrition, University of Arizona; Iris Crump, Nutritionist, Children's Evaluation Center, Pima County Health Department; June Gibbs, Nutritionist, Cooperative Extension Service, University of Arizona; Hazelle Junker, Consulting Nutritionist, Maternal and Child Health State Department of Health; Jackie Sutherland, Nutritionist, Pima County Health Department; Mary Rey, Nutrition Director, Child Development Centers, OEO, Tucson.

The importance of nutrition programs in Head Start has been well documented in numerous publications. Among these are quotes from

the Program Director, Dr. Julius B. Richmond, in the Rainbow Series No. 3 *Nutrition*, "Studies indicate that poor nutrition during early childhood has an affect not only on physical growth but on the mental functioning of the child." Head Start staff have the responsibility of establishing not only sound nutritional practices by providing food to the children; but also educating families in the selection and preparation of good food at home.

How does a mother who is employed to cook for approximately 50 children and 8 to 10 adults, transfer her knowledge of cooking in her own home to the problems in her new job? What are the new tasks involved in learning to plan menus and to cook for groups of young children when all previous experience is with older children or with adults? These were some of the common problems brought to the Workshop.

Dr. Ruth Hall, Director of the School of Home Economics, welcomed the women and expressed the school's interest in relating to community needs. Miss Mary Adele Wood served

as Chairman and master-minded the coordination necessary for extensive food preparation and serving of a model meal. Miss June Gibbs presented numerous charts to help cooks visualize the components of good nutrition. Utilizing models she gave each of the women an opportunity to select foods for a breakfast, lunch and two snacks.

Charles Martin, University Extension Specialist in Human Relations and Child Development, set the stage when he described the transfer from home to school for both children and their parents. With humor and group participation he emphasized the importance of food in achieving good human relations.

Hazelle Junker utilized colored slides and a tape to dramatize characteristics and needs of the child who is 3, 4, and 5 years of age in the day care center.

Iris Crump emphasized the value of planning to achieve an orderly, pleasant mealtime and one that will be relaxed and social for both children and adults. Such a meal must

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Workshop for . . .

Head Start Cooks

*by Joyce M. Huggins**

At the workshop Alice Jackson of the Head Start program in Douglas is about to pour the ingredients from the measuring cup to the sauce pan as Ann Adamson of National Asthmatic Foundation, Tucson, looks on.

be developed on the basis of knowing what to expect, what is important and what procedures work best. Cooks can benefit when they know what previous experiences leaders in the field have recommended. Because each center is different from every other center, the staff responsible in each program will be required to make numerous decisions to suit their needs, and enable goals for the nutrition program to be achieved.

The film "Little World" was mentioned as one source for viewing children in a day care center who have successful experiences with food. The film is available for loan at the State Department of Public Health, Visual Aids Department and at the University of Arizona, Audio-Visual Department.

Women in the workshop worked with partners to plan, cook, and then evaluate recipes used in planning menus to serve in their centers. The results of their work were served to guests. There was a spirit of enthusiasm and dedicated interest among participants. Some of the statements made were the best descriptions of what problems they experience and in which areas help is needed.

"The discussion about equipment cooks should have available has helped me to understand that some of my problems are because of things I need. Better equipment would help reduce our work load and make it easier to get meals ready. One problem is our dishwashing equipment. Another problem is the food storage. I learned a great many better ways to plan the meals and how to get more variety into the menus, especially through using surplus foods."

"The most important thing was that the cook is part of the team. I can't wait to begin talking with my director and the teachers and see how I can help them with better ideas for improving our snacks."

"I have learned better ways to serve food to the children. I think we can improve our meals a great deal with some of the ideas we discussed during this workshop. It was also good to hear how other people have problems and how they do things."

"It was a new idea to me to hear about how children need to be quiet



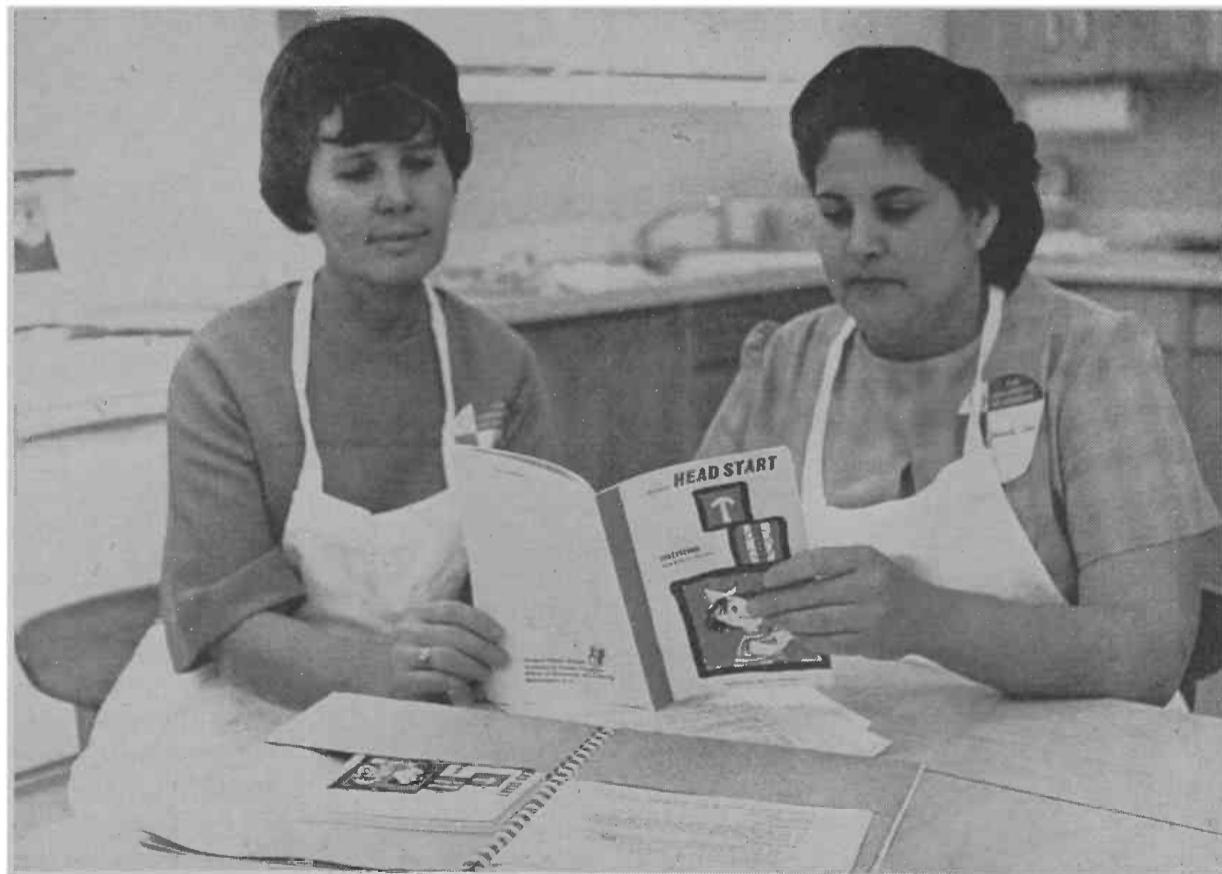
From left are Iris Crump, nutritionist, Children's Evaluation Center, Pima County Health Department, Tucson; Hazelle Junker, consulting nutritionist, Maternal and Child Health, State Department of Health, Phoenix; and Jackie Sutherland, nutritionist, Pima County Health Department, Tucson. All participated in the Workshop for Cooks of the Office of Economic Opportunity Child Development Centers from Arizona and Nevada which was held on the University of Arizona campus School of Home Economics.

before they get served their meal. I think our teachers will go for that idea because it looks as though it would really help make the meal a more relaxed time."

"It was good to hear that cooks are important people. I think I would like to be present during the staff meeting and have a part in the planning, especially when food problems are dis-

cussed. I know I can help with better snack ideas. I think we could do a lot more to help the parents know what we are doing to help their children with good food."

"I hope there will be another workshop to help us because I know when we go back there will be some new problems we didn't get to talk about this time."



Mastering the third unit of the program for Head Start Cooks are from left Romona Bernal and Juanita Cons, Sacred Heart Child Development Center in Phoenix.