

# Rochester kids learn healthy cooking from chef

BY MATT MOLLOY WEDNESDAY, MAY 4TH 2016



Some 4th graders in Rochester had a special guest Wednesday -- a chef. It's part of a new program teaching students about healthy foods.

Today Mrs. Johnstone's classroom at School No. 43 was a kitchen. Their teacher is the head chef from Swillburger.

"It's important to show, especially young people, that healthier eating isn't bad eating, it's not flavorless eating, it's not colorless eating, it isn't just broccoli," said Brian Van Etten. The kids, along with their parents, made smoothies.

"I think it's good that they are starting at a young age, that they can learn and grow as they go into higher grades," said mother Samantha Monahan. "They can learn healthy cooking and eating."

"I'm going to help her make this stuff," said her daughter Madison. It's not simply about teaching them healthy habits, but also making them fun.

"If they think it's fun they'll enjoy doing it then they'll want to do it more and more," said Monahan. It appears the kids are eating up the lessons.

"Instead of using regular food you should use low fat, that's better than using regular," said student Amisha Khadka. The new program is made possible by a grant from the Greater Rochester Health Foundation.