

# theChapel

## Academy VPK

### **Why Are Food Experiences Part of Our Curriculum?**

Food Experiences help children learn through hands-on activities in a fun and meaningful way.

Cooking gives children opportunities to build confidence, practice important skills, and learn healthy habits that can last a lifetime. As children participate in Food Experiences, they learn how food is prepared and how it contributes to their health and well-being.

Here are a few ways Food Experiences support development and learning:

#### **Social & Emotional**

Children take pride in creating something they can enjoy and share with others. They also build independence by following directions and working together with classmates.

#### **Physical Development**

Activities like stirring, squeezing, spreading, and pouring help strengthen small-muscle control and hand-eye coordination.

#### **Language & Literacy**

Children are introduced to new words related to cooking and food preparation. They also begin learning how to follow simple recipes and connect pictures with written words.

#### **Cognitive Development**

Cooking encourages curiosity, creativity, problem-solving, and early math skills through measuring, sequencing, and observing cause and effect.

Food Experiences also provide hands-on learning opportunities that help children follow directions, stay organized, and complete tasks step by step.

**Every Wednesday, your child's VPK class will participate in a Food Experience. A list of needed ingredients will be posted in the classroom each week. Please check the list if you would like to donate items. Donations are needed by Tuesday morning. Thank you for your support!**

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### Food Experience Permission Form Food Activity Participation & Allergy Information

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Please check one of the following:**

- My child **does not** have a food allergy or dietary restriction and **may** participate in Food Experiences.
- My child **does not** have a food allergy or dietary restriction and **may not** participate in Food Experiences.
- My child has a food allergy and/or dietary restriction and **may not** participate in Food Experiences.
- My child has a food allergy and/or dietary restriction and may participate in Food Experiences. **I understand that it is my responsibility to communicate all allergies and dietary restrictions to theChapel Academy VPK. While reasonable care will be taken, theChapel Academy VPK cannot guarantee that all food ingredients are allergen-free. (Please list below):**

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**Is there any medical concern / issue that we need to know about your child. (Please list below):**

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I understand that it is my responsibility to update this form in the event that my decision for permission changes. I agree that this form will remain in effect during the term of my child's enrollment year 2026-2027.

\_\_\_\_\_  
Parent/Legal Guardian's Name (please print)

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date