



Let's Move! Cambridge
America's Move to Create a Healthier Generation of Kids

Newsletter

September 2012

Let's Move Cambridge

Summer Wrap-Up

Over the summer, local *Let's Move* partners were active in promoting a healthy lifestyle for children and families.



Let's Move with Summer Food

This summer, the city's Human Services Department paired exercise with the free summer lunch they provide to children (18 and under) in city parks and summer camps. Weekly "Let's Move with Summer Food" events were hosted at Gold Star Mother's Park, Sennott Park, Greene-Rose Park, Danehy Park, and Hoyt Field. Activities included Zumba, Hula Hoops with Hip Hop, and African Dance & Drums. Between 60 and 100 kids and adults had a blast participating in healthy activities with free prizes. Participation increased significantly this summer.



City Sprouts Interns Dig Into Local Food

More than 90 Cambridge middle-schoolers participated in City Sprouts' Summer Youth Program. Over the course of a four week session, students learned how to garden and how to cook with vegetables and fruits right in their gardens. Interns made pesto, salsa, lemonade, and smoothies. They also went on field trips to Gaining Ground Farm, a farm in Concord that grows vegetables for local food pantries; the Greater Boston Food Bank, where they packed up food for low income Boston residents; and to neighborhood restaurants to learn from chefs about professional kitchens and cooking. Interns visited Muqueca Restaurant, Clover HUB, Chipotle, Bertucci's and the Marriott. During the last week of the program, interns hosted visitors, gave garden tours, and held cooking demonstrations, proudly showing off their new



skills. On completion of the four weeks, interns bid the gardens adieu and collect their well-earned stipend of \$100.



Mixing Up Science and Cooking

This summer, Harvard University's School of Engineering and Applied Physics and *ChopChop* magazine offered a free, two-week class called "Science and Cooking for Kids." Based on an undergraduate class at Harvard, the program offered 9-12 year olds the opportunity to learn about the science behind cooking, while also incorporating math and fitness lessons.



Each morning, students worked with local chefs to make a snack and lunch for the day. With Harvard researchers, the chefs explained the science behind the dishes, such as emulsion and fermentation. In addition, lessons covered mathematical concepts such as measuring, ratios, and fractions.

After lunch, students worked with fitness experts to learn new physical activities and skills—such as martial arts and yoga—that they may not have been exposed to in school physical education classes. The day ended with presentations by food experts on a variety of topics, including cheese making, fishing, and beekeeping, to teach students about various food-related careers.

"The class goal was to empower children by teaching them math and science in the context of cooking," said program director Kathryn Hollar. "Time spent preparing meals as a family can be used to talk about nutrition, nurture curiosity about the world around us, and emphasize the importance of math and science in our everyday lives."

For more information about the *Let's Move!* campaign in Cambridge, please visit the Cambridge Public Health Department [website](#).

Josefine (José) Wendel, MS, RD
Let's Move Coordinator

jwendel@challiance.org

Cambridge Public Health Department
119 Windsor Street
Cambridge, MA 02139
Phone - 617-665-3765
Fax - 617-665-3876