



Pasta-bilities

A Fresh Pasta Workshop

Facilitation Guide



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Introduction

This Fresh Pasta facilitation guide will lead facilitators through the process of planning and implementing a Food Skills workshop that teaches participants to prepare pasta dough and sauce from scratch.

Workshop Objectives

Learn the easy art of making fresh pasta with few ingredients while also exploring some delicious sauces to accompany it.

Workshop Goals

- Learn about pasta dough and how to make fresh pasta.
- Learn new food skills, such as kneading, knife skills, and using a stovetop.
- Explore new foods and flavours through the cooking and tasting process.

Who Could Be Involved

Program Leader

The person taking charge of the project. A leader keeps the program on track while sharing responsibility with other team members.

Program Assistants

People asked to help run different program areas of the program, based on their skills and experience.

Intended Participants

Interested children and youth.

Community Partners

Local groups or organizations interested in supporting the program. Examples could include town councils, local businesses, food banks, or other non-profit organizations. Ask all program leaders and program assistants if they have connections to community partners who may want to support the work.



Facilitation Guidance

Facilitator Role Overview

Setting a Positive, Inclusive Tone

Warm Welcome

Encourage facilitators to greet participants by name, if possible, and introduce themselves.

Celebrating Curiosity and Diversity

Reinforce that there's no "right" way to enjoy food—everyone has different tastes and experiences. For example, facilitators might remind the group, "All taste buds are welcome here! Let's find out what each of us loves about pasta."

Encouraging Exploration

Emphasize that the workshop is a space to try new things without pressure. Facilitators can model open-mindedness by sharing personal food preferences or talking about new foods they've tried recently.

Using Inclusive Language

Avoid food judgments (no "good" or "bad" foods). Focus on the concept of "**nourishing foods**" that give us energy and nutrients.

Building Confidence

Remind facilitators to acknowledge each child's choices and creativity positively, even if they don't make the "perfect" pasta or try all the ingredients for the sauces.

How We Want to Be Talking About Food

Emphasize positive, non-judgmental language (e.g., "fueling our bodies" instead of "good/bad foods")

What is Nourishing Food?

Nourishing foods give us the energy to play, learn, and grow!



Workshop Timelines

Pre-Workshop

During Workshop

Post Workshop

Pre-Workshop

Contact Nourish Nova Scotia for planning support as needed

- ☐ Set a date and time.
- ☐ Find a location (*E.g., community/school kitchen, school classroom or food lab*).

Note: Confirm if location has access to stove tops or hot plates and outlets, table space to set up stations, washing station for handwashing and dishes, and ideally fridge/freezer access or coolers for cold ingredient storage and food safety.

- ☐ Identify the number of participants.
- ☐ Identify dietary restrictions and allergens.
- ☐ Identify facilitators for the workshop.
- ☐ Gather workshop resources:
 - ☐ Facilitation guide
 - ☐ Check-In/Out Questions (*See page 12*)
 - ☐ Opening Activity (*See page 13*)
 - ☐ Equipment Checklist (*See page 18*)
 - ☐ Ingredients Checklist (*See page 19*)
 - ☐ Sample Grocery Lists (*See page 20*)
 - ☐ Recipes (*See page 22*)
- ☐ Shop for ingredients.



During Workshop

1 Prepare the Workshop Space

Arrive 30 minutes to 1 hour ahead of workshop start time.

- ☐ Sanitize all countertops.
- ☐ Set up space.
Move tables, chairs, and equipment, as required. Ensure outlets are easily accessed, set hotplates (if needed) and stations up near outlets.
- ☐ Lay out ingredients and equipment for each pasta work station as well as a station to cook the pasta and make or heat the sauces.
Note: Number of workstations will depend on the size of the group, maximum 3 participants per station.
- ☐ (Optional) Prepare sauce ingredients.
To save on time, you may want to prepare sauce ingredients (e.g., chop onions and garlic), and lay out any equipment required.
Omit this step if using pre-made sauces.
- ☐ Identify the facilitator who will guide the group through the pasta making and have them familiarize themselves with the recipe and directions.
- ☐ Prepare the opening activity. (See page 13)



2 Workshop Introduction (10 min)

- ☐ Welcome participants, explain any space rules.

Suggested space rules to touch on:

- Respect people's identities and pronouns,
- Listen actively,
- Show compassion and empathy,
- Peer-to-peer support,
- Respecting food safety rules and guidelines.

- ☐ Explain the session: goals, objectives, and agenda. (See page 2)

Agenda: Opening activity, making pasta and sauces, sharing pasta as a group, group discussion.

- ☐ Complete check-in. (See page 12)

- ☐ Handwashing for all.

If possible, try to keep one sink dedicated to handwashing.

(See page 32 for a link to our handwashing activity.)

3 Opening Activity (15 min)

Pasta Puzzler: Test Your Noodle Knowledge!

(See page 13 for activity details)

- ☐ Set up activity.

Place answer sheets and pens on tables to allow for teams to work together.

- ☐ Gather Participants and explain the goal of the activity.

"Today, we're going to take a trip into the world of pasta in a game of Pasta Trivia! Test your knowledge as a team, have fun, and see if you learn something new!"

- ☐ Carry out activity & reflect.



4 Pasta Making (50 min)

Have one facilitator lead the group through each step of the pasta-making, with other staff or volunteers supporting participants as needed.

- ☐ **Gather Participants and Equipment:** Have participants team up in groups of no more than 3 at their different work stations. Each station should be equipped with:

- Clean work surface or cutting board
- 1 set of measuring cups and spoons
- 1-3 Rolling pins
- 1-3 Knives

- ☐ **Recipe Introduction:** As a group, read an overview of the pasta recipe, making sure that the instructions are clear to participants. While participants will be working in teams, the group should aim to keep a similar pace so that facilitators can support participants as needed.

- ☐ **Pasta Making:** Have each group make their pasta according to the recipe, following along with the facilitator's directions, and taking turns to allow each member to participate equitably.

- ☐ **(Optional) Sauce Making:** While the pasta is drying, have participants prepare chosen sauces on a clean work station. If using pre-made sauces, you may want to start heating them up gently in a saucepan at this time.

- ☐ **Boiling Water:** Depending on the number of participants and the quantity of pasta being made, start boiling 1-2 large pots of salted water while participants are still making their pasta dough, approximately 30 minutes into the process. Depending on your cooking equipment, it may take longer than you think for the water to come to a boil.

- ☐ **Cooking and Serving Pasta:** Follow the recipe instructions for cooking the pasta. Once pasta is cooked and drained, place it back in the pot, pour sauce on top, and mix to combine. If using several sauces, participants can add their sauce of choice directly in their own bowl.



Facilitation Tips

- Rotate around the room to answer questions and encourage creativity throughout the pasta-making process.
- Highlight the importance of food safety (e.g., clean hands, no double-dipping, safe knife use).

5 Sharing A Meal (15 min)

- ☐ **Sitting together over a meal:** Make sure to leave enough time to sit down and enjoy the meal that participants worked hard to put together. Taking the time to appreciate their efforts and to connect with one another is an important part of this workshop.
- ☐ **Group discussion and share-back:** Leave space for discussion, asking participants questions about their senses, tastes, texture, smell, etc.

Ways to Explore



Look



Feel



Taste



Smell

Example Questions

- How would you describe the flavour of the pasta?
- Does it taste different from store-bought pasta?
- What flavours stand out the most in the sauce?
- If you could make your pasta look different (like a shape or colour), what would you do?



6 Clean up (15 min)

- ☐ Task participants with cleaning the equipment, tables, and contributing to the overall cleanup of the space.
- ☐ Facilitators to gather and equipment and food:
 - ☐ Gather and clean sharp items.
 - ☐ Pack up and store extra ingredients. If there's any left over pasta dough or cooked pasta, encourage participants to take it home.

7 Group Discussion (5 min)

- ☐ Once the taste testing activity is complete, debrief about what they liked and what they didn't like, and allow discussion.

8 Closing (5 min)

- ☐ At the end of the workshop, ask the group a checkout question ([see page 12 for examples](#)) and then gather feedback that includes:
 - Value of workshop
 - Ingredient input
 - Lessons learned
 - Suggestions for pasta-related activities
 - Acceptance of opening activity
 - Suggestions for future workshops



Post-Workshop

- ☐ Debrief with facilitators
What went well, what could be improved, etc.
- ☐ Gather youth feedback, compile and document

Check out our Facilitation Guide feedback survey! We would love to hear how using the guide worked for you so that we can continue to improve and expand our resources.

Facilitation Guide Feedback



Workshop Resources

The following pages include key resources to the planning and implementation of the workshop, including some suggested activities and questions, planning lists and recipe ideas. You may want to print some or all of these pages for the workshop.

Tips for Success

- Involve your community and community partners (e.g., youth groups or youth-serving organizations) at the start of your program planning. This will not only help you understand the needs of your intended participants, but they will be more likely to benefit from and enjoy the program.
- Contact Nourish Nova Scotia staff for planning support as needed. We're here to help!
- Consult participants to determine if there are certain ingredient choices they're curious about or already enjoy.
- Encourage groups to be adventurous and explore ingredients they're unfamiliar with & not "yuck someone's yum".



Check-In/Out Questions & Opening Activity

Question Suggestions

Check-In

- What's your favorite part about the pasta you made?
- How do you feel about eating something you created from scratch?
- Would you want to make this pasta again at home? Why or why not?
- What was your favorite part of the workshop?
- What surprised you the most about making pasta?

Check-Out

- What was the most surprising thing you learned about pasta today?
- Which part of the pasta-making process did you enjoy the most, and why?
- What new ingredients or flavours would you like to try with your pasta ?



Opening Activity

Pasta Puzzler: Test your Noodle Knowledge! (15 min)

Objective: To test participants' knowledge of pasta ingredients, culture, and recipes and get them excited about the workshop's topic: pasta!

Overview: In teams, participants will play 3 rounds of trivia, with a 30 second interval between questions, and getting the answers at the end of each round. At the end of the game, participants can discuss and share their thoughts before rolling up their sleeves in the kitchen to make pasta themselves.

Materials Needed

- **Trivia question sheets:** Print out questions and answers ahead of time for the facilitator.
- **Answer sheets and pens:** Print out the answer sheets provided ([see page 17](#)) or provide teams with paper and pens to write their answers.
- **Timer:** Use a phone or stopwatch to keep track of time for each question.
- **(Optional) Small prizes:** Pasta-themed items like wooden spoons, pasta cutters, or small bags of gourmet pasta.

1 Set Up the Activity

- ☐ Set up tables and chairs in a way that enables teams to work together to answer trivia questions. Depending on the number of participants, it may make more sense to answer trivia questions as a big group rather than in small teams.
- ☐ Set up answer sheets and pens on each table.



2 Introduce the Activity

- ☐ Gather Participants. Bring everyone together and explain the goal of the activity: “Today, we’re going to take a trip into the world of pasta through a quick game of Pasta Trivia! Test your knowledge as a team, have fun, and see if you learn something new!”
- ☐ Make sure everyone has a team, is seated at their team table, and has an answer sheet and pen.

3 Trivia Game

- ☐ Once all participants are ready, read out each trivia question, allowing for approximately 30 seconds between each question. You can repeat a question once if needed.

You can find the trivia questions on pages 15-16.

- ☐ Read out the answers for the questions at the end of each round.
You can find answers underneath each trivia question on pages 15-16.
- ☐ Once you’ve gone through all the questions and answers, tally up the scores! Optional: if you have small prizes, distribute them here.

3 Wrap Up and Group Discussion

- ☐ Share back as a group any thoughts about the trivia.
 - Was there anything surprising in the answers?
 - Did you know you could make pasta with just flour and water?
- ☐ Tie it back to the main workshop activity: “Now that we’ve familiarized ourselves with the topic of pasta, we’re going to learn how to make fresh egg-pasta from scratch!”



Trivia Questions and Answers

Round 1: Origins and fun facts

Q1: True or False: Italy is the birthplace of pasta.

A1: False - No one country or civilization can fully claim to be the birthplace of pasta but there have been key contributors! The Chinese were the first to create noodles over 4000 years ago, the Romans in Ancient Rome developed dough-based dishes, and the Arabs revolutionized pasta by creating dried versions, like the ones we know today, that could be mass-produced and traded. So, the pasta that we all know and love today is actually the culmination of a culinary evolution that has taken thousands of years and spans multiple cultures and civilizations.

Q2: What are the 2 basic ingredients to fresh pasta?

A2: Flour and Water

Note: There are many variations to making noodles and pasta, some with flour and eggs, and others with different types of flours like semolina, buckwheat, and rice.

Q3: What country eats the most pasta annually?

A3: Italy. A 2022 Statistic survey showed that the average Italian eats approximately. 23 kg of pasta every year.

Q4: Which animated movie features a character named Linguini who works as a chef in a Parisian restaurant?

A3: Ratatouille

FAQ: What is the difference between “pasta” and “noodles”?

The main differences between noodles and pasta lie in their texture and where they originated from. Noodles originated in Asia, with evidence of noodle-making in China dating back over 4000 years. Noodles tend to be softer and silkier, and are accompanied by broths or stir-fries. In comparison, pasta originated in the Middle East and Europe, usually made with durum wheat. Pasta-like dishes date back to Ancient Rome but were structurally different from what we know today, whereas dried pasta that comes in a variety of shapes and sizes dates back to the 9th Century and the Arab World. Pasta is commonly served with sauces.



Round 2: Sauces

Q5: What is the name of the pasta sauce that is made with tomatoes, onions, garlic, and herbs?

A5: Marinara Sauce.

Q6: What is the name of the pasta sauce that is made with cream, butter, and Parmesan cheese?

A6: Alfredo Sauce

Q7: What is the name of the pasta sauce that is made with basil, garlic, pine nuts, and Parmesan cheese?

A7: Pesto Sauce

Q8: What is the name of the pasta sauce that is made with ground meat, tomatoes, onions, and garlic?

A8: Bolognese Sauce

Round 3: Pasta types and dishes

Q9: Which pasta is typically stuffed with cheese, meat, or vegetables?

A9: Ravioli

Q10: What pasta dish includes layers, tomato sauce, cheese, and meat or vegetables?

A10: Lasagna

**Q11: Which pasta is shaped like tiny, thin threads and is often used in soups?
Is it: A) Vermicelli, B) Spaghetti, C) Linguine D) Fettuccine ?**

A11: A) Vermicelli

**Q12: What is the name of the pasta that is shaped like small, twisted spirals?
Is it: A) Linguini, B) Fusilli, C) Penne D) Fettuccine ?**

A12: B) Fusilli



Trivia Answer Sheets



Round 1

1. _____
2. _____
3. _____
4. _____

Round 2

5. _____
6. _____
7. _____
8. _____

Round 3

9. _____
10. _____
11. _____
12. _____

Round 1

1. _____
2. _____
3. _____
4. _____

Round 2

5. _____
6. _____
7. _____
8. _____

Round 3

9. _____
10. _____
11. _____
12. _____

Equipment and Ingredients Needed to Run Workshop

Tip: Before gathering equipment and materials, check the workspace to see what equipment or supplies are already available; some spaces may have items such as cutting boards, knives, peelers, etc.

Equipment Checklist

- ☐ **Clean work surface or cutting boards**
Quantity: 1 per work station
- ☐ **Measuring cups and spoons**
Quantity: 1 set per work station
- ☐ **Rolling pin**
Quantity: 1 per student or group
- ☐ **Knives**
Quantity: 1 per work station
- ☐ **Drying rack (optional)**
Quantity: 1-2 per work station
- ☐ **Large Pot**
Quantity: 1 per station or session
- ☐ **Pasta strainer**
Quantity: 1 per work station
- ☐ **Stovetop or hotplate**
Quantity: 1 per work station or session
- ☐ **Tongs**
Quantity: 1 per work station
- ☐ **Tableware to try the pasta as a group:**
plates, forks, paper towel
Quantity: Enough for all participants
- ☐ **If making sauce: saucepan, cutting board, chef's knife, spatula or spoon**
Quantity: 1 set per work station
- ☐ **Cleaning materials: sponge, soap, cloth**
Quantity: 1 set per washing station
- ☐ **First aid kit – purchase or identify where first aid kit is located on site.**
Quantity: 1 kit per session
- ☐ **For opening activity: sticky notes, markers, dried pasta shapes**
Quantity: Enough for all participants



Ingredients Checklist

Pasta Making

☐ Flour

☐ Eggs

☐ Olive Oil

☐ Salt

Sauces

Note: For a 2-hour workshop, we recommend bringing pre-made sauces to your workshops so that you have enough time to focus on making the pasta.

☐ Tomato Sauce

☐ Crushed tomatoes

☐ Yellow Onion

☐ Garlic

☐ Dried Oregano

☐ Olive Oil

☐ Salt and Pepper

☐ Basil or Parsley

☐ Pesto

☐ Basil

☐ Garlic

☐ Grated Parmesan

☐ Olive Oil

☐ Pine nuts (omit if nut-free)

☐ Salt and Pepper

☐ Alfredo

☐ Butter

☐ Heavy Whipping Cream

☐ Cream Cheese

☐ Garlic

☐ Salt and Pepper

☐ Parmesan

☐ Italian Seasoning



Sample Pasta Grocery List

This sample grocery list includes only the ingredients necessary to making fresh pasta.

Add pre-made sauces of choice to the list if you are not planning to make sauces during the workshop. We recommend purchasing 2-4 (650ml) jars for a group of 12, 4-6 (650ml) jars for a group of 24.

Item	Amount to serve 12	Amount to serve 24	Category
Eggs	2 (12 count) cartons	4 (12 count) cartons	Dairy
Flour	1 (2.5kg) bag	1 (5kg) bag	Grocery
Olive oil	1 (750ml) bottle	1 (750ml) bottle	Grocery
Salt	1 (500g) container	1 (500g) container	Grocery

Note: See the following page for a Sample Pasta Sauce Grocery List if you intend to make sauces from scratch during your workshop.



Sample Pasta Sauce Grocery List

This sample grocery list is designed for making two sauces (tomato and alfredo) and requires items included in the Pasta Grocery List.

Item	Amount to serve 12	Amount to serve 24	Category
Yellow onion	1 medium	1 large	Produce
Garlic	1 bulb	1 bulb	Produce
Basil	1 (28g) package	1 (28g) package	Produce
Shredded parmesan	1 (250g) bag	1 (250g) bag	Dairy
Cream cheese	1 (250g) block	1 (250g) block	Dairy
Heaving whipping cream	1 (473 mL) carton	1 (1L) carton	Dairy
Butter	1 (454g) block	1 (454g) block	Dairy
Crushed tomatoes	1 (28oz) can	2 (28oz) can	Grocery
Dried oregano	1 (30g) bag	1 (30g) bag	Grocery
Pepper	1 (150g) bag	1 (150g) bag	Grocery
Italian Seasoning	1 (35g) bag	1 (35g) bag	Grocery



Recipes

Basic Egg Pasta



Dairy
Free



Nut
Free



Soy
Free



Vegetarian

Servings: 4-6

Time to make: 45 min

Resting time: 15 min

Cook time: 5 min

Total time: 1hr 5 min

Ingredients

- ☐ 2 Cups All-Purpose Flour,
plus extra for sprinkling
- ☐ 3 Large Eggs (best at room
temperature)
- ☐ 1/2 teaspoon salt
- ☐ 1/2 tablespoon Extra-Virgin
Olive Oil



Tips for Success!

If working with younger participants or beginners, you may want to use a mixing bowl rather than a flat counter space to limit mess and clean up.



Basic Egg Pasta



Directions

1 Prep your workstation.

You are going to need a clean countertop surface or bowl, rolling pin, measuring cup, fork, and a sharp knife or pasta cutter.

2 Make a well with your flour.

Place your flour in the middle of your work surface and make a well with your fingers. Using your hands, make the hole in the middle deep and wide, while keeping the outer walls as high as you can. This will keep your egg, oil and salt mixture contained.

Place eggs, olive oil and salt in the well.



3 Add the eggs, olive oil, and salt to the center of the well and use a fork to gently break up the eggs, keeping the outer flour walls intact as best you can.





4 Keep mixing until a loose dough starts to form. (See Tip for Success!)

Working from the inside out, progressively add the flour from the outer walls of the well. Once a homogenous mixture starts to form, use your hands to help form a thick dough-like consistency. Mold it into a ball with your hands. It may feel a little dry and crumbly at first, but not to worry!



5 Knead the dough.

Using the palm of your hand, knead the dough for 8 to 10 min. The dough should progressively become smooth and elastic. If it is too sticky, dust a little more flour onto your work surface. If too dry, sprinkle a bit of water onto your fingers and knead the dough until it comes together. (See Tip for Success on the next page.)

Tips for Success!

Step 4 can get a little messy. It's okay! Just use your hands or a fork to incorporate ingredients. Food colouring can also be added here for a fun twist! Natural dyes include beet powder (pink), spirulina (green), turmeric (yellow), and charcoal (black).





- 6 Let your dough rest and cut into equal portions.** Place your dough in a clean bowl, covered and at room temperature, for a minimum of 15 min or up to 1 hour if time allows. While the dough rests, clean your workspace. Once the dough has rested, cut the dough into 5 or 6 equal sections. As you work with one section, keep the others covered and in the bowl so they do not dry out.



- 7 Roll out your section of dough.** Flour your workspace well, and using a rolling pin, roll one section of the dough into a long strip. After each pass of your rolling pin, lift your dough, add a dusting of flour to your workspace and flip your dough over. This will keep your dough from sticking.

Tips for Success!

You'll know your dough is properly kneaded if you poke your finger in the dough, and it immediately bounces back. That means the gluten is developed enough and your dough is springy and elastic. If the dough doesn't bounce back, knead for a few more minutes and test again.





8 See-through test.

Keep up this rolling out process until your dough is paper thin, but strong enough to be lifted. You'll end up with a long thin strip of pasta dough.



9 Fold pasta into an accordion and cut.

Dust your long strip with flour on both sides, then loosely fold the pasta like an accordion. Using a sharp knife or pasta cutter, cut across the folds to obtain individual pasta strands.

Tip for Success!

With this basic strip, the "pastabilities" are endless! For linguini, cut your accordion into thin strips; for fettucine, cut into thick strips. For lasagna noodles, omit this step and simply cut strip to desired length.



10 Unroll your strands

Unroll each strand and lay them across your floured work station, drying rack, or kitchen table for roughly 15 minutes. This process will allow your pasta to stay fresh longer. Repeat steps 7 through 10 for all remaining portions of the dough.





11 Storing your pasta.

Once your pasta is dry, it can be used immediately or frozen for later. If freezing your pasta, gather them in small, loose bundles, place on a floured baking sheet, and freeze. Once frozen, transfer bundles to a sealed container or bag and use as needed. Frozen pasta can be kept for up to 9 months.

Pictured here is this basic pasta recipe but colored with add-ins like beet powder (1 tbsp) for a pink coloring and spirulina for a green coloring (1 tbsp). Coloring your dough should happen at **Step 3**. These bundles were frozen on the tray and once frozen, stored in resealable bags.

12 Cooking your pasta.

Bring a pot of salted water to a boil. Add the fresh or frozen pasta and cook for 4-5 minutes, until al dente. Serve with chosen sauce and sides. See the following page for a tomato sauce recipe!





Tomato Sauce

*This recipe was adapted from
Natasha's Kitchen



Dairy
Free



Nut
Free



Gluten
Free



Soy
Free



Vegan

Servings: 3 Cups
Portion Size: 1/4 Cup
Prep time: 5 min
Cook time: 20 min
Total time: 25 min

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 1/2 medium yellow onion (makes roughly 1/2 cup chopped)
- ☐ 3 garlic cloves
- ☐ 28 oz can crushed tomatoes
- ☐ 1/2 tsp dried oregano
- ☐ 1/2 tsp sea salt
- ☐ 1/4 tsp black pepper
- ☐ 1 tablespoon fresh basil or parsley

Directions

- 1 Chop your onion into small to medium pieces (Dicing) and mince your garlic finely. Set aside.
- 2 Heat 2 tablespoons of olive oil in a saucepan over medium heat. Once the oil is hot, add your chopped onion, stirring often, until soft and golden in color (roughly 5 min). Add the minced garlic, and stir until fragrant (roughly 1 min).
- 3 Stir in crushed tomatoes, oregano, salt, and pepper. Bring to a light boil, then reduce heat to low and simmer partially covered for 15 min. Stir occasionally, making sure nothing sticks to the bottom of the saucepan.
- 4 Stir in fresh basil or parsley, turn off the heat and serve. If not using immediately, refrigerate for up to 4 days or freeze for up to 3 months.





Pesto Sauce

*This recipe was developed by
Nourish Nova Scotia staff



Gluten
Free



Soy
Free



Vegetarian

Servings: 2 Cups
Portion Size: 1/4 Cup
Prep time: 5 min

Ingredients

- ☐ 3 Cups (750 mL) Basil leaves, packed fresh
- ☐ 4 Garlic cloves, peeled
- ☐ ¾ Cup (180 mL) Parmesan cheese, grated
- ☐ ½ Cup (125 mL) Olive oil
- ☐ ¼ Cup (60 mL) Pine nuts, other nut, or seeds of your choice

Directions

- 1 Combine basil, garlic, Parmesan cheese, olive oil, and nuts in the bowl of a food processor or blender.
- 2 Blend to a smooth paste.
- 3 If not using immediately, refrigerate for up to 4 days or freeze for up to 3 months.





Alfredo Sauce

*This recipe was developed by
All Recipes



Nut
Free



Gluten
Free



Soy
Free



Vegetarian

Servings: 3 Cups
Portion Size: 1/4 Cup
Prep time: 5 min
Cook time: 5 min
Total time: 10 min

Ingredients

- ☐ ½ cup Butter
- ☐ 1 (8 oz) package Cream Cheese
- ☐ 2 teaspoons Garlic Powder
- ☐ 2 cups Milk
- ☐ 1 ½ cups (6 oz) Parmesan Cheese (grated)
- ☐ 1/8 teaspoon Black Pepper (ground)

Directions

- 1 Gather all of your ingredients on your work station, measured out and ready to use.
- 2 Melt butter in a medium, nonstick saucepan over medium heat.
- 3 Add cream cheese and garlic powder to your saucepan, stirring with a whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan cheese and pepper.
- 4 Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly. Thin with milk if cooked too long.
- 5 Toss with hot pasta and serve immediately. If not using immediately, refrigerate for up to 4 days or freeze for up to 3 months.



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Appendix

Other Resources on our Website

- Cinnamon Hand Washing Activity

Glossary of Terms

Food Literacy

The knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community & the environment.

Nourish Nova Scotia

Nourish is a non-profit supporting healthy food environments for children and youth.



FAQ

Common Questions

What if the group doesn't have enough time to make pasta and sauce from scratch?

To save time, use store-bought sauce.

Can younger children participate in the workshop?

Yes! Adjust tasks to be age-appropriate. Younger children can help mix ingredients or cut softer dough with plastic or child-safe tools, while older kids can handle more advanced steps like kneading and rolling.

What if participants don't like the pasta or sauce?

Remind participants that it's okay to try something new and not love it. Encourage them to describe what they didn't enjoy and what they might change to suit their taste.

How long does the workshop take?

The workshop typically runs approximately 2 hours, including setup, activities, and cleanup.

How can I ensure everyone is involved in the workshop?

To promote teamwork, divide tasks (chopping, mixing, tasting, etc.) among group members. Ensuring everyone has a role!



Food Safety and Supervision Tips

Guidelines for safely handling ingredients and equipment

Handwashing: Begin with an instruction to wash hands properly with soap and water before touching any food ([see page 32 for a link to our handwashing activity](#)).

Ingredient Safety: Offer guidance on safe handling practices:

- **Rinse Fruits and Vegetables:** Always wash produce thoroughly to remove any dirt.
- **Safe Storage:** If needed, remind facilitators to store ingredients like dairy and fresh produce in a cooler or fridge until ready for use.

Pasta Home Storage and Cooking

- **Storage:** Fresh pasta can be stored in an airtight container in the fridge for up to 2 days. Pasta can also be frozen by laying it flat on a baking sheet until firm and then transferring it to a freezer-safe bag or container.
- **Cooking:** 1. Bring a large pot of salted water to a boil. 2. Add fresh or frozen pasta. 3. Cook for 2-4 minutes, until al-dente. 4. Drain and toss with your favourite sauce.

General Knife Safety

- **Grip and Control:** Show children how to hold the knife by gripping the handle firmly with their dominant hand and keeping fingers of the other hand curled in a “claw” shape to stabilize the food.
- **Cutting Surface:** Always use a non-slip cutting board, and place a damp cloth or grip pad underneath to prevent slipping.
- **First Aid Awareness:** Know where the first aid kit is stored in case of minor cuts, and explain to kids what to do if they accidentally cut themselves (e.g., rinsing with water and calling an adult immediately).



Age Appropriate Knife Safety

Younger Children (Ages 8-10)

- Use child-safe or plastic knives for softer foods like bananas, strawberries, or cucumbers. These knives are less sharp but can cut through soft items effectively.
- Teach them basic techniques, like holding the food steady with one hand while cutting slowly and carefully with the other.
- Always have adult supervision for this age group when they're using any cutting tool, even child-safe knives.

Older Children (Ages 11-14)

- Introduce small, beginner-friendly kitchen knives with a rounded tip and a non-slip handle.
- Teach basic techniques such as the "claw grip" (curling fingers under while holding the food) to keep fingers safely away from the blade.
- Start with softer fruits and vegetables and progress to firmer ones as they gain confidence, always with supervision.

Teens (Ages 15-17)

- Teens with experience may be ready to use a standard chef's knife, but should still be supervised when cutting larger or tougher foods.
- Teach proper knife maintenance, like wiping the blade dry after washing and storing it safely.
- Review basic techniques such as the "claw grip" (curling fingers under while holding the food) to keep fingers safely away from the blade.



Allergen Identification

To ensure a safe and enjoyable experience for all participants, please consider the following allergens. We recommend reviewing ingredient labels, communicating with participants about allergies, and offering alternatives as needed.

Common Allergens in Pasta and Ingredients

Gluten

Found in: Wheat-based flours used to make pasta.

Alternatives: Use gluten-free flour (e.g., rice flour or chickpea flour) or provide pre-made gluten-free pasta.

Dairy

Found in: Some sauces (e.g., Alfredo, or parmesan-based sauces).

Alternatives: Offer dairy-free options like tomato-based sauces or vegan parmesan alternatives (e.g., nutritional yeast).

Eggs

Found in: Traditional pasta dough recipes and some sauces.

Alternatives: Provide a pre-made egg-free pasta.

Nuts

Found in: Some pesto recipes or toppings like pine nuts or walnuts.

Alternatives: Use nut-free pesto made with seeds or omit entirely.

Best Practices for Allergen Safety

- ☐ **Label Ingredients:** Clearly label all workshop ingredients and provide an ingredient list for participants.
- ☐ **Ask in Advance:** Check for participant allergies or dietary restrictions in advance.
- ☐ **Avoid Cross-Contamination:** Use separate utensils and cutting boards for allergen-safe preparation.
- ☐ **Offer Customization:** Encourage participants to skip ingredients they cannot eat and experiment with alternatives.

