

Culinary school grads going to high schools to help fight childhood obesity with HealthCorps program



Josh Wood, 22, ladles pasta from a pot at the "Teen Iron Chef Cookoff" at Rouge Tomate on Wednesday afternoon for a panel of celebrity judges including Laura Posada and Cornelia Guest.

Come September, Sarah Fishstrom will take her culinary skills to an East Flatbush high school to teach today's snackfood-gorged teens how to eat better.

She and more than a dozen other foot soldiers in HealthCorps, a program founded by Oprah pal Dr. Mehmet Oz to fight childhood obesity, met in a friendly Iron Chef faceoff Wednesday.

"I think we're learning and shaping the future," said Fishstrom, of Park Slope, Brooklyn, as she whipped up a steamed mussels and veggie dish.

The 24-year-old and her fellow recent college grads will head off to high schools around the U.S. to instruct teens how to make better food choices.

Cheering them on yesterday was Laura Posada, the wife of Yankees catcher Jorge Posada, one of nine judges at the throwdown inside the East Side's swanky Rouge Tomate.

"I think teenagers will listen to those kids more than they would adults," Posada said. "Here, they'll make a difference in 16 schools, and if you take it slowly and keep going, hopefully it happens everywhere."

"It's a really good experience," said participant Jake Ross, a 23-year-old who will teach at Bensonhurst's New Utrecht High School. "It feels amazing because a lot of other jobs you don't get tangible feedback."

Sarah Frank, 22, is in her second year in Dr. Oz's program and this fall will be teaching at a high school in Harlem.

"I think giving people tools to impact their health provides them with a sense of empowerment that they can change their lives," she said.

"They control the future."