

Cooking Matters for Adults: Sessions at a Glance

	Goal	Objectives (Participants will...)	Handouts	Suggested Recipes	Activities
Lesson One: Let's Get Cooking!	Introduce participants to tools they can use to choose and prepare healthy foods at home.	<ul style="list-style-type: none"> • Practice proper hand washing and basic knife safety. • Prepare recipes with foods from multiple food groups. • Discuss using recipes as a framework that can be adjusted to save money and improve health. • Practice reading food labels. 	<ul style="list-style-type: none"> • MyPlate • Knife Basics • Cooking Terms • Measure Up • Making Recipes Work for You • Reading Food Labels • Portion Distortion • Week One: Let's Get Cooking! 	<ul style="list-style-type: none"> • Barley Jambalaya • Chinese Veggies and Rice • Pasta with Roasted Vegetables • The Works Pizza 	Hands-on cooking
Lesson Two: Choosing Fruits, Vegetables, and Whole Grains	Encourage participants to incorporate more fruits, vegetables, and whole grains into their meals.	<ul style="list-style-type: none"> • Discuss ways to enjoy a variety of colorful fruits and vegetables. • Discuss the pros and cons of fresh, frozen, and canned fruits and vegetables. • Prepare recipes using whole grains and different forms of fruits and vegetables. • Practice identifying whole grain foods by reading label ingredient lists. 	<ul style="list-style-type: none"> • Vary Your Fruits and Veggies • Fruits and Vegetables at Every Meal • Delicious Dips and Spreads • Veggies Three Ways • Fresh, Frozen, and Canned • Seasonal Fruits and Vegetables • MyPlate Eating Plan • Sub It In • Great Whole Grains • Week Two: Choosing Fruits, Vegetables, and Whole Grains 	<ul style="list-style-type: none"> • Black Bean and Vegetable Quesadillas • Fall Vegetable Salad • Step-by-Step Pasta Dinner • Step-by-Step Stir-Fry 	Hands-on cooking
Lesson Three: Healthy Starts at Home	Encourage participants to prepare more meals and snacks at home.	<ul style="list-style-type: none"> • Practice identifying healthier choices when eating convenience foods or eating away from home. • Prepare healthier versions of popular convenience foods. • Discuss the difference between healthy and unhealthy fats. • Discuss making healthier choices in the Protein and Dairy groups. 	<ul style="list-style-type: none"> • Snack Smart • Cook It Up Quick • Packaged Food Makeover • Eating Smart when Eating Out • Lighten Up • Keeping Food Safe • Know Your Fats • Seafood Secrets • Counting Up Calcium • Week Three: Healthy Starts at Home 	<ul style="list-style-type: none"> • Baked Flaked Chicken • Cheesy Hamburger Skillet • Chicken Burger • Sweet Potato Fries 	Activity: Blubber Burger Hands-on cooking

Continued >

Cooking Matters for Adults : Sessions at a Glance continued >

	Goal	Objectives (Participants will...)	Handouts	Suggested Recipes	Activities
Lesson Four: The Power of Planning	Encourage participants to plan healthy, low-cost meals to make the most of their food dollars.	<ul style="list-style-type: none"> Practice planning meals in advance. Discuss the benefits of shopping with a list. Prepare recipes using herbs and spices instead of salt. Practice identifying breakfasts that can be made in 5 minutes or less. 	<ul style="list-style-type: none"> Menu Planning Basics The Cooking Matters Pantry Stocking Your Pantry Spice It Up Chill Out How to Cut a Whole Chicken Grab-and-Go Breakfasts Week Four: The Power of Planning 	<ul style="list-style-type: none"> Chicken With Apples and Raisins Frittata Herb Roasted Chicken With Vegetables Salmon Pasta Bake 	<p>Activity: Ready, Set, Plan!</p> <p>Hands-on cooking</p>
Lesson Five: Shopping Smart	Encourage participants to make smart choices when food shopping.	<ul style="list-style-type: none"> Practice comparing unit prices. Practice the skills they've learned in class to save money and make healthier choices when food shopping. Practice selecting a basket of healthy foods for \$10 or less. 	<ul style="list-style-type: none"> Compare Prices Storing Fresh Fruits and Vegetables Freezing Fruits and Vegetables Bean Basics Take the \$10 Challenge Week Five: Smart Shopping 	<ul style="list-style-type: none"> Barley and Lentil Soup Sweet Potato Shepherd's Pie Turkey Chili With Vegetables Turkey Tacos 	<p>Activity: Grocery Store Tour</p> <p>Activity: \$10 Challenge</p>
Lesson Six: Recipe for Success	Celebrate participants' accomplishments and progress in selecting and preparing healthy meals within their food budget.	<ul style="list-style-type: none"> Taste and describe a variety of healthy beverages. Discuss ways to be more physically active. Review key nutrition, cooking, and food budgeting lessons. Celebrate their success in selecting and preparing healthy, low-cost foods. 	<ul style="list-style-type: none"> Drink to Your Health Fitness Fun Weekly Activity Tally Week Six: Recipe for Success 	<ul style="list-style-type: none"> Black Bean Brownies Cranberry Walnut Coleslaw Mango Salsa Spaghetti and Meatballs 	<p>Activity: Sugar Overload</p> <p>Activity: Healthy Drinks Taste Test</p> <p>Activity: Secret Ingredient Challenge</p> <p>Activity: Cooking Matters Trivia</p> <p>Hands-on cooking</p>