



Cooking Matters for Child Care Professionals – Program Overview

Module #: Title	Goal	Objectives (Child care providers will...)	Handouts	Recipes	Activities
One: Creating Positive Mealtime Attitudes	Help providers recognize their role in establishing healthy attitudes and behaviors towards food among the children in their care.	<ul style="list-style-type: none"> Practice creating mealtime rituals as a way to build healthy eating habits. Discuss mealtime attitudes and behaviors they can model for the children in their care. Practice using helpful phrases to support healthy food choices. 	<ul style="list-style-type: none"> Snacks in a Snap Set a Healthy Example Nurturing Healthy Eaters Measure Up Talk Like a Chef Using Knives Safely Set Goals: Creating Positive Mealtime Attitudes 	<ul style="list-style-type: none"> Bowtie Pasta with Zucchini Sauce 	Activity: Ritual Brainstorming Hands-on Cooking
Two: Safe Cooking with Confidence	Encourage providers to safely prepare more home-cooked meals for the children in their care.	<ul style="list-style-type: none"> Discuss basic principles for preventing foodborne illness. Practice identifying simple ways to modify recipes to meet their needs. Prepare recipes they could make at home and serve to the children in their care. 	<ul style="list-style-type: none"> Keeping Food Safe Sizing Up Safety Avoiding Food Allergens Making Recipes Work for You Soups Made Simple Casseroles Cook It Up Quick Set Goals: Safe Cooking with Confidence 	<ul style="list-style-type: none"> Chicken Soup Hearty Egg Burritos Salmon Pasta Bake Southwestern Black-Eyed Pea and Corn Salad 	Demonstration: Cross-Contamination Hands-on Cooking
Three: Choosing Healthy Foods for Kids	Encourage providers to make smart choices about the foods they serve to kids in their care.	<ul style="list-style-type: none"> Discuss the tools available to guide choices about foods served to kids. Practice identifying whole grain foods by reading label ingredient lists. Prepare healthier versions of common convenience foods. 	<ul style="list-style-type: none"> CACFP Meal Patterns How Much Is Here? Activity Worksheet MyPlate Vary Your Fruits and Veggies Reading Food Labels Whole Grain Goodness Set Goals: Choosing Healthy Foods for Kids 	<ul style="list-style-type: none"> Baked Flaked Chicken Stove Top Macaroni and Cheese Mini Pizzas Sweet Potato Fries Turkey Tacos 	Activity: How Much Is Here? Activity: Portion Distortion Hands-on Cooking

<p>Four: Meals that Appeal to Kids</p>	<p>Encourage providers to apply strategies that increase kids' acceptance of healthy foods.</p>	<ul style="list-style-type: none"> • Discuss safe, age-appropriate tasks for kids in the kitchen. • Discuss the pros and cons of using different forms of fruits and vegetables. • Practice identifying ways to prepare and serve foods so that they appeal to kids. 	<ul style="list-style-type: none"> • Meal Appeal for Kids • Cooking with Kids • Fresh, Frozen, and Canned • Set Goals: Meals that Appeal to Kids 	<ul style="list-style-type: none"> • Chinese Veggies and Rice • Orange-Glazed Carrots • Squash and Orzo • Veggie Wraps 	<p>Demonstration: Meal Appeal</p> <p>Activity: Your Veggies, Your Way</p> <p>Hands-on Cooking</p>
<p>Five: Menu Management on a Budget</p>	<p>Encourage providers to use strategies to maximize their food resources.</p>	<ul style="list-style-type: none"> • Discuss the benefits of planning menus in advance. • Practice strategies to save money when food shopping. • Celebrate their success in planning and preparing healthy meals and creating a healthy food environment for the kids in their care. 	<ul style="list-style-type: none"> • Step-by-Step Menu Planning • Menu Planning Checklist • Stretching Your Ingredients • Stocking Your Pantry • Seasonal Fruits and Vegetables • Compare Prices • Shopping Tips for Shopping Trips • Set Goals: Menu Management on a Budget 	<ul style="list-style-type: none"> • Banana Crumble • Black Bean and Vegetable Quesadillas • Confetti Pepper Cornbread • Rolled Oats and Peanut Butter Cookies • Yogurt Parfaits 	<p>Activity: Create a Meal on Sale</p> <p>Activity: Price is Right</p> <p>Hands-on cooking</p>