



## Cooking Matters for Families – Program Overview

| Lesson #: Title                         | Goal  | Objectives (Families will...)  | Handouts  | Recipes   | Activities  |
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| <b>One:</b><br>Cooking Side by Side     | Encourage families to work together to make healthy meals that everyone will enjoy.           | <ul style="list-style-type: none"> <li>• Practice classifying foods into MyPlate food groups.</li> <li>• Discuss safe, age-appropriate tasks for kids in the kitchen.</li> <li>• Practice using knives safely.</li> <li>• Discuss strategies to share more meals together.</li> </ul>  | <ul style="list-style-type: none"> <li>• MyPlate</li> <li>• Cooking Side by Side</li> <li>• Talk Like a Chef</li> <li>• Measure Up</li> <li>• Mealtime: It's a Family Thing</li> <li>• Week 1: Cooking Side by Side</li> </ul>  | <ul style="list-style-type: none"> <li>• Chinese Veggies and Rice</li> <li>• Mini Pizzas</li> <li>• Pasta with Roasted Veggies</li> <li>• Turkey Tacos</li> </ul>               | Hands-on Cooking  |
| <b>Two:</b><br>Try It, You'll Like It!  | Encourage families to incorporate more fruits, vegetables, and whole grains into their meals. | <ul style="list-style-type: none"> <li>• Discuss ways to help kids develop good eating habits.</li> <li>• Discuss the pros and cons of using different forms of fruits and vegetables.</li> <li>• Practice identifying whole grain foods by reading label ingredient lists.</li> <li>• Discuss ways to include more fruits, vegetables, and whole grains in family meals.</li> </ul> | <ul style="list-style-type: none"> <li>• Taste Test: Name That Food Worksheet</li> <li>• Making Mealtime Peaceful</li> <li>• Fresh, Frozen, and Canned Seasonal Produce</li> <li>• Vary Your Fruits and Veggies</li> <li>• Be a Whole Grain Detective</li> <li>• Cooking Produce and Whole Grains</li> <li>• Adding Fruits, Vegetables, and Whole Grains to Meals</li> <li>• Week 2: Try It, You'll Like It!</li> </ul> | <ul style="list-style-type: none"> <li>• Barley Jambalaya</li> <li>• Broccoli Soup</li> <li>• Sauteed Greens</li> <li>• Squash and Orzo</li> </ul>                              | Activity: Name That Food<br><br>Hands-on Cooking                              |
| <b>Three:</b><br>Healthy Starts at Home | Encourage families to prepare more meals and snacks at home.                                  | <ul style="list-style-type: none"> <li>• Practice reading food labels.</li> <li>• Practice identifying healthy snacks that include at least two food groups.</li> <li>• Practice identifying healthier choices when eating away from home.</li> <li>• Prepare healthier versions of popular convenience foods.</li> </ul>  | <ul style="list-style-type: none"> <li>• Reading Food Labels</li> <li>• Snack Smart</li> <li>• Make Your Own Trail Mix</li> <li>• A Closer Look at Fast-Food Meals</li> <li>• Eating Smart when Eating Out</li> <li>• Know Your Fats</li> <li>• Seafood Secrets</li> <li>• Healthy Cooking Ideas</li> <li>• Week 3: Healthy Starts at Home</li> </ul>   | <ul style="list-style-type: none"> <li>• Apple Crisp</li> <li>• Asian Noodles with Peanut Butter Sauce</li> <li>• Baked Flaked Chicken</li> <li>• Sweet Potato Fries</li> </ul> | Activity: Line 'Em Up<br><br>Activity: Blubber Burger<br><br>Hands-on Cooking |

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| <p><b>Four:</b><br/>The Power of Planning</p>  | <p>Help families plan and prepare quick, healthy meals at home.</p>  | <ul style="list-style-type: none"> <li>• Practice planning a family meal using strategies learned in class.</li> <li>• Discuss strategies to eat breakfast every day.</li> <li>• Discuss ways to save time when making meals at home.</li> <li>• Practice making simple recipe changes.</li> </ul>  | <ul style="list-style-type: none"> <li>• Menu Planning Basics</li> <li>• Making Recipes Work for You</li> <li>• Soups Made Simple</li> <li>• Casseroles</li> <li>• Breakfast Trios</li> <li>• Stocking Your Pantry</li> <li>• Cook It Up Quick</li> <li>• Shopping with Kids</li> <li>• Week 4: The Power of Planning</li> </ul> | <ul style="list-style-type: none"> <li>• Chicken Soup</li> <li>• Hearty Egg Burritos</li> <li>• Salmon Pasta Bake</li> <li>• Veggie Wraps</li> </ul>                                   | <p>Hands-on Cooking</p>  |
| <p><b>Five:</b><br/>Active Families</p>        | <p>Encourage families to make healthy choices about beverages and physical activity.</p>                       | <ul style="list-style-type: none"> <li>• Discuss physical activities that can be done as a family.</li> <li>• Taste and describe a variety of healthy beverages.</li> <li>• Discuss the benefits of choosing low-fat dairy foods.</li> </ul>  | <ul style="list-style-type: none"> <li>• Family Fitness Fun</li> <li>• Drink to Your Health</li> <li>• Make Your Own Fruit Smoothies</li> <li>• Week 5: Active Families</li> </ul>   | <ul style="list-style-type: none"> <li>• Banana Crumble</li> <li>• Black Bean and Vegetable Quesadillas</li> <li>• Stove Top Macaroni and Cheese</li> <li>• Yogurt Parfaits</li> </ul> | <p>Activity: Sugar Overload</p> <p>Activity: Healthy Drinks Taste Test</p> <p>Hands-on cooking</p>   |
| <p><b>Six:</b><br/>Celebrating Our Success</p> | <p>Celebrate families' accomplishments and progress in working together to plan and prepare healthy meals.</p> | <ul style="list-style-type: none"> <li>• Review principles of making smart food choices, planning and preparing meals together, and maximizing food resources.</li> <li>• Celebrate success in planning and preparing healthy meals as a family.</li> <li>• Set goals as a family to continue using these lessons after the course ends.</li> </ul> | <ul style="list-style-type: none"> <li>• Week 6: Celebrating Our Success</li> </ul>  | <ul style="list-style-type: none"> <li>• Chocolate Cake</li> <li>• Homemade Corn Tortilla Chips</li> <li>• Mango Salsa</li> <li>• Pineapple Carrot Muffins</li> </ul>                  | <p>Activity: Cooking Matters Trivia</p> <p>Activity: Secret Ingredient Cooking Challenge</p> <p>Activity: Family Challenge</p> <p>Hands-on cooking</p> |