

Cooking Matters for Kids – Program Overview

Lesson #: Title	Goal	Objectives (Kids will...)	Handouts	Recipes	Activities
One: You're the Chef!	Introduce kids to basic principles of healthy eating and safe cooking.	<ul style="list-style-type: none"> • Discuss the principle of eating from “every food group, every day” • Practice sharing with their families what was learned in class • Practice using knives safely • Practice reading recipes and assembling <i>mise en place</i> in preparation for cooking • Prepare a recipe with foods from at least three food groups 	<ul style="list-style-type: none"> • MyPlate • Be Careful When You Cut • You're the Chef • Week One: You're the Chef 	<ul style="list-style-type: none"> • Bean and Veggie Soup • Black Bean and Vegetable Quesadillas • Mini Pizzas • Tuna Boats 	Hands-on Cooking
Two: Colorful Fruits and Vegetables	Encourage kids to eat a variety of colorful fruits and vegetables.	<ul style="list-style-type: none"> • Taste and describe unfamiliar fruits and veggies • Discuss the benefits of eating fruits and veggies of many colors • Practice sharing with their families what was learned in class • Prepare a meal using colorful fruits and veggies 	<ul style="list-style-type: none"> • Delicious Dips and Spreads • TasteTest: Name That Food • Parts of the Plant • Week Two: Colorful Fruits and Vegetables 	<ul style="list-style-type: none"> • Chinese Veggies and Rice • Pasta With Roasted Vegetables • Ratatouille • Veggie Pinwheels 	Activity: Name That Fruit or Vegetable Hands-on Cooking
Three: Whole Grain Goodness	Encourage kids to eat more whole grains and to eat breakfast every day.	<ul style="list-style-type: none"> • Taste and describe whole grain foods • Practice identifying whole grain foods by reading label ingredient lists • Practice sharing with their families what was learned in class • Discuss the benefits of eating breakfast every day • Prepare a breakfast recipe that includes whole grains 	<ul style="list-style-type: none"> • Taste Test: Name That Food • Be a Whole Grain Detective • Week Three: Whole Grain Goodness 	<ul style="list-style-type: none"> • Apple Wraps • Chocolate Strawberry French Toast • Hearty Egg Burritos • Yogurt Parfaits 	Activity: Name That Whole Grain Hands-on Cooking

Four: Smart Snackers	Encourage kids to make healthy snack and beverage choices.	<ul style="list-style-type: none"> • Practice reading food labels • Taste and describe a variety of healthy beverages • Practice sharing with their families what was learned in class • Prepare simple snacks they can make at home on their own 	<ul style="list-style-type: none"> • Label Lingo • Drink Smart, Snack Smart • Week Four: Smart Snackers 	Choose a selection of no-cook or low-prep snacks from the Drink Smart, Snack Smart handout, the Delicious Dips and Spreads handout, and the Sides/Snacks section of the recipes.	Activity: Sugar Overload Activity: Healthy Drinks Taste Test Hands-on Cooking
Five: Super Shoppers	Encourage kids to make healthy choices away from home.	<ul style="list-style-type: none"> • Practice making smart choices at the grocery store • Practice identifying fruits, vegetables, and whole grains when they are out to eat • Practice sharing with their families what was learned in class • Prepare healthier versions of popular fast foods 	<ul style="list-style-type: none"> • Can I Have This One? • Menu Mania • Week Five: Super Shoppers 	<ul style="list-style-type: none"> • Baked Flaked Chicken • Stove Top Macaroni and Cheese • Sweet Potato Fries • Turkey Tacos 	Activity: Can I Have This One? Hands-on cooking
Six: Kitchen Heroes	Celebrate kids' accomplishments in preparing meals and snacks with fruits, vegetables, and whole grains.	<ul style="list-style-type: none"> • Set goals to continue making healthy choices after the course is over • Prepare healthier versions of celebration foods • Celebrate their success in preparing healthy meals and snacks throughout the course 	<ul style="list-style-type: none"> • Week Six: Kitchen Heroes 	<ul style="list-style-type: none"> • Apple Crisp • Banana Pudding in a Bag • Chocolate Banana Pudding • Chunky Oatmeal Cookies 	Activity: Cooking Matters Trivia Hands-on cooking