

# Cooking Matters for Parents: Sessions at a Glance

	Goal	Objectives (Parents will...)	Handouts	Suggested Recipes	Activities
<b>Lesson One:</b> Set a Healthy Example	Encourage parents to create a healthy home food environment for their families.	<ul style="list-style-type: none"> <li>• Discuss ways to help kids develop good eating habits</li> <li>• Practice proper hand washing and basic knife safety</li> <li>• Prepare recipes with foods from multiple food groups</li> <li>• Discuss using recipes as a framework that can be adjusted to save money and improve health</li> </ul>	<ul style="list-style-type: none"> <li>• Set a Healthy Example</li> <li>• Servings for Kids</li> <li>• MyPlate Eating Plan</li> <li>• Raising a Healthy Eater</li> <li>• Knife Basics</li> <li>• Cooking Terms</li> <li>• Measure Up</li> <li>• Making Recipes Work for You</li> <li>• Kids in the Kitchen</li> <li>• MyPlate</li> <li>• Eating Smart from the Start</li> <li>• Week One: Set a Healthy Example</li> </ul>	<ul style="list-style-type: none"> <li>• Barley Jambalaya</li> <li>• Chinese Veggies and Rice</li> <li>• Pasta with Roasted Vegetables</li> <li>• The Works Pizza</li> </ul>	Hands-on cooking
<b>Lesson Two:</b> Choosing Fruits, Vegetables, and Whole Grains	Encourage parents to incorporate more fruits, vegetables, and whole grains into their families' meals.	<ul style="list-style-type: none"> <li>• Discuss ways to help kids enjoy a variety of colorful fruits and vegetables</li> <li>• Discuss the pros and cons of fresh, frozen, and canned fruits and vegetables</li> <li>• Prepare recipes using whole grains and different forms of fruits and vegetables</li> <li>• Practice identifying whole grain foods by reading label ingredient lists</li> </ul>	<ul style="list-style-type: none"> <li>• Vary Your Fruits and Veggies</li> <li>• Make Your Own Baby Food</li> <li>• Feeding Through the Stages</li> <li>• Sizing Up Safety</li> <li>• Delicious Dips and Spreads</li> <li>• Veggies Three Ways</li> <li>• Fun with Fruits and Veggies</li> <li>• Fresh, Frozen, and Canned</li> <li>• Seasonal Fruits and Vegetables</li> <li>• Great Whole Grains</li> <li>• Sub It In</li> <li>• Week Two: Choosing Fruits, Vegetables, and Whole Grains</li> </ul>	<ul style="list-style-type: none"> <li>• Black Bean and Vegetable Quesadillas</li> <li>• Fall Vegetable Salad</li> <li>• Step-by-Step Pasta Dinner</li> <li>• Step-by-Step Stir-Fry</li> </ul>	Activity: Fun with Fruits and Veggies  Hands-on cooking
<b>Lesson Three:</b> Healthy Starts at Home	Encourage parents to prepare more meals and snacks at home.	<ul style="list-style-type: none"> <li>• Practice reading food labels</li> <li>• Practice identifying healthier choices when eating convenience foods or eating away from home</li> <li>• Prepare healthier versions of popular convenience foods</li> <li>• Discuss the difference between healthy and unhealthy fats</li> </ul>	<ul style="list-style-type: none"> <li>• Reading Food Labels</li> <li>• Snack Smart</li> <li>• Cook It Up Quick</li> <li>• Packaged Food Makeover</li> <li>• Eating Smart when Eating Out</li> <li>• Lighten Up</li> <li>• Keeping Food Safe</li> <li>• Understanding Food Allergies</li> <li>• Know Your Fats</li> <li>• Seafood Secrets</li> <li>• Benefits of Breastfeeding</li> <li>• Week Three: Healthy Starts at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Flaked Chicken</li> <li>• Cheesy Hamburger Skillet</li> <li>• Chicken Burger</li> <li>• Sweet Potato Fries</li> </ul>	Activity: Blubber Burger  Hands-on cooking

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**Cooking Matters for Parents: Sessions at a Glance continued >**

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