**Week 1 Sample Agenda**

**Objectives**:

* Learning proper hand washing and basic knife skills
* Learning about My Plate and all five food groups
* Practice reading food labels

**1:30 Team Arrives**

**1:30-2:00 Set Up**

* Set up tables and chairs for class (all)
* Wipe down the tables, set out name tags and markers on tables (Nutritionist)
* Set aside all food that will be needed for class and wash all produce needed in class. The food that will go home with participants does not need to be washed (class assistant)
* Make [Fruit Salad](http://cookingmatters.org/recipes/fruit-salad) X2 ahead before class (Chef)
* Set up cooking table with burners, utensils, and ingredients ready and at hand (Chef)
* Set up for nutrition; My Plate poster and any other materials (Nutritionist)

**2:00-2:10 Introductions (Coordinator)**

* Introduce the team and give overview of the 6-week course
  + Be sure to represent Cooking Matters as stated in the Agreement. Cooking Matters is a program of The Idaho Foodbank and Share Our Strength.
  + Explain this is a 6-week class series in which we will learn how to cook healthy on a budget. Let participants know they will be taking a grocery bag to take home after each class, and a gift card to purchase healthy ingredients on week 5.
* Have participants introduce themselves; name, favorite food, food allergies etc. and make note of this to plan for future recipes

**2:10-2:30 Administer Pre-surveys**

* Stress the importance of filling out the surveys
* Pass out the snack while they are filling out their surveys

**2:30-300 Nutrition Lesson (Nutritionist)**

*My Plate pg. I-2*

* Ask: why is it important to you to eat healthy? What does eating healthy look like for you?
* Please cover: My Plate; have you seen it? Where? What are each of the food groups and the importance of each in our diet
* How often do we need to eat each food group?
* Does our plate need to look equally divided just like My Plate shows? Think of soup and other food that have all food groups but are mixed in, they aren’t necessarily divided into sections.

*Label Reading pgs. I-4 and I-5*

* Pass out books to pg. 3 so participants can look at a label (or draw a food label on a flipchart or show a food label poster)
* Practice reading food labels (what is a serving size? Where do you find the serving size on the label?)

**3:00-3:45 Chinese Stir Fry & Brown Rice X3 (Chef) pg. I-3**

* Take a few minutes to go over hand-washing and knife safety and the importance of both
* Have participants wash their hands
* Show how we need ingredients chopped for this recipe and distribute ingredients to be chopped
* How many food groups do we have in the recipe?
* Have them come up and cook the quesadilla mixture with you
* Have participants help you assembling quesadillas on the pan

**3:45-4:00 All Eat Together**

**4:00-4:30 Clean Up (All)**