**Week 2 Sample Agenda**

**Objectives:**

* Learn to prepare meals with fruits and vegetables
* Discuss pros and cons of fresh, frozen and canned fruits and vegetables
* Learn to identify whole grains and identifying them on food labels

**1:30 Team Arrives**

**1:30-2:00 Set Up (all)**

* Wash all produce needed for class (Class assistant)
* Wipe down tables, put out nametags, clean white board and set up for nutrition (Nutritionist)
* Set up cooking table, making sure you have all utensils and ingredients needed for both recipes (Chef)

**2:00-2:05 Welcome Back (Coordinator)**

* Did you make the recipe from last week? How did it go?
* Did try to eat from all 5 food groups?
* Give brief overview of what we’ll do in class today

**2:05-3:05 Cooking (Chef)**

*2:05-2:20* [*Fruit yogurt dip*](http://cookingmatters.org/recipes/fruit-yogurt-dip) *X4*

* Introduce the recipe and show how (size) you’d like the ingredients cut and prepped
* Ask participants to wash their hands
* Guide participant through the fruit yogurt dip recipe. Distribute ingredients to be chopped and have a couple of participants come up to make the dip
* Once the dip is ready, let’s set it aside and we’ll serve it when the nutrition lesson starts

*2:20-3:05* [*Ratatouille*](http://cookingmatters.org/recipes/ratatouille) *X4*

* Please go over talking point 2 on pg. I-8
	+ Have them describe kitchen and knife safety techniques they learned last week
	+ Based on “recipes as frameworks” how can you modify this recipe?
	+ Has anyone heard of mise en place? What does it mean? Why is it important in the kitchen?
	+ Show how you’d like things prepped/chopped
	+ Pass the big bowl with ingredients and let participants choose what they’d like to chop
	+ Let’s take the ingredients to the oven and let them cook

**3:05-3:45 Nutrition (Nutritionist)**

* Serve snack
* *Fruits and Vegetables. Please cover talking points on pgs. I-7 and I-8*
	+ Why is it important to eat all different colors of fruits and vegetables?
	+ What are some of the different colors good for?
	+ How much room should fruits and veggies should take up on our plate?
	+ What other food groups should you eat from today in order to have all 5?
	+ Which forms of fruits and vegetables do you prefer? What do you like about it?
	+ Have participants brainstorm pros and cos of fresh, frozen and canned fruits and vegetables (pg. 45) I will bring a copy for them to take home. The take away of this activity is that there is “no best form” of fruits and vegetables, all forms count toward your daily nutritional goals depending on your individual case/situation
	+ Please go over serving sizes for fruits and vegetables
* *Whole Grains on pg. I-10*
	+ Use the whole grain model to explain what a whole grain is and ask:
		- What is a whole grain?
		- How do you know if you’re buying a whole grain?
		- Have participants pair up to be a “whole grain detective” - see attached activity

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

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