**Week 3 Sample Agenda**

**Objectives**:

* Identifying and preparing healthier versions of convenience foods
* Learning the difference between healthy and unhealthy fats
* Discuss healthier choices in Protein and Dairy groups

(Week 3: Pgs. I-13 to I-18)

**1:30-Team Arrives**

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

* Wash Produce to be used in class used in class, preheat oven to 400 (Class assistant)
* Wipe down tables and activities amongst tables (Nutritionist)
* Cooking table set-up, gathering all utensils and ingredients needed for both recipes (Chef)

**2:00-2:10 Welcome Back (Coordinator)**

* Did anyone make the recipe from last week? How did it go?
  + Did anyone make the recipe from last week? Any alterations?
  + Has anyone attempted new ways to eat more fruits, veggies, and/or whole grains? How have they worked out?
* Going over objectives for today

**2:10-3:10 Cooking (Chef)**

*2:10-2:25* [*Confetti Pepper Cornbread*](http://cookingmatters.org/recipes/confetti-pepper-cornbread)

* Introduce the recipe and show how you would like the ingredients to be prepped and combined.
* Ask participants to wash hands
* Ask participants to come up and show the process for cutting peppers, measuring and combining small bowl ingredients and large bowl ingredients.
* Place finished pan in oven and set timer (Class assistant can remove and allow to cool while second recipe is being prepped)

*2:25-3:10* [*Jambalaya + Turkey*](http://cookingmatters.org/recipes/barley-jambalaya)

* Talking points 1 & 2 on pg. I-15
  + Discuss how this recipe is healthier than traditional convenience foods.
  + How this or other favorite recipes might be altered to fit budget and nutrition needs.
  + Safe handling and storage of perishable items (example items from current recipe)
  + Cleaning surfaces that come into contact with raw meat and using separate cutting boards when preparing with other foods **(Keeping Food Safe handout)** \*Bleach solution\*
  + Show how you’d like things prepped/chopped
  + Pass the big bowl with ingredients to be prepped
  + Have participants show the rest of the class when to add ingredients to heated pot

**3:10-3:45 Nutrition (Nutritionist)**

* Discussion point 1 on pgs. I-13 and I-14
* How to make healthier snack choices **(Snack Smart handout)**
* How to make healthier “convenience food” choices
* Review on food labels (serving size, ingredient list, etc.)
* Time management for making snacks
* Discussion points 1 & 2 on pgs. I-16 and I-17
* Healthy fats vs unhealthy fats and their sources **(Know Your Fats handout)**
* Healthier protein and dairy options
* Portion sizes
* Fast-food line up activity (see attached)

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

* Serve jambalaya with cornbread

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