

Cooking Matters for Adults: Sessions at a Glance

	Goal	Objectives (Participants will...)	Handouts	Suggested Recipes	Activities
Lesson One: Let's Get Cooking!	Introduce participants to tools they can use to choose and prepare healthy foods at home.	<ul style="list-style-type: none"> Practice proper hand washing and basic knife safety. Prepare recipes with foods from multiple food groups. Discuss using recipes as a framework that can be adjusted to save money and improve health. Practice reading food labels. 	<ul style="list-style-type: none"> MyPlate Knife Basics Cooking Terms Measure Up Making Recipes Work for You Reading Food Labels Portion Distortion Week One: Let's Get Cooking! 	<ul style="list-style-type: none"> Barley Jambalaya Pasta with Roasted Vegetables The Works Pizza 	Hands-on cooking
Lesson Two: Choosing Fruits, Vegetables, and Whole Grains	Encourage participants to incorporate more fruits, vegetables, and whole grains into their meals.	<ul style="list-style-type: none"> Discuss ways to enjoy a variety of colorful fruits and vegetables. Discuss the pros and cons of fresh, frozen, and canned fruits and vegetables. Prepare recipes using whole grains and different forms of fruits and vegetables. Practice identifying whole grain foods by reading label ingredient lists. 	<ul style="list-style-type: none"> Vary Your Fruits and Veggies Fruits and Vegetables at Every Meal Delicious Dips and Spreads Veggies Three Ways Fresh, Frozen, and Canned Seasonal Fruits and Vegetables MyPlate Eating Plan Sub It In Great Whole Grains Week Two: Choosing Fruits, Vegetables, and Whole Grains 	<ul style="list-style-type: none"> Black Bean and Vegetable Quesadillas Fall Vegetable Salad Step-by-Step Pasta Dinner Step-by-Step Stir-Fry 	Hands-on cooking
Lesson Three: Healthy Starts at Home	Encourage participants to prepare more meals and snacks at home.	<ul style="list-style-type: none"> Practice identifying healthier choices when eating convenience foods or eating away from home. Prepare healthier versions of popular convenience foods. Discuss the difference between healthy and unhealthy fats. Discuss making healthier choices in the Protein and Dairy groups. 	<ul style="list-style-type: none"> Reading Food Labels Cut Back on Added Sugar Snack Smart Cook It Up Quick Packaged Food Makeover Eating Smart when Eating Out Lighten Up Keeping Food Safe Know Your Fats Seafood Secrets Counting Up Calcium Week Three: Healthy Starts at Home 	<ul style="list-style-type: none"> Baked Flaked Chicken Burger Macaroni Chicken Burger Sweet Potato Fries 	Hands-on cooking

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Lesson Four: The Power of Planning	Encourage participants to plan healthy, low-cost meals to make the most of their food dollars.	<ul style="list-style-type: none"> Practice planning meals in advance. Discuss the benefits of shopping with a list. Prepare recipes using herbs and spices instead of salt. Practice identifying breakfasts that can be made in 5 minutes or less. 	<ul style="list-style-type: none"> Menu Planning Basics The Cooking Matters Pantry Stocking Your Pantry Spice It Up Chill Out How to Cut a Whole Chicken Grab-and-Go Breakfasts Week Four: The Power of Planning 	<ul style="list-style-type: none"> Chicken With Apples and Raisins Frittata Herb Roasted Chicken With Vegetables Salmon Pasta Bake 	<p>Activity: Ready, Set, Plan!</p> <p>Hands-on cooking</p>
Lesson Five: Shopping Smart	Encourage participants to make smart choices when food shopping.	<ul style="list-style-type: none"> Practice comparing unit prices. Practice the skills they've learned in class to save money and make healthier choices when food shopping. Practice selecting a basket of healthy foods for \$10 or less. 	<ul style="list-style-type: none"> Compare Prices Storing Fresh Fruits and Vegetables Freezing Fruits and Vegetables Bean Basics Take the \$10 Challenge Week Five: Smart Shopping 	<ul style="list-style-type: none"> Barley and Lentil Soup Sweet Potato Shepherd's Pie Turkey Chili With Vegetables Turkey Tacos 	<p>Activity: Grocery Store Tour</p> <p>Activity: \$10 Challenge</p>
Lesson Six: Recipe for Success	Celebrate participants' accomplishments and progress in selecting and preparing healthy meals within their food budget.	<ul style="list-style-type: none"> Taste and describe a variety of healthy beverages. Discuss ways to be more physically active. Review key nutrition, cooking, and food budgeting lessons. Celebrate their success in selecting and preparing healthy, low-cost foods. 	<ul style="list-style-type: none"> Cut Back on Added Sugar Drink to Your Health Fitness Fun Weekly Activity Tally Week Six: Recipe for Success 	<ul style="list-style-type: none"> Black Bean Brownies Cranberry Walnut Coleslaw Mango Salsa Spaghetti and Meatballs 	<p>Activity: Sugar Overload</p> <p>Activity: Healthy Drinks Taste Test</p> <p>Activity: Secret Ingredient Challenge</p> <p>Activity: Cooking Matters Trivia</p> <p>Hands-on cooking</p>