

Cooking Matters for Parents: Sessions at a Glance

	Goal	Objectives (Parents will...)	Handouts	Suggested Recipes	Activities
Lesson One: Set a Healthy Example	Encourage parents to create a healthy home food environment for their families.	<ul style="list-style-type: none"> • Discuss ways to help kids develop good eating habits • 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 	<ul style="list-style-type: none"> • Set a Healthy Example • Portions for Kids • MyPlate Eating Plan • Raising a Healthy Eater • Knife Basics • Cooking Terms • Measure Up • Making Recipes Work for You • Kids in the Kitchen • MyPlate • Eating Smart from the Start • Feeding Through the Stages • Week One: Set a Healthy Example 	<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 parents to incorporate more fruits, vegetables, and whole grains into their families' meals.	<ul style="list-style-type: none"> • Discuss ways to help kids 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 • Make Your Own Baby Food • Feeding Through the Stages • Sizing Up Safety • Delicious Dips and Spreads • Veggies Three Ways • Fun with Fruits and Veggies • Fresh, Frozen, and Canned • Seasonal Fruits and Vegetables • Great Whole Grains • Sub It In • 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 	<p>Activity: Fun with Fruits and Veggies</p> <p>Hands-on cooking</p>
Lesson Three: Healthy Starts at Home	Encourage parents to prepare more meals and snacks at home.	<ul style="list-style-type: none"> • Practice reading food labels • 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 	<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 • Understanding Food Allergies • Know Your Fats • Seafood Secrets • Benefits of Breastfeeding • Week Three: Healthy Starts at Home 	<ul style="list-style-type: none"> • Baked Flaked Chicken • Turkey Burger • Macaroni • Chicken Burger • Sweet Potato Fries 	Hands-on cooking

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Lesson Four: 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"> 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 five 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! Hands-on cooking</p>
Lesson Five: Shopping Smart	Encourage parents 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 Discuss ways to involve kids in the food shopping 	<ul style="list-style-type: none"> Comparing Unit Prices Storing Fresh Fruits and Vegetables Freezing Fruits and Vegetables Bean Basics Take the \$10 Challenge Shopping With Kids 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 Activity: \$10 Challenge</p>
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"> Taste and describe a variety of healthy beverages Discuss physical activities that can be done as a family Review key nutrition, cooking, and food budgeting lessons Celebrate their success in selecting and preparing healthy, low-cost foods for their families 	<ul style="list-style-type: none"> Family Fitness Fun Cut Back on Added Sugar Drink to Your Health 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 Activity: Healthy Drinks Taste Test Activity: Secret Ingredient Challenge Activity: Cooking Matters Trivia Hands-on cooking</p>