

Ohio SNAP-Ed Adult & Teen Programs Cut the Fat!

Task Topic: Protein Foods

Task Title: Cut the Fat!

Teaching Message(s):

- ☒ Use MyPlate to make healthy food choices with a limited budget.
- ☒ When consuming meat like beef, pork, chicken, or seafood, choose lean or low fat options.
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

Resources: Adapted from ChooseMyPlate.gov, *2010 Dietary Guidelines*

Objectives for the Task:

1. Name a way to make a lean meat choice in place of a higher-fat protein choice.
2. Name one lean cooking method for preparing and cooking meat.

Materials needed for the Task (including Handouts):

- Recipe Card – Simple Marinated Chicken
- Broiler pan or roasting pan with rack (for visual purposes only)
- Visual Aid – Two Types of Roast (one copy, printed on card stock, for Apply)

Food and Equipment for Demonstration and Sampling:

- Ingredients for the pan-seared chicken demonstration
 - Marinade: low-sodium soy sauce, red wine vinegar, brown sugar, yellow mustard, garlic powder
 - Boneless, skinless chicken breasts
 - Olive oil
- Large skillet (12" diameter) with lid
- Spatula
- Single burner cook-top
- Plastic forks and knives
- Napkins
- Paper plates

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:
<http://www.whatscooking.fns.usda.gov/>



General Materials List:

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags

Preparation:

- Before the lesson: prepare the marinade for the Simple Marinated Chicken recipe; allow the chicken breasts to marinate for at least 20 minutes prior to the lesson.
- Set up the food demonstration area for the Add.

Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

Transition:

Last time we met, we discussed.... We also Who would like to share an example of ...?

Today we will be talking about how to eliminate some of the less healthy fats from our diets by choosing leaner meats and avoiding added fat in cooking. As we try our hands at cooking methods that allow us to prepare lean proteins that taste delicious, you'll have several tools you can use to prepare meals that pack protein power in an economical, nutritious way.

But before we start, let's talk about the importance of physical activity. Being active every day helps to keep your heart healthy, your mind sharp, your body stronger, and can even help you sleep better at night. Conversely, being sedentary has been associated with health risks such as increased cancer risk, loss of muscle tissue, weight gain, and puts you at an increased risk of depression.

You can do simple things like going for a walk outdoors, but there are also things you can do if you're stuck inside. If you have space, you can find gently used exercise equipment at a yard sale or thrift store for a lot less money than buying these items new. You can use household items for small handheld weights, or just use your own body's weight – no equipment necessary! Do you like to dance or do aerobics? Borrow a workout DVD from your local library. This allows you to mix up your activity routine at no cost!



Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: www.health.gov/paguidelines/
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/

Anchor

When you prepare meat, what is your “go-to” cooking technique? Why do you typically choose this method?

Add

Today we'll focus on how to prepare lean protein to make it tasty and keep it low-fat. Fortunately, making our protein healthy AND delicious takes only a few steps. As we talk about each step, I'll do a demonstration using chicken.

Direct participants to gather around the food demonstration area. Wash hands and put on gloves before making the food. Give each participant a copy of the Recipe Card – Simple Marinated Chicken. Prepare the recipe as part of the Add for this task.

Step 1 – choose a lean protein. Who can call out a few examples of lean meats?

(Suggestions if participants have trouble recalling lean meat choices include: extra-lean ground beef or ground chicken/turkey, round steaks and roasts, top loin, sirloin, tenderloin, and boneless, skinless chicken breasts or turkey cutlets.)

Step 2 – trim all visible fat from your meat before you cook it. If you cook the meat with the fat, a lot of fat will be absorbed by the meat. Chicken may be cooked with or without the skin, but make sure you remove the skin at least before eating to avoid excess saturated fat and calories. I bought chicken that already had the skin removed.

Step 3 – make your lean protein taste good. Even though we should limit animal fats as much as possible, there is no denying that fat can make meat moist, tender and tasty. However, adding a lot of fat during cooking defeats the purpose of choosing leaner meat, so we need ways to prepare proteins that add flavor without the extra fat. **Seasonings** are a great way to add flavor to lean meats, or any type of dish. **Marinating** your meat for at least 20 minutes before cooking it helps to tenderize it. Marinades can be bought already prepared or you can make your own at home. The chicken I'm making today was marinated in a homemade sauce that only has 5 ingredients.

Step 4 – use a lean cooking method. One popular lean cooking method is **grilling**. Grilling allows the fat to drip off and usually contributes to the overall flavor of the meat. If it's too cold to grill, you can **pan-sear** your meat using a skillet and non-stick cooking spray or a small amount of oil. You can also **sauté** your meat in a wok or skillet.



Another way to cook lean is **roasting**. This involves using the dry heat of an oven. When roasting your meat, a good way to cut down on the fat is to use a roasting rack or broiling pan – something that allows the fat to drip off the meat and collect in a separate area. *Hold up broiler pan or roasting pan with rack.* To keep your meat moist while roasting, cover it with aluminum foil.

If you are browning ground meat in a skillet, for example, to make tacos or chili, another way to reduce the amount of fat is to **rinse the cooked meat** in a colander using hot water. Doing so can reduce the amount of fat by half compared to not rinsing it. If you like to add seasoning to your ground beef, do so after you have rinsed the beef.

Cook chicken in pan over medium heat, flipping occasionally, until internal temperature reaches 165 F for 15 seconds when measured with a food thermometer. Invite participants to sample the chicken and comment on the steps taken to prepare it.

Apply

I'm going to read you a story about Beth. As I read the story, think about what tips you would give Beth to help her select and prepare leaner cuts of meat.

Today Beth is going to the grocery store. At the meat counter, she looks to see what specials the store is having on meat. She sees a package of chuck blade roast and a package of round eye pot roast. Which is the leaner roast option for Beth to choose? How might she prepare the meat to keep it moist without adding fat? *Hold up the picture of the two types of roast for participants to see.*

She selects her roast and then moves down to the ground meat section. Her choices include ground chuck (80/20), ground round (85/15), ground sirloin (90/10), or ground turkey (93/7). Which of these ground meat products would be a good option for a lean protein?

Finally, she considers her chicken options. The boneless, skinless chicken breasts cost \$5.39/lb., which is out of her budget. However, there is a special on split chicken breast halves, which still have the skin on. Beth decides to buy the split chicken breasts since they are within her budget. What can Beth do to reduce the amount of saturated fat in the meal she makes with the chicken?

Away

Consider the preparation and cooking techniques you learned about today. Write down one or two of these methods you think you can try over the next week or two when preparing your meals.



Facilitator's Notes:

For Apply:

The ground sirloin (90/10) or ground turkey (93/7) are both good options for lean ground meat.

Facilitator's Checklist:

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

