

Ohio SNAP-Ed Adult & Teen Programs MyPlate Family Meals

Task Topic: MyPlate

Task Title: MyPlate Family Meals

Teaching Message(s):

- ☒ Use MyPlate to make food choices for a healthy lifestyle
- ☒ Eat at least one kind of vegetable daily
- ☒ Eat at least one kind of fruit daily
- ☒ Choose whole grain products like bread, pasta, rice, cereal, etc.
- ☒ Choose lean or low fat meats like beef, pork, chicken, or seafood
- ☒ Plan meals ahead of time
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

Resources: Adapted from USDA's *MyPlate for My Family, Dietary Guidelines*, & the John Hopkins Bloomberg School of Public Health

Objectives for the Task:

1. List several tips for preparing meals at home.
2. Identify at least one advantage to cooking at home.

Materials Needed for the Task (including Handouts):

- *Quick and Simple Homemade Suppers* cookbook booklet from "What's Cooking?" USDA Mixing Bowl

Food and Equipment for Demonstration and Sampling:

- Large skillet (12" diameter)
- Spatula
- Single burner cook-top
- Plastic forks and knives
- Napkins
- Paper plates
- Liquid measuring cup (for spaghetti recipe)
- Measuring spoons (for spaghetti recipe)
- Small mixing bowl (for quesadilla recipe)
- Ingredients for recipe you will be demonstrating (One Pan Spaghetti or Colorful Quesadillas)



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:

- Set up food preparation area for cooking demonstration.

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 learned about You were asked to Who would like to share about their experiences with this activity?

Today we'll learn about strategies for making meals at home. Not only does cooking at home save money, but home-cooked meals tend to be healthier than take-out or fast food. Let's begin today's lesson by walking in place for 2 minutes. A good target is 30 minutes of daily physical activity. Walking is a great activity: anyone can do it, and all you need is a pair of sneakers. You can walk indoors or outdoors, up and down steps if you choose. You can go at your own pace. And as an added bonus, walking is weight-bearing exercise, so it helps build bone strength.

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

Listen to this short story. As I read it, consider how it compares to your day.

“Mom, what are you making for supper?” I didn’t like to hear that question. I often didn’t have an answer. Like most moms, I wanted my family to eat healthier foods. I knew I had to take action. With help from a nutrition educator, I learned that my family needed to eat more fruits, vegetables, and whole grains. I also needed to find ways to cut back on salt and sugars – we love salty foods and everyone has a sweet tooth in my family. I needed a plan to change what we ate and how we ate. My family is so busy...work and school take up most of our time!

How do you decide what to make for dinner? What does a quick meal look like in your home? *Write down participants’ responses on flip chart paper.*

Add

Cooking meals at home provides us with an opportunity to feed our families healthier meals that include more variety and that have fewer calories, sodium and saturated fat. Home-cooked meals also help us incorporate healthier whole and unprocessed foods, including fruits, vegetables, whole grains, beans, nuts, and lean meats, into our daily diet. And there is a cost-saving perk as well.

However, many of us are strapped for time or perhaps lack cooking skills. We might be tempted to prepare convenience foods, such as frozen entrees, take-out, “box dinners,” etc., or bring home take-out. Doing this, though, can add excess calories, sodium, and added preservatives. Instead, cooking at home is at its healthiest when the meals are prepared “from scratch.” Making meals from scratch allows us to control the ingredients that go into our meals so we can ensure that we are helping meet our families’ nutritional needs.

You don’t need to be a professional chef to cook at home using whole ingredients. By taking just a little bit of time each week to plan ahead, you can prepare quick, healthy, home-cooked meals that use fresh or whole ingredients like lean meats, beans or lentils, fruits and vegetables, and whole grains.

Write the tips below on flip chart paper.

Here are a few tips for cooking at home:

- **Find some good recipes:** the SNAP-Ed RecipeFinder, which is now part of the “What’s Cooking? USDA Mixing Bowl” resource, contains lots of simple, nutritious, affordable recipes. <http://www.whatscooking.fns.usda.gov/>
- **Build a healthy plate:** use simple, affordable foods from as many of the food groups as you can. A low-cost food like whole grain pasta or brown rice can be made even healthier with the addition of frozen vegetables and a few spices.
- **Keep essential staples on-hand:** canned tuna or chicken, beans and lentils, canned



or frozen vegetables, dry pasta, and rice are a few shelf-stable foods that can be incorporated into a variety of meals.

- **Plan for leftovers:** cook when you have more time, such as on the weekend. You can make large batches of the meal you are cooking and leave some to use throughout the week, or perhaps freeze it for later. Be creative! You can create many different meals with the same few ingredients.
- **Learn to use spices:** spices enhance the flavor of your foods without the cost of added sodium. If you do choose to add salt your food, do so once your food is on the plate and you will use much less to achieve the same desire.
- **Get the whole family involved:** When your kids help prepare meals, they can learn and become excited about nutritious meals, as well as build healthy habits for life.

What are your questions about cooking at home?

Apply

Pass out a copy of the Quick and Simple Homemade Suppers cook booklet to each participant. Ask participants to form small groups of about 4 people.

This recipe booklet contains recipes from the What's Cooking? USDA Mixing Bowl" website. Look at the recipes featured in this booklet. Choose one of the recipes that you think your family might like to try.

1. Referring to the cooking tips list we created, determine how many of the tips are captured in your recipe.
2. How many different MyPlate food groups are featured in the recipe you chose?
3. How might you modify the recipe to personalize it to your family's tastes?

After groups have shared their feedback, invite everyone to gather around a large table as you prepare either the One-Pan Spaghetti recipe or the Colorful Quesadillas recipe. Ask volunteers to assist with preparing the recipe.

Away

Plan to make a simple, home-made meal one night next week on which you might normally eat out or order take-out food. Identify any barriers you anticipate and make a plan for how you will overcome the barrier/s so that you can cook at home.

Facilitator's Notes:



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?

