

Cooking Matters for Families: Sessions at a Glance

	Goal	Objectives (Participants will...)	Handouts	Suggested Recipes	Activities
Lesson One: Cooking Side by Side!	Encouraging families to work together to make healthy meals that everyone will enjoy.	<ul style="list-style-type: none"> • Practice classifying foods into MyPlate food groups. • Discuss safe, age-appropriate tasks for kids in the kitchen. • Practice using knives safely. • Discuss strategies to share more meals together. 	<ul style="list-style-type: none"> • MyPlate • Kids in the Kitchen • Cooking Safety • Talk Like a Chef • Measure Up • Mealtime: It's a Family Thnk • Week 1: Cooking Side by Side 	<ul style="list-style-type: none"> • Turkey Tacos • Pasta with Roasted Vegetables • Mini Pizzas 	Hands-on cooking
Lesson Two: Try It, You'll Like It!	Encourage families to incorporate more fruits and vegetables into their meals and to choose whole grains over refined grains.	<ul style="list-style-type: none"> • Discuss ways to help kids develop good eating habits. • Discuss the pros and cons of using different forms of fruits and vegetables. • Practice identifying whole grain foods by reading label ingredient lists. • Discuss ways to include more fruits and vegetables in family meals and choose more whole grains. 	<ul style="list-style-type: none"> • Taste Test: Name that Food Worksheet • Delicious Dips and Spreads • Making Mealtime Peaceful • Fresh, Frozen, and Canned • Seasonal Fruits and Vegetables • Vary Your Fruits and Veggies • Great Whole Grains • Veggies Three Ways • Fruits and Vegetables at Every Meal • Week 2: Try It, You'll Like It! 	<ul style="list-style-type: none"> • Step-by-Step Stir-Fry • Barley Jambalaya • Broccoli Soup • Sauteed Greens • Squash and Orzo 	Name that Food Taste Test Hands-on cooking
Lesson Three: Healthy Starts at Home	Encourage families to prepare more meals and snacks at home.	<ul style="list-style-type: none"> • Practice reading food labels • Practice identifying healthy snacks that include at least two food groups • Practice identifying healthier choices when eating away from home. • Prepare healthier versions of popular convenience foods. • 	<ul style="list-style-type: none"> • Know Your Fats • Seafood Secrets • Reading Food Labels • Snack Smart • Make Your Own Trail Mix • Eating Smart when Eating Out • Packaged Food Makeover • Lighten Up • Week 3: Healthy Starts at Home 	<ul style="list-style-type: none"> • Baked Flaked Chicken/ Fish • Noodles with Peanut Sauce • Sweet Potato Fries • Apple Crisp 	Hands-on cooking

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Cooking Matters for Families : Sessions at a Glance continued >

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Lesson Four: The Power of Planning	Help families plan and prepare quick, healthy meals at home.	<ul style="list-style-type: none"> Practice planning a family meals using strategies learned in class Discuss strategies to eat breakfast every day. Discuss ways to save time when making meals at home. Practice making simple recipes changes. 	<ul style="list-style-type: none"> Menu Planning Basics Making Recipes Work for You Soups Made Simple Casseroles Grab-and-Go Breakfasts Stocking Your Pantry Cook It up Quick Chill Out Shopping with Kids Week 4: The Power of Planning 	<ul style="list-style-type: none"> Chicken Soup Hearty Egg Burritos Salmon Pasta Bake Veggie Wraps 	Hands-on cooking
Lesson Five: Active Families	Encourage families to make healthy choices about beverages and physical activity.	<ul style="list-style-type: none"> Discuss physical activity. Taste and describe a variety of healthy beverages. Discuss the benefits of choosing low-fat dairy foods. 	<ul style="list-style-type: none"> Family Fitness Fun Cut Back on the Added Sugar Drink To Your Health Make Your Own Fruit Smoothies Week 5: Active Families 	<ul style="list-style-type: none"> Banana Crumble Black Bean and Vegetable Quesadilla Stove Top Mac and Cheese Yogurt Parfait 	Activity: Healthy Drinks Taste Test Hands-on cooking
Lesson Six: Celebrating Our Success	Celebrate families' accomplishments and progress in working together to plan and prepare healthy meals.	<ul style="list-style-type: none"> Review principles of making smart food choices, planning, and preparing meals together, and maximizing food resources. Celebrate success in planning and preparing healthy meals as a family. Set goals as a family to continue using these lessons after the course ends. 	<ul style="list-style-type: none"> Week 6: Celebrating Our Success 	<ul style="list-style-type: none"> Chocolate Cake Homemade Tortilla Chips Mango Salsa Pineapple Carrot Muffins 	Activity: Secret Ingredient Challenge Activity: Cooking Matters Trivia Hands-on cooking