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.	• 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.	• 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	• 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.	• 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.	• 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!	• 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.	• 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. •	• 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	• Baked Flaked Chicken/ Fish • Noodles with Peanut Sauce • Sweet Potato Fries • Apple Crisp	Hands-on cooking

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Lesson Four: The Power of Planning	Help families plan and prepare quick, healthy meals at home.	• 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.	• 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	• 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.	• Discuss physical activity. • Taste and describe a variety of healthy beverages. • Discuss the benefits of choosing low-fat dairy foods.	• Family Fitness Fun • Cut Back on the Added Sugar • Drink To Your Health • Make Your Own Fruit Smoothies • Week 5: Active Families	• 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.	• 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.	• Week 6: Celebrating Our Success	• Chocolate Cake • Homemade Tortilla Chips • Mango Salsa • Pineapple Carrot Muffins	Activity: Secret Ingredient Challenge Activity: Cooking Matters Trivia Hands-on cooking

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