Virginia Family Nutrition Program
Teen Cuisine

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Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program
Teen Cuisine Curriculum

A hands-on cooking and nutrition program for 6th to 12th grade
Today’s Agenda

• Background Information
• TC Lessons
• Structure of Leader’s Guide
• Activities and Resources
• Food Preparation – Stations, Recipes
• Successful audiences
• Q&A
Background

Teen Cuisine: Impacting Dietary Habits and Food Preparation Skills in Adolescents

Tonya T. Price, PhD¹; Anne-Carter S. Carrington, MS²; Lynn Margheim, MS³; Elena Serrano, PhD³

Journal of Nutrition Education and Behavior • Volume 49, Number 2, 2017
Lessons

Lesson One: Eat Smart
Learn about MyPlate, importance of handwashing and basic food preparation skills. Make fruit dip. Discover benefits of adequate physical activity.

Lesson Two: You Are What you Eat
Identify parts of the Nutrition Facts Label, sanitize kitchen before preparing food, and practice knife skills and recipe reading. Make a vegetable dish. Compare intensity levels of various physical activities.

Lesson Three: Power up with Breakfast
Use MyPlate to plan a healthy breakfast, prevent foodborne illness, and cook a healthy breakfast with eggs. Plan to include muscle- and bone-strengthening activities in physical activity routines.

Lesson Four: Find the Fat
Classify foods by the “Go, Slow, Whoa” method, identify temperatures for cooking meat properly, and make low-fat recipes of favorite teen foods. Create strategies to limit screen time.

Lesson Five: Kick the Sugar Habit
To be at your best, eat foods that are high in the nutrients your body needs. Empty calories from added sugars in drinks and sweets can undermine your health. Plan to be active in short periods of time throughout the day.

Lesson Six: Snack Attack
Recognize snacks that are high in salt, sugar and fat, review food safety using FightBac®, make a healthy snack, and plan to be active at any age.
Structure of Leader’s Guide

Leader’s Guide

For each lesson, the Leader’s Guide is structured to provide educators with all of the information they need to successfully lead the lesson, including:

- Lesson goal
- Objectives
- Key message
- Resources to print
- Materials and supplies
- Lesson overview, including the time needed for each section of the lesson
- Tips for modifying the lesson, such as suggestions to accommodate different ages, experiences, and classroom settings
- Recipes that meet specific nutrition standards
- Activity instructions for nutrition, food safety, food preparation, and physical activity components
- Information to know: Lesson 411 - background information needed to teach this lesson.

Icons are used in the guide to indicate when additional resources can be used:

- "Find in the Workbook" - Indicates to refer to information or activities in the student workbook.
- "Games & Activities" - Indicates resources included to lead an in-class activity. Files for these are included with the digital resources provided with the curriculum.
- "Digital Resource" - Indicates pages that can be printed and distributed to teens for use in the lesson as well as information that may be used to supplement the lesson, either displayed on a projector or printed for repeated use in the program.

RECIPIES

- Fruit with Yogurt Dip (easy, no kitchen)
- Savory Dips with Vegetables (easy, no kitchen, no knives)
- Bean Dip with Vegetables (easy, no kitchen, no knives)
- Guacamole Dip with Vegetables (kitchen & knives)
- Apple Salsa (kitchen & knives)
- Hummus (challenging, no kitchen, no knives, blender)

LESSON OVERVIEW

<table>
<thead>
<tr>
<th>Component</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Welcome to Teen Cuisine</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Introducing MyPlate</td>
<td>10 minutes</td>
</tr>
<tr>
<td></td>
<td>Understanding MyPlate</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Food Safety</td>
<td>Handwashing: The Best Germ Blocker</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>See the Germs (optional)</td>
<td></td>
</tr>
<tr>
<td>Food Prep</td>
<td>Cook Like an Expert</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>Measuring, Recipe, and Knife Skills</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>Cooking Experience</td>
<td>10 minutes</td>
</tr>
<tr>
<td></td>
<td>Dipping Sauce</td>
<td></td>
</tr>
<tr>
<td>Physical Activity</td>
<td>Get Moving</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Close</td>
<td>Set a MyPlate Goal</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>
LESSON ONE: EAT SMART

LESSON GOAL
Demonstrate the importance of healthy eating patterns through the use of MyPlate, and practice basic cooking skills such as learning to use a knife, measuring basic ingredients, and reading recipes to prepare healthy snacks.

OBJECTIVES
- Implement MyPlate principles to plan a meal that includes all the food groups.
- Correctly wash hands according to procedures from the Centers for Disease Control and Prevention (CDC).
- Safely use a knife while coring and chopping an apple.
- Accurately measure liquid, dry, and sticky ingredients.
- Identify parts of a recipe.
- Prepare a simple snack using a recipe.
- Describe the benefits of adequate physical activity and calculate time spent active in one week.

RESOURCES TO PRINT
- MyPlate Daily Checklists (for more resources, visit http://www.choosemyplate.gov)
- Stop Germs! Stay Healthy Poster
- Proper Handwashing Instructions Poster
- Food Safety Poster
- Culinary Skills Checklist Handout (optional)
- Main Dish Recipes for Recipe Reading Activity
- Recipe Reading Activity
- Recipe Guest Handout (optional)
- Activity Choreas Cards (optional)

MATERIALS & SUPPLIES
- Glo-Germ™ and black light (optional)
- Dairy Council Food Models (optional)
- Paper plates and markers

KEY MESSAGE
Eating a variety of food from all MyPlate food groups is a simple way to get all the nutrients you need. Learning to use a knife will make it easier to prepare healthy meals at home. Keeping hands, food, and kitchen surfaces clean and germ-free also keeps the whole family safe.

Tips for modifying lesson:
- For younger participants, practice knife skills on a banana or play dough.
- If time is limited, teach knife skills in the second lesson.
- For experienced groups, choose a recipe for vegetable dip that incorporates more ingredients. Chop herbs, and cut various vegetables into sticks for dipping.
- For programs that do not allow knives, focus on reading recipes, measuring techniques, handwashing, and applying MyPlate when choosing what to eat. Prepare a recipe that does not require knives.
- For programs that cannot prepare food, focus on MyPlate, recipes and measuring techniques.
- For extending the learning, have teams evaluate school lunches and packed lunches to see how many servings are included from MyPlate food groups.

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Student Workbook

• Take-home workbook
• Designed to support what is being taught in the lesson
• Uses bright colors and images to convey key points
• Teen “approved” recipes
Leader’s Guide

• Used as lesson plan for Educator with instructions

Food Preparation Skills

Cook Like an Expert Learning Stations

Review “Cook Like an Expert” tips on page 3 of the workbook.

ASK: When reading a recipe, where does it tell you how much of each ingredient to use? What is a unit of measure and how important is it to know this? (Units of measure in cooking include teaspoon, tablespoon, cup, ounce, and pound. It is important to identify units so you add 1 teaspoon of something instead of 1 cup.)

Refer to the units of measurement and abbreviations on page 4 in the student workbook. Make sure teens know what the different abbreviations mean. Share experiences where mistakes were made due to incorrect measurements.

• Demonstrate the measuring equipment.
• Demonstrate how to measure liquid ingredients like milk or water in a liquid measuring cup and in measuring spoons. Have teens reference page 4 of their student workbook.
• Demonstrate how to measure dry ingredients in the dry measuring cups.

ASK: Why do we need liquid and dry measuring cups?
• Discuss how to measure sticky ingredients like peanut butter and honey.

Student Workbook

• Designed to support what is taught in class – can be completed in class or outside

Cook Like an Expert

Suggested Cooking Equipment:
- Blender
- Knives
- Cutting board
- Microwave-safe mixing bowls
- Measuring spoons
- Measuring cups (dry & liquid)
- Colander
- Grater
- Whisk or fork
- Vegetable brush & peeler
- Saucepan with lid
- Mixing spoon
- Spatula
- Skillet with lid
- Muffin pan or free standing muffin cups
- Can opener
- Baking sheet
- Baking dish
- Oven mitts or hot pads or dishcloths

Be Prepared
• Get permission from an adult.
• Keep long hair pulled back and remove dangly jewelry.
• Read the recipe all the way through and make sure you have enough time.
• Make sure you have all ingredients and equipment on hand.
• Gather everything together in one place and prepare all the ingredients.
• Follow the recipe step by step. Don’t skip around or you could leave something out.
• Always allow an oven to preheat according to the recipe you are using before you put the dish in.
• Turn the oven off as soon as you remove your dish.

Be Clean
• Always wash your hands before you start preparing and eating food.
• Always wash your hands before and after touching raw meat or eggs.
• Sanitize sink and counter space before and after you cook.
• Use clean utensils when mixing and scooping ingredients to prevent cross contamination.
• Use a clean spoon every time you taste a dish. Never put your finger in foods.
• Use a separate cutting board and knife for meats and a different cutting board and knife for fresh fruits, vegetables, and ready-to-eat foods.

Be Safe
• Learn good techniques for using a chef’s knife and other kitchen equipment.
• Beware of hot pans. Turn pot handles away from the edge of the stove. Remove lid by tilting the top away from you so that the pot lid shields the steam.
• Microwave steam is hot, so be very careful when removing plastic wraps or lids.
• Clean up spills when they happen to avoid slippery surfaces.
• Clean your knives separately. Do not put knives in the dishwasher.

And most of all, have fun!
Assembly

• It is important to assemble all materials in advance of lesson
  - There are lots of visuals and activities, games
  - You can also mix and match some of the activities
The Basic Accessories: Pages 16-17

- 6 colorful cutting mats
- 2 or 3 6” chef knives
- 4 paring knives
- 1 peeler
- 1 grater
- 1 manual can opener
- 1 whisk
- 1 tongs
- 1 colander or sieve with handle
- 4 plastic or wooden spoons
- 2 serving spoons
- 2 rubber spatulas
- 4 medium sized light weight mixing bowls

- 2 large light weight plastic or stainless steel mixing bowls
- Plastic wrap
- Aluminum foil
- 1 box gallon sized plastic bags
- Reseal-able plastic containers with lids, quart size
- 4 pack sponges
- 2 dish clothes
- Hand sanitizer
- Dishwashing liquid
- Cloth or plastic tablecloth – 6’
- Large plastic bin to store all items
Lesson 1: Eat Smart

Lesson Goal

• Demonstrate the importance of healthy eating patterns through the use of MyPlate.

• Practice basic cooking skills such as learning to use a knife.

• Measuring basic ingredients

• Reading recipes to prepare healthy snacks.
Lesson One Overview

• Nutrition
  • MyPlate Daily Checklists

• Food Safety
  • Practice handwashing to prevent spreading germs
    • Stop the Germs
    • Handwashing posters
    • Food Safety Poster

• Food Preparation Stations
  • Culinary Checklist - Handout
  • Main Dish Recipe – Recipe Reading activity
    • Recipe Quest - Electronic - print as needed

• Physical Activity
  • Activity Charades - 2 sets for lesson 1 and 3
Lesson 2: You Are What You Eat

Lesson Goal

• Use the Nutrition Facts Label on food packages to make healthy food choices.

• Prepare foods using fresh ingredients and incorporate more physical activity in every day.
Lesson Two Overview

• Nutrition
  • New Nutrition Facts Poster used throughout
  • Mystery Food Nutrition Facts Game Cards

• Food Safety
  • Clean, Separate, Cook, Chill

• Food Preparation
  • What is this? Game Board and Game Cards
  • Cooking Terms Matching Game

• Physical Activity
Lesson 3: Power Up with Breakfast

Lesson Goal

• Develop strategies to eat a healthy breakfast every day, using proper food safety.

• Add muscle- and bone-strengthening activities to physical activities daily.
Lesson Three Overview

• Nutrition
  • Spot the Healthy Breakfast Activity
  • Grain Identification, label reading

• Food Safety
  • Review and SEPARATE

• Food Preparation
  • No new resources

• Physical Activity
  • Use the new Activity Charades cards
Lesson 4: Find the Fat

Lesson Goal

• Choose healthy foods and snacks that are low in saturated fat and high in nutrients.

• Use the Go, Slow, Whoa method of choosing foods.

• Limit screen time and add more physical activities to daily routines.
Lesson Four Overview

• Nutrition
  • Go, Slow, Whoa food cards
  • Go, Slow, Whoa, Response Cards.
  • Making Smart Choices Cards

• Food Safety
  • Food Safety Case Study Cards

• Food Preparation
  • Fast Food vs Homemade Nutrition Facts

• Physical Activity
  • Alternatives to screen time
Lesson 5: Kick the Sugar Habit

Lesson Goal

• Use Nutrition Facts Labels on food and beverages to recognize sources of added sugars.

• Make a plan to limit consumption of added sugars to 12.5 teaspoons a day.
Lesson Five Overview

- **Nutrition**
  - Identify empty calorie foods teens 💙
  - Calculate the added sugar in foods
  - Names of Sugar- Stations group activity

- **Food Safety**
  - Discover how fast germs grow when in the "Danger Zone"

- **Food Preparation**
  - Prepare healthy drinks that are low in sugar

- **Physical Activity**
  - Identify ways to be physically active in short periods of time
Lesson 6: Snack Attack

Lesson Goal

• Use Nutrition Facts Labels to choose nutrient-dense snacks.

• Select nutrient-dense snacks to reach food group recommendations for MyPlate.
Lesson Six Overview

• Nutrition
  • Snack Attack Score Sheet Handout- one per group
  • MyPlate Snack tips for Parents- Electronic-Leader Reference

• Food Safety
  • Identify safe kitchen practices

• Food Preparation

• Physical Activity
  • Identify physical activities appropriate for all stages of life
Student Reinforcement

• Students who complete all six lessons receive a silicone spatula
Summary

• Assemble lessons in advance. Tote bags work well. Label them 1, 2, 3, etc. You can grab and go!

• Proper food safety practices priority in all sessions

• MyPlate and Nutrition Facts are priorities

• Sessions a minimum of 60 minutes – ideally 90 minutes

• Food preparation every session (several different options are provided to address different scenarios, e.g. kitchen, knives)

• Stations are effective for hands-on practice to support Experiential Learning Model
Summary continued

• Culinary experiences build on skills
• Knife skills teach independence
• Student workbook contains recipes, activities, can be used away from class
• Group and solo activities encourage creativity
• Physical Activity and Goal Setting

Thanks and good luck teaching Teen Cuisine!