

# LESSION 1: Mighty English Muffins – Fruit Symphony & Mini Pizza Extravaganza

The Fruit Symphony and Mini Pizza Extravaganza is designed to teach youth how to prepare a healthy breakfast or after-school snack that includes fruit or vegetables and limited processed food.

## Learning Objectives:

1. Participants will understand on a simple broad level where their food comes from
2. Participants will know the basics of hand washing and sanitary practices in the kitchen
3. Participants will be comfortable making an after-school snack with an English muffin

## Ingredients:

- Mini Pizza
  - Whole Wheat English muffins
  - Marinara sauce
  - Mozzarella cheese
  - Veggie toppings- peppers, onions, etc
- Fruit Symphony
  - Low-fat Yogurt or Cream Cheese
  - Assorted Fruit
  - Honey

## Supplies:

- Plastic knives
- Plates
- Napkins
- Measuring spoons
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes
- Education materials
  - Diagram of food system
  - Glo Germ

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Set up workstations - Place all materials that the kids will need to make their omelets on their cutting boards.

## Ice Breaker:

- Decorating aprons
  - Have each child decorate a plain white apron and a chef hat
  - Children can then personify “chefs” throughout each of the classes
- Introductions
  - Have each child introduce themselves, their chef persona, and their favorite food

## Food Safety:

- General Safety
  - Safety comes first!
    - Keep your hands doing your own task
  - Be cautious when using knives or sharp objects
- Hand washing

- Wash hands for at least 20 seconds
  - Sing the ABCs or Happy Birthday
- Be sure to use SOAP and water, scrub under your fingernails, and around your wrists
- Hand washing activity- apply GloGerm to kids hands and have them wash, see how many “germs” remain
- General sanitary practices (kids can brainstorm as an activity or be instructed)
  - Tie back long hair
  - Wash your hands after you touch your face or hair
  - Wash your hands after using the bathroom
  - For this recipe, wait until the end to taste test anything

## **Cooking:**

Remind kids that just because they do not like something, their peers might! “Your yuck may be someone’s yum” and we do not want to make anyone uncomfortable eat their food.

Room set-up: For all lessons it is best to have two people teaching at a table positioned horizontally with a long table positioned length-wise or any set-up where the children can see the instructors.

Children should follow along with instructors at each step of the recipe, keeping the lesson interactive throughout.

- Look at the recipe
  - When cooking at home, set out ingredients first to make sure you have everything
  - Be sure you understand what to do before you start
  - See if there is preparation to be done
    - (Depends on what prep the instructors have chosen to do beforehand)
- Making the recipe
  - Have smaller sections of the vegetables and fruit set out at each child’s place
  - Cut vegetables (should be able to use plastic knives as knife safety has not been covered)
  - Cut the fruit
  - Spread English Muffin with either marinara sauce or yogurt
  - Sprinkle with cheese and vegetables for pizza and fruit and honey for fruit symphony
- Mini Pizza Extravaganza
  - ½ Whole Wheat English Muffin
  - 3 tablespoons Low-Fat Yogurt or Low-Fat Cream Cheese
  - ¼ cup Assorted Fruit (berries, peaches, grapes, bananas)
  - 1 teaspoon Honey
- Fruit Sympathy
  - ½ Whole Wheat English Muffin
  - 3 tablespoons Marinara Sauce
  - ¼ cup Part Skim Mozzarella Cheese
  - ¼ cup Vegetables (mushrooms, broccoli, onions, red peppers, banana peppers)
  - 3 slices Turkey Pepperoni (if desired)

## **Nutrition Lesson:**

(instructors can add these points into the lesson throughout as they feel appropriate)

- **Where does food come from?**

- On the simplest level food such as apples, bananas, carrots, and corn are grown by farmers all around the world
  - Think about how you would plant a garden- prepare the soil, plant the seeds, water and care for your plants, and harvest
  - This is done on a large scale, shipped to your local grocery store and is available for sale
  - For processed foods, the ingredients that are grown are mixed with ingredients that are made in factories, packaged and sent to the grocery store
- Brainstorm factors you think may affect growing a crop?
  - Amount of land
  - Tools to plant and harvest
  - The weather
  - The soil

### **Discussion Questions While Eating:**

- **What would you change if you made this at home?**
- **What else could you make with an English muffin base?**
- **Do you like what you have created?**
- **Would this be a good afterschool snack? Adapted for breakfast or lunch?**

### **Clean up:**

- Cleaning up stations
- Wipe down all surfaces used
- Clean off all floors and surrounding areas

# LESSION 2: Power Up Omelet

The Power Up Omelets lesson is designed to teach youth how to prepare a healthy breakfast while incorporating locally available vegetables.

## Learning Objectives:

1. Participants will know how to create a veggie omelet, an omelet with meat, and they will also learn how to boil an egg.
2. Participants will become comfortable cracking eggs

## Ingredients:

- Eggs
- Low fat milk
- Cheese
- Vegetables (Mushrooms, green peppers, red peppers, onions)
- Salt
- Black pepper
- Meat (sliced lunch meat turkey or ham)

## Supplies:

- Cooking pan or skillet
- Spatula

- Bowl
- Whisk
- Plastic chef knives and forks
- Plastic cutting boards
- Plates
- Napkins
- Measuring cups
- Plastic chef knives and forks
- Plastic cutting boards
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes
- A small ball for Ice breaker

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Set up workstations - Place all materials that the kids will need to make their omelets on their cutting boards.

## Ice Breaker:

Going on a picnic: Someone starts off by saying "I'm going on a picnic and I'm bringing some type of healthy food, then tossing the ball to someone who hasn't had a turn the next person says a healthy food they are bringing along with an additional healthy food.

## Discussion Questions:

- **What healthy foods do you eat regularly?**
- **From whom did you learn to eat healthy foods?**
- **How do you know this food is healthy?**
- **Are there any healthy foods that you learned about that you want to try? Explain**

## Knife Safety:

Instructor demonstrates with a knife the correct and incorrect way to hold the knife

- When carrying of a knife- straight down at side with blade pointing behind- if you trip, you will not cut yourself, everyone can see you are carrying a knife
- When passing a knife- be sure both people know that it is being passed, never pass with the blade pointing toward the other person
- When chopping- keep your fingers curled under to prevent cutting yourself
- When cleaning- do not leave knives in a sink full of other dishes in case you forget it's there or someone else does not see it

### **Food Safety:**

- Raw eggs and meat present an issue called food- borne illness- what do you think this means?
  - We can get sick or make other sick from uncooked eggs and meat
  - Although we must be careful it should not make you afraid to cook- there are easy steps to make cooking with eggs safe!
- Use different utensils for raw eggs and cooked eggs
  - For example: the fork you use to whisk, do not use it to eat
- Dispose of egg shells rather than leaving them on the table
- Wash hands well after handling raw eggs/meat
- Use a different cutting board to cut raw meat and vegetables
- Wash and sanitize areas that raw eggs touched
  - For example the table, bowls, and the frying pan

### **Cooking:**

Remind kids that “Your yuck may be someone’s yum” and we do not want to make anyone uncomfortable eating their food. While cooking provide the kids with tips on the veggies that are being used. Tell what each veggie does for your body.

#### **Head Chef (kids should be following along with each step):**

- Demonstrates cooking steps and measurements for the recipe
- Demonstrates how to cut the vegetables to appropriate size for an omelet
- Demonstrates how to crack an egg - Remind participants to check for shells after each egg
- Cook the omelets

#### **Assistant Chef:**

- Assists the kids with cutting, if needed
- Helps hand out supplies
- Keeps the kids organized and on task while the head chef leads the lesson
- Cook the omelets

#### **Participant Chefs:**

- Each participant will have 2 eggs, a small amount of milk, a bowl, and a fork
- Crack eggs in a bowl and add milk/water and whisk
- Choose fillings and chop vegetables

#### **Omelet Ingredients:**

- 2 eggs
- 2 Tbsp. milk (or water)
- ¼ cup low-fat cheese of choice
- ½ cup assorted vegetables
- Sliced Meat such as turkey or ham if desired

- Salt and ground white pepper, to taste
- Cooking Spray

**Directions:**

1. Chop desired vegetables, lightly cook in pan, then set aside
2. Crack eggs into bowl (make sure there are no shells), add milk, salt, and pepper and whisk together vigorously
3. Place pan on burner and turn to medium heat. Using cooking spray and lightly coat pan surface.
4. Pour egg and milk mixture in the pan
5. When the egg starts to set, gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left. Allow to cook for another 10 seconds.
6. Add vegetables and cheese (and meat if desired) and using the spatula, flip one edge of the egg onto the other.

Cooking time: 10 minutes\*

\* Cooking time-10 minutes for Small eggs- 12 minutes for Medium eggs- 15 minutes for large eggs

**Nutrition Lesson:**

(instructors can add these points into the lesson throughout as they feel appropriate)

- Peppers- comes in different colors; Red, yellow, and orange peppers are generally sweeter than green ones but all of them contain vitamins and minerals that are important to a healthy diet. Banana peppers adds zesty flavor to dishes so you can lower the amount of salt added to your dish
- Mushrooms- they supply some vitamin D, several B vitamins, and a few minerals
- Onions- add a lot of flavor; a good source of antioxidants (Antioxidants are vitamins, minerals, and other nutrients that protect cells)

**Discussion Questions While Eating**

- **Was this anyone's first time having an omelet?**
- **Would you add anything different?**
- **What other vegetables might be good in an omelet?**

**Clean up:**

- Cleaning up stations
- Wipe down all surfaces used
- Clean off all floors and surrounding areas

**Instructor Tips and Tricks:**

- Have all kids leave the room and call them in 2-3 at a time (depending on how many burners you have) to watch their omelet being made. Have the other kids watch and discuss a nutrition/cooking video or play a game.
- Having each kid have their own bowl and eggs to whisk is ideal as they feel most engaged this way. If this is impossible, try partners or small groups.

**Optional Additional Lesson** (for those programs with longer classes learning to boil an egg is a great addition)

#### Boiling an egg

- Find a pot big enough to support the amount of eggs you want to boil
- Carefully place the eggs inside the pan without cracking them
- Pour cold water inside the pan so that the surface of all eggs are covered with water. Preferably add 1 inch of water on top
- Bring the water to a boil on high heat
- When the water boils, turn off the heat but leave the pan on the stove and leave the eggs inside the water
- Remove the eggs from the pan after
- Drain and cool the eggs under cold running water
- To make them easier to peel, add a little pressure to the eggs and roll them on the table until the shell is full of little cracks. This loosens it up and makes the shell easier to peel off and less of the egg white should stick to the peels.

# LESSION 3: What's Cluckin'

The What's Cluckin' lesson is designed to teach youth how to prepare a healthier alternative to fried chicken which is a popular dish in the low-income urban communities in Baltimore City.

## Learning Objectives:

1. Participants will know how to create crunchy parmesan chicken strips without deep frying
2. Participants will learn how to cut boneless chicken breast into strips
3. Participants will understand how to be safe when handling raw meat including sanitizing and proper cooking temperatures.

## Ingredients:

- Corn flakes
- Boneless chicken breast
- 1 egg or milk
- Parmesan cheese
- Black pepper
- Salt

## Supplies:

- Cooking pan or skillet
- Convection oven
- Cooking spray
- Bowl

- Whisk
- Plastic chefs knives and forks
- Plastic cutting boards
- Plates
- Napkins
- Measuring cups
- Spatula
- Cooking pot
- Plastic cutting boards
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Set up workstations - Place all materials that the kids will need to make their chicken strips on their cutting boards.

## Reflection/ Discussion Questions:

- Was last week anyone's first time having an omelet?
- Would you have added anything different?
- What other vegetables might be good in an omelet?
- Did you try making your own omelet since last class?
- Did you make an omelet from yourself? Your family?
- What were your likes/ dislikes of last weeks class?
- Has anyone used anything we learned in class at home yet? If so, what?

## Food Safety Lesson:

- Raw meats need to be cooked to proper temperatures to prevent food borne illness
  - Chicken 165
  - Roasts/steaks 145



- Fish 145
- You can only tell this by a food thermometer
  - Insert into the thickest part of the meat before reading
  - Be sure to give it enough time to register
- \*show picture of food thermometer
- Like with the eggs last week- be sure to carefully sanitize the surfaces

## **Cooking:**

Remind kids that “Your yuck may be someone’s yum” and we do not want to make anyone uncomfortable eating their food.

### **Head Chef (kids should be following along with each step):**

- Demonstrates cooking steps and measurements for the recipe
- Demonstrates how to cut chicken breast into strips
- Demonstrates how to combine all ingredients
- Recap on how to crack an egg

### **Assistant Chef:**

- Assists the kids with cutting, if needed
- Helps hand out supplies
- Keeps the kids organized and on task while the head chef leads the lesson

### **Ingredients:**

- |   |  |
|---|--|
| • 1/2 cup crushed cornflakes                        | • 1 beaten egg or ½ cup milk             |
| • 1/4 cup parmesan cheese                           | • Cooking spray                          |
| • 1/2 pound skinless boneless chicken breast, cubed | • Salt and ground black pepper, to taste |

### **Directions:**

1. Combine cornflakes and parmesan cheese in a ziplock or paper bag and crush with hands
2. Cut chicken into small strips or cubes for either crunchy chicken strips or nuggets
3. Dip the chicken in egg or milk, then place in the bag with the cornflakes mixture.
4. Shake the bag to coat the chicken.
5. Bake for about 10 minutes if using a traditional oven or 20 minutes for a toaster oven or until the internal temperature of the chicken reaches 165 degrees F.
6. *The chicken can also be cooked on the stove top using cooking spray and carefully monitoring the chicken to prevent burning*

## **Optional Activity During Baking Time -Watch a Healthy Video**

Discussion Questions for after the video

- **What did you like about the video?**
- **What didn't you like about the video?**
- **What did you take from the video?**
- **Did you learn anything from the video?**

## **Nutrition Lesson:**

(instructors can add these points into the lesson throughout as they feel appropriate)

- We're going to discuss the difference in baked/grilled and fried food
- Can anyone name fried food
  - Fried chicken
  - French fries
  - Funnel Cake
- Fried foods are generally breaded and dropped into hot oil
  - A lot of fat is added when food is fried
- Baking and grilling uses heat from the oven to cook the food thoroughly
  - Less fat is used
- Which do you think is healthier?
  - Can you think of a way to bake/grill your favorite fried food?

## **Discussion Questions While Eating:**

- **Did you enjoy making the food?**
- **Are you enjoying the food?**
- **Would you change anything? Add anything?**

## **Clean up:**

- Cleaning up stations
- Wipe down all surfaces used
- Clean off all floors and surrounding areas

## **Instructor Tips and Tricks:**

- Baking times will be variable based on your oven and size of chicken- for a limited amount of time, cut chicken into smaller pieces
- Be sure to have the kids wearing gloves, changing gloves when necessary and washing hands frequently. Emphasize food safety while handling raw meat.
- Remind kids that different spins on foods they are familiar with (for example fried chicken that is not deep fried) can be delicious but they will not know if they do not try it.
- Have greens and salad ingredients such as carrots, tomatoes, and cucumbers as a way to serve the chicken over greens or as a side dish.
- Using egg or milk in the recipe is effective- choose based on what fits into a budget, what is available, and allergy concerns of any participants

# LESSION 4: Zesty Baked Ziti

The Zesty Baked Ziti lesson is designed to teach youth how to incorporate vegetables into a familiar dish and to cook a dish for an entire family.

## Learning Objectives:

1. Participants will know how to create baked ziti
2. Participants will be able to incorporate vegetables into a familiar noodle dish
3. Participants will learn how to boil noodles

## Ingredients:

- Whole wheat ziti noodles
- Part-skim ricotta
- Large egg
- Finely grated Parmesan
- Shredded part-skim mozzarella
- Tomato sauce
- Zucchini
- Peppers
- Salt
- Pepper

- Convection oven
- Bowl
- Strainer
- Spoons
- Whisk
- Colanders
- Plastic chefs knives and forks
- Plastic cutting boards
- Plates
- Napkins
- Measuring cups
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes

## Supplies:

- Shallow Casserole dish
- Cooking pot

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Pre-boil noodles for class
- Set up workstations - Place all materials that the kids will need to make their baked ziti dishes on their cutting boards.
  - Shallow baking dish
  - Knife
  - Small dish for egg
  - Larger dish for mixing cheeses
  - Peppers and zucchini

## Ice Breaker:

- Students go around the room one by one saying their full names.
- As each student says their name, they have to say one healthy food or drink and one unhealthy food or drink that starts with the first letter of their first, middle, or last name.
- Example: Dina M. Smith, unhealthy food: Donuts, healthy food: Skim Milk.

## Reflection/Discussion Questions:

- Was last week anyone's first time making homemade chicken strips?
- Did you try making your own chicken strips since last class?
- Did you make any chicken strips from yourself? Your family?
- What were your likes/ dislikes of last weeks class?
- Has anyone used anything we learned in class at home yet? If so, what?

## Cooking

Remind kids that "Your yuck may be someone's yum" and we do not want to make anyone uncomfortable eating their food.

### Head Chef:

- Goes through cooking steps and measurements for the recipe
- Demonstrates how to combine all ingredients
- Recap on how to crack an egg

### Assistant Chef(s):

- Helps the kids with putting ziti together, if needed
- Helps hand out supplies
- Keeps the kids organized and on task while the head chef leads the lesson

### Participant Chefs:

- Chop up the sections of vegetables and set aside
- Pair up with another student and combine (all passed out by instructors), egg, cheese, and salt and pepper
- Layer as instructed in the recipe in their individual casserole dish
- Youth will take home and bake for their families their assembled dish and will "taste-test" the instructors' ziti.

### Ingredients:

- 8 ounces whole wheat ziti
- 1 cup part-skim ricotta
- 1 large egg, lightly beaten
- 3/4 cup finely grated Parmesan
- 1 cup shredded part-skim mozzarella
- 1 jar (24 to 26 ounces) tomato sauce
- ½ green pepper
- ½ zucchini
- Salt and ground black pepper, to taste (about 3 ½ cups)

### Directions:

1. Preheat oven to 450 degrees. Bring a large pot of salted water to a boil. Cook pasta until al dente, according to package instructions: drain and reserve.
2. In a small bowl, combine ricotta, egg, 1/4 cup Parmesan, and half the mozzarella; season with salt and pepper.
3. In the bottom of a shallow 2-quart casserole dish, spread half the tomato sauce. Top with ziti, then ricotta mixture and remaining sauce. Add vegetables. Sprinkle with remaining 1/2 cup Parmesan and remaining mozzarella. Place casserole on a rimmed baking sheet, and bake until top is browned and sauce is bubbling, 20 to 25 minutes.

**Nutrition Lesson:** Students will play “Guess That Grain” while being introduced to whole grain foods as the ziti cooks.

- **Ask kids what they ate for breakfast this morning**
  - Many foods will fall into the grain group
- **Has anyone heard of a whole grain?**
  - If yes, can they describe it?
- A grain may fall into 4 categories
  - Wheat- bagel, crackers, spaghetti
  - Corn- corn muffin, popcorn
  - Rice- rice cakes, brown/white rice
  - Oats- Oatmeal
- Whole grains can provide energy, are beneficial to digestion, and good for the heart
- “Make ½ your grains whole”
  - Does anyone have any suggestions to do this?
    - Whole grain tortilla rather than flour
    - Whole wheat pasta
    - Whole wheat pasta
- **How do we know its whole grain?**
  - Often look darker
  - Ingredient

### **Discussion Questions:**

- **Did you enjoy making the food?**
- **Are you enjoying the food?**
- **Would you change anything? Add anything?**

### **Clean Up:**

- Cleaning up stations
- Wiping down all surfaces used
- Getting anything such as trash or food off the floor
- Washing dishes

### **Instructor Tips and Tricks:**

- If kids are resistant to adding vegetables, encourage them to try it or at least add the vegetables to half of their ziti
- Point out on the recipe how to properly cook the ziti when they take it home to their family

# LESSION 5: High Energy Lo Mein

The High Energy Lo-Mein lesson is designed to teach youth how to make ramen noodles a healthier lunch or dinner.

## Learning Objectives:

1. Participants will know how to create lo-mein using ramen noodles
2. Participants will understand how to boil noodles
3. Participants will understand how to reduce the sodium when eating ramen noodle

## Ingredients:

- Chicken Flavor Ramen Noodles
- Cooking spray
- Skinless Chicken Breast
- Garlic
- Grated ginger or ginger powder
- Oriental Vegetables (Frozen or non-frozen) carrots, onions, snap peas, mushrooms
- Water
- Salt
- Pepper
- Cooking pot
- Bowl
- Strainer
- Spoons
- Whisk
- Plastic chefs knives and forks
- Plastic cutting boards
- Plates
- Napkins
- Measuring cups
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes
- Colanders

## Supplies:

- Large Skillet

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Set up workstations - Place all materials that the kids will need to make their omelets on their cutting boards.
  - Chicken
  - Vegetables
  - Knife
- Pre-boil noodles for class

## Discussion Questions:

- **Tell me about dinner at your house. Who do you eat with? Where do you get dinner from? What else is going on during the meal (talking, tv, texting, etc.)?**
- **Did anyone bake their ziti when they went home last week?**
- **Did you try making Baked Ziti on your own?**
- **Did you make any Ziti for yourself? Your family?**
- **What were your likes/ dislikes of last weeks class?**

- **Has anyone used anything we learned in class at home yet? If so, what?**

### **Food Safety:**

- Ramen noodle packs general serve 2 so we need to think about leftovers- what's the big deal with storing
  - Leftovers are great to cut down on food waste and savor your favorite dishes
  - However need to be stored properly with chilling
- Divide large amounts of leftovers into shallow containers for quicker cooling
- Use or discard food that has been in the refrigerator for too long
- Does anyone remember from a previous week why food safety is so important
  - Prevent food borne illness
  - Keep everyone safe both those cooking, serving, and eating

### **Cooking:**

Remind kids that "Your yuck may be someone's yum" and we do not want to make anyone uncomfortable eating their food.

#### **Head Chef:**

- Goes through cooking steps and measurements for the recipe
- Demonstrates how to combine all ingredients
- Recap on how to cutting breast into strip
- Cooks chicken and adds to pre-cooked noodles

#### **Assistant Chef:**

- Helps the kids with cutting chicken breast, if needed
- Helps hand out supplies
- Keeps the kids organized and on task while head chef leads the lesson
- Collects all kids vegetables and add to the pre-cooked noodles

#### **Participant Chefs:**

- Each youth will be cutting and combining vegetables for one big recipe of lo mein
- Cut chicken
- Remind youth that they will be touching other peoples food and to keep food safety in mind!
- Form small groups to make  $\frac{1}{4}$  of the sauce with soy sauce, garlic, ginger, and  $\frac{1}{2}$  seasoning packet

#### **Ingredients:**

- Cooking Spray
- $\frac{1}{2}$  pound boneless, skinless chicken breast cut into cubes
- 1 clove of garlic minced
- 2 tablespoons grated ginger or 1 teaspoon powder
- 1 3- ounce package chicken flavored ramen noodle soup
- 1 1-lb bag of frozen mixed oriental vegetables (or fresh pepper, onion, & carrot chopped)
- $\frac{1}{4}$  cup water

#### **Directions:**

1. Heat a large skillet over medium-high heat until hot. Add chicken and cook, stirring frequently, until no longer pink.

2. Add vegetables and cover. Cook until vegetables are cooked through, about 5 minutes.
3. In the meantime, cook the noodles (without the flavoring packet) according to package directions. Drain.
4. Add soy sauce, garlic, ginger and ½ the seasoning packet to water. Mix well. Pour over chicken and vegetables, add noodles and toss to mix.

### **Nutrition Lesson:**

(instructors can add these points into the lesson throughout as they feel appropriate)

- **What is sodium?**
  - Have kids volunteer answers
  - Sodium for nutrition purposes is the salt you eat through foods or the salt you add at the table
- **What foods may be high in sodium?**
  - Packaged/ processed food
    - Soups
    - Noodle cups
    - Frozen meals
- **Where to find sodium on the nutrition label?**
  - Have blown up picture of label so kids can see where to look for sodium levels
  - Sodium levels to look for in food

### **Discussion Questions While Eating**

- **Did you enjoy making the food?**
- **Are you enjoying the food?**
- **Would you change anything? Add anything?**

### **Clean Up:**

- Clean up stations
- Wipe down all surfaces used
- Clean up anything such as trash or food off the floor
- Wash dishes



# LESSION 6: Tasty Tortilla Pie

The Tasty Tortilla Pie lesson is designed to teach youth to cook a creative dish and also how to drain meat to reduce the fat in a meal.

## Learning Objectives:

1. Participants will understand how to drain meat to reduce the fat
2. Participants will be able to make a creative dish to share with their family out of basic ingredients

## Ingredients:

- Ground Meat (Turkey)
- Chunky Salsa
- Sour Cream
- Whole-wheat tortillas
- Shredded Cheddar Cheese
- Spinach

- Bowl
- Strainer
- Spoons
- Pie Plates
- Plastic chefs knives and forks
- Plastic cutting boards
- Plates
- Napkins
- Convection oven
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes

## Supplies:

- Large Skillet
- Deep dish pie plate
- Measuring cups

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Set up workstations - Place all materials that the kids will need to make their tortilla pie on their cutting boards.
  - pie plate
  - bowl for ground turkey
  - bowl of spinach
  - tortillas

## Reflection/Discussion Questions:

- **Did you try making Chicken lo-mein on your own?**
- **Did you make any for yourself? Your family?**
- **What were your likes/ dislikes of last weeks class?**
- **Has anyone used anything we learned in class at home yet? If so, what?**

## Food Safety:

- Food safety starts at the grocery store!
  - Do you ever go food shopping for yourself or family?
- Avoid buying dented can- bacteria may have been introduced

- Especially be careful of bulging can- often infected with a bacteria called botulism that can make us very sick
- Check for expiration dates- be sure you can consume foods before they will expire
  - Be extra careful with dairy products and milk.

## **Cooking:**

Remind kids that “Your yuck may be someone’s yum” and we do not want to make anyone uncomfortable eating their food.

### **Head Chef:**

- Goes through cooking steps and measurements for the recipe
- Demonstrates how to combine all ingredients
- Demonstrates how to cook ground meat and drain

### **Assistant Chef:**

- Helps the kids with layering food into pie plate
- Helps hand out supplies
- Assist with cooking ground meat

### **Participant Chefs:**

- Youth will be assembling a tortilla pie to take home and will “taste-test” the instructors
- Have youth pair up to mix meat, salsa and sour cream in one bowl
- Have them spread salsa in the bottom of their own pie plate and then begin layering as instructed
- Cover with foil and instruct them on how to bake it at home for their families

### **Ingredients:**

- |   |   |
|---|---|
| • 1 pound lean ground meat, fat drained and meat rinsed with warm water | • 3 (7 ½ inch-diameter) whole-wheat tortillas |
| • 2 cups chunky salsa, divided  | • 1 ¼ cups shredded cheddar cheese            |
| • ¾ cup reduced-fat sour cream  | • 1 cup spinach                               |

### **Directions:**

- Preheat oven to 375 degrees F
- In a large bowl, combine the meat, 1 cup of salsa and sour cream. Stir until combined. Spread another ½ cup of the salsa onto the bottom of a 9-inch deep –dish pie plate.
- Layer one of the tortillas into the pie plate, top with half of the meat mixture. Sprinkle with ½ cup of shredded cheddar cheese and spinach. Repeat layering the meat mixture, cheddar and spinach again.
- Top with the remaining tortilla, ½ cup salsa, and ¼ cup cheddar cheese
- Cover with foil and bake for 20 minutes. Remove foil and bake 5 minutes more, or until the cheese melts. Let cool slightly before slicing into wedges

**Serves:** 6

## **Discussion Question While Eating:**

- Did you enjoy making the food?

- Are you enjoying the food?
- Would you change anything? Add anything?

## **Nutrition Lesson:**

(instructors can add these points into the lesson throughout as they feel appropriate)

### **Protein**

**Can anyone name a source of Protein? [Answers: Chicken, Beef, Fish; Emphasize less known Vegetarian options: Beans, Legumes, Nuts/seeds, Milk]**

Protein is important for a number of body functions including energy, muscle building, and keeping healthy.

### **Full Fat vs. Light**

**What come to your mind when you here the words “full-fat” or “light”?** Allow kids to give their own opinions.

Light options are often as tasty and great to use in recipes as the full fat version. Light options can keep you from in taking a lot of dietary fat from condiments such as sour cream or mayo. All food items in moderation-looking for an overall healthy eating pattern.

### **Clean up:**

- Clean up stations
- Wipe down all surfaces used
- Pick up anything on the floor such as trash or food off the floor
- Wash dishes

### **Instructors Tips and Tricks:**

- If any of the participants have not tried fresh spinach before, having a taste-test may help them be confident about adding it to their pie
  - If they are still unsure, suggest they add it to half
- Help participants put appropriate amounts of sour cream and cheese on their pie

# LESSION 7: Chili That Fills Me

The Chili That Fills Me lesson is designed to teach youth how to prepare a vegetarian alternative using bean protein rather than meat. It will also encourage youth to work together to create one large dish for the class.

## Learning Objectives:

1. Participants will know how to create a vegetarian dish by using beans rather than meat
2. Participants will learn how to work together to create a dish to serve many people

## Ingredients:

- Olive oil
- Garlic cloves
- Worcestershire Sauce
- Water
- Sugar
- Chili power
- Diced tomatoes
- Black beans
- Kidney beans
- Cannellini beans

## Supplies:

- Dutch oven or large cooking pot
- Measuring cups
- Bowl
- Spoons
- Plastic chefs knives and forks
- Plastic cutting boards
- Plates
- Napkins
- Plastic chef knives and forks
- Hand Sanitizer
- Dish Soap
- Cleaning spray and wipes

## Preparation:

- Chefs should prepare for class by setting out materials for their demonstration station
- Set up workstations - Place all materials that the kids will need to make the Vegetarian chili on their cutting boards
  - Since this is a communal recipe- divide up ingredients/tasks and place the appropriate tools at each station

## Reflection/ Discussion Questions:

- **Did you try making the Quesadilla pie on your own?**
- **Did you make any for yourself? Your family?**
- **Did you bake your pie that you made in class when you went home?**
- **How would you have made the pie? What would you have added or taken away?**
- **What were your likes/dislikes of last week's class?**

## Cooking:

Remind kids that "Your yuck may be someone's yum" and we do not want to make anyone uncomfortable eating their food.

**Head Chef:**

- Goes through cooking steps and measurements for the recipe
- Demonstrates how to combine all ingredients
- Cooks chili

**Assistant Chef:**

- Helps the kids with chopping
- Helps hand out supplies
- Assist with cooking chili

**Participant Chefs:**

- Some chefs will cut the onion, some will chop garlic, and some will open cans and mix the sauce

**Ingredients:**

- 1 tablespoon olive oil
- 2 cups chopped onion
- 3 garlic cloves, minced
- 4 cups water, divided
- 2 tablespoons sugar
- 2 tablespoons chili powder
- 2 tablespoons Worcestershire sauce
- 2 (14.5-ounce) cans diced tomatoes, un-drained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1 (6-ounce) can tomato paste
- 1/2 cup (2 ounces) reduced-fat shredded cheddar cheese, (optional)

**Directions:**

1. Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender.
2. Add 3 cups water and next 8 ingredients (through cannellini beans), stirring to combine.
3. Combine remaining cup of water and tomato paste in a bowl, stirring with a whisk until blended.
4. Stir tomato paste mixture into bean mixture.
5. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated.
6. Ladle soup into bowls. Top with cheese, if desired.
7. Kids will be able to add in pre-cooked chicken after chili is cooked if they would like to.

**Nutrition & Food Safety Lesson:**

(instructors can add these points into the lesson throughout as they feel appropriate)

- The nutrition lesson today combines concepts we have learned throughout the sessions
- **Remember vegetable protein?**
  - Vegetable protein comes in the form of beans, legumes, and nuts
  - These food items can provide energy and fill you up just as meat can
  - Protein from beans, legumes, and nuts can also be lower in saturated fat
- Reducing sodium
  - When using cans of beans, it can be a good idea to drain and rinse them
  - Often beans are canned in salt water which can add a lot of salt to your dish
- Food Safety with cans
  - Remember to look for cans that are not dented and especially not bulging

**Discussion Questions-Eating:**

- **Did you enjoy making the food?**
- **Are you enjoying the food?**
- **Would you change anything? Add anything?**
- **Are you enjoying this class?**
- **Do you feel like you have learned anything from this class?**
- **What would you add to this class to make it better?**
- **Why do you think it is important to eat healthy?**
- **How would describe this class to someone else?**

**Clean up:**

- Cleaning up stations
- Wipe down all surfaces used
- Clean off all floors and surrounding areas

**Instructor Tips and Tricks:**

- For some children, this may be their first exposure to a bean based dish. Encourage them to try it and explain why they do or do not like the dish.
- Since this recipe is one for the entire class, be sure to divide tasks so that each participant has an active part in the process

- This dish can lead to a discussion about cooking and eating together as a family, class, or group.
- The types of beans and spice level can be altered depending on your preferences.