COOKING MATTERS FOR ADULTS

LEADING COURSES



This Cooking Matters for Adults Facilitator Guide is designed to support a wide range of facilitators in implementing our evidence-based, six-week cooking and nutrition education course. As a facilitator, you may want to include a variety of additional support roles to help implement this course. In the past, participants have benefited from a team teaching method that included culinary professionals, nutrition educators and class support roles. Each individual brought their own expertise to the course and allowed for a diverse group of skills to be shared. This is not required for the course as it can be facilitated by just one individual.

Each week, Cooking Matters for Adults participants may receive take-home groceries, which they can use at home to practice a recipe they learned in the lesson. This is up to the facilitator to decide if take-home groceries will be provided.

While the facilitator can decide upon the types of roles included in the course team and whether take-home groceries are provided, there are specific aspects of the course that must be included to align with best practices and the evidence base. The course must include:

- Participatory food preparation that provides cooking and food safety instruction
- Engaging nutrition activities and discussions
- Practice with food budgeting
- Interactive grocery store visit or other food shopping experience
- Communal eating of the food made in class
- Celebratory final class and graduation ceremony for participants

All of these components are important because they reinforce the learner-centered instructional approach and ensure maximum participant engagement. You can find more information about the the learner-centered instructional approach, guidelines for Cooking Matters recipes and online resources you may want to consult in your planning process in the following pages:

- Understanding Your Community's Needs
- Create a Welcoming Space
- Learner-Centered Teaching
- Materials Prep
- Guidance on Recipes & Food Prep

You can also find a variety of resources related to these topics on cookingmatters.org if you need additional training or guidance.

To maximize the time you have with participants, you will need to develop your plans for leading each lesson in advance of each lesson. We encourage you to adapt the lesson plans to synchronize the nutrition, cooking and budgeting sessions and make the best use of class time.

Please read each lesson plan thoroughly, focusing your attention on the objectives and opportunities to engage participants in discussion and activities. Each weekly lesson plan includes standard components to help facilitate discussions, nutrition activities and food preparation. Ask for participants' feedback about which recipes, activities and discussion topics are most relevant to them.

Please read on to learn more about the contents of this Cooking Matters for Adults Facilitator Guide.

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COOKING MATTERS FOR ADULTS: **AT A GLANCE**

LESSON 1: LET'S GET COOKING!

Goal

Participants will gain confidence to safely acquire and prepare more home-cooked meals.

Objectives

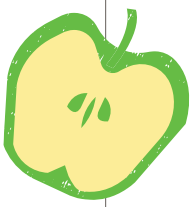
- Practice proper hand washing and basic knife safety
- Prepare recipes with foods from multiple food groups
- Discuss using recipes as a framework that can be adjusted to save money and improve health
- Practice reading food labels

Suggested Handouts

- Food Groups Your Way
- Knife Basics
- Cooking Terms
- Measure Up
- Reading Food Labels
- Week One: Let's Get Cooking!

Suggested Recipes

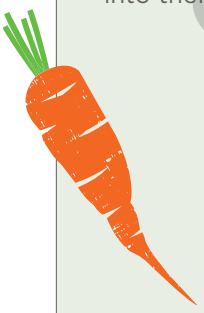
- Make Your Own Noodles
- Make Your Own Wraps
- Mini Pizzas
- Northwest Apple Salad
- Turkey Chili



LESSON 2: CHOOSING FRUITS, VEGETABLES AND WHOLE GRAINS

Goal

Participants will gain confidence incorporate more fruits, vegetables and whole grains into their meals.



Objectives

- Discuss ways to enjoy a variety of colorful fruits and vegetables
- Discuss the pros and cons of fresh, frozen and canned fruits and vegetable
- Prepare recipes using whole grains and different forms of fruits and vegetables
- Practice identifying whole grain foods by reading label ingredient lists

Suggested Handouts

- Vary Your Fruits and Vegetables
- Fruits and Vegetables at Every Meal
- Veggie Appeal
- Fresh, Frozen and Canned
- Seasonal Fruits and Vegetables
- Make Your Produce Last Longer
- Great Whole Grains
- Week Two: Choosing Fruits, Vegetables and Whole Grains

Suggested Recipes

- Black Bean and Vegetable Quesadillas
- Delicious Dips and Spreads
- Fall Vegetable Salad
- Make Your Own Stir-Fry
- Peanut Butter Pockets
- Pineapple Carrot Muffins

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COOKING MATTERS FOR ADULTS: **AT A GLANCE**

LESSON 3: BUILD MEAL HABITS AT HOME

Goal

Participants will gain confidence to prepare more meals at home.



Objectives

- Practice making balanced choices when eating convenience foods or eating away from home
- Prepare healthier versions of popular convenience foods
- Discuss the difference between unsaturated and saturated fats
- Choose the right foods and amounts for one's health and body in the Protein and Dairy groups

Suggested Handouts

- Be a Sugar Detective
- Make Meals Fast
- Packaged Food Makeover
- Menu Makeover
- Keeping Food Safe
- Know Your Fats
- Understanding Food Allergies
- Week Three: Build Meal Habits at Home

Suggested Recipes

- Baked Flaked Chicken
- Make Your Own Grain Bowl
- Quick and Crisp
- Snacks in a Snap
- Tuna Boats

LESSON 4: THE POWER OF PLANNING

Goal

Participants will gain confidence to plan and prepare quick, budget-friendly, enjoyable meals at home.

Objectives

- Practice planning meals in advance
- Discuss the benefits of shopping with a list
- Prepare recipes using herbs and spices instead of salt
- Practice identifying breakfasts that can be made in 5 minutes or less

Suggested Activity

- Ready, Set, Plan!

Suggested Handouts

- Menu Planning Basics
- Use the Food You Have
- Chill Out
- Grab & Go
- Week Four: The Power of Planning

Suggested Recipes

- Egg Burrito
- Fruit Tart
- Granola
- Make Your Own Eggs
- Sauce It Up
- Spice It Up
- Yogurt Parfait

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LESSON 5: SHOPPING ON A BUDGET

Goal

Participants will gain confidence to implement a shopping strategy and obtain foods within their budget and preferences.

Objectives

- Compare unit prices when purchasing food
- Read and compare food labels to find foods that are nourishing, enjoyable and safe
- Identify how planning strategies can make obtaining food quicker and easier

Suggested Activities

- Grocery Store Tour
- $10 Challenge

Suggested Handouts

- Take the $10 Challenge
- Compare Prices
- Week Five: Shopping on a Budget

Suggested Recipes

- Black-Eyed Pea and Corn Salad
- Cranberry Walnut Coleslaw
- Make Your Own Soup
- Mango Salsa
- Turkey Tacos

LESSON 6: RECIPE FOR SUCCESS

Goal

Celebrate participants' accomplishments and progress in selecting and preparing nutritious meals within their food budget.

Objectives

- Taste and describe a variety of beverages with less added sugar
- Discuss ways to be more physically active
- Review key nutrition, cooking and budgeting concepts covered throughout this course
- Celebrate their success in selecting and preparing nutritious, low-cost foods

Suggested Activities

- Sugar Overload
- Healthy Drinks Taste Test
- Secret Ingredient
- Cooking Matters Trivia

Suggested Handout

- Drink to Your Health
- Fitness Fun
- Weekly Activity Tally
- Week Six: Recipe for Success

Suggested Recipes

- Apple Crisp
- Corn Tortilla Chips
- Guacamole
- Hummus
- Make Your Own Smoothies
- Rolled Oats and Peanut Butter Cookies
- Super Sippers
- Tomato Salsa

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LESSON 4

The Power of Planning

GOAL: Participants will gain confidence to plan and prepare quick, budget-friendly, enjoyable meals at home.

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OBJECTIVES



- **Practice planning meals in advance**
- **Discuss the benefits of shopping with a list**
- **Prepare recipes using herbs and spices instead of salt**
- **Practice identifying breakfasts that can be made in 5 minutes or less**

MATERIALS

- Flip chart or whiteboard
- Markers
- Pens
- Name tags
- Ingredients and equipment for recipes and activities

SUGGESTED ACTIVITY

- Ready, Set, Plan!

SUGGESTED HANDOUTS

- Menu Planning Basics
- Use the Food You Have
- Chill Out
- Grab & Go
- Week Four: The Power of Planning

SUGGESTED RECIPES

- Egg Burrito
- Fruit Tart
- Granola
- Make Your Own Eggs
- Sauce It Up
- Spice It Up
- Yogurt Parfait

INTRODUCTION (10 MINUTES)

1. Welcome participants back.

? ASK **What do you recall about the topics we discussed last week?**

2. Review last week's challenge activities.

? ASK **Who completed a challenge activity? How did it go?**

3. Explain that today we will talk more about how we can prepare meals using nutritious ingredients while sticking to our food budget.

TIP

If relevant, also ask participants if they tried a new muscle-strengthening activity and, if so, how it went.

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Ready, Set, Plan!

ESTIMATED TIME:
15 MINUTES

MATERIALS

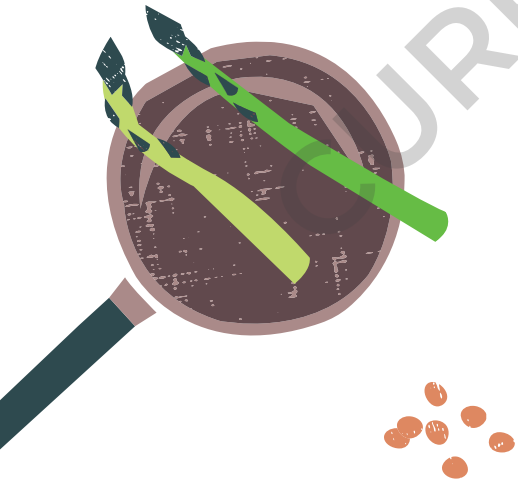
- Flip-chart paper
- Markers
- Recipes section of the participant guide

HANDOUTS

- Use What You Have
- Menu Planning Basics

RECIPES

- A variety of Make Your Own recipes including Smoothies, Stir-Fry, Eggs, Noodles, Wraps, etc.



IN ADVANCE

1. On flip-chart paper, draw a table that can be used for outlining a simple 5-day dinner plan or have participants use the second page of their **Menu Planning Basics** handout.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Dinner					

WITH PARTICIPANTS

1. Lead participants in a simple menu planning activity. Point out that this exercise is not intended to create a complete meal plan for the week (it does not include breakfast, lunch or snacks) but to help participants practice some of the strategies they've been discussing to get a plan started.
2. Remind participants that when planning they can suggest a concept or an idea for a meal and find more specific recipes later if needed. Point out some of the Make Your Own recipes that you have made over the past lessons.
3. Ask participants to suggest a meal they've made in class that they might like to make again. Write the meal under Day 1.
4. Ask participants to identify ingredients in that meal that could be used again in another meal to cut down on costs or time (e.g., beans, meat, poultry, whole grains, vegetables). Have participants suggest another meal that uses 1 or more of these ingredients and which day to serve it.
5. Ask participants what items they know they have at home right now that they need to use up (e.g., vegetables about to go bad, chicken in the refrigerator). Have participants suggest a way they could use up these ingredients in another meal and which day to serve it.

TIP

Prompt participants to plan meals that include at least 3 food groups. If they choose a recipe like Baked Flaked Chicken, for example, ask them to suggest a vegetable to serve with it.

CONTINUE ON BACK →

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6. Suggest that participants use one night a week as a "clear the pantry" night. Have them review **Use the Food You Have** handout and suggest a meal they might make using mostly pantry ingredients.
7. Have participants think of another meal they could make based on their own menu planning tips or other tips that have been discussed in class. Write their ideas under Day 5. If they need help, suggest pulling out a meal that was made ahead of time and put in the freezer.
8. Have participants briefly share ideas for planning breakfasts and lunches that take advantage of what they've planned so far (e.g., adding leftover vegetables to a breakfast omelette).

? ASK **Did you learn anything new about menu planning from this activity? What will you try at home?**

Point out the sample menu planner on the **Menu Planning Basics** handout that participants can use to go through a similar process at home.

TIP

There are free menu planning tools available if participants want to use a digital resource instead of hand written menu plan. Ask participants to share what they have used in the past or are currently using with the group.



Notes

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WEEK FOUR:

The Power of Planning

KEY MESSAGES

- Plan menus in advance to save time and money and make healthier choices.
- Use your menu plan to create a shopping list.
- Make your own grab-and-go breakfasts to eat a healthy breakfast more often.
- Use herbs and spices to flavor your meals in place of salt.



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CHALLENGE YOURSELF!

Pick the challenge you will complete this week.

- ☐ Make one of today's recipes at home. Adjust as needed to fit your needs.
- ☐ Create a menu plan for the week.
- ☐ Eat a balanced breakfast three or more days this week.
- ☐ Make your own weekly challenge based on something you learned today:

_____

_____

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RECIPE
LESSON 4

Granola

5	15	9	gluten-free
minutes prep	minutes cook	servings	one dish

INGREDIENTS

- ☐ 2 Tablespoons honey
- ☐ ¼ cup vegetable oil
- ☐ ½ teaspoon ground cinnamon
- ☐ 2 cups old-fashioned rolled oats
- ☐ 4 Tablespoons sliced or chopped almonds
- ☐ Non-stick cooking spray
- ☐ ½ cup dried fruit (raisins, cranberries, apricots, dates or prunes)

MATERIALS

- ☐ Baking sheet
- ☐ Fork
- ☐ Large bowl
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Medium bowl

Nutrition Facts

9 servings per recipe
Serving size 1/3 cup

Amount per serving
Calories 180

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 145mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INSTRUCTIONS

CHILD-FRIENDLY TASK

1. Preheat oven to 350°F.
2. In a large bowl, add honey, oil and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10–15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.

CHEF'S TIPS

- Make large batches. Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.
- Add milk to granola and eat like cereal.
- Use it to top a fruit salad or nonfat plain yogurt. Or, pack single servings in a zip-top plastic bag. Eat on its own for a tasty afternoon snack.
- Layer granola, slices of fresh or frozen fruit and yogurt to make a yogurt parfait.

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RECIPE
LESSON 4

Yogurt Parfait

4 ingredients | **15** minutes prep | **6** servings

- no-cook
- kid-approved

INGREDIENTS

- ☐ 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches or mango
- ☐ 3 cups low-fat plain yogurt
- ☐ 1½ cups granola

OPTIONAL INGREDIENTS

- ☐ 2 Tablespoons nuts like walnuts or almonds

MATERIALS

- ☐ 6 cups or bowls
- ☐ Cutting board
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Sharp knife

Nutrition Facts

6 servings per recipe
Serving size 1 parfait

Amount per serving
Calories 240

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 23g	
Includes 3g Added Sugars	**6%**
Protein 10g	
Vitamin D 0mcg	0%
Calcium 267mg	20%
Iron 1mg	6%
Potassium 601mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INSTRUCTIONS

CHILD-FRIENDLY TASK

1. If using fresh fruit, rinse, peel and trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with nuts.

CHEF'S TIPS

- Blend some fruit with yogurt to add additional flavor.
- Use leftover fruit to make smoothies.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Make your own homemade granola or use any high-fiber cereal.



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