COOKING MATTERS FOR FAMILIES

LEADING COURSES



Unlike other Cooking Matters courses, Cooking Matters for Families engages a multigenerational audience in the same material and in the same classroom. Working with this unique audience typically requires more planning and flexibility from facilitators. The following tips are drawn from past facilitators and can help you prepare for your Cooking Matters for Families course.

POSSIBLE SCENARIO	HOW TO TACKLE IT
Adults withdraw from the discussion or activities	• Set expectations on the first day of class that families will work together on all activities. • Assign disengaged adults a specific, hands-on task, or ask them to help their kids with a specific job. • Use ad hoc family competitions to emphasize that families are working together to achieve a goal.
Adults try to take over all the kitchen jobs from their kids	• Allow kids to come to the front of the class to demonstrate their skills to the adults. • Adults may underestimate what their kids already know and can do. • Have kids learn something first and then teach it to their adults. • Let adults observe as you teach their kids a certain technique. This allows them to hear encouraging words that they can use when working with their kids in the kitchen. • Point out the recipe steps laid out for adults and kids in each recipe, and assign them distinct tasks. • Let adults and kids each start separate tasks, then ask them to switch roles halfway through.
Adults and/or kids seem bored	• Review the suggested activities before class, and have a variety of games and activities ready that reinforce the lesson. Choose games and activities that you think will resonate with your specific group. • Allow adults and kids to share what they already know and to have some input into the activities and discussion topics. • Plan never to talk for more than 10 minutes straight. Weave in open-ended questions that allow both adults and kids to feel included and heard. • If adults want to go more in-depth on specific topics, consider allowing the kids to play a separate game or activity to reinforce the lesson while adults continue talking. Keep separations brief, and be sure that all cooking activities are done together.
Families bring kids of different ages to class	• Review the suggested activities, which provides suggestions for games and activities that work well for kids younger or older than the intended audience. • If older kids are present, acknowledge their skills by engaging them as teachers and helpers for the younger kids.

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

LESSON 1: COOKING SIDE BY SIDE

Goal

Families will gain confidence to work together to make delicious and nourishing meals that everyone will enjoy.

Objectives

- Practice classifying foods into the food groups
- Discuss safe, age-appropriate tasks for kids in the kitchen
- Practice using knives safely
- Discuss strategies to share more meals together

Suggested Activities

- Activity Name Game
- Food Group Relay Race
- Fun with Food Groups
- Portion Distortion

Suggested Handouts

- Food Groups Your Way
- Kids in the Kitchen
- Knife Basics
- Cooking Terms
- Measure Up
- Cooking Safely
- Mealtime: It's a Family Thing
- Week One: Cooking Side by Side

Suggested Recipes

- Black-Eyed Pea and Corn Salad
- Make Your Own Wraps
- Mango Salsa
- Mini Pizzas
- Tuna Boats
- Turkey Tacos



LESSON 2: TRY IT, YOU'LL LIKE IT!

Goal

Families will gain confidence to incorporate more fruits and vegetables into their meals and to choose whole grains over refined grains.

Objectives

- Practice ways to model and encourage positive eating habits for kids and the family
- 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

Suggested Activities

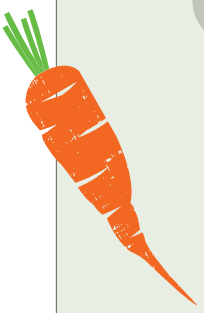
- Name That Food
- Make Your Own Fruit Clown Face
- Make Your Own Veggie Super Hero
- Fruit Partner Game
- Jump Rope Challenge

Suggested Handouts

- Taste Test: Name That Food
- Raising a Healthy Eater
- Fresh, Frozen and Canned
- Seasonal Fruits and Vegetables
- Vary Your Fruits and Vegetables
- Great Whole Grains
- Veggies Appeal
- Fun with Fruits and Veggies
- Fruits and Vegetables at Every Meal
- Week Two: Try It, You'll Like It!

Suggested Recipes

- Black Bean and Vegetable Quesadilla
- Cranberry Walnut Coleslaw
- Delicious Dips and Spreads
- Make Your Own Grain Bowl
- Northwest Apple Salad
- Pineapple Carrot Muffins



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

LESSON 3: BUILD MEAL HABITS AT HOME

Goal

Families will gain confidence to prepare more meals and snacks at home.



Objectives

- Practice reading food labels
- Practice identifying balanced snacks that include at least two food groups
- Discuss solutions for making and eating meals at home together more regularly
- Practice making choices when eating convenience foods or eating away from home

Suggested Activities

- Food Origins
- Food Riddles
- Nutrition Facts Panel Shuffle
- Finding Fats
- Activity Ball Toss

Suggested Handouts

- Know Your Fats
- Understanding Food Allergies
- Reading Food Labels
- Menu Makeover
- Packaged Food Makeover
- Week Three: Build Meal Habits at Home

Suggested Recipes

- Baked Flaked Chicken
- Make Your Own Noodles
- Quick and Crisp
- Sauce It Up
- Snacks in a Snap
- Spice It Up

LESSON 4: THE POWER OF PLANNING

Goal

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

Objectives

- Use meal planning principles like using up items you already have, making a list, shopping with a list and planning meals in advance as a family
- Discuss strategies to eat breakfast every day
- Discuss ways to save time when making meals at home
- Practice making simple recipe changes

Suggested Activities

- Make Your Plate a Rainbow
- Fruit and Vegetable Placemats
- Imaginary Cooking

Suggested Handouts

- Menu Planning Basics
- Grab & Go
- Use the Food You Have
- Make Meals Fast
- Keeping Food Safe
- Shopping with Kids
- Week Four: The Power of Planning

Suggested Recipes

- Egg Burritos
- Granola
- Make Your Own Eggs
- Make Your Own Soups
- Make Your Own Stir-Fry
- Yogurt Parfaits

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

LESSON 5: ACTIVE FAMILIES

Goal

Families will gain confidence to make balanced choices about beverages and physical activities.

Objectives

- Discuss physical activities that can be done as a family
- Taste and describe a variety of beverages with less added sugar
- Discuss the benefits of choosing low-fat dairy foods



Suggested Activities

- Chair Dancing
- Color Coding
- Sugar Overload
- Healthy Drinks Taste Test

Suggested Handouts

- Family Fitness Fun
- Cut Back on Added Sugar
- Drink to Your Health
- Week Five: Active Families

Suggested Recipes

- Fall Vegetable Salad
- Fruit Tarts
- Make Your Own Smoothies
- Peanut Butter Pockets
- Turkey Chili

LESSON 6: CELEBRATING OUR SUCCESS

Goal

Celebrate families' accomplishments and progress in working together to plan and prepare healthy meals.

Objectives

- Review principles of making balanced 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

Suggested Activities

- Cooking Matters Trivia
- Secret Ingredient Cooking Challenge
- Family Challenge

Suggested Handouts

- Week Six: Celebrating Our Success

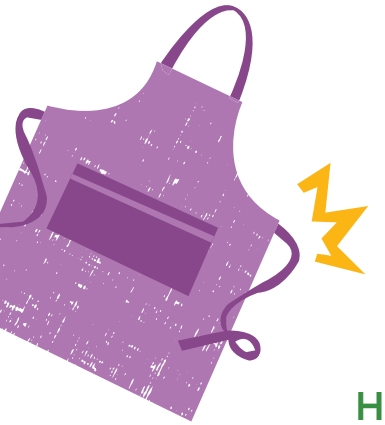
Suggested Recipes

- Apple Crisp
- Corn Tortilla Chips
- Guacamole
- Hummus
- Rolled Oats and Peanut Butter Cookies
- Tomato Salsa



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Kids in the Kitchen

Help kids develop a love for food by involving them in the cooking process.

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START SIMPLE.

Make recipes with just a few steps until you learn what each child can do.

LET YOUR EXPERIENCE BE YOUR GUIDE.

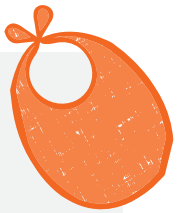
Adjust the tasks you assign based on your child's skills.

SUPERVISE.

Make sure kids know the rules of kitchen safety from the start.



LET 0–6-MONTH-OLDS:



- Grab and chew on a baby spoon
- Sit in their highchair at the family meal table
- Watch and listen to you cook and talk about foods



LET 6–12-MONTH-OLDS:



- Play with plastic measuring cups, spoons and containers
- Practice drinking water from a cup
- Explore age-safe ingredients from meals, such as dips, sauces or soft foods

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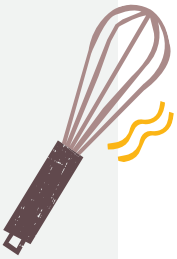
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LET 1–2-YEAR-OLDS:

- Play with a bowl of water and a whisk
- Learn to say names and colors of foods being used
- Smell foods and taste small amounts





LET 3-YEAR-OLDS:

- Rinse and scrub fresh produce
- Tear, snap or break foods
- Use a cookie cutter to cut shapes in dough
- Pluck fruits or leaves from stems
- Dip foods into dips
- Arrange foods on a plate
- Help stir ingredients together in a bowl





LET 4-YEAR-OLDS:

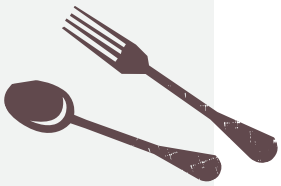
- Measure ingredients
- Cut with a plastic or dull butter knife
- Squeeze juice from fruits
- Shake ingredients in small containers, such as jars or zip-top bags
- Sweep the floor and wipe the table after meal





LET 5-YEAR-OLDS:

- Help grate cheeses and vegetables
- Crack and beat eggs
- Peel oranges
- Set and clear the table



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LET 6 YEAR-OLDS:

- Get out ingredients and put them away
- Read the recipe
- Measure small amounts of ingredients
- Rinse, scrub and peel onions, carrots, cucumbers and other produce
- Grate cheese and vegetables
- Roll out and shape dough
- Cut soft foods with a plastic or dull butter knife



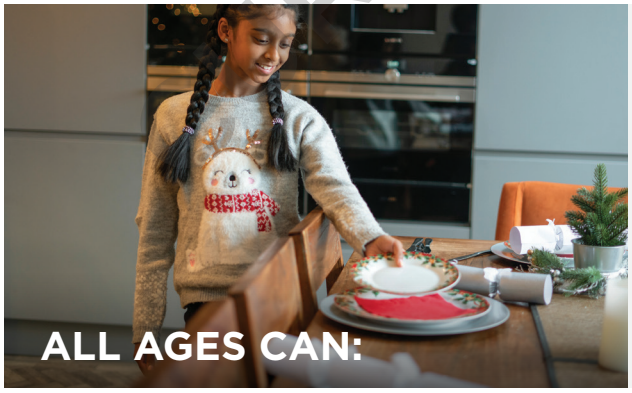
LET 7–8-YEAR-OLDS:

- Use an egg beater
- Rinse, scrub and peel onions, carrots, cucumbers and other produce
- Decorate cookies
- Spread soft frostings and spreads



LET 9–13-YEAR-OLDS:

- Follow recipes and make simple meals by themselves
- Use electrical tools like blenders and mixers
- Open cans
- Drain cooked pasta in a colander
- Remove trays from the oven with adult supervision



ALL AGES CAN:

- Set and clear the table
- Clean up
- Get out ingredients and equipment and put them away

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WEEK ONE:

Cooking Side by Side

KEY MESSAGES

- Choose foods from every food group, every day.
- Teach kids healthy cooking. Find safe tasks for everyone in the kitchen.
- Wash your hands before, during and after cooking.
- Plan time to share more meals and memories as a family.



CHALLENGE YOURSELVES

This week we will...

Make a recipe from class at home.

What recipe will we make this week? _____

What food groups does it include? _____

What foods could we add to this meal or serve on the side to include all the food groups? _____

What are some ways everyone can help prepare the meal? _____

Plan to sit down as a family for one more meal than usual.

Which day will we all be at home during a mealtime? _____

What will we do to make our mealtime happy? _____

What are some of the things we will talk about? _____

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RECIPE
LESSON 1

MAKE YOUR OWN

Wraps

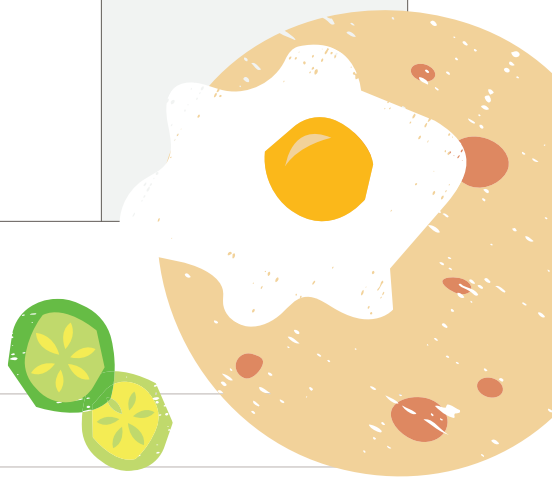
Fill with your favorite seasonal vegetables!

Each wrapper serves 1, 4 pinwheels each.

✓ flexible ✓ quick meal

WRAPPER +	VEGGIES +	PROTEIN +	GRAIN +	DIPS & SAUCES
1 WRAPPER	⅓ CUP	2 OUNCES OR ¼ CUP	⅓ CUP	TO TASTE
Whole wheat tortillas	Sliced tomato	Chicken or turkey (fully cooked)	Quinoa	Savory Greek Yogurt Dip
Whole wheat pita	Salad greens	Shrimp or fish (fully cooked)	Wild rice	Vegetable Dip
Rice paper	Avocado	Beans, lentils, pigeon peas, garbanzos or edamame	Barley	Peanut Dipping Sauce
Nori	Carrots	Eggs (any style)	Farro	Spicy Soy Dipping Sauce
Whole lettuce leaf	Radishes	Tofu	Bulgur	Honey Mustard Dip
Steamed collard greens	Cucumber	Deli meat		Bean Dip
Steamed cabbage	Red onions			
	Corn			
	Bell pepper			

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Notes

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INSTRUCTIONS

CHILD-FRIENDLY TASK

1. For wraps: Lay out flat on a plate. If using a rice paper wrapper, soak to soften according to package instructions.
2. For vegetables: Wash and cut into thin slices. If using herbs, pluck leaves off stems and tear into smaller pieces.
3. Make the dip or sauce.
4. For assembly, spread dip on the wrapper. Layer with vegetables, proteins and if using, cheese, grains or herbs.
5. Roll wrapper and toppings into a log shape. Use a knife to cut wrap in half or slice wrap into four "pinwheels."

TRY THESE COMBOS



GREEK-STYLE WRAPS

Whole wheat tortillas or pitas + sliced tomato, salad greens + 1–2 slices of cheese + 2 slices deli meat + Savory Greek Yogurt Dip



SUSHI-STYLE WRAPS

Nori wrapper + cucumber + avocado + carrots + canned fish + rice + spicy soy dipping sauce (¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 teaspoon minced jalapeño, ½ teaspoon ground ginger)



FRESH SPRING ROLL WRAPS

Rice paper wrapper + salad greens, radishes, carrots, red onions, chopped mint + tofu + peanut dipping sauce (¼ cup peanut butter, ⅓ cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, 1 Tablespoon sugar)



LETTUCE WRAPS

Whole lettuce leaf + avocado, tomato + ¼ cup beans like black or great northern + quinoa + Vegetable Dip

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CHEF'S TIPS

- Use any of your favorite seasonal vegetables in this wrap. Grate, chop or peel into thin slices before adding.
- For some vegetables like carrots or radishes, you can use a vegetable peeler to peel into long, thin strips.

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RECIPE
LESSON 1

Tuna Boats

15 minutes prep | **0** minutes cook | **4** servings

- egg-free
- kid-approved

INGREDIENTS

- ☐ 2 large cucumbers
- ☐ 1 lemon
- ☐ 1 celery stalk
- ☐ 2 green onions
- ☐ 1 (6-ounce) can low-sodium tuna, packed in water
- ☐ 1 (15½-ounce) can white beans
- ☐ 1 Tablespoon vegetable oil
- ☐ 1 Tablespoon Dijon or country mustard
- ☐ ¼ teaspoon salt
- ☐ ¼ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- ☐ 1 Tablespoon pickle relish

MATERIALS

- ☐ Box grater
- ☐ Can opener
- ☐ Colander
- ☐ Cutting board
- ☐ Fork
- ☐ Measuring spoons
- ☐ Medium bowl
- ☐ Sharp knife
- ☐ Small bowl
- ☐ Spoon
- ☐ Vegetable peeler

Nutrition Facts

4 servings per recipe
Serving size 1/2 cucumber and 6 ounces filling

Amount per serving
Calories 220

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 540mg	23%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 4mg	20%
Potassium 823mg	20%

*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. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions and celery.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, celery tuna, oil, mustard, salt, pepper, lemon zest and 2 Tablespoons of the lemon juice to beans. If using relish add now. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

CHEF'S TIPS

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top. Add chopped bell pepper or celery for extra nutrition and crunch. Try canned salmon, packed in water, instead of tuna.

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