COOKING MATTERS FOR KIDS

LEADING COURSES



Cooking Matters for Kids offers a fun curriculum for teaching kids how to make healthy choices and prepare food, either by themselves or with their families and friends. Each of the Cooking Matters course curricula uses the Dietary Guidelines for Americans as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety and food resource management. The Cooking Matters course curricula are recommended to be implemented in a six-week course format, teaching one lesson per week over six weeks. Cooking Matters course curricula focus on foods to teach these concepts. As a facilitator, in order to explain healthy eating habits, occasionally you may need to discuss the building blocks, or nutrients, that make up those foods, but the focus should always return to foods. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters graduates continue to practice improved eating habits, cooking techniques and food resource management skills they learned in class.

The curriculum included in this program has been designed and tested to ensure that kids are excited and engaged. However, no group of kids is the same, and you will likely want to make small adjustments to the lesson plans to ensure the course runs smoothly with your group. The following tips are drawn from feedback from past facilitators and can help you prepare for your course.

CURRICULUM SAMPLE

TIPS FOR FACILITATORS

You may need to slightly modify some activities or discussions to make them more appropriate for the ages of your participants. For example:

- Younger kids may benefit from doing activities verbally instead of reading questions on a handout and writing their answers. Engage younger kids as a group and write their verbal responses on flip-chart paper instead.
- Older kids will likely move through some of the activities and discussions at a faster pace. Review the teaching tips in each lesson for suggestions on how to increase the difficulty of a particular discussion, such as going more in depth on the different parts of the food label.
- If you are working with groups of mixed ages or ability levels, try breaking kids into two different groups for certain discussions or activities. Go more in depth with older kids to keep their interest while younger kids learn the basics.

TIP	Account for the age, maturity and literacy level of your group.

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

LESSON 1: YOU'RE THE CHEF

Goal

Introduce kids to basic principles of healthy eating and safe cooking.

Objectives

- Discuss the principle of eating from "every food group, every day"
- Practice sharing with their families what was learned in class
- Practice using knives safely
- Practice reading recipes and assembling recipe preparation for cooking
- Prepare a recipe with foods from at least three food groups

Suggested Activities

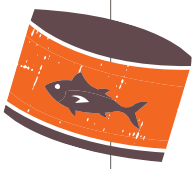
- Activity Name Game
- Fun with Food Groups
- Food Group Relay Race

Suggested Handouts

- Week One: You're the Chef
- Food Groups Your Way
- Knife Basics
- You're the Chef

Suggested Recipes

- Fruit Tarts
- Mini Pizzas
- Peanut Butter Pockets
- Tuna Boats



LESSON 2: COLORFUL FRUITS & VEGETABLES

Goal

Encourage kids to eat a variety of colorful fruits and vegetables.

Objectives

- Taste and describe unfamiliar fruits and vegetables
- Discuss the benefits of eating fruits and vegetables of many colors
- Practice sharing with their families what was learned in class
- Prepare a meal using colorful fruits and vegetables

Suggested Activities

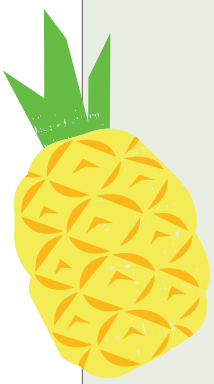
- Fruit Partner Games
- Name That Fruit or Vegetable
- Make Your Own Fruit Clowns
- Fruit and Vegetable Placemats
- Make Your Own Veggie Super Hero
- Your Vegetables, Your Way

Suggested Handouts

- Week Two: Colorful Fruits and Vegetables
- Taste Test: Name That Food
- Parts of the Plant

Suggested Recipes

- Black-Eyed Pea and Corn Salad
- Delicious Dips and Spreads
- Make Your Own Wraps
- Northwest Apple Salad
- Pineapple Carrot Muffins



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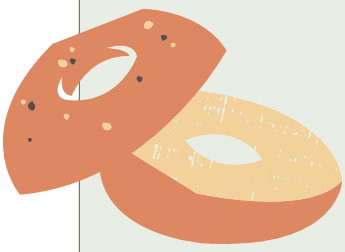
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COOKING MATTERS FOR KIDS: **AT A GLANCE**

LESSON 3: WHOLE GRAIN GOODNESS

Goal

Encourage kids to choose whole grains over refined grains and to eat breakfast every day.



Objectives

- Taste and describe whole grain foods
- Practice identifying whole grain foods by reading label ingredient lists
- Practice sharing with their families what was learned in class
- Discuss the benefits of eating breakfast every day
- Prepare a breakfast recipe that includes whole grains

Suggested Activities

- Food Riddles
- Jump Rope Challenge
- Name That Whole Grain

Suggested Handouts

- Week Three: Whole Grain Goodness
- Taste Test: Name That Food
- Great Whole Grains

Suggested Recipes

- Egg Burritos
- Granola
- Make Your Own Noodles
- Yogurt Parfait

LESSON 4: SUPER SNACKERS

Goal

Encourage kids to make healthy snack and beverage choices.

Objectives

- Practice reading food labels
- Taste and describe a variety of healthy beverages
- Practice sharing with their families what was learned in class
- Prepare simple snacks they can make at home on their own

Suggested Activities

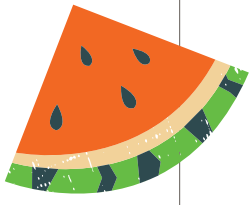
- Activity Ball Toss
- Fruit vs. Juice
- Imaginary Cooking
- Sugar Overload
- Healthy Drink Taste Test

Suggested Handouts

- Week Four: Smart Snackers
- Label Lingo
- Drink to Your Health
- Grab & Go

Suggested Recipes

- Make Your Own Smoothies
- Snacks in a Snap
- Super Sippers



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

LESSON 5: SUPER SHOPPERS

Goal

Encourage kids to make healthy choices away from home.

Objectives

- Practice making smart choices at the grocery store
- Practice identifying fruits, vegetables and whole grains when they are out to eat
- Practice sharing with their families what was learned in class
- Prepare healthier versions of popular fast foods

Suggested Activities

- Chair Dancing
- Supermarket Hot and Cold
- Can I Have This One?
- Supermarket Scavenger Hunt

Suggested Handouts

- Week Five: Super Shoppers
- Can I Have This One?
- Menu Makeover

Suggested Recipes

- Baked Flaked Chicken
- Mango Salsa
- Turkey Tacos
- Quick and Crisp

LESSON 6: KITCHEN HEROES

Goal

Celebrate kids' accomplishments in preparing meals and snacks with fruits, vegetables and whole grains.

Objectives

- Set goals to continue making healthy choices after the course is over
- Prepare healthier versions of celebration foods
- Celebrate their success in preparing healthy meals and snacks throughout the course

Suggested Activities

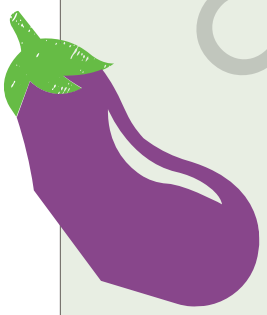
- Food Origins
- Color Coding
- Think Fast: True or False
- Cooking Matters Trivia

Suggested Handouts

- Week Six: Kitchen Heroes

Suggested Recipes

- Apple Crisp
- Black Bean and Vegetable Quesadillas
- Rolled Oat and Peanut Butter Cookies



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LESSON 2

Colorful Fruits & Vegetables

GOAL: Encourage kids to eat a variety of colorful fruits and vegetables.

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OBJECTIVES



- **Taste and describe unfamiliar fruits and vegetables**
- **Discuss the benefits of eating fruits and vegetables of many colors**
- **Practice sharing with their families what was learned in class**
- **Prepare a meal using colorful fruits and vegetables**

MATERIALS

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

SUGGESTED ACTIVITIES

- Fruit Partner Games
- Name That Fruit or Vegetable
- Make Your Own Fruit Clowns
- Fruit and Vegetable Placemats
- Make Your Own Veggie Super Hero
- Your Vegetables, Your Way

SUGGESTED HANDOUTS

- Week Two: Colorful Fruits and Vegetables
- Taste Test: Name That Food
- Parts of the Plant

SUGGESTED RECIPES

- Black-Eyed Pea and Corn Salad
- Delicious Dips and Spreads
- Make Your Own Wraps
- Northwest Apple Salad
- Pineapple Carrot Muffins

KEY MESSAGES

Try new fruits and vegetables — you never know what you might like!

Make your plate a rainbow. Choose fruits and vegetables of many different colors.

Share with your family what you learn about fruits and vegetables.



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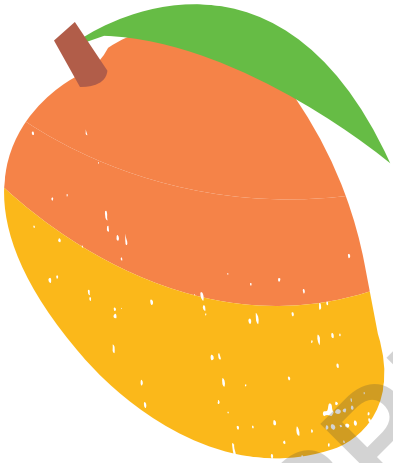
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Fruit Partner Games

ESTIMATED TIME:
10 MINUTES

MATERIALS

- A variety of fruits (fresh or models) for passing



IN CLASS

1. Have kids form pairs. Give a piece of fruit to each pair, naming the fruits as you pass them out.
2. Have paired kids stand back-to-back and explain that when you say go, they will pass the piece of fruit, by hand, to their partner as they twist from side to side. Each time a fruit is passed, the child releasing it should say one characteristic of the fruit (for example, if passing a red apple, participants may say red, crunchy or sweet).
3. In the middle of the activity, instruct kids to start passing the fruits over their shoulders, this time saying one way the fruit could be prepared or enjoyed in a meal or snack (e.g., plain, with yogurt, with peanut butter, in a parfait, in a salad) each time it is passed.
4. Alternate with new passes, such as bending and passing between the legs. Have kids exchange fruits as the game continues to avoid repeating the same characteristics and preparation ideas.
5. Have kids increase their speed as the activity progresses. When the activity is over, remind kids that exercise can be any form of movement.

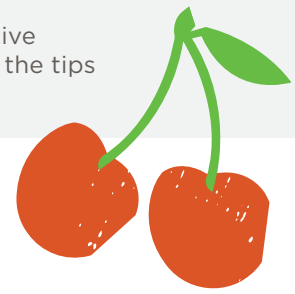
OPTIONAL

Consider playing music in the background during the activity, slowly increasing the tempo such that passing becomes more vigorous as the activity progresses.

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TIP

Consider using flip-chart paper to jot down a "word bank" of descriptive words kids can use for this activity. Suggested words can be found in the tips for the **Name That Fruit or Vegetable** activity.



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Make Your Own Fruit Clown Face

ESTIMATED TIME:
15 MINUTES

MATERIALS

- Paper plates, one for each child
- A variety of colorful fresh fruits, such as pineapple, blueberries, grapes, kiwi, strawberries, oranges, cantaloupe and raisins
- Small bowls
- Serving spoons
- Yogurt dip

IN ADVANCE

1. Rinse and cut the fruit into pieces.
2. Assemble your own Fruit Clown Face as an example for the class.
3. Pour the yogurt dip into small bowls for sharing, and place a serving spoon in each bowl.

IN CLASS

1. Display cut fruits and materials on a table where everyone can reach them.
2. Encourage kids to use as many different color fruits as possible to make their clown face.
3. When kids are finished, ask them to share their creation with the group and answer questions such as:
   - How many different color fruits did you choose? Which ones?
   - Which of your clown's fruits are you most excited to eat?
   - Which of your clown's fruits have you never tried before?
   - Why is your Fruit Clown Face good for you to eat?
4. Pass out the yogurt dip. Invite kids to eat and enjoy their Fruit Clown Faces.

TIPS

- Substitute produce that is in season or on sale, if needed.
- Consider preparing dips from the **Delicious Dips and Spreads** recipe, rather than using store-bought dips. Invite kids to help prepare the dips for this activity, or tell them they will have an opportunity to make these dips in another lesson.



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RECIPE
LESSON 2

Black-Eyed Pea and Corn Salad

9 ingredients | **10** minutes prep | **10** servings

- no-cook
- crowd-friendly

INGREDIENTS

- ☐ 1 medium bell pepper
- ☐ 1 small red onion
- ☐ 1 (15½-ounce) cans black-eyed peas
- ☐ 1 (15¼-ounce) can corn kernels, no salt added
- ☐ 3 Tablespoons vegetable oil
- ☐ 1 lime or lemon
- ☐ 1 teaspoon cumin
- ☐ ¼ teaspoon salt
- ☐ ½ teaspoon ground black pepper

OPTIONAL INGREDIENTS

- ☐ ¼ cup fresh cilantro leaves

MATERIALS

- ☐ Can opener
- ☐ Colander
- ☐ Cutting board
- ☐ Large bowl
- ☐ Measuring spoons
- ☐ Mixing spoon
- ☐ Sharp knife

Nutrition Facts

10 servings per recipe

Serving size 3/4 cup

Amount per serving

Calories 130

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 237mg	6%

*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.

CURRICULUM SAMPLE



INSTRUCTIONS

CHILD-FRIENDLY TASK

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.
4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

CHEF'S TIPS

- Dried black-eyed peas may be cheaper than canned. Cook according to package directions.
- Try chilling the salad and serving over greens.
- Use vinegar you have on hand. Cider, red or white wine vinegar all work well.
- When corn is in season, you can use fresh in place of canned. Wash 4 ears of corn, remove kernels from the cob.

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RECIPE
LESSON 2

Northwest Apple Salad

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

- crowd-friendly
- quick snack

INGREDIENTS

- ☐ 2 medium Granny Smith apples
- ☐ 2 Tablespoons dried fruit, such as raisins or dried cranberries
- ☐ 2 Tablespoons plain low-fat yogurt
- ☐ 1 Tablespoon whole, chopped walnuts
- ☐ 1 teaspoon ground cinnamon

OPTIONAL INGREDIENTS

- ☐ 1 Tablespoon honey
- ☐ 1 small carrot

MATERIALS

- ☐ Cutting board
- ☐ Measuring spoons
- ☐ Medium bowl
- ☐ Sharp knife
- ☐ Small skillet (optional)
- ☐ Box grater (optional)

Nutrition Facts

4 servings per recipe
Serving size 3/4 cup

Amount per serving
Calories 80

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 155mg	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.

CURRICULUM SAMPLE



INSTRUCTIONS

CHILD-FRIENDLY TASK

1. Rinse and remove cores from apples. Do not peel. Thinly slice OR dice onto 1-inch pieces. Place in medium bowl.
2. Grate carrot (if using) and add to apples.
3. Add dried fruit, cinnamon and yogurt to bowl. Mix well.
4. Add chopped nuts to bowl. If using, add honey. Toss and serve.

CHEF'S TIPS

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts. To make this dish nut-free, use sunflower seeds instead.
- Toasting nuts can make them more flavorful. In a small skillet over medium heat, toast nuts until golden and fragrant, about 2 minutes. Watch closely so they do not burn. Remove from pan and let cool before using.

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