COOKING MATTERS FOR TEENS

FACILITATOR GUIDE COMPONENTS



Your Cooking Matters course facilitator guide includes six lesson plans and is organized to be implemented as six separate lessons across six weeks. Each lesson section consists of:

- Lesson plan
- Suggested activities in the order referenced within the lesson plan
- Suggested handouts in the order referenced within the lesson plan
- Suggested recipes in alphabetical order

GOAL

Each lesson has an overarching goal that is supported by the lesson objectives.

OBJECTIVES

Objectives describe what teens should do within each lesson to meet the goal, with a specific focus on choosing and preparing nutritious foods in a safe manner. While the exact approach you take may vary, aim to meet all lesson objectives at some point during the course.



MATERIALS

The specific materials needed to conduct the lesson are listed on the first page of the lesson plan.

SUGGESTED HANDOUTS

Handouts provide information that can guide discussions about healthy eating and cooking and give suggestions for at-home practice. The participant and facilitator guides include an identical set of handouts. Introduce teens to these handouts during class so that they feel comfortable using them as a resource at home, while keeping the sessions as interactive as possible.

SUGGESTED RECIPES

The recipes in Cooking Matters for Teens are low-cost, can be made using common kitchen equipment and are designed to emphasize the nutrition messages learned in class. Additional recipes can be found at cookingmatters.org/recipe-finder.

TIPS

Corresponding to a specific discussion outlined in the lesson, tips are found throughout:

TIPS The "Tips" box indicates a way to synchronize the cooking session with other lesson activities, keep the class on schedule or redirect the class based on the age or interest level of your group.

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LESSON 2

Fabulous Fruits & Vegetables

GOAL: Encourage teens to eat more fruits and vegetables and choose beverages with less added sugar.

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OBJECTIVES



- **Taste and describe a variety of fruits and vegetables**
- **Prepare a meal using colorful fruits and vegetables**
- **Practice reading food labels**
- **Taste and describe a variety of beverages with less added sugar**

MATERIALS

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

SUGGESTED ACTIVITIES

- Name that Fruit or Vegetable
- Sugar Overload
- Healthy Drinks Taste Test

SUGGESTED HANDOUTS

- Taste Test: Name that Food
- Vary Your Fruits and Vegetables
- Label Lingo
- Drink to Your Health
- Week Two: Take the Challenge!

SUGGESTED RECIPES

- Delicious Dips & Spreads
- Make Your Own Smoothies
- Make Your Own Stir-Fry
- Make Your Own Wraps
- Super Sippers
- Turkey Chili

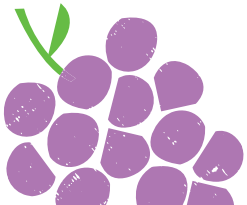
INTRODUCTION (10 MINUTES)



1. Welcome everyone back. Ask teens to recall what they learned in last week's class. Have them volunteer to share their experiences completing a weekly challenge.
2. Explain that this week we are going to taste a variety of fruits and vegetables and learn how to cook with them, including a special cooking challenge to test what we learned last week. We are also going to taste several delicious beverages that we can make ourselves at home.



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Sugar Overload

ESTIMATED TIME:
10 MINUTES

MATERIALS

- Empty cans or bottles of a variety of popular sugary beverages
- Clear plastic cups, one for each empty can or bottle
- Bag of sugar
- Teaspoon
- Calculator

Use empty containers to avoid having teens ask if they can drink them when the activity is done.



HANDOUTS

- Label Lingo
- Drink to Your Health

IN ADVANCE

1. Collect a variety of empty containers for popular sugary beverages, for example, sodas, fruit-flavored drinks, sweet tea, vitamin water, chocolate milk and sports drinks. Consider covering the brand name or using a picture of a Nutrition Facts label for a non-branded product to avoid brand bias.
2. Set out the empty bottles for the beverages.
3. Write the following on flip-chart paper:

Grams of sugar in one serving	**x**	**Number of servings**	**=**	**Grams of sugar in total package**
Grams of sugar in total package	**x**	**4**	**=**	**Teaspoons of sugar**

IN CLASS

1. ASK: What do you normally drink when you're thirsty? What do you drink with meals and snacks? Point out the display of commonly consumed drinks. ASK: How would you decide which of these drinks has the least added sugar? Explain that many popular drink choices are loaded with added sugar, and we can use labels to find out which choices have less sugar.
2. Refer to the **Label Lingo** handout and show teens the Nutrition Facts panel on one of the drink containers. Have teens point out the difference between one serving and the number of servings in a container. Demonstrate how to calculate the amount of sugar in the entire container and the equivalent amount of teaspoons of sugar.
3. Have teens work in pairs. Assign each pair one of the empty beverage containers. If possible, make it the beverage they said they drink most often. Ask teens to read the Nutrition Facts panel for their beverage, determine the grams of sugar in the entire container, then calculate the equivalent amount of teaspoons of sugar. If necessary, have them use the calculator. Have teens scoop the teaspoons of sugar calculated for their drinks into an empty plastic cup and place it in front of the corresponding empty beverage container.

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TIP Be prepared to help teens with the math to move the activity along.

4. Compare the results and discuss impressions. Point out that many popular beverages are very high in sugar and take the place of other drinks that are good for our bodies, like milk and water. Refer to the **Drink to Your Health** handout to prompt a discusssion about substitutions for beverages high in sugar. As needed, explain that most of the sugar in popular drinks is added sugar. If a drink is made with fruit juice or milk, some of the sugar may be natural sugar, but 100% juice and plain milk do not contain added sugar.

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WEEK TWO:

Take the Challenge

Pick the challenge you will try this week.
Or, write down one of your own!



CHALLENGES	
Make a recipe using at least three different colors of fruits and vegetables.	Make one of the homemade low-sugar drinks you made in class.
Try a fruit or vegetable you've never tasted.	Teach a friend or family member how to read a food label.
Make a meal using a cooking technique or tool you learned about in class this week.	Drink a glass of milk or water instead of a sugary drink at least once this week.





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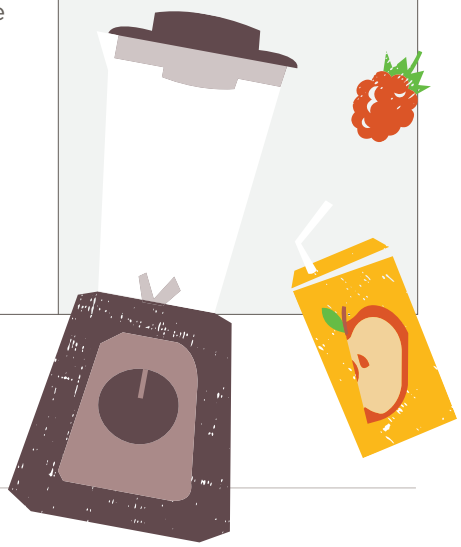
MAKE YOUR OWN

Smoothies

Smoothies are easy and can be made to your liking!

Mix in your favorite seasonal fruits and vegetables. ✓ **flexible** ✓ **kid-approved**

FRUIT OR VEGGIE +	LIQUID +	FLAVOR +	THICKENER
½ CUP TOTAL SLICED/ CHOPPED, FRESH OR FROZEN	**½ CUP**	**OPTIONAL**	**UP TO ½ CUP**
Bananas	Apple juice, 100% juice	Ground cinnamon (up to ½ tsp)	Ice
Strawberries	Orange juice, 100% juice	Vanilla extract (up to ½ tsp)	Avocado
Raspberries, whole	Cranberry juice, 100% juice	Zest from lemon, lime or orange (up to ½ tsp)	Yogurt
Blueberries, whole	Milk, plain	Honey or maple syrup (1 Tbsp)	Silken tofu
Peach	Plain soy milk	Coconut flakes, unsweetened (1 Tbsp)	
Mango	Almond milk	Nut or seed butter (1 Tbsp)	
Pineapple			
Spinach			
Passion fruit			



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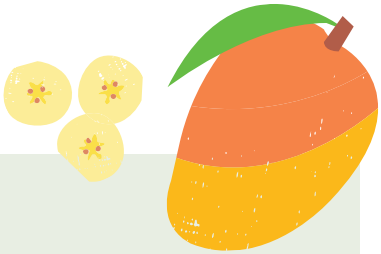
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INSTRUCTIONS

1. Add ingredients from each column to blender.
2. Blend until thick and smooth. Makes one serving.



TRY THESE COMBOS



VERY BERRY

½ cup mixture of strawberry, blueberry and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice



BANANA-STRAWBERRY

½ cup sliced banana and strawberry + ¼ cup apple juice + ¼ cup milk + ¼ cup plain yogurt + 1 tsp honey



TROPICAL SUNRISE

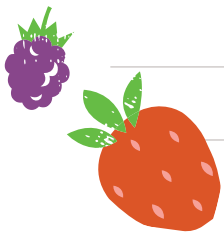
½ cup mixture of banana and mango + ½ cup milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice

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CHEF'S TIPS

- Use milk, tofu or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

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RECIPE
LESSON 2

MAKE YOUR OWN

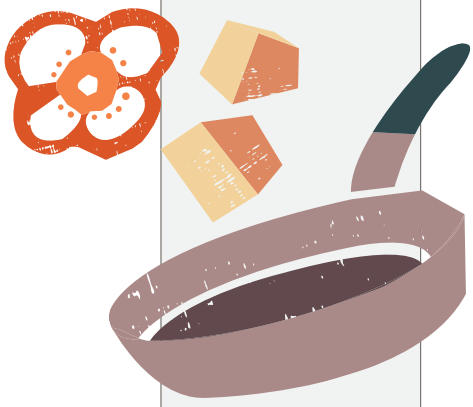
Stir-Fry

Want a quick weeknight meal? Try a stir-fry!

Stir-fries are a great way to use veggies. Choose ingredients and follow the directions below to make a tasty meal for four.

- flexible
- crowd-friendly

VEGGIES +	PROTEIN +	FLAVOR +	SAUCE +	GRAIN
2–3 CUPS TOTAL, ANY COMBO	**VARIED**	**OPTIONAL**	**CHOOSE ONE RECIPE BELOW**	**1 CUP DRY**
Bell pepper, sliced Carrots or celery, sliced Snow peas, sugar snap peas or green beans, trimmed Broccoli or cauliflower florets Mushrooms or onion, sliced Zucchini or yellow squash, sliced Cabbage, thinly sliced Canned water chestnuts, rinsed and drained	Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-size pieces (1 pound) Sirloin or flank steak, trimmed and cut into bite- size pieces (1 pound) Pork tenderloin or boneless loin chops, trimmed and cut into bite-size pieces (1 pound) Extra-firm tofu, drained and cut into 1-inch cubes (14-ounce package) Frozen edamame (soy beans), thawed and drained (2 cups)	Minced garlic (1 Tbsp) Minced ginger (1 Tbps or ½ teaspoon ground ginger) Jalapeño (1 Tbsp)	Peanut Sauce Spicy Soy Sauce Lemon Stir-Fry Sauce	Brown rice Whole grain couscous Instant barley Rice noodles or whole grain pasta



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INSTRUCTIONS

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high heat, heat 1 Tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4–6 minutes. Transfer to a plate.
3. Add vegetables to skillet. Start with harder vegetables first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer vegetables (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be 5–10 minutes depending on vegetables used.
4. If using garlic and/or ginger or jalapeño add to skillet when all vegetables are soft. Stir until fragrant, about 30 seconds.
5. In a small bowl, make the sauce. Choose one of the sauces from below.
6. Add sauce to pan to heat and thicken. Continually stir sauce until desire thickness, 1–2 minutes. If sauce becomes too thick add small amounts of water to thin out. If sauce is too thin, add about 1 tablespoon of cornstarch slurry (equal parts water and cornstarch mixed together). Cook until thickened, about 1–2 minutes.
7. Stir cooked meat or poultry into vegetable mixture. Serve stir-fry over cooked grains.

TRY THESE SAUCES



PEANUT SAUCE

In a small bowl, stir together ¼ cup peanut butter, ⅓ cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar and 1 Tablespoon sugar.



SPICY SOY SAUCE

In a small bowl, stir together ¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeño and ½ teaspoon ground ginger.



LEMON STIR-FRY SAUCE

In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce and 2 teaspoons cornstarch.

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