

# SEE-LA's Farm to Table Program presents - Good Cooking

## A Six-Session Nutrition and Cooking Class Curriculum

Session	Course Contents	<i>Participants will:</i>
Week 1	<p><b><i>GRAINS: A Strong Foundation</i></b>  <b>Lesson:</b> The Food Pyramid; Fiber  <b>Recipe Sample:</b> Rice Pilaf with Corn and Roasted Chiles  <b>Handouts:</b> Food Pyramid; Beyond Oatbran; whole grain graphic; Shop at Your Farmers' Market  <b>Pamphlets:</b> Quick &amp; Easy Meals for Busy People; Discover the Secret of 5-a-Day Cookbook</p>	<ul style="list-style-type: none"> <li>• Prepare a dish featuring whole grains</li> <li>• Recognize the Food Guide Pyramid as a guide for daily eating; take a look at other types of pyramids</li> <li>• Explain how grains add to our health</li> <li>• Talk about the two kinds of fiber</li> <li>• How much food from the grains group you should eat each day</li> </ul>
Week 2	<p><b><i>FRUIT: Sweet Beginnings</i></b>  <b>Lesson:</b> Reading Food Labels  <b>Recipe Sample:</b> Peach-Nectarine Shake  <b>Handouts:</b> Choosing Nutritious Snacks; 10 Ways to Get Your Kids to Eat More Fruits and Vegetables  <b>Pamphlets:</b> How to Buy Fresh Fruits; Fruit Recipes</p>	<ul style="list-style-type: none"> <li>• Prepare a dish using fresh, seasonal fruit</li> <li>• Explain how fruits add to our health</li> <li>• Choose healthier fruit products by reading the food label on packages (focus on sugar, fiber &amp; identifying 100% juice)</li> <li>• Show how much fruit you should eat each day</li> </ul>
Week 3	<p><b><i>VEGETABLES: A Major Building Block for Good Eating</i></b>  <b>Lesson:</b> Sodium and Other Sources of Flavor  <b>Recipe Sample:</b> Stew of Summer Vegetables (Ratatouille)  <b>Handouts:</b> Building a Healthy Salad; Eat More Vegetables and Fruits; Get 5 Servings a Day; Storing Fresh Fruits and Vegetables; Read the Food Label for Sodium; Sodium in Foods  <b>Pamphlets:</b> How to Buy Fresh Vegetables; Vegetable Recipes</p>	<ul style="list-style-type: none"> <li>• Prepare a dish using fresh, seasonal vegetables</li> <li>• Try fresh herbs to add natural flavor to vegetable dishes</li> <li>• Explain how vegetables protect our health</li> <li>• Choose healthier vegetables by reading the food label on packages (focus on sodium &amp; fats)</li> <li>• Show how many vegetables you should eat each day</li> <li>• How to eat at least three servings of vegetables every day</li> <li>• Talk about sodium and how to cut down on salt/sodium in-take</li> </ul>
Week 4	<p><b><i>PROTEIN: Cutting the Fat I (Meat, Fish, Protein)</i></b>  <b>Lesson:</b> Eating Less Fat; Choosing Proteins with Less Fat  <b>Recipe Sample:</b> Basic Chicken Stir-Fry  <b>Handouts:</b> Tips for Preparing and Serving Meat with Less Fat; Protein information sheet; Eat Less Fat  <b>Pamphlets:</b> Fast and Easy Meals: 1 Serving of Beans Every Day; Shop, Cook, and Eat Lean</p>	<ul style="list-style-type: none"> <li>• Make a dish using protein-rich food that is low in fat</li> <li>• Explain what meats, fish, eggs, beans, nuts &amp; seeds add to our health</li> <li>• Recognize foods high in saturated fat</li> <li>• Choose lower fat foods in this group (focus on saturated fat &amp; cholesterol)</li> <li>• Choose cooking methods that cut the fat</li> <li>• Show how much food from this group you should eat each day</li> </ul>
Week 5	<p><b><i>DAIRY: Cutting the Fat II (Dairy /Calcium-rich Foods)</i></b>  <b>Recipe Sample:</b> Fresh Herb Pesto  <b>Lesson:</b> Move to 1% or Less; Getting your calcium without the fat  <b>Handouts:</b> Choosing Foods with Less Fat; Calcium percentages in different foods; Good Eating Habits  <b>Pamphlets:</b> Easy Steps to Healthy Eating and Physical Activity</p>	<ul style="list-style-type: none"> <li>• Make a dish rich in calcium using low-fat dairy products</li> <li>• Explain what dairy foods add to our health</li> <li>• Identify non-dairy foods rich in calcium</li> <li>• Choose low-fat dairy products (focus on 1% milk &amp; fats)</li> <li>• Show how much food from the dairy group you should eat each day</li> </ul>
Week 6	<p><b><i>CELEBRATE: Celebrate Food!</i></b>  <b>Handouts:</b> Class evaluation; Food Pyramid quiz; certificates (Graduation/Participation); Market Money  <b>Pamphlets:</b> RECIPE BOOKS given to Graduates</p>	<ul style="list-style-type: none"> <li>• Prepare a snack or dessert &amp; beverage that uses less sugar &amp; fat</li> <li>• Look at high fat/sugar foods belonging in the tip of the pyramid</li> <li>• Introduce meal planning ideas to cook meals w/variety &amp; balance</li> <li>• Honor "Farm to Table" Good Cooking graduates with Certificates of Completion, recipe books, potluck, and/or trip to the market</li> </ul>