



SHARE OUR STRENGTH'S
**COOKING
MATTERS™**
NO KID HUNGRY

Dear *Cooking Matters for Families* Volunteer:

Welcome to *Cooking Matters for Families*, our cooking-based nutrition education course for parents and children together! We're so happy to have you as a volunteer.

To assist you with your planning, we have put together "lesson previews" for each of the 6 lessons in this course. These previews will give you a high-level overview of each lesson, including the goals, objectives, and key messages to be covered in class. Please note that the previews are not intended to replace the more detailed lesson plans, but rather to complement them. They are intended to give you the "big picture" of each lesson before you dive deeper into the specific talking points and activity instructions in the lesson plans.

Keep in mind that each lesson is packed with discussions and activities to reinforce our key messages, but you can make changes to the discussions or activities as needed to deliver this content appropriately to your specific audience. For example, you may change the order of activities, choose alternate activities from the activity bank, spend more time on a particular discussion point of interest to the entire class, or make other adjustments. Just be sure you cover all the required components noted in the lesson preview at some point during the course, and discuss any modifications you'd like to make with your Course Coordinator in advance. This will help ensure the relevance of our course evaluation data and the consistent delivery of our main messages in every Cooking Matters course throughout the country.

If you need any additional resources as you plan your lessons, please contact your Course Coordinator. Thank you again for your participation in this course!

With sincere gratitude,
The Cooking Matters Staff



Cooking Matters for Families **Lesson One: Cooking Side by Side**

Goal

The **goal** of this lesson is to encourage families to work together to make healthy meals that everyone in the family will enjoy.

Objectives

To accomplish this goal, we have set the following **objectives**. These are things that families are expected to **do** within this lesson:

1. **Practice classifying foods into MyPlate food groups.** This helps families recognize the food groups to which different foods belong, so that they can practice eating from “every food group, every day.”
2. **Discuss safe, age-appropriate tasks for kids in the kitchen.** This helps families recognize ways that all family members can work together safely in the kitchen.
3. **Practice using knives safely.** This helps build families’ skills preparing food together safely.
4. **Discuss strategies to share more meals together.** This helps families recognize ways that they can find time to eat together as a family.

Key Messages

To ensure families use what they’ve learned when they go home, we ask you to reinforce **key messages** corresponding to the above objectives. Look for ways to reinforce these messages throughout your discussions and activities, and always close discussions and activities by driving these messages home:

- 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.

Required Lesson Components

You may make changes to the lesson plans as needed, but be sure you cover the following:

- Have families fill out required paperwork.
- Make introductions.
- Discuss MyPlate themes.
- Have families practice classifying foods into food groups.
- Discuss and practice working together in the kitchen and choosing safe, age-appropriate roles.
- Practice hand washing, knife safety, and preparing a meal together.
- Discuss strategies for eating together as a family.
- Review the challenge activities and give families time to choose and plan out a challenge together.
- Pass out groceries.

Cooking Matters for Families
Lesson Two: Try It, You'll Like It!



Goal

The **goal** of this lesson is to encourage families to incorporate more fruits, vegetables, and whole grains into their meals.

Objectives

To accomplish this goal, we have set the following **objectives**. These are things that families are expected to **do** within this lesson:

1. **Discuss ways to help kids develop good eating habits.** This helps families understand appropriate, successful ways to help kids form healthy habits.
2. **Discuss the pros and cons of using different forms of fruits and vegetables.** This helps families recognize the benefits of fruits and vegetables of various forms. It also helps families understand that eating fruits and vegetables doesn't have to be expensive.
3. **Practice identifying whole grain foods by reading label ingredient lists.** This helps build families' confidence and skills for identifying whole grain foods.
4. **Discuss ways to include more fruits, vegetables, and whole grains in family meals.** This helps families recognize ways they can eat more fruits, vegetables, and whole grains each day.

Key Messages

To ensure families use what they've learned when they go home, we ask you to reinforce **key messages** corresponding to the above objectives. Look for ways to reinforce these messages throughout your discussions and activities, and always close discussions and activities by driving these messages home:

- Let kids learn by serving themselves.
- They take their lead from you. Eat healthy foods and your kids will too.
- Make at least half of your grains whole.
- Keep a variety of fruits and vegetables in the house to add to meals and snacks.

Required Lesson Components

You may make changes to the lesson plans as needed, but be sure you cover the following:

- Briefly review last week's topics and have families share their experiences completing the challenges.
- Lead kids in a tasting activity while parents discuss ways to help kids develop good eating habits.
- Discuss the pros and cons of various forms of fruits and vegetables.
- Have families practice identifying whole grain foods by reading label ingredient lists.
- Have families prepare a meal together.
- Discuss strategies for including more fruits, vegetables, and whole grains in family meals.
- Review the challenge activities and give families time to choose and plan out a challenge together.
- Pass out groceries.



Cooking Matters for Families **Lesson Three: Healthy Starts at Home**

Goal

The **goal** of this lesson is to encourage families to prepare more meals and snacks at home.

Objectives

To accomplish this goal, we have set the following **objectives**. These are things that families are expected to **do** within this lesson:

1. **Practice reading food labels.** This helps build families' confidence and skills reading food labels and identifying healthier choices.
2. **Practice identifying healthy snacks that include at least two food groups.** This helps build families' confidence and skills for choosing balanced, healthy snacks.
3. **Practice identifying healthier choices when eating away from home.** This helps build families' confidence and skills identifying healthier menu choices when out to eat.
4. **Prepare healthier versions of popular convenience foods.** This helps build families' confidence that they can make their own tasty, healthier version of the convenience foods they enjoy at home.

Key Messages

To ensure families use what they've learned when they go home, we ask you to reinforce **key messages** corresponding to the above objectives. Look for ways to reinforce these messages throughout your discussions and activities, and always close discussions and activities by driving these messages home:

- Read food labels to make smart food choices.
- Choose healthy snacks with at least two food groups.
- Make healthy choices when eating away from home.
- Try making healthier versions of your favorite fast-food meals and snacks at home.

Required Lesson Components

You may make changes to the lesson plans as needed, but be sure you cover the following:

- Briefly review last week's topics and have families share their experiences completing the challenges.
- Have families practice reading food labels.
- Discuss that healthy snacks include at least two food groups, and have families identify healthy snacks.
- Discuss strategies for making healthier choices when eating away from home. Have families identify healthier menu items.
- Have families prepare healthier versions of convenience foods together.
- Review the challenge activities and give families time to choose and plan out a challenge together.
- Pass out groceries.



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Cooking Matters for Families **Lesson Four: The Power of Planning**

Goal

The **goal** of this lesson is to help families prepare quick, healthy meals at home.

Objectives

To accomplish this goal, we have set the following **objectives**. These are things that families are expected to **do** within this lesson:

1. **Practice planning a family meal using strategies learned in class.** This helps build families' confidence and skills for planning healthy, budget-friendly meals as a family.
2. **Discuss strategies to eat breakfast every day.** This helps break down families' barriers to eating breakfast more often.
3. **Discuss ways to save time when making meals at home.** This helps families see that making meals at home is a realistic alternative to choosing convenience foods.
4. **Practice making simple recipe changes.** This helps build families' confidence and skills making small recipe changes to make a recipe work better for them.

Key Messages

To ensure families use what they've learned when they go home, we ask you to reinforce **key messages** corresponding to the above objectives. Look for ways to reinforce these messages throughout your discussions and activities, and always close discussions and activities by driving these messages home:

- Plan meals and snacks using ideas from the whole family.
- Take a few minutes to break for breakfast each day.
- Make small changes to recipes to make them work for your family.

Required Lesson Components

You may make changes to the lesson plans as needed, but be sure you cover the following:

- Briefly review last week's topics and have families share their experiences completing the challenges.
- Have families practice planning a family meal together.
- Introduce the idea of using recipes as a framework that can be adjusted as needed.
- Discuss strategies to eat breakfast every day.
- Discuss ways to save time when making meals at home.
- Have families practice making small recipe changes while preparing a meal together.
- Review the challenge activities and give families time to choose and plan out a challenge together.
- Pass out groceries.



Cooking Matters for Families **Lesson Five: Active Families**

Goal

The **goal** of this lesson is to encourage families to make healthy choices about beverages and physical activity.

Objectives

To accomplish this goal, we have set the following **objectives**. These are things that families are expected to **do** within this lesson:

1. **Discuss physical activities that can be done as a family.** This helps families recognize the variety of ways that they can be active together.
2. **Taste and describe a variety of healthy beverages.** This helps families develop positive attitudes and increase preferences towards healthier drinks.
3. **Discuss the benefits of choosing low-fat dairy foods.** This helps families develop positive attitudes towards choosing low-fat dairy foods.

Key Messages

To ensure families use what they've learned when they go home, we ask you to reinforce **key messages** corresponding to the above objectives. Look for ways to reinforce these messages throughout your discussions and activities, and always close discussions and activities by driving these messages home:

- Get moving! Plan time for the whole family to be active together.
- Drink smart to play hard. Choose water, low-fat milk, or home-made healthy drinks.

Required Lesson Components

You may make changes to the lesson plans as needed, but be sure you cover the following:

- Briefly review last week's topics and have families share their experiences completing the challenges.
- Discuss physical activities that can be done as a family.
- Conduct a taste test of healthy drinks to increase preferences for healthier beverages.
- Discuss the benefits of choosing low-fat dairy foods.
- Have families prepare a meal together.
- Review the challenge activities and give families time to choose and plan out a challenge together.
- Pass out groceries.



Cooking Matters for Families **Lesson Six: Celebrating Our Success**

Goal

The **goal** of this lesson is to celebrate families' accomplishments and progress in working together to plan and prepare healthy meals.

Objectives

To accomplish this goal, we have set the following **objectives**. These are things that families are expected to **do** within this lesson:

1. **Review principles of making smart food choices, planning and preparing meals together, and maximizing food resources.** This helps families recognize all that they have learned throughout this course.
2. **Celebrate success in planning and preparing healthy meals as a family.** This helps families feel recognized and proud of all that they have accomplished in this course.
3. **Set goals as a family to continue using these lessons after the course ends.** This helps families think about ways they can continue putting into practice what they have learned following the course.

Key Messages

To ensure families use what they've learned when they go home, we ask you to reinforce **key messages** corresponding to the above objectives. Look for ways to reinforce these messages throughout your discussions and activities, and always close discussions and activities by driving these messages home:

- Congratulations! Be proud of yourselves and the changes you have made using what you learned in class.
- Keep it up! Continue putting your new skills into action at home.
- Decide together on small changes to make each week. Start with one or two right now!

Required Lesson Components

You may make changes to the lesson plans as needed, but be sure you cover the following:

- Briefly review last week's topics and have families share their experiences completing the challenges.
- Help families review principles of making smart food choices, planning and preparing meals together, and maximizing food resources.
- Work with families to complete required paperwork.
- Have families prepare a meal together.
- Lead families in a graduation ceremony and celebrate their successes in this course.
- Guide families in setting goals for using what they have learned following the course.
- Pass out groceries.