



Dear *Cooking Matters for Teens* Volunteer:

Welcome to *Cooking Matters for Teens*, our cooking-based nutrition education course for sixth through twelfth grade kids. 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 Teens

Lesson One: Teens Cook

Goal

The **goal** of this lesson is to introduce teens to basic principles of safe cooking and healthy eating.

Objectives

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

1. **Practice using knives safely.** This helps build teens' skills using knives safely to prepare food.
2. **Practice reading recipes and *mise en place* in preparation for cooking.** This helps build teens' skills and confidence reading recipes and preparing for cooking.
3. **Prepare a recipe with foods from at least three food groups.** This helps build teens' skills and confidence preparing food. It also helps reinforce the message of eating foods from multiple food groups at each meal.
4. **Discuss the benefits of making healthy food choices.** This helps teens recognize the ways in which making healthy food choices can benefit their lives – not just in the future, but right now!

Key Messages

To ensure teens 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:

- Be safe! Practice the knife skills you learn in class.
- Before you start cooking, read the recipe from start to finish and be sure you have what you need to make it.
- Eat from every food group, every day.
- Make healthy choices to stay energized, do better in school and sports, and to feel and look your best.

Required Lesson Components

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

- Make introductions.
- Work with teens to create a Code of Conduct.
- Discuss MyPlate messages (e.g., eating from all five food groups each day, making half your plate fruits and vegetables).
- Have teens practice reading recipes and *mise en place*.
- Have teens practice hand washing, knife safety, and preparing a meal together using multiple food groups.
- Discuss the benefits of healthy eating for teens' lives right now.
- Introduce the Extreme Food Makeover.
- Review the weekly challenge activities and encourage teens to complete them.



Cooking Matters for Teens **Lesson Two: Fabulous Fruits and Veggies**

Goal

The **goal** of this lesson is to encourage teens to eat more fruits and vegetables and choose healthy beverages.

Objectives

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

1. **Taste and describe a variety of fruits and vegetables.** This helps teens develop positive attitudes towards trying new foods and eating a variety of fruits and vegetables.
2. **Prepare a meal using colorful fruits and vegetables.** This helps build teens' skills and confidence preparing food. It also helps reinforce the message of eating a variety of colorful fruits and veggies.
3. **Practice reading food labels.** This helps build teens' skills reading labels to make healthier choices about foods and drinks.
4. **Taste and describe a variety of healthy beverages.** This helps teens develop positive attitudes towards drinking beverages that are low in sugar.

Key Messages

To ensure teens 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:

- Try new fruits and vegetables – you never know what you might like!
- Choose fruits and vegetables of many different colors.
- Try making your own drinks at home. When you're out, check the labels and choose drinks with less sugar.

Required Lesson Components

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

- Have teens share their experiences completing the challenge activities.
- Lead teens in a tasting activity to try a variety of fruits and vegetables.
- Have teens prepare a meal together using colorful fruits and vegetables.
- Have teens practice reading food labels to identify drinks with less sugar.
- Have teens prepare homemade healthy beverages.
- Have teens review their makeover meal using the lessons learned in class.
- Review the weekly challenge activities and encourage teens to complete them.



Cooking Matters for Teens **Lesson Three: Whole Grain Goodness**

Goal

The **goal** of this lesson is to encourage teens to choose whole grains and to eat breakfast more often.

Objectives

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

1. **Taste and describe a variety of whole grain foods.** This helps teens develop positive attitudes towards trying new foods and eating whole grains.
2. **Prepare a variety of breakfast foods.** This helps build teens' skills and confidence preparing food. It also helps reinforce the message that eating breakfast can be tasty, quick, and easy.
3. **Practice identifying whole grain foods by reading label ingredient lists.** This helps build teens' skills identifying whole grain foods so they can make healthier choices.

Key Messages

To ensure teens 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 whole grains as often as you can.
- Check the ingredients list to be sure you're eating a whole grain.
- Power up each morning with a healthy breakfast.
- If you're in a hurry, choose quick breakfasts that can be made in 5 minutes or less. Or, heat up leftovers from a healthy meal.

Required Lesson Components

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

- Have teens share their experiences completing the challenge activities.
- Lead teens in a tasting activity to try a variety of whole grain foods.
- Have teens prepare a variety of breakfasts together. Include breakfast options that use whole grains and that can be made in 5 minutes or less.
- Discuss the importance of eating breakfast.
- Have teens practice identifying whole grains by reading label ingredient lists.
- Have teens review their makeover meal using the lessons learned in class.
- Review the weekly challenge activities and encourage teens to complete them.



Cooking Matters for Teens **Lesson Four: You're the Chef**

Goal

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

Objectives

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

1. **Prepare a meal using lean cooking techniques.** This helps build teens' skills and confidence preparing food. It also helps reinforce the message to use lean ingredients and cooking methods.
2. **Practice identifying healthier choices when out to eat.** This helps build teens' skills and confidence for making healthy choices when eating out.
3. **Practice identifying healthier snack choices.** This helps build teens' skills and confidence for preparing homemade healthy snacks or making healthy snack choices when eating outside the home.

Key Messages

To ensure teens 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:

- Use lean or low-fat ingredients and cooking methods.
- Look for foods with more "healthy fats" and fewer "unhealthy fats."
- Choose snacks with foods from at least two food groups. Try making your own healthy snacks at home.
- When you're out to eat, look for fruits, vegetables, whole grains, and lean proteins on the menu.

Required Lesson Components

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

- Have teens share their experiences completing the challenge activities.
- Have teens prepare a meal using lean cooking techniques.
- Discuss the difference between "healthy fats" and "unhealthy fats."
- Have teens identify ways to make smart food choices when eating out.
- Have teens brainstorm healthy, balanced snack ideas using foods they commonly have at home.
- Have teens review their makeover meal using the lessons learned in class.
- Have teens choose the 1-3 dishes they will makeover in the final competition.
- Review the weekly challenge activities and encourage teens to complete them.



Cooking Matters for Teens **Lesson Five: Store Wars**

Goal

The **goal** of this lesson is to encourage teens to make smart choices when food shopping.

Objectives

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

1. **Practice comparing unit prices.** This helps build teens' skills and confidence for helping themselves and their families find better deals when food shopping.
2. **Practice identifying healthier choices when food shopping.** This helps build teens' skills and confidence for helping themselves and their families make healthy choices at the store.

Key Messages

To ensure teens 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:

- Compare unit prices to find the best deal.
- Use the lessons you've learned in class to help yourself and your family make healthy choices at the store.

Required Lesson Components

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

- Have teens share their experiences completing the challenge activities.
- Lead teens through a real or simulated grocery store tour or shopping activity.
- Have teens practice comparing unit prices at the store.
- Have teens practice making healthy choices at the store.
- Review the weekly challenge activities and encourage teens to complete them.



Cooking Matters for Teens **Lesson Six: Extreme Food Makeover**

Goal

The **goal** of this lesson is to encourage teens to use what they've learned to prepare healthy homemade meals, drinks, and snacks.

Objectives

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

1. **Prepare a healthier version of a favorite meal.** This helps build teens' skills and confidence preparing food. It also helps reinforce the message that healthy eating can be fun, delicious, and include teens' favorite foods!
2. **Set goals to continue using what they've learned after the course ends.** This helps teens state their intentions and set measurable goals for healthy eating and cooking.

Key Messages

To ensure teens 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! You've made delicious, healthier versions of your favorite foods using everything you've learned in class.
- Keep up the good work! Continue preparing meals, snacks, and drinks at home and making healthy choices after this course is over.

Required Lesson Components

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

- Have teens share their experiences completing the challenge activities.
- Answer any final questions teens may have about healthy eating and cooking.
- Have teens fill out the participant survey.
- Have teens prepare a healthier version of a favorite meal using all that they've learned in this course.
- Lead teens in a graduation ceremony and celebrate their successes in this course.
- Guide teens in setting goals for using what they have learned following the course.
- Thank teens for participating!