



Cooking Matters for Teens – Program Overview

Lesson #: Title	Goal	Objectives (Teens will...)	Handouts	Recipes	Activities
One: Teens Cook	Introduce teens to basic principles of safe cooking and healthy eating.	<ul style="list-style-type: none"> • Practice using knives safely • Practice reading recipes and <i>mise en place</i> in preparation for cooking • Prepare a recipe with foods from at least three food groups • Discuss the benefits of making healthy food choices 	<ul style="list-style-type: none"> • Using Knives Safely • MyPlate • Talk Like a Chef • Measure Up • Extreme Food Makeover Activity Worksheet • Week One: Take the Challenge! 	<ul style="list-style-type: none"> • Black Bean and Vegetable Quesadillas • Hearty Egg Burritos • Northwest Apple Salad • The Works Pizza 	Hands-on Cooking
Two: Fabulous Fruits and Veggies	Encourage teens to eat more fruits and vegetables and choose healthy beverages.	<ul style="list-style-type: none"> • Taste and describe a variety of fruits and veggies • Prepare a meal using colorful fruits and veggies • Practice reading food labels • Taste and describe a variety of healthy beverages 	<ul style="list-style-type: none"> • Delicious Dips and Spreads • Label Lingo • Week Two: Take the Challenge! 	<ul style="list-style-type: none"> • Chinese Veggies and Rice • Fruit Salad • Turkey Chili With Vegetables • Veggie and Turkey Wrap 	Activity: Name That Fruit or Vegetable Activity: Sugar Overload Activity: Healthy Drinks Taste Test Hands-on Cooking
Three: Whole Grain Goodness	Encourage teens to choose whole grains and to eat breakfast more often.	<ul style="list-style-type: none"> • Taste and describe a variety of whole grain foods • Prepare a variety of breakfast foods • Practice identifying whole grain foods by reading label ingredient lists 	<ul style="list-style-type: none"> • Easy Eggs • Grab-and-Go Breakfasts • Whole Grain Goodness • Whole Grain Challenge Activity Worksheet • Week Three: Take the Challenge! 	<ul style="list-style-type: none"> • Banana Quesadillas • Chocolate Strawberry French Toast • Orange Oatmeal Pancakes • Yogurt Parfait With Homemade Granola 	Activity: Name That Whole Grain Hands-on Cooking

Four: You're the Chef	Encourage teens to prepare more meals and snacks at home.	<ul style="list-style-type: none"> • Prepare a meal using lean cooking techniques • Practice identifying healthier choices when out to eat • Practice identifying healthier snack choices 	<ul style="list-style-type: none"> • Healthy Cooking Ideas • Menu Mania • Snack Smart • Week Four: Take the Challenge! 	<ul style="list-style-type: none"> • Baked Flaked Chicken • Brazilian-Style Sauteed Greens • Macaroni and Cheese • Turkey Tacos 	Activity: Blubber Burger Hands-on Cooking
Five: Store Wars	Encourage teens to make smart choices when food shopping.	<ul style="list-style-type: none"> • Practice comparing unit prices • Practice identifying healthier choices when food shopping 	<ul style="list-style-type: none"> • Fresh, Frozen, and Canned • Compare Prices • Store Wars Challenge Activity Worksheet • Week Five: Take the Challenge! 	<i>If lesson is not done at the store, choose a selection of simple snacks to prepare from the Snack Smart handout and the Sides/ Snacks section of the recipes. Or, choose a recipe that would be an appropriate homemade alternative to a frozen or packaged meal used in the simulated store tour.</i>	Activity: Grocery Store Tour Hands-on cooking
Six: Extreme Food Makeover	Encourage teens to use what they've learned to prepare healthy homemade meals, drinks, and snacks.	<ul style="list-style-type: none"> • Prepare a healthier version of a favorite meal • Set goals to continue using what they've learned after the course ends 	<ul style="list-style-type: none"> • Week Six: Take the Challenge! 	<i>Recipes will be chosen according to the meals teens choose for the Extreme Food Makeover.</i>	Activity: Extreme Food Makeover Hands-on cooking