Welcome to

FOOD SKILLS

FOR FAMILIES

BC Centre for Disease Control
Provincial Health Services Authority
Welcome to

COOKING IN CANADA

HEALTHY COOKING FOR NEWCOMERS

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HEALTHY COOKING IN CANADA

Six Week Overview

Session 1  Variety for Healthy Eating
Session 2  Vegetables, Fruits + Whole Grain Foods
Session 3  Protein Foods + Healthy Fats
Session 4  Planning Healthy Meals, Snacks + Beverages
Session 5  Savvy Shopping
Session 6  Celebration!
Cooking in Canada

Healthy Cooking for Newcomers

Session One Learning Outcomes

• Experience that healthy cooking is easy + delicious
• Understand mindful eating
• Become familiar with Canada’s food guide
• Be able to follow + modify a recipe
• Demonstrate food safety

Variety for Healthy Eating

Hummus with Pita Chips + Veggies
Spinach Salad
Roasted Vegetables
Skillet Lasagna
Peach Berry Cobbler
Session One Timeline
Welcome + Introductions (15 min)
Overview of Six Weeks (5 min)

Food Safe Activity (10 min)
Healthy Eating + Healthy Choices (15 min)
Learn to Read a Recipe (5 min)
Kitchen Demo (15 min)

Cooking (60 min)

Dining + Discussion (25 min)
Adapting Recipes Discussion (5 min)
Mindful Eating Activity (10 min)

Closing activities (5 min)
Clean-up (10 min)
**Session Two Learning Outcomes**

- Prepare vegetables, fruits + whole grains
- Choose food with fibre
- Set a health goal
- Be able to follow and modify a recipe
- Demonstrate food safety

**Vegetables, Fruits and Whole Grain Foods**

- Ceasar Salad
- Chicken strips
- Oven Baked Fries
- Fruit Salad
- Raisin Bran Muffins
Session Two Timeline

Welcome + Review (15 min)
Are you a Mindful Eater? (10 min)

Healthy Eating + Healthy Choices (25 min)
Kitchen Demo (10 min)

Cooking (60 min)

Dining & Discussion (30 min)
Making Healthy Changes (15 min)

Closing Activities (5 min)
Clean-up (10 min)
Session Three Learning Outcomes

- Identify food with healthy fats
- Recognizing protein foods as part of a delicious meal
- Understand the parent’s role in shaping their child’s eating behaviour
- Be able to follow + modify a recipe
- Demonstrate food safety

Protein Foods and Healthy Fats
Simple Strawberry Smoothie
Black Bean Quesadillas
Salmon Chowder
Spinach Frittata
Chocolate Pudding
Session Three Timeline

Welcome + Review (15 min)
“What Do You Know” Activity (15 min)

Healthy Eating + Healthy Choices (20 min)
Kitchen Demo (10 min)

Cooking (60 min)

Dining + Discussion (30 min)
Feeding Children (15 min)

Closing Activities (5 min)
Clean-up (10 min)
Session Four Learning Outcomes

- Recognize the benefits of making a meal plan
- Make informed beverage choices
- Learn about healthy snacking
- Be able to follow + modify a recipe
- Demonstrate food safety

Planning Healthy Meals, Snacks and Beverages

Marvelous Minestrone
Barely with Black Bean + Ginger
Grilled Fish with Tropical Salsa
Tofu with Stir-Fried Veggies
Lunchbox Granola Bars
Session Four Timeline
Welcome + Review (10 min)
“What’s in Your Glass” Activity (15 min)
Healthy Eating + Healthy Choices (20 min)
Kitchen Demo (5 min)

Cooking (70 min)

Dining + Discussion (30 min)
School lunches (15 min)

Shopping Tour Instructions (1 min)
Closing Activities (5 min)
Clean-up (10 min)
Session Six Learning Outcomes

• Prepare healthy party food
• Recognize the importance of being active as a part of a healthy lifestyle
• Identify strategies to sustain healthy habits
• Be able to follow + modify a recipe
• Demonstrate food safety

Celebration!
Sparkling Party Water
Coleslaw
Beef Tacos
Whole Wheat Pizza
Carrot Cake
Session Six Timeline

Welcome + Review (15 min)
Celebration Foods (10 min)
Healthy Eating + Healthy Choices (10 min)
Kitchen Demo (5 min)
Cooking (70 min)
Dining + Discussion (30 min)
Sustaining Change (15 min)
Wrap-up + Talking Spoon (10 min)
Evaluation (5 min)
Clean-up (10 min)