Welcome to

FOOD SKILLS

for FAMILIES

BC Centre for Disease Control
Provincial Health Services Authority
Welcome to

FOOD SENSE

HEALTHY COOKING ON A

BUDGET
Heal thy Cooking on a Budget

Food Skills for Families

Celebration!

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!

BC Centre for Disease Control
Provincial Health Services Authority
Session One Learning Outcomes

- Experience that healthy cooking is easy + delicious
- Understand mindful eating
- Be able to follow + modify a recipe
- Demonstrate food safety

Variety for Healthy Eating

- Hummus with Baked Pita Chips
- Fresh Green Salad
- Lentil Vegetable Soup
- Crispy Chicken Strips with Ranch Yogurt Dip
- Banana Oat Muffins
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)

Try This at Home (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**

- Veggie Fritters
- Oven Roasted Broccoli
- Three Spice Butternut Squash
- Indian Curry with Brown Rice
- Old Fashioned Apple Crisp
Session Two Timeline

Introduction (5 min)
Review from Last Week (10 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)
Goal Setting (15 min)

Try This at Home (5 min)
Clean-up (10 min)
Session Three Learning Outcomes

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

Protein Foods and Healthy Fats

- Broccoli Cheddar Soup
- Fish Tacos with Lime Yogurt Sauce
- Apple Cabbage Slaw
- Baked Tofu and Vegetable Stir-Fry with Peanut Sauce
- Fudgy Chocolate Brownies
Session Three Timeline
Welcome (5 min)
Review from Last Week (10 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)

Try This at Home (5 min)
Clean-up (10 min)
Session Four Learning Outcomes

- How to make 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

Fresh Fruit Smoothies
“What’s in the Fridge” Frittata
Black Bean Quesadillas
Hearty Beef Chili
No Bake Granola Bites
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 + Label Reading (15 min)

Shopping Tour Instructions (1 min)
Try This at Home (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
Creamy Kale Salad
Pasta Marinara with Ricotta
Homemade Whole Wheat Pizzas
Oatmeal Cookies
Session Six Timeline
Welcome (5 min)
Review (5 min)
Family 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 and Talking Spoon (10 min)
Evaluation (5 min)
Clean-up (10 min)