Welcome to

FOOD SKILLS
for FAMILIES

BC Centre for Disease Control
Provincial Health Services Authority
Welcome to
TRADESTIONS IN THE KITCHEN
HEALTHY ABORIGINAL COOKING

BC Centre for Disease Control
Provincial Health Services Authority
Traditions in the kitchen

Healthy Aboriginal Cooking

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!
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
Salmon Dip
Spinach Salad with Vinaigrette
Roasted Vegetables
Skillet Lasagna
Peach Berry Cobbler
Traditions in the kitchen
heal thy aboriginal cooking
Food Skills for Families

**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

- Caesar Salad
- Barely with Black Bean Sauce + Ginger
- Quinoa Salad
- Wild Rice Medley
- Fruit Salad
- Blueberry Bran Muffins
- Indian Summer Corn Bread
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
Three Sisters Stew
Spinach Frittata
Chocolate Pudding
Indian Ice Cream
**Traditions in the Kitchen**

**Healthy Aboriginal Cooking**

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**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)

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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
Lentil Venison Soup
Fish with Fruit Salsa
Tofu with Stir-fried Veggies
Elk 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 and modify a recipe
- Demonstrate food safety

Celebration!
Sparkling Party Water
Sopalali Cranberry Punch
Coleslaw
Beef Tacos
Whole Wheat Pizza
Oven Baked French Fries
Quick ‘N’ Easy Oven Fried Chicken
Carrot Cake

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Session Six Timeline
Welcome + Review (10 min)
Celebration Foods (10 min)

Healthy Eating + Healthy Choices (10 min)
Kitchen Demo (5 min)

Cooking (75 min)
Dining + Discussion (30 min)
Sustaining Change (15 min)

Wrap-up + Talking Spoon (10 min)
Evaluation (5 min)
Clean-up (10 min)