Welcome to

FOOD SKILLS
for FAMILIES
Welcome to

COOKING CONNECTIONS

COOKING FOR THE
ACTIVE SENIOR

BC Centre for Disease Control
Provincial Health Services Authority
COOKING CONNECTIONS
COOKING FOR THE ACTIVE SENIOR

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

White Bean Hummus
Fresh Green Salad
Marvelous Minestrone
Crispy Chicken Strips with Honey Mustard Dip
Banana Oat Muffins
COOKING CONNECTIONS
COOKING FOR THE ACTIVE SENIOR

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)
Cooking Connections
Cooking for the Active Senior

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

Fruit + Yogurt Parfait with Homeade Granola
Roasted Root Vegetables
Lemony Green Beans
Ratatouille with Brown Rice
Apple Peach Crisp
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 Good Choices (15 min)

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

- Identify food with healthy fats
- Recognizing protein foods as part of a delicious meal
- Be able to follow + modify a recipe
- Demonstrate food safety

---

**Protein Foods and Healthy Fats**

- Potato + Corn Chowder
- Apol Cabbage Slaw
- Salmon Cakes with Ranch Yogurt Dip
- Tofu and Vegetable Stir-Fry with Peanut Sauce
- Fudgy Chocolate Brownies
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)
Cooking for One or Two (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
Savoury Frittata Muffins
Black Bean Quesadillas
Hearty Beef Chili
Oatmeal Cookies
COOKING CONNECTIONS
COOKING FOR THE ACTIVE SENIOR

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)
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
Broccoli Crunch Salad
Spinach Party Dip with Baked Pita Chips
One Pot Pasta
Carrot Cake Muffins
COOKING CONNECTIONS
COOKING FOR THE ACTIVE SENIOR

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)