

Welcome to

FOOD SKILLS FOR FAMILIES



BC Centre for Disease Control
Provincial Health Services Authority

FOOD SKILLS
FOR FAMILIES

Welcome to

THE PUNJABI

KITCHEN

HEALTHY PUNJABI

COOKING IN CANADA



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HEALTHY PUNJABI 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!



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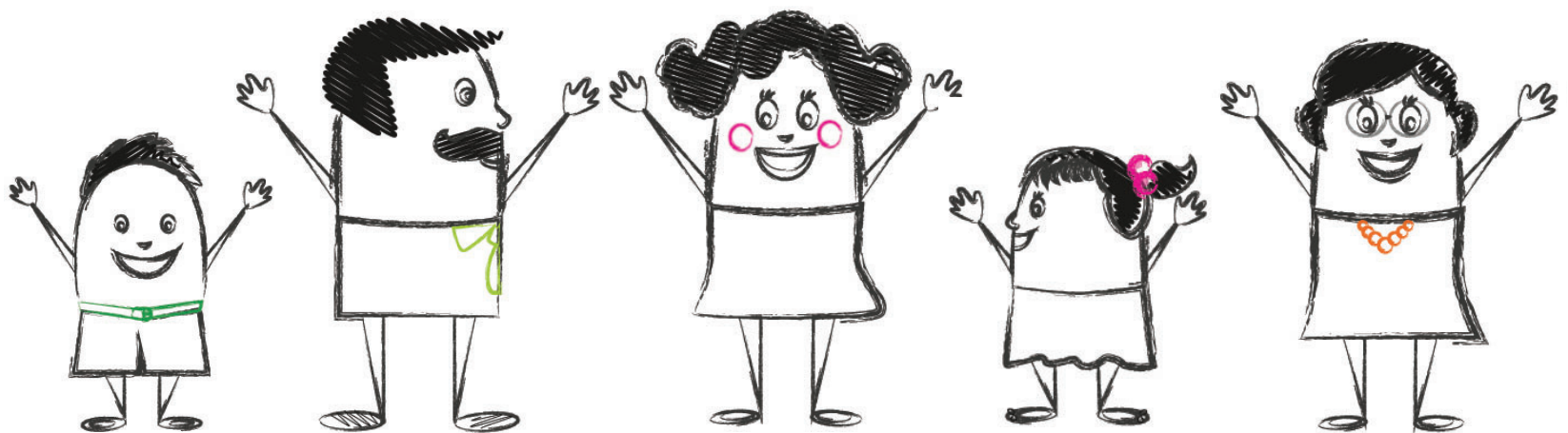
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THE PUNJABI KITCHEN

HEALTHY PUNJABI COOKING IN CANADA

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
Indian Salsa with Spicy Citrus Dressing
Dahl
Rice Pilaf
Sevian



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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)



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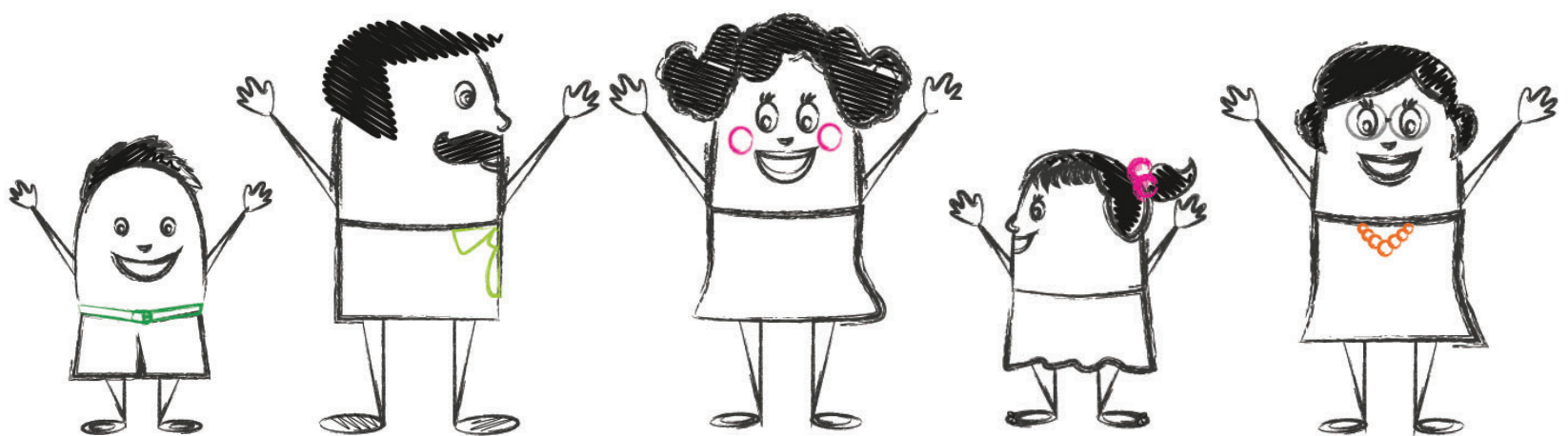
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HEALTHY PUNJABI COOKING IN CANADA

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

Wok Seared Tofu or Chicken with Veggies
Barely with Black Bean Sauce + Ginger
Brown Basmati Rice
Peach Berry Cobbler

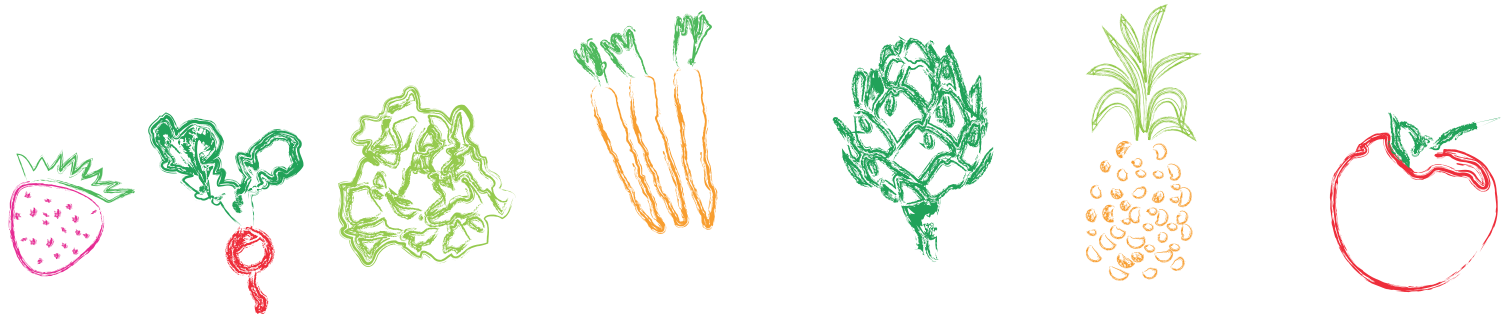


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Session *Two* Timeline

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)



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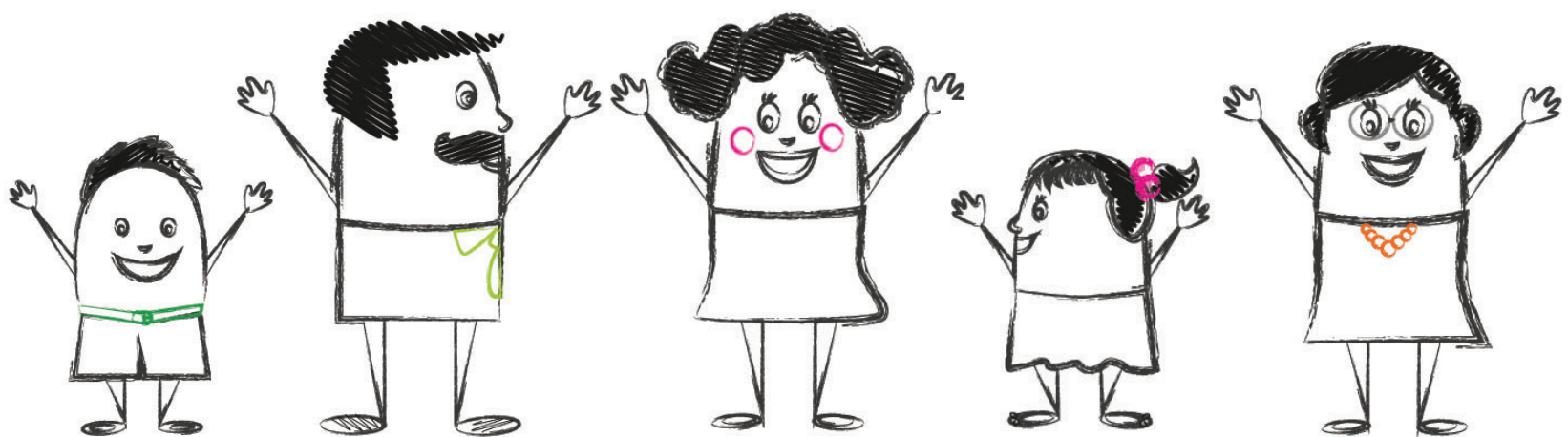
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HEALTHY PUNJABI COOKING IN CANADA

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

Rajma with Paneer

Spinach Frittata

Black Bean Quesadillas

Barfee



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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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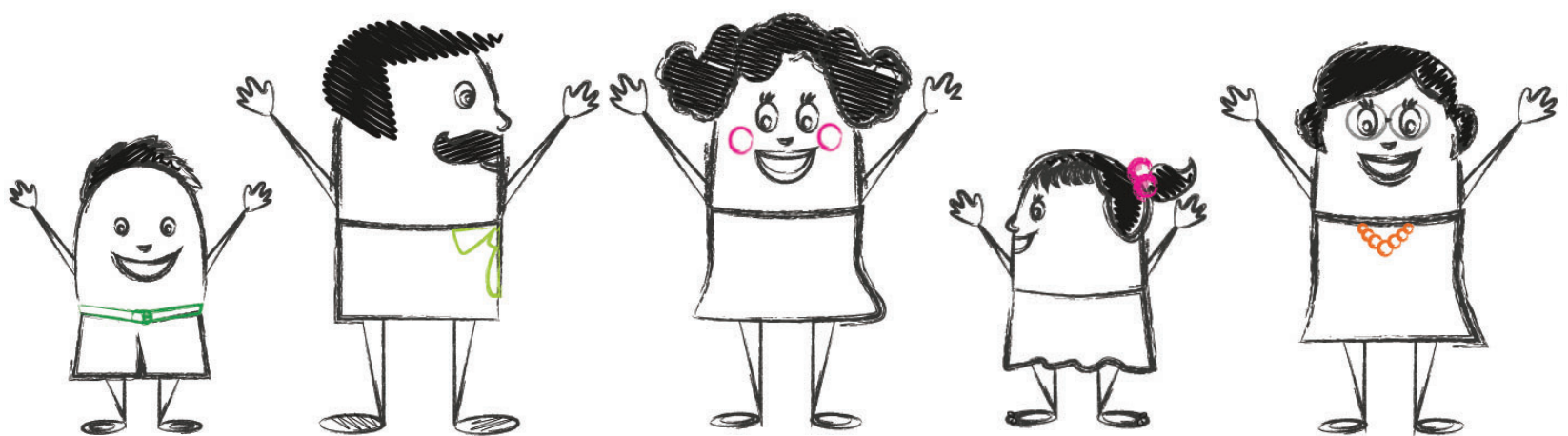
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Session *Four* Learning Outcomes

- 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

Spinach Salad
Marvelous Minestrone
Five Vegetable Curry
Healthy Dahlia
Blueberry Bran Muffin



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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)



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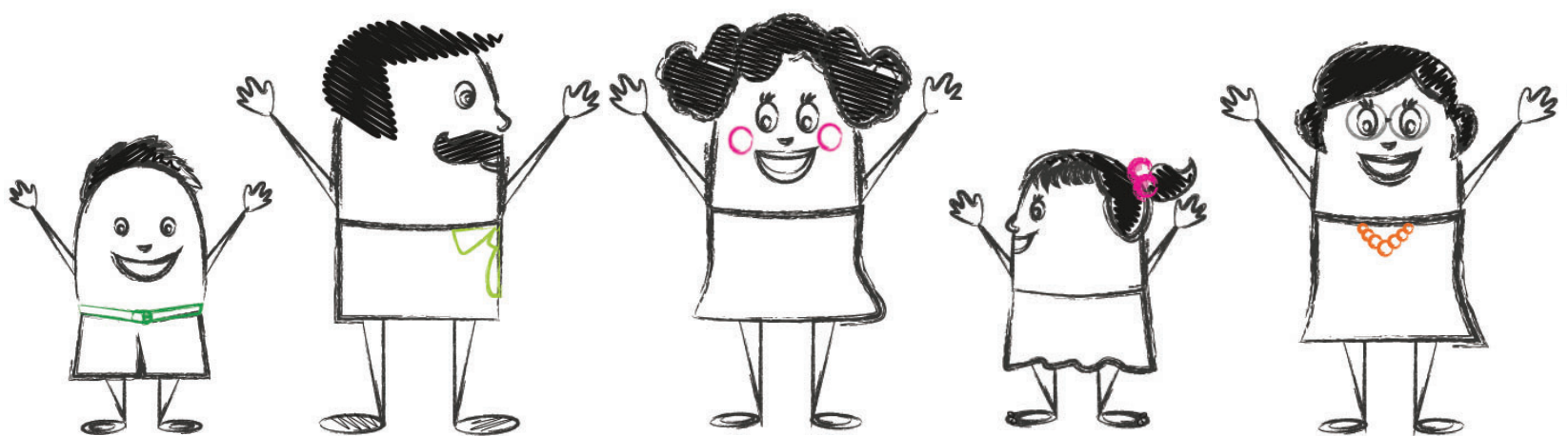
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HEALTHY PUNJABI COOKING IN CANADA

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

Gajjar ka Halwa



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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)



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