Welcome to

FOOD SKILLS
for FAMILIES
Welcome to

THE PUNJABI KITCHEN

HEALTHY PUNJABI COOKING IN CANADA

BC Centre for Disease Control
Provincial Health Services Authority
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
Indian Salsa with Spicy Citrus Dressing
Dahl
Rice Pilaf
Sevian
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
Wok Seared Tofu or Chicken with Veggies
Barely with Black Bean Sauce + Ginger
Brown Basmati Rice
Peach Berry Cobbler
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
Rajma with Paneer
Spinach Frittata
Black Bean Quesadillas
Barfee
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

Spinach Salad
Marvelous Minestrone
Five Vegetable Curry
Healthy Dahlia
Blueberry Bran Muffin
The Punjabi Kitchen
Healthy Punjabi Cooking in Canada

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
Gajjar ka Halwa
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)