

Updated Learning Outcomes for

Cooking Connections

-Active Seniors -

Facilitator Guide

Print the following pages to replace the ones in your Food Skills for Families Facilitator Guide.

**SESSION 2: VEGETABLES, FRUITS
AND WHOLE GRAIN FOODS**

MENU

**FRUIT AND YOGURT PARFAIT
WITH HOMEMADE GRANOLA**

**ROASTED ROOT VEGETABLES
LEMONY GREEN BEANS
RATATOUILLE WITH BROWN RICE**

APPLE PEACH CRISP

MAJOR THEMES

1. Eat plenty of vegetables, fruits, and whole grain foods.
2. Increase dietary fibre.
3. Make small changes in eating or lifestyle for improved health.

KEY LEARNING OUTCOMES

Cooking Skills:

- Prepare vegetables, fruits and whole grain foods using delicious recipes.
- Follow a recipe, measure ingredients, and use cooking tools and skills appropriate to the recipes.
- Demonstrate food safety tips related to the food items cooked.

Food & Nutrition Skills:

- Explain the role of fibre and identify fibre-rich foods.
- Commit to one specific change to enhance their health.
- Explore the concept of mindful eating.

**SESSION 3: PROTEIN FOODS
AND HEALTHY FATS**

MENU

CORN AND POTATO CHOWDER

**APPLE CABBAGE SLAW
WITH HONEY LIME VINAIGRETTE**

**SALMON CAKES
WITH RANCH YOGURT DIP**

**TOFU AND VEGETABLE STIR FRY
WITH PEANUT SAUCE**

FUDGY CHOCOLATE BROWNIE

MAJOR THEMES

1. Protein Foods
2. Healthy Fats

KEY LEARNING OUTCOMES

Cooking Skills:

- Follow a recipe, measure ingredients, and use cooking tools and skills appropriate to the recipes.
- Demonstrate food safety tips related to the food items cooked.

Food & Nutrition Skills:

- Identify different sources of protein.
- Identify foods with different kinds of fat.
- Explain the role adults and children play in developing eating habits.

**SESSION 4: PLANNING HEALTHY MEALS,
SNACKS AND BEVERAGES**

MENU

FRUIT SMOOTHIES

SAVORY FRITTATA MUFFINS

BLACK BEAN QUESADILLAS

HEARTY BEEF CHILI

OATMEAL COOKIES

MAJOR THEMES

1. Planning Healthy Meals
2. Planning Healthy Snacks
3. Healthy Beverages

KEY LEARNING OUTCOMES

Cooking Skills:

- Follow a recipe, measure ingredients, and use cooking tools and skills appropriate to the recipes.
- Demonstrate food safety tips related to the food items cooked.

Food & Nutrition Skills:

- Identify ways to support meal planning at home.
- Explore ways to include nutritious meals, snacks and beverages.
- Identify sugar content in a variety of different drinks and to support informed choices.