

Updated Learning Outcomes for

# Cooking Connections

*-Active Seniors -*

## Facilitator Guide

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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.