

Welcome to

FOOD SKILLS FOR FAMILIES



BC Centre for Disease Control
Provincial Health Services Authority

FOOD SKILLS
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Welcome to

FOOD SENSE

HEALTHY COOKING ON A BUDGET



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EAT YOUR FIBRE: *Bob*

Breakfast

Cereal + Fruit

2 cups cornflakes + 1 cup milk

1 banana

Snack

Coffee + milk

Lunch

Roasted Chicken Sandwich + Green Salad

2 slices white bread + 3 oz roasted chicken +

2 slices cheddar cheese + mayo + mustard

1 cup iceberg lettuce salad with dressing

Snack

1 apple + 6 saltine crackers

Dinner

Grilled Steak with Rice + Veggies

3 oz steak tenderloin + 1 cup white rice

1/2 cup string beans

1 slice French bread



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EAT YOUR FIBRE: *Sally*

Breakfast

Peanut Butter Toast + Fruit

2 slices sprouted grain bread

2 tbsp peanut butter

1 banana

Snack

1/2 cup yogurt + 1/2 cup blackberries

Lunch

Chicken Alfredo + Spinach Salad

1 cup whole wheat pasta +

3 oz roasted chicken + Alfredo sauce

1 cup spinach salad with vinaigrette

Snack

1/4 cup almonds

Dinner

Black Bean Chili

3/4 cup black beans + 1/2 cup yam +

1/4 cup green pepper + 1/2 cup tomato +

1/4 cup corn + 1/4 cup lean ground beef

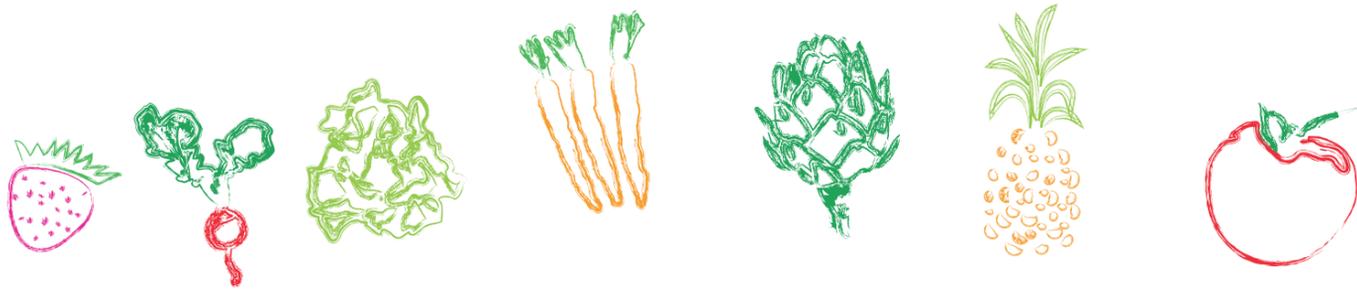


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Six Week Overview

- 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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HEALTHY COOKING ON A BUDGET

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**

Hummus with Baked Pita Chips
Fresh Green Salad
Lentil Vegetable Soup
Crispy Chicken Strips with Ranch Yogurt Dip
Banana Oat Muffins

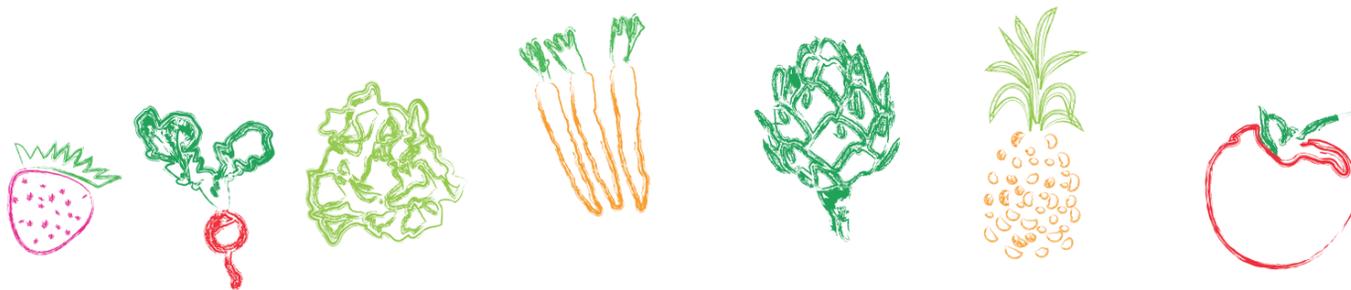


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Session *One* Timeline

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)

Try This at Home (5 min)

Clean-up (10 min)



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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

Veggie Fritters
Oven Roasted Broccoli
Three Spice Butternut Squash
Indian Curry with Brown Rice
Old Fashioned Apple Crisp

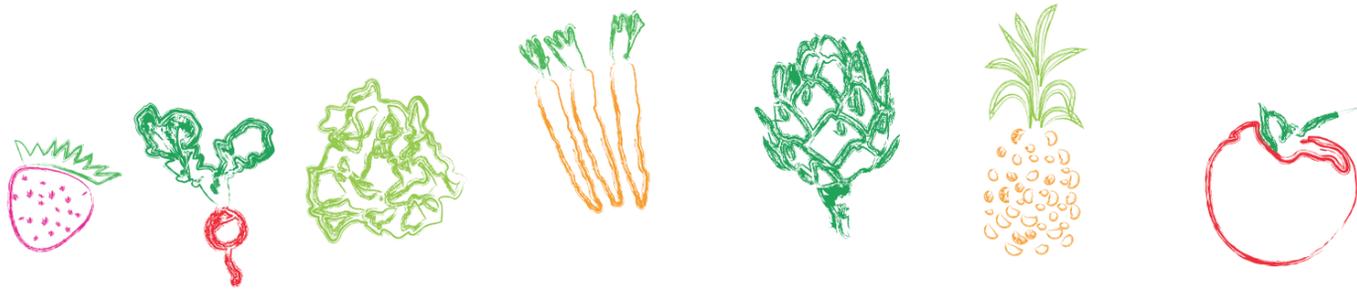


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Session *Two* Timeline

Introduction (5 min)

Review from Last Week (10 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)

Goal Setting (15 min)

Try This at Home (5 min)

Clean-up (10 min)



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Session *Three* Learning Outcomes

- Identify types of healthy fats
- Recognizing protein foods as part of a delicious meal
- Understand the parent's role in shaping child's eating behavior.
- Be able to follow + modify a recipe
- Demonstrate food safety



Protein Foods *and* Healthy Fats

Broccoli Cheddar Soup

Fish Tacos with Lime Yogurt Sauce

Apple Cabbage Slaw

Baked Tofu and Vegetable Stir-Fry with Peanut Sauce

Fudgy Chocolate Brownies

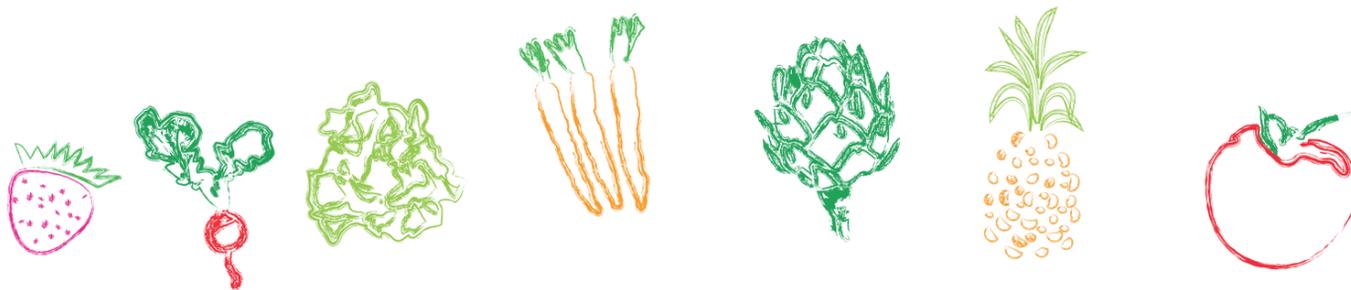


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Session *Three* Timeline

Welcome (5 min)

Review from Last Week (10 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)

Try This at Home (5 min)

Clean-up (10 min)



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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
“What’s in the Fridge” Frittata
Black Bean Quesadillas
Hearty Beef Chili
No-Bake Granola Bites

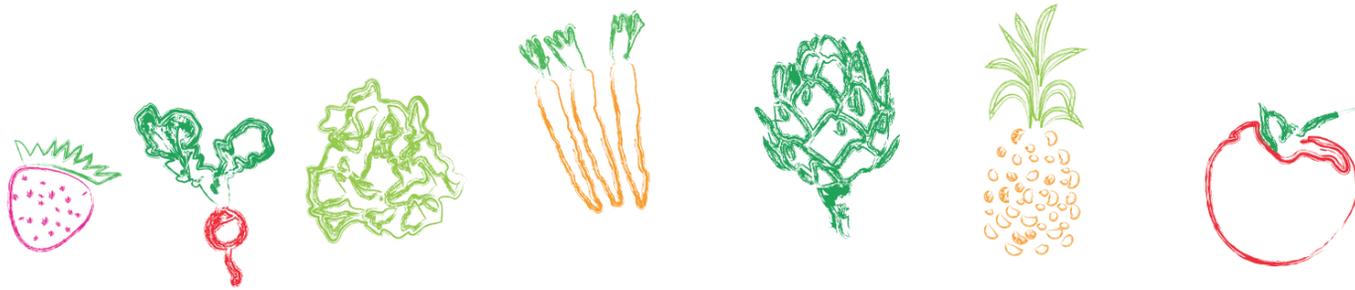


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Session *Four* **Timeline**

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 + Label Reading (15 min)

Shopping Tour Instructions (1 min)

Try This at Home (5 min)

Clean-Up (10 min)



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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

Creamy Kale Salad

Pasta Marinara with Ricotta

Homemade Whole Wheat Pizzas

Oatmeal Cookies

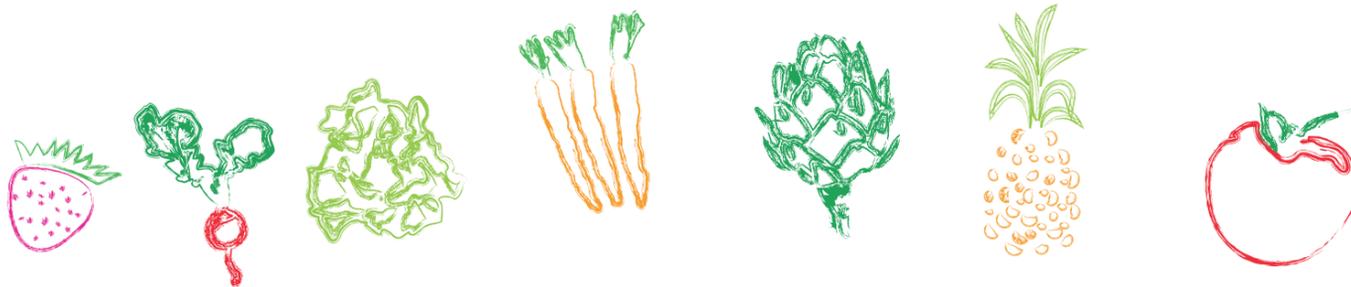


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Session *Six* Timeline

Welcome (5 min)

Review (5 min)

Family 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 and Talking Spoon (10 min)

Evaluation (5 min)

Clean-Up (10 min)



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