

Updated Learning Outcomes for

Food Sense 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

VEGGIE FRITTERS

OVEN-ROASTED BROCCOLI

THREE SPICE
BUTTERNUT SQUASH

INDIAN CURRY
WITH BROWN RICE

OLD-FASHIONED APPLE CRISP

MAJOR THEMES

1. Eat lots 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

BROCCOLI CHEDDAR SOUP

APPLE CABBAGE SLAW

**FISH TACOS WITH
LIME YOGURT SAUCE**

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

FUDGY CHOCOLATE BROWNIES

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

FRESH FRUIT SMOOTHIES

**"WHAT'S IN THE FRIDGE"
FRITTATA**

BLACK BEAN QUESADILLAS

HEARTY BEEF CHILI

NO-BAKE GRANOLA BITES

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.