

Updated Learning Outcomes for Cooking In Canada *-Newcomers -* 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

CREAMY KALE SALAD

**CHICKEN STRIPS
OVEN BAKED FRIES**

**FRUIT SALAD
BANANA OAT MUFFINS**



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

FRESH FRUIT SMOOTHIES

BLACK BEAN QUESADILLAS

SALMON CHOWDER

SAVORY FRITTATA MUFFINS

CHOCOLATE PUDDING



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

MARVELOUS MINESTRONE

HEARTY BEEF CHILI

GRILLED FISH WITH TROPICAL SALSA

STIR-FRIED TOFU WITH VEGETABLES

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.