

Banana Oat Muffins

Food Skills for Families - Introduction Session

The following agenda uses materials from the **Food Sense curriculum | Session One - Variety for Healthy Eating**.

The agenda includes several prompts and questions (bolded & capitalized). These are purely suggestions and are intended to support the efforts in relaying key healthy eating messages, and to facilitate the sharing of food knowledge and practices amongst participants. As Facilitators, you may wish to incorporate your own questions as you see fit to engage your unique participant group.

If participants will be cooking with you, remind them to purchase and gather ingredients beforehand. When the session begins, it may be a good idea to remind them of this and if needed, allow a bit of time for participants to gather ingredients and pre-heat oven, if necessary, to ensure a timely run session.

NOTE: page numbers referenced in this document may be different if you are not using the current edition of the Food Sense curriculum. Be sure to [check your guide](#).

Welcome (10 min)

- Introduce yourself
- Indigenous land acknowledgement
- **ICEBREAKER:**
 - **If you were a fruit or vegetable, what would you be and why?**
 - **What is your favourite quick breakfast food?**
- **Schedule for today**
 - Briefly go over the agenda for the day and explain that this is a *sampling* of activities and a recipe from the Food Skills for Families: Food Sense curriculum.
 - Explain the standard session is set up for three hours with five recipes cooked together, and today will be about 60 minutes with one demonstrated recipe.

For virtual delivery, include:

- **Zoom Orientation**
 - Let participants know you might mute the group to prevent background noise.
 - **Show how to raise their hands:** Open the participant list by clicking on the “participants” button located on the bottom center of the screen. Beside your name will be a few options, including raise hand.
 - **Location of the chat box:** Can type questions in here and can send question just to facilitator or to all participants, get participants to check that messages are set to “send to everyone”.

Part One - Learning Activity: (10 min)

Choosing Variety

- Refer to Food Sense Facilitator Guide [page 17](#) for speaking notes.
- **QUESTION: What is your favourite fruit? What is your favourite vegetable? How do you cook them/eat them?**
- Ask participants to turn to [page 10](#) in their Food Sense Participant Handbook.
- Discuss the importance of eating a variety of different vegetables, fruits, and whole grains.
- **QUESTION: Are there any items on [page 10](#) anyone is not familiar with or not sure how to use?**
 - Discuss any unfamiliar items, suggest ways to use, ask participants for suggestions.

Part Two - Recipe Demo: (15 min)

Banana Oat Muffins

- Refer participants to [page 18](#) in their Food Sense Participant Handbook.
- See [page 24](#) of the Food Sense Facilitator Guide for the recipe.
- **Demo the Recipe**
 - To make the demo go smoothly, pre-measure most of the ingredients.
 - **QUESTION: Who is cooking with me?** *If participants will be cooking with you, ask them to gather ingredients and pre-heat oven if they have not yet done so.*
 - Discuss the recipe and the nutritious choices in it.
 - Small amount of healthy fat (only ¼ cup oil).
 - Sweetened with fruit and honey.
 - Whole wheat flour and whole grain oats used vs white flour.
- **Substitutions**
 - Discuss that this (and all Food Skills recipes) are base recipes. There is lots of room for personalization and creativity.
 - **QUESTION: What would you add or substitute in this muffin recipe?**
 - Discuss suggestions and look at the “make it your own” box in the handbook.

Part Three - Learning Activity: (10 min)

Adapting Recipes for Health

- Refer participants to [page 20](#) in the Food Sense Participant Handbook.
- This page talks about various ways recipes can be adapted.
- See [page 26](#) of the Food Sense Facilitator Guide for speaking notes.

Part Four - Ending: (5 min)

- **Questions:** Allow time for the group to ask any questions.
- **Conclusion:** Explain how participants can sign up for the full six-session program.
 - Ideally, the host organization will be taking names for future programs.
 - Full list of programs are outlined on the Food Skills website:
<http://www.bccdc.ca/our-services/programs/food-skills-for-families#Get--Involved>.

Survey: Please help us thank participants in advance for taking the time to share their feedback and ideas so that Food Skills for Families can focus on continuous program improvement. Let participants know when the Post-Session Survey link will be emailed to them, or if time allows, have them complete during the end of the session.

Banana Oat Muffins

Food Skills for Families - Introduction Session Shopping List

Visit your local store and pick up the items listed below to try making this recipe at home!

VEGETABLE + FRUIT

Ingredient	Quantity
☐ Bananas, ripe	3

REFRIGERATED SECTIONS

Ingredient	Quantity
☐ Milk, 1%	¼ Cup
☐ Eggs	2

PANTRY

Ingredient	Quantity
☐ Vanilla	1 tsp
☐ Canola oil	¼ Cup
☐ Honey	¼ Cup
☐ Whole wheat flour	1 ½ Cup
☐ Oats, large flake	½ Cup
☐ Baking soda	1 tsp
☐ Cinnamon	½ tsp
☐ Salt	½ tsp

OPTIONAL

Item	Quantity
☐ Muffin liners	12

If you feel adventurous, you are welcome to add your favourite ingredients!

Here are a few ideas...

Raisins · Chocolate chips · Cranberries · Chopped nuts/seeds · Fruit