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eggie Platter and Dip





Ingredients

- 3 large carrots
- 1 bell pepper
- l head of broccoli
- 4 stalks of celery
- 1 packet ranch seasoning
- 1 cup sour cream

Utensils

bowl

1 cup

knife

spoon

vegetable peeler

cutting board

paper towels

Primary Objectives

- States that vegetables are one of the food groups.
- Understands that knives are sharp and can be dangerous.
- Demonstrates good knife safety



Secondary Objectives

- Prepares vegetables and dip.
- Chops vegetables.
- Stirs ingredients.
- Uses color-coded measuring utensils.



Talking Points

- Discuss the food groups (fruits, grains, vegetables, protein, and dairy). More information at choosemyplate.gov (QR 1)
- · Discuss that vegetables have many vitamins that keep you healthy and are a great snack anytime.
- Discuss knife safety. A sharp knife makes cutting easier, but it's easier to cut yourself.
- Demonstrate proper knife safety, such as always placing the knife on a flat surface, holding it firmly, and only picking it up by the handle. For more information, check out https:// www.youtube.com/watch?v=oLTaMPjAgLo (QR 2)
- Demonstrate the proper way to cut different vegetables. For reference, check out:
 - How to cut carrots into sticks: https://www. youtube.com/watch?v=md7Dzo-NhQI (QR 3)
 - How to chop and dice a bell pepper: https://www.you tube.com/watch?v=1Xf1PLg1 yI&list=PLpw6e-KaaUy wchoF-rSRtsQRH_RhjpXy8&t=0s&index=16 (QR 4)
 - How to cut celery: https://www.youtube.com/ watch?v=0KX2BFhRfvA&list=PLpw6e-KaaUywchoFrSRtsQRH RhjpXy8&t=0s&index=33 (QR 5)
 - How to cut broccoli florets: https://www.youtube.com/ watch?v=xe5X2G2hPPE (QR 6)
- Prepare the veggie platter and dip.



Spice It Up!

Try adding a little hot sauce or chili powder to the ranch dip. Add a little at a time and taste it before you add more to make sure it isn't too spicy.



Plan Ahead

Keep it in the fridge to eat throughout the week.







QR₃





QR 5



Veggie Platter and Dip









Monkey Bread





Ingredients

1 (16 ounce) can of biscuits

¹/, **cup** brown sugar

1/2 teaspoon vanilla

1 teaspoon cinnamon

4 tablespoons butter

Utensils

2-quart glass dish

large plate

1/3 cup

1 tablespoon

1 teaspoon

¹/, teaspoon

spoon

knife

cutting board

timer

Primary Objectives

- States that a microwave makes food quickly.
- Understands that recipes sometimes use abbreviations.



Secondary Objectives

- · Prepares monkey bread.
- Measures ingredients accurately using color-coded measuring utensils.
- · Stirs ingredients.
- Operates a color-coded microwave.
- Uses oven mitts.
- Matches measurements to their correct abbreviation (tbsp, tsp, oz, c, qt).
- · Sets a timer.



Talking Points

- Discuss having guests. It can be nice to have snacks for people when you have them over, and using a microwave can help you make great snacks very fast.
- Discuss that recipes sometimes use abbreviations for measurements. Use the reference guide to learn the different abbreviations. Practice by matching the correct abbreviations to the measurements in the monkey bread recipe.
- · Prepare the monkey bread.



Plan Ahead

This dish is great to bring to a party with a lot of people. Work events, birthday parties, and group get-togethers are all appropriate occasions for this recipe

Monkey Bread

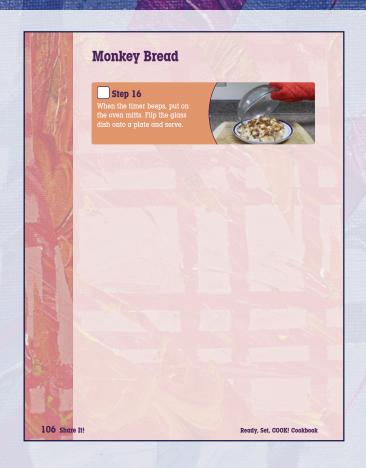








Monkey Bread



Cracker Dip







Ingredients

8 slices precooked bacon

8 ounces shredded cheddar cheese

1/4 cup green onions

1 box crackers

1/2 cup slivered almonds

1 (8 ounce) package cream cheese

1/2 cup sour cream

Utensils

bowl

1 cup

1/2 cup

1/4 cup

spoon

knife

cutting board

1

Primary Objectives

- Understands that it is important to be careful when using a knife.
- · Understands there are different kinds of onions.

2

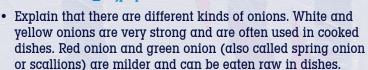
Secondary Objectives

- Measures ingredients accurately using color-coded measuring utensils.
- Stirs the ingredients.
- · Safely uses a knife.
- · Prepares the cracker dip.



Talking Points

- Demonstrate how to cut green onions. Here is α helpful link:
 - How to chop green scallions: https://www.youtube. com/watch?v=90hittJ2nfQ&list=PLpw6e-KaaUywchoF-rSRtsQRH_RhjpXy8&t=0s&index=2



· Prepare the cracker dip.



Plan Ahead

If you are having friends over but don't have much time to prepare a snack, this is a great dish to make!



Healthy Tip!

Use low-fat cheese, cream cheese, and sour cream to lower the fat and the calories in this dish.



Cracker Dip





Sweet Potatoes







Ingredients

2 medium sweet potatoes

Utensils

microwave-safe plate

fork

oven mitts

paper towels

timer

Primary Objectives

States that it is important to wash produce.

Secondary Objectives

- · Prepares the sweet potato.
- · Washes the sweet potato.
- · Operates a color-coded microwave.
- · Sets a timer.
- · Uses oven mitts.

Talking Points

- Explain that it is important to wash all produce if you plan on eating
 the skin because it can have dirt and germs on it. It is important to
 scrub them under running water, but do not use soap. You do not
 have to wash frozen produce because it has already been washed.
- Discuss produce you peel and don't have to wash (examples are bananas, onions, and squash).
- · Review color-coded microwave.
- · Prepare the sweet potatoes.

Spice It Up!

Sweet potatoes can be **sweet** or **savory**. For a sweet flavor, try adding a teaspoon of butter and a sprinkle of cinnamon to each sweet potato. For a savory flavor, try adding a sprinkle of garlic powder and a sprinkle of salt.



Connect It!

Serve this with chicken and spinach for a complete meal!

Sweet Potatoes







Omelet





Ingredients

2 eggs

1/4 cup shredded cheese

'/4 **cup** chopped ham

salt

pepper

2 tablespoons water

cooking spray

Utensils

2-quart glass dish with lid

bowl

1/4 cup

1 tablespoon

fork

spatula

oven mitts

1

Primary Objectives

- Understands that protein can help keep you full for a long time, so it is good for breakfast.
- States that this meal has protein (egg, cheese, and meat) and vegetables (peppers and onions).



Secondary Objectives

- · Prepares omelet.
- Measures ingredients accurately using color-coded measuring utensils.
- · Stirs ingredients.
- Operates a color-coded microwave.
- · Uses oven mitts.



Talking Points

- · Ask students which food groups are present.
- Explain that this recipe is "customizable," so they can add the meats and vegetables they like.
- · Prepare the omelet.



Connect It!

This recipe it great to use leftovers in. Use meat or vegetables from earlier in the week!



Healthy Tip!

Use low-fat cheese to reduce the fat in the recipe.

Omelet









Spanish Rice





Ingredients

1 cup rice

¹/₂ **cup** onion

1 green pepper

1 (15 ounce) can diced tomatoes

1/4 cup ketchup

salt

pepper

water

Utensils

2-quart glass dish with lid

1 cup

1/4 cup

timer

can opener

knife

cutting board

oven mitts

Primary Objectives

- Understands that different ingredients need to be cooked for different amounts of time.
- · Uses color-coded utensils.

Secondary Objectives

- · Prepares Spanish rice.
- Measures ingredients accurately using color-coded measuring utensils.
- · Stirs ingredients.
- Operates a color-coded microwave.
- · Uses oven mitts.
- Sets a timer.
- Prepares Spanish rice.



Talking Points

- Discuss that Spanish rice is a good dish because it incorporates more than one food group: carbohydrates and vegetables.
- Discuss that some foods need to be cooked longer than others.

 Scrambled eggs and spinach cook quickly. Meat and pasta take longer to cook. The bigger something is, the longer it takes to cook. Rice takes a long time to cook because it is dehydrated. By cooking it, you are helping add water back into it so it is soft enough to eat.
- Review the different color-coded utensils.
- · Prepare the Spanish rice.



Connect It!

This makes great leftovers! Try adding some **Chicken** to it, and wrap it in a tortilla for lunch the next day.



Healthy Tip!

Canned food (the diced tomatoes) can have a lot of sodium. Look for one that says, "No Added Salt" or "Low Sodium."

Spanish Rice









Spanish Rice





Meatballs





Ingredients

1 pound ground beef

1 egg

1 small onion

Italian style bread crumbs

salt

pepper

garlic powder

Utensils

2-quart glass dish with lid large bowl

1/3 cup

1/4 cup

1/2 teaspoon

¹/₄ teaspoon

knife

cutting board

oven mitts

1

Primary Objectives

- States that sometimes food needs to be cooked on a different power level.
- Successfully changes the power level on the microwave.



Secondary Objectives

- · Prepares meatballs.
- · Dices an onion.
- Measures ingredients accurately using color-coded measuring utensils.
- · Stirs ingredients.
- Operates a color-coded microwave.
- Uses a timer.
- · Uses oven mitts



Talking Points

- Explain that microwaves have different power levels, and sometimes foods need to be cooked differently.
- Discuss safety when chopping vegetables. Sharp knives make cutting easier, but always be careful. Demonstrate the correct way to dice an onion. https://www.youtube. com/watch?v=dCGS067s0zo



Prepare the meatballs.



Plan Ahead

Meatballs are a great **On the Go** food. They are great to take with you and easy to heat up away from home. You can add leftover meatballs to pasta or eat them in a sandwich. This is ideal for a busy week at school, home, or community activities.



Healthy Tip!

Ground beef can be tasty, but too much isn't good for you. If you want to eat less of the bad (saturated) fats, try using ground turkey instead.

Meatballs









Meatballs



Chili With Rice





Ingredients

- 1 pound lean ground beef
- ¹/₄ cup chopped green pepper
- 1/2 cup chopped onion
- 1 (15 ounce) can pinto beans
- 1 (15 ounce) can cut up peeled whole tomatoes
- 1 (6 ounce) can tomato paste
- 1/2 teaspoon garlic powder
- 2 tablespoons chili powder
- 1 teaspoon salt
- 1/2 teaspoon cumin
- 2 cups cooked rice (page ____)

Utensils

2-quart glass dish with lid

¹/, cup

1/2 cup

1 tablespoon

 $\frac{1}{2}$ teaspoon

knife

can opener

cutting board

oven mitts

Primary Objectives

- Understands and states the food groups.
- Understands what defines a balanced meal.
- Identifies the correct food group for chili and rice ingredients.
- Identifies other balanced meals in the cookbook.



Secondary Objectives

- Prepares chili.
- Measures ingredients accurately using color-coded measuring utensils.
- Operates a color-coded microwave.
- Uses oven mitts.



Talking Points

- Discuss the food groups.
- Discuss calories. Calories are the part of food that gives you energy. Each person needs a certain number of calories each day to be healthy (about 1,800 for women and 2,000 for men). It is important to get your calories from healthy foods that have a lot of vitamins and nutrients. If you eat too many calories, you can gain weight.
- Discuss what defines a balanced meal. At each meal you should try and have a protein, a carbohydrate, and a fruit or vegetable.
- Discuss which parts of the chili and rice dish belong to which food group.
- Discuss what other dishes are complete meals in the cookbook (chicken fajitas, egg sandwich).
- Prepare the chili and rice.



Plan Ahead

This recipe lends itself well for leftovers. Prepare it at the start of a busy week, and easily cook it up for lunch when you're on the move!



Healthy Tip!

Substitute other meats to make this an even healthier option. Ground turkey or chicken are great alternatives!

Chili With Rice









Chili With Rice





