



Cooking for Life Curriculum Outline*

Lesson 1: MyPyramid, Handwashing

Nutrition Goal:

- To eat the recommended amounts from the food groups in the MyPyramid.

Food Safety Goals:

- To improve handwashing technique.
- To wash hands more often.

Cooking Goal:

- To increase use of modified recipes.

Lesson 2: Fats and Calcium, Clean and Sanitary

Nutrition Goals:

- To decrease intake of fat and saturated fat.
- To increase intake of calcium-rich foods.

Food Safety Goal:

- To keep food preparation surfaces clean and sanitary.

Cooking Goals:

- To prepare foods low in fat and saturated fat.
- To increase use of calcium-rich foods in recipes.

Lesson 3: Fruits and Vegetables, Cross-contamination

Nutrition Goal:

- To increase intake of fruits and vegetables.

Food Safety Goal:

- To prevent cross-contamination of foods.

Cooking Goal:

- To increase use of fruits and vegetables in recipes.

Lesson 4: Meal Planning, Danger Zone

Nutrition Goal:

- To plan balanced and affordable meals based on personal eating habits, family food preferences, and MyPyramid.

Food Safety Goal:

- To keep perishable food out of the "danger zone."

Cooking Goal:

- To prepare freezer-friendly recipes to save time and money.

Lesson 5: Grocery Shopping

Nutrition Goal:

- To demonstrate the ability the ability to shop for healthy and affordable meals.

Food Safety Goal:

- To purchase safe food.

Lesson 6: Whole Grains, Child Feeding Issues

Nutrition Goals:

- To increase intake of whole grains.
- To implement appropriate child feeding practices.

Food Safety Goal:

- To feed children safe and age-appropriate foods.

Cooking Goal:

- To increase use of whole grains in recipes.

* Each lesson includes specific objectives designed to meet the above goals along with fun, hands-on activities to accomplish each objective.

Cooking for Life: Adult Recipe List

Week 1: MyPyramid, Handwashing

- Homemade Pizza*
- Tomato Sauce*
- Creamy Coleslaw*
- Tangy Coleslaw
- Fruit Coleslaw
- Peanut Butter Supreme

Week 2: Fats and Calcium, Clean and Sanitary

- Quick Tofu Casserole*
- Salmon Burgers*
- Macaroni and Cheese*
- White Sauce*
- Easy Homemade Corn Chowder
- Bread Pudding
- Custard Topping

Week 3: Fruits and Vegetables, Cross-contamination

- Chicken Vegetable Stir Fry*
- Apple Cake*
- Fruit Smoothie*
- Orange Yogurt Smoothie
- Better Bars
- Zucchini Bread

Week 4: Meal Planning, The Danger Zone

- Vegetable Lasagna*
- Lentil and Brown Rice Soup*
- Quick and Easy Cornbread*
- Squash Lasagna
- Easy Meat Lasagna
- Vegetable Chili

Week 5: Grocery Shopping

(There are no recipes for this lesson)

Week 6: Whole Grains, Child Feeding Issues

- Turkey Enchiladas*
- Spinach Orange Salad*
- Bulgur Chickpea Salad*
- Laurie's Sunshine Punch
- Ruby Delight Punch

* These recipes are made in class