



## **Cooking for Life: Young Adult Curriculum Outline\***

### **Overall Goal:**

To improve the health of young adult participants in a 6-week class.

### **Lesson Goals:**

- Lesson 1:** To prepare safe food.  
To increase intake of fruits and vegetables.
- Lesson 2:** To increase intake of whole grains.
- Lesson 3:** To decrease intake of fat and saturated fat.  
To increase intake of calcium.
- Lesson 4:** To plan balanced and affordable meals.  
To properly store perishable foods.
- Lesson 5:** To shop for healthy and affordable meals.
- Lesson 6:** To attain or maintain a positive body image.  
To increase level of physical activity.

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

# Cooking for Life: Young Adult Recipe List

- Lesson 1:** Chicken Vegetable Stir-fry  
Brown Rice  
Apple Cake
- Lesson 2:** Homemade Pizza  
Creamy Coleslaw  
Oatmeal Bars
- Lesson 3:** Vegetable Lasagna  
Whole-wheat Fruit Muffins  
Fruit Smoothies
- Lesson 4:** Turkey Enchiladas  
Spinach Orange Salad  
Quick and Easy Cornbread
- Lesson 5:** None (Grocery Shopping Tour)
- Lesson 6:** Planned Menu from Lesson 4 – options include:  
Tofu Casserole  
Lentil and Brown Rice Soup  
Macaroni and Cheese  
Vegetable Chili  
Cheesy Quesadillas  
Fruit Coleslaw  
Bulgur Chickpea Salad  
Homemade Salsa and Baked Nacho Chips  
Salmon Burgers  
Corn Chowder  
Bread Pudding  
Better Bars  
Zucchini Bread  
Punches  
Apple Yogurt Pancakes  
Egg Burritos  
Veggie Lo Mein  
White Bean Dip and Pita Chips  
Sweet Potato Fries