



## **Cooking for Life: Youth Curriculum Outline**

The Cooking for Life: Youth curriculum is based on the Social Cognitive Theory (SCT) of behavior change. In nutrition education, behavior change theories are used to design effective programs that influence behavior toward healthier eating. SCT theorizes that learning new behaviors is a result of an interaction between our environment, our thoughts, and our behaviors. Using this theory, one-two goals were developed for each lesson and weekly objectives and activities were created using the lesson goals.

### **Overall Goal:**

To provide participants with the knowledge and skills necessary to prepare nutritious meals and snacks on a limited budget.

### **Lesson Goals:**

#### **Lesson 1: Food Safety, Fruits and Vegetables**

- To increase intake of fruits and vegetables.
- To purchase and prepare safe food.

#### **Lesson 2: Whole Grains**

- To increase intake of whole grains.

#### **Lesson 3: Body Image and Physical Activity**

- To attain or maintain a positive body image.
- To increase level of physical activity.

#### **Lesson 4: Fats**

- To decrease intake of fat.
- To make healthy food choices at fast-food/convenience settings.

#### **Lesson 5: Calcium**

- To increase intake of calcium-rich foods.

#### **Lesson 6: Sugars, Meal Planning**

- To plan healthy meals and snacks.
- To decrease intake of added sugars.

# Cooking for Life: Youth Recipe List

## **Week 1: Fruit, Vegetable, and Food Safety**

- Quick Veggie Lo Mein\*
- Apple Cake\*
- Vegetable Chili
- Bulgur Chickpea Salad
- White Bean Dip

## **Week 2: Whole Grains**

- Whole Wheat Fruit Muffins\*
- Cheesy Quesadillas\*
- Fresh Garden Salsa\*
- Ruby Delight Punch\*
- Chili Cheese Popcorn

## **Week 3: Body Image**

- Three Easy Egg Recipes\*
- Oatmeal Bars\*
- Orange Yogurt Smoothie\*
- Apple Yogurt Pancakes
- Easy Egg Burritos

## **Week 4: Fats in the Diet**

- Homemade Pizza\*
- Tomato Sauce\*
- Fruit Kabobs with Yogurt Dip\*
- Creamy Coleslaw
- Tangy Coleslaw
- Quick Pizza
- Trail Mix
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## **Week 5: Calcium**

- Homemade Macaroni and Cheese\*
- Baked Chicken Nuggets\*
- Homemade BBQ Sauce\*
- Quick and Tasty Collards\*
- Broccoli Salad

## **Week 6: Sugars in the Diet and Meal Planning**

- Red Beans and Rice\*
- Hummus\*
- Pita Chips\*
- Sweet Potato Fries\*
- Laurie's Sunshine Punch\*
- Baked Nacho Chips

**\* These recipes are made in class**