

Keeping Cool – Cooking Class

GA43 & GA40

Format: This is an **Adult-Centered Education (ACE)** lesson plan. ACE is structured around pair and group discussions. Make sure to provide activities that children can do independently (such as coloring sheets or toys) while adults are engaged in the lesson

Who	Adult participants WIC facilitator
Why	The start of summer brings with it trips to the beach, playing outside, and fun with the family. It also brings with it the hot sun. It is important to drink adequate amounts of fluids to stay hydrated through the summer months. With the higher temperatures, less time is spent in the hot kitchen cooking, and people frequently turn to quick, less nutritious foods. This cooking lesson includes instructions and tips to help participants incorporate simple, nutritious recipes into their summer cooking to help themselves and their families stay healthy and cool during the summer and minimize the amount of time spent in the kitchen.
When	GA40: 20 minutes GA43: 60 minutes
Where	GA40: Chairs set up in a semi-circle in front of the cooking cart. GA43: Utilize cooking cart & tables. Each station will be set up with the equipment and food needed for each recipe.
What	Participants will leave with an understanding of the importance of hydration and with an increased confidence in their ability to cook simple, healthy foods at home.
What for	By the end of this session, participants will have: • Shared their favorite thirst quenching drink/food • Explained why it is important to stay hydrated throughout the hot summer months • Tasted two cool summer recipes and feel confident that they can make these recipes themselves

Lesson

- Overview:**
1. Welcome! Keeping Cool in the Summer – 5 minutes
 2. Personal & Food Safety, Knife Skills – 2 minutes
 3. Black Bean and Corn Pitas – 10 minutes
 4. Fruit Smoothie – 10 minutes
 5. Tasting and Closure – 5 minutes

Materials

Needed: PROVIDED BY ARC WIC PROGRAM:

- ☐ Handouts:
 - “Keeping Cool in Summer” and Recipe handout
- ☐ Cooking equipment:
 - Blender
 - Measuring spoons and measuring cups
 - Rubber spatula and mixing spoon
 - Knives
 - Can opener
 - Large Bowl
 - Colander
- ☐ Pencils
- ☐ Recipe Ingredients
- ☐ Paper plates, cups, spoons/forks
- ☐ Coloring Sheets and crayons for children

Getting

Ready:

1. Provide front desk staff Release & Liability Waivers. Participants must sign before participating in the Hands-on Cooking Class (GA43), but is not required for a cooking demonstration (GA40).
2. Set up ingredients, equipment and supplies for making recipes for the hands-on cooking class. (GA43)
3. Set up ingredients, equipment and supplies for making recipes for the cooking demonstration. (GA40)
4. Have cookbooks, handouts, aprons, and hand sanitizer available for the participants (GA43)
5. Have handouts available for the cooking demonstration. (GA40)

Activities: **1. Welcome! Keeping Cool in the Summer (5 minutes)**

“Good morning/afternoon, my name is _____. Today you are here for the Hands-on Cooking Class/Cooking demonstration. Our theme today is “Keeping Cool in the Summer.” We will be talking about how the importance of staying hydrated during the summer

and then we will view/prepare/taste some cool summer recipes. The entire class should take 20 minutes (GA40) or 60 minutes (GA43).

Warm-Up:

With the summer coming, we all want to spend more time outside! There are trips to the beach, picnics and barbeques with family, and swimming and playing with friends. Along with all of these fun and active things to do comes the hot summer sun. Since we are having so much fun we often don't think about drinking fluids!

"What are some of your favorite drinks or things to eat to quench your thirst in the summer? Please share these with the person next to you" **Please share with the group.**

"When the temperature is hot and we spend more time outside, it is even more important to make sure that we are drinking enough." **Pass out hand out "Keeping Cool in Summer."** *Please take a minute to read over the hand out with your partner.*

"From what you read, what are some reasons it is so important to make sure we drink fluids during the summer months?" **Please share with the group.**

"Today we are going to learn how to make some simple, healthy recipes that are perfect for the hot summer months."

As we go through our class today, we have just a few things we want you to remember: If anyone needs to leave at any time feel free to do so, if you have a cell phone please turn the ringer off, please keep your children next to you at all times – do not let them come behind the cooking cart or near the cooking tables. If you have any questions at any time as we go through the recipes, please ask!"

2. Personal & Food Safety, Knife Skills (GA43)

We are going to pass out disposable aprons and hand sanitizer. Please rub some hand sanitizer on your hands before we begin.

Please remember, if there are children present please make sure they do not come near the cooking tables. For their safety they will not be able to participate in the cooking class today.

Demonstrate proper knife skills.

3. Black Bean and Corn Pitas

Today we will be making two items: Black Bean and Corn Pitas and Paradise Freeze (a smoothie). We will be starting with the pita recipe and will end with the smoothie (GA43). We will be making each of these recipes together as a group and then will taste both recipes together at the end. We will be taking turns to help with mixing, blending, chopping the ingredients for these two recipes. Everyone will have a chance to participate! (GA43)

When it is hot outside, no one wants to spend a lot of time in a hot kitchen. This first recipe is one that involves no cooking and so is perfect for a quick, cool summer meal!

To prepare Black Bean and Corn Pitas

- ☐ **(Open, rinse and drain the black beans; thaw the corn prior to class)**
- ☐ **Place beans and corn in a large bowl**
- ☐ **Demonstrate** how to cut vegetables. Cut tomatoes, avocado, garlic.
- ☐ **Add** vegetables to the beans and corn in the bowl
- ☐ **Add** parsley, cayenne pepper, lemon juice, and chili powder to ingredients in bowl. Combine.
- ☐ **Cut** pita bread in half.

Talking Points

- Black beans are a great source of fiber and protein. Foods high in fiber keep us full longer which can help us to not eat too much. Beans are a great alternative to meat as a protein source because beans contain minimal fat and no cholesterol.
- Whole grains like these pitas contain also contain fiber. *What makes whole grains different from regular grains?* Whole grains contain all parts of the grain which are removed from grains when they are processed. The whole grains keep all of the vitamins and minerals that are there naturally!
- Avocados are a source of monounsaturated fats. This type of fat is 'heart healthy' and helps to reduce 'bad' cholesterol levels and raise 'good' cholesterol levels.
- Part-skim mozzarella is made with lower fat milk but tastes just as good!
- Lemon juice contains Vitamin C. Our bodies need Vitamin C to help keep us from getting sick.

4. Paradise Freeze Smoothie

Smoothies are a perfect summer time breakfast or a healthy, thirst-quenching snack any time of the day! Kids love smoothies so this is a great way to get them to eat fruit.

To prepare Paradise Freeze Smoothie:

- ☐ Peel banana
- ☐ Cut tops off strawberries and cut in half
- ☐ Demonstrate how to peel and cut mango
- ☐ Combine all ingredients in a blender or food processor container.
- ☐ Blend until mixture is smooth

Talking Points

- Bananas are a great source of Potassium. Potassium helps to keep our muscles and heart working properly
- Strawberries are also a great source of Vitamin C and fiber. Vitamin C helps to keep our immune systems healthy. Remember, fiber is important because it helps to keep us full.
- Mangoes contain Vitamin C and Potassium. *Do you remember what Potassium and Vitamin C are good for?*

- This smoothie recipe does not call for any extra sugar or juice. The fruits are sweet enough on their own!
- You could substitute the fresh strawberries for frozen strawberries and leave out the ice. You can use any combination of fruit that you like; this is a very versatile recipe.

5. Food Tasting of Recipes

Provide small samples of the prepared food for participants to try

Closure: *What is one thing that you learned today?*

How likely do you feel it is that you will go home and make these recipes? Why or why not?

Remember, healthy eating doesn't have to be hard. And it can be fun too! Each of these recipes can be made with your children and will be a fun summer family activity to do together!