



Incredible Edibles

Facilitator Guide

Prepared for Frost Valley YMCA by:

Michele Israel, Educational Writing and Consulting,
in partnership with Annette Slonim, Nutritional Subject Matter Expert

Overview

Incredible Edibles invites Frost Valley campers to dive into healthy cooking in an informal and participatory way that supports learning while doing. This is not traditional nutrition education, but a more hands-on approach to learning about healthy eating. While the goal is to promote nutritional food choices, the essence is experiential fun with emphasis on the final product: an easy-to-make meal with nutritional benefits.

The five lessons introduce campers to basic cooking skills and nutritional knowledge. Meals are grounded in the Harvard Healthy Eating Plate model, which focuses on whole foods and serves as a guide for healthy eating. The focus is eating more whole grains, fruit, and vegetables, and steering away from processed foods.

Goals and Objectives

Goal	Objectives
Promote nutritious cooking and eating	<ul style="list-style-type: none">• Provide informal inquiry-and reflective-based nutritional education that readily connects to campers' "real-life" daily eating/food practices and choices.• Engage campers in food prep and cooking tasks that heighten abilities to compare and contrast food items toward healthier choices; recognize nutritional benefits of fresh, whole unprocessed foods; and be alert to healthy serving amounts that undergird healthier lifestyles over the long term.• Expand camper consumption of healthier food, especially fresh fruit and vegetables.
Nurture fundamental cooking skills	<ul style="list-style-type: none">• Build camper knowledge and skills in basic food preparation and cooking.• Ground campers in specific "kitchen" practices that include safety, use of cooking implements, food storage, and proper food preparation that ensures cleanliness and related food safety concerns.

Lessons

Incredible Edibles has five lessons with:

- ✓ Specific achievement-based objectives,
- ✓ A full list of materials and a description of how to prepare them
- ✓ Instructional steps for the central learning task and the cooking task
- ✓ Sidebars highlighting basic content concepts
- ✓ Several recipes that reflect the lesson's key nutritional concept

Framework

- The curriculum reflects a five-course Frost Valley cafeteria menu item: starter/appetizer; or salad; a main entrée, dessert, and a beverage (the focus is on flavored water). Each lesson is centered on the nutritional elements of a particular recipe that participants prepare, cook (where appropriate), and EAT! Each lesson has additional optional exercises that dig deeper into the nutritional theme presented in the recipe. The facilitator can lead one or more of these depending on the time available and participant interest.
- The materials target grades 4-8. That means adaptation might be necessary, depending on the ages of the participating groups. A few recipes are identified as being good for younger campers. In some instances, language might have to be simplified for younger campers.
- Facilitators are free to modify the lessons to best address campers' interest and skills level. However, the main nutritional piece must be a part of any modification. Recipes align with each nutritional message. Facilitators can use other recipes, but they must reflect core healthy concepts. The following describes curricular elements across lessons:

A brief overview with what campers will learn starts off each lesson.
Each "lesson" has a core nutritional message. A sidebar, What to Emphasize, draws session leaders to key concepts that should be addressed. Additionally, each lesson ensures that campers match the dish they make to the Harvard Healthy Eating Plate food diet to reinforce recommended food group requirements.
In order to combine nutritional messages with cooking, the first part of the lesson is more of a conversation as the facilitator and the campers prepare the kitchen and the work stations.
Each lesson provides some basic cooking demonstrations, such as knife skills and proper measuring techniques. Campers can follow along as the chef/counselor models methods.
Each lesson offers a few recipe choices. The facilitator decides which to use. It is possible that smaller groups of campers can prepare more than one dish. Cook 'n' Chat is the sidebar that lays out the primary nutritional aspects of a recipe's main ingredient in the recipe. Share these "informally" with participants as they prepare the dish. You can begin this information sharing with probing questions without disrupting the food prep and cooking process.
The recipes draw on old favorites and introduce new food options.
Campers taste and "critique" the meals they prepare. In Lesson 1: Chipping In! there is a set of critique cards that campers will use during each session. In addition to critiquing, campers offer suggestions for recipe enhancements.
Each lesson has a closing discussion question.

Top of Mind

Read the Lessons	Before doing anything, read all of the lessons. Be familiar with the tasks and the accompanying information. Read each lesson again the day before you will lead it to modify, if necessary. Be comfortable putting background details into your “own words.”
Recipes	Each lesson has a few recipes. Choose one that best fits the campers in each class. Make sure the preparation is something campers can do. If you decide to use a recipe that is not listed, make sure that it addresses the lesson’s key concepts, and that you present the nutritional information and other elements as outlined in the Cook ‘n’ Chat section.
Fresh Food	Because the emphasis is on fresh, whole food, where possible, the caliber of food items should be available, especially fruit and vegetables. It would even be better to buy local, “farm fresh” produce. Where possible, harvest and produce from the Frost Valley garden or even from Farm Camp, to make direct connections to farm to table. Avoid processed foods.
Recipe Test	While the recipes provided have been tried and tested, it is recommended to prepare and test the dish before taking it on during the session. This helps you to determine how long it takes to prepare, what tasks might be difficult for the campers, etc.
Selection	Choose a recipe that is right for your group.
More than One Recipe	It is possible to use two recipes during a session. Consider the pre- and in-class prep time for each recipe, the lesson plan modification that would be necessary to do this, and the access to kitchen equipment that would ensure meals are completed and ready to eat in a timely fashion.
Prep	Gather ingredients and equipment the day before. You will have to prepare some items ahead of time. How much you need to prepare in advance will also depend on camper capability. Make sure all of the cooking tools and equipment you need are available and in good, working order.
Test	If possible, prepare each dish ahead of the cooking session to show campers before they cook.
Cooking Tips and Practices	Always review cooking tips and practices, i.e., knife skills, if part of the preparation, before introducing the recipe. These are included in this resource guide for reference.

Demonstrate	Demonstrate the use of items and skills that are specific to the lesson. For example, how to properly chop vegetables. Or, how to measure. Some of these tasks, once learned, might not need to be repeated. Always demonstrate how to use tools and equipment that are new to campers.
Serving Size	While the goal is not to focus on nutritional concepts, such as calories, etc., it is good to casually remind campers of what serving sizes look like. Included in this packet is an easy guide that uses the hand for measuring standard healthy amounts. Gentle reminders are good; having campers model the serving sizes reinforces this concept. The important thing is not to deter them from eating.
Recipe Reading	Read each recipe lesson along with the group before making the dish. You can introduce recipe reading in the first lesson, referring to the Recipe Reading Steps including in this packet. You might want to distribute this to the campers, or post it along with the cooking tips at each cooking station.
Figuring out Serving Sizes	In most recipes, there is a note on how many people a dish serves, but the size of the serving is not described. Included in this packet is a simple formula for figuring that out. Once known, campers can then use their "hand" measuring tool to see if the meal size jives with recommended serving sizes.

How to Read a Recipe

1. Read the recipe all the way through.
2. Ingredients are listed in the order they are used.
3. The order of words in an ingredient list changes the preparation of the foods.
4. Gather all of the ingredients, pots, pans, bowls, and measuring utensils you need.
5. Double check all the steps and the ingredients.
6. Follow the directions.

Basic Knife Skills

Use a larger cutting board than seems necessary for the ingredients you are using.

Wear closed toed shoes when you are handling knives.

Don't try to catch falling knives!

When carrying a knife, point the tip towards the floor.

Always hold the food you are cutting with one hand, while the other hand uses the knife.

The holding hand should always be shaped like a claw, with the fingers tucked under in a "C" shape.

The tip of the knife should always remain on the cutting board, and the cutting can be done by carefully lifting and lowering the handle.

If you are working with round or wobbly objects, slice them in half (or cut off a thin piece) so that you can put the object on their flattened side.

How To Calculate The Serving Size In Recipes

Cooking your own meals at home gives you the opportunity to eat a healthier diet than one that regularly includes prepackaged and fast foods. Recipes, however, don't always specify the size of a serving or the nutritional value of each serving. Learning how to calculate the serving sizes of a recipe will make it easier to keep track of your intake of calories, carbohydrates, fat and protein.

- **Step 1:** Read the recipe to determine how many servings it should yield. Even when recipes don't tell you how large a single serving should be, they usually state the number of servings the recipe yields.
- **Step 2:** Add up the total volume of all the ingredients in your recipe. For most recipes, it will probably be easiest to use cups as the unit of

measurement. For example, a soup recipe that calls for 4 cups of stock, 2 cups of chopped vegetables and 1 cup of chopped meat has a total volume of 7 cups when all are added together.

- **Step 3:** Divide the total volume by the number of servings. For example, a soup recipe that serves four people and has a total volume of 7 cups has a serving size of $1\frac{3}{4}$ cups. This is because 7 cups divided by the number of people to be served -- four -- equals 1.75.

Area

- **Step 1:** Read the recipe for casserole, brownies or other foods that have a relatively solid end product to determine how many servings it should yield.
- **Step 2:** Measure the length and/or width of the final product of your recipe.
- **Step 3:** Divide the pan or loaf into equal slices or squares. For example, a pan of brownies that should yield 12 servings and should have four even slices in one direction and three even slices in the other direction. If you used a 9-by-13-inch pan, the four slices should be made along the 13-inch side and should be 3.25 inches apart; three slices should be made along the 9-inch side and should be 3 inches apart. In other words, each brownie should be 3-inches by $3\frac{1}{4}$ inches. For recipes such as bread, simply divide the length of the food by the number of servings and make the corresponding number of evenly spaced, vertical slices.

Tips

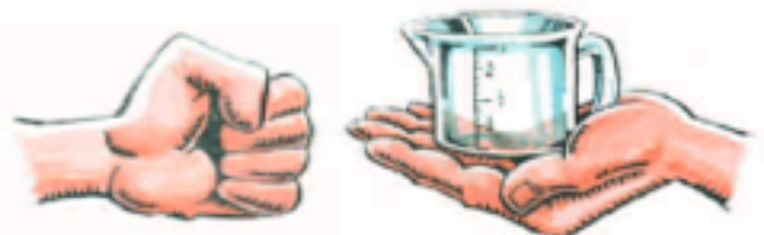
The volume method works best for recipes without dissolving ingredients. When wet ingredients are combined with powdered or dissolving ingredients, they tend to yield a total that is less than the sum of their parts. In this case, you can simply measure the end result for a more accurate total.

Source: Livestrong, article by Chance Woods

<http://www.livestrong.com/article/510434-how-to-calculate-the-serving-size-in-recipes/>

Figuring Out Healthy Eating Serving Size

THE SECRET TO SERVING SIZE IS IN YOUR HAND



1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped
vegetables or fruit



Two servings, or 6 oz., of lean meat
(poultry, fish, shellfish, beef) should
be a part of a daily diet. Measure
the right amount with your
palm. One palm size portion
equals 3 oz.,
or one serving.

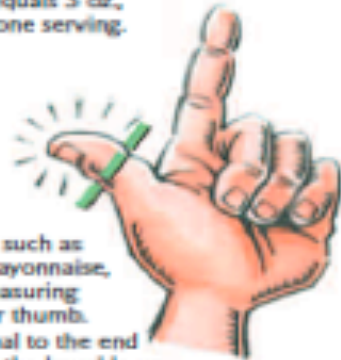
A thumb = 1 oz.
of cheese

Consuming low-fat
cheese is a good
way to help you meet
the required servings
from the milk, yogurt
and cheese group.
1 1/2 - 2 oz. of low-fat
cheese counts as 1 of the 2-3
daily recommended servings.



Keep high-fat foods, such as
peanut butter and mayonnaise,
at a minimum by measuring
the serving with your thumb.

One teaspoon is equal to the end
of your thumb, from the knuckle up.



Snacking can add up. Remember, 1 handful
equals 1 oz. of nuts and small candies. For chips
and pretzels, 2 handfuls equals 1 oz.



Healthy diets include 2-4
servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.



Color Me Healthy...preschoolers moving and eating healthy