



CS5

COOKING SKILLS AND FOOD

Kitchen Discovery with Kids

Time: 70 Minutes

Your kitchen is a classroom! From math and science to lessons about your family's culture, the kitchen can be a place of education, fun, and love! Learn tips to involve your kids in the kitchen and teach them how to be healthy eaters.

OBJECTIVES:

List strategies for cooking with kids.

Practice making a kid-friendly nutritious dish.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Play recipe video.
- Participants will practice making a kid-friendly, heart-healthy dish.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Kitchen Discovery with Kids Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video - [Kid-Friendly White Bean and Avocado Wrap](#)
- Infographic - [Sodium Can Be Sneaky](#)
- Resource - [Growing Healthy Habits](#)

Find these resources in this lesson

- Recipe - [Kid-Friendly White Bean and Avocado Wrap](#)
- Handout - [Sodium Can Be Sneaky Infographic](#)
- Handout - [Top 5 Tips to Deal with Picky Eaters \(Both Kids & Adults\)](#)
- Handout - [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 3 tablespoons red wine, white, apple, or cider vinegar
- 1 ½ teaspoons olive oil (extra-virgin preferred)***
- 1 teaspoon honey
- ⅓ teaspoon pepper
- 1 carrot, shredded
- 2 cups shredded green or purple cabbage
- ½ cup cherry tomatoes, quartered
- 1 tablespoon coarsely chopped fresh cilantro
- 1 15-ounce can reduced-sodium white beans (navy, cannellini, or Great Northern), rinsed and drained
- 1 medium ripe avocado, halved and pitted
- 4 8-inch whole-wheat wraps or tortillas
- Paring knife**
- Cutting board
- Can opener
- Colander
- Box or flat grater
- Vegetable peeler
- Whisk
- Fork
- 2 medium bowls
- Butter knife or spreader/spatula
- Measuring cups and spoons
- Plates (for tasting)

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

***Extra-virgin olive oil is preferred because its taste is richer but may be more expensive than regular olive oil.

Kitchen Discovery with Kids Demo Script



SAY:

From math and science to lessons about your family's culture, the kitchen can be a place of education, fun, and love!



Crunch the Numbers

- Grocery shopping is a great way to learn financial management. Find a day when you have a bit more time to spare and bring your child to the grocery store. Have your child help you with price comparisons and savings calculations when you use coupons or buy in bulk.
- Often, we end up halving or doubling recipes to make the right amount. Give your child the task of doing the math to prepare the right number of servings for your family meal.
- Have your child help you measure ingredients by using measuring cups and spoons; they are great for reinforcing math concepts, including fractions, conversions, and quantities.
- Following recipes will also give your children a chance to put their time skills to work. Give your child a timer the next time you cook or bake together and put them in charge of managing it.



Edible Science

- Volume, weight, and temperature are key components in the kitchen.
- When you cook a food that was raw, it changes its state of matter. Let your child observe and describe the changes that happen in the skillet or oven.
- Plant a garden or participate in a community garden. Learning how a food grows increases the likelihood that your child will want to try it.
- Cooking and baking are all about sensory awareness. Each recipe can introduce your child to new tastes, smells, textures, sights, and sounds. Make up a five-senses game you can play with your child.



Nutrition

- Your children will be more likely to select healthy foods if they know how the different foods in the food groups benefit our bodies. Discuss the food groups—vegetables, fruits, grains, dairy, poultry/eggs/meat, fish/other seafood, nuts/seeds/beans/legumes, fats/oils—with your child and ask him/her for examples of each. Discuss why each of them helps us be healthy and strong.



Language Skills

- Ask your child to help you by reading the instructions.
- Ingredient lists make great spelling lists. Hold a spelling bee while you cook together.
- When your child finds an unfamiliar word, define the word and use it in a sentence.



Art

- Art and creativity abound in the kitchen! Have your child arrange food on a plate to be visually appealing.



Culture

- Share your family history of food! Talk about your family's heritage and what meals you eat that come from your culture.
- Holiday traditions often include special meals. Keep the tradition going by involving your child as you prepare celebrations for your family.
- Travel through cooking! Introduce an ethnic meal once a month that will inspire your child to learn more about a new culture and heritage.



Social Skills

- Teamwork, communication, and responsibility—success in these areas can boost your child's self-esteem and the kitchen is a great place to practice!

Continued on page 4

Kitchen Discovery with Kids Demo Script (Continued)



SAY:

Problem Solving

Cooking is about problem solving. Forgot to buy an ingredient? Ask your child to help you find a substitution.



Now that you know how to make the kitchen like a classroom you can help your kids build a healthy, balanced diet. It's important for kids to know how to make healthy choices and include the right kinds of foods from each food group.



What can your child do to eat heart healthy?

Choose foods and drinks that are good for your heart. They should be low in sodium and added sugars. Water, 100% fruit juice, and fat-free/low-fat dairy products are good choices.



Learn to read Nutrition Facts labels. A serving is the amount of food or beverage listed on the label. The label will also tell you how many servings are in the package. If the label states there are two servings in the package, have your child eat half or share the food with a friend.



Limit foods that have high amounts of certain nutrients. If the Nutrition Facts label states the food has lots of unhealthy fats (saturated and trans fats), try a healthier option. Limit foods that are high in sodium and added sugar or are higher in calories than similar foods or beverages. Compare ingredient lists and Nutrition Facts panels among different foods to find the best option.



Here's a quick list of healthy eating tips. Go over this list with your child to help support plans to eat healthier. Together, you and your child can adapt the list to your cultural or food preferences.

1. Eat plenty of fruits and vegetables (canned, dried, fresh and frozen.)
2. Choose whole-grain foods, which can be a good source of dietary fiber.
3. Eat fish, especially oily fish (for example salmon, trout, herring), at least twice a week.
4. Limit your intake of saturated and trans fats.
5. Look for polyunsaturated and monounsaturated oils like canola, olive, peanut, safflower and sesame oil.
6. Choose lean meats and poultry. (Try meat-free alternatives for protein.)
7. Select low-fat (1%) and fat-free dairy products.
8. Limit your intake of beverages and foods with added sugars.
9. Limit your sodium and watch out for sneaky ways it can get into your food.
10. If you want to snack, go nuts! A serving size is a small handful or 1.5 ounces of whole nuts or 2 tablespoons of nut butter.
11. Drink water instead of sugary drinks.

Kitchen Discovery with Kids Activity Script

Divide participants into teams to practice making an easy and nutritious kid-friendly dish.

Play the recipe video.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

Today, we are going to make a kid-friendly white bean and avocado wrap. This kid-friendly favorite makes a delicious meal that your kids can even make themselves. We'll be using all those heart-healthy ingredients in our wrap today. Let's get started.



Once everyone has finished making the dish, divide it onto plates and share with your team.

Kid-Friendly White Bean and Avocado Wrap

Makes 4 servings; 1 wrap per serving
Per serving: 339 Calories; 1.5 g Saturated Fat; 471 mg Sodium



INGREDIENTS

- 3 tablespoons red wine, white, apple, or cider vinegar
- 1 ½ teaspoons olive oil (extra-virgin preferred)
- 1 teaspoon honey
- ⅛ teaspoon pepper
- 2 cups shredded green or purple cabbage
- 1 carrot, shredded
- ½ cup cherry tomatoes, quartered
- 1 tablespoon coarsely chopped fresh cilantro
- 1 15-ounce can reduced-sodium white beans (navy, cannellini, or Great Northern), rinsed and drained
- 1 medium ripe avocado, halved and pitted
- 4 8-inch whole-wheat wraps or tortillas

QUICK TIPS

- Substitutions may alter the flavor profile and nutrition information.
- If white beans are unavailable, use black, pinto, kidney, or garbanzo beans (chickpeas).
- If cabbage is unavailable, use romaine or iceberg lettuce.
- If 100% whole-wheat wraps or tortillas are unavailable, use corn tortillas. Compare Nutrition Facts labels and choose the product with the lowest amount of sodium.

DIRECTIONS

1. In a medium bowl, whisk together the vinegar, oil, honey, and pepper.
2. Add the cabbage, carrot, tomatoes, and 1 tablespoon cilantro. Gently toss to coat the vegetables. Let marinate for 15 minutes.
3. Put the beans and avocado in a medium bowl. Using a fork, mash until thoroughly blended and spreadable.
4. Place the wraps on a flat surface. In the center of each, spoon 2 heaping tablespoons of the bean mixture. Spread the mixture two inches from the edges of the wrap.
5. Re-stir the cabbage mixture. Spoon 2 heaping tablespoons on top of the bean mixture.
6. To assemble, fold the two sides of the wrap inward. Hold and lift the bottom portion of the wrap up with your thumbs to create an “envelope.” Once the bottom of the wrap is touching the two sides, roll the wrap until completely closed. Place with the seam down on plates.

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+ / **SODIUM** / + o | **CAN BE SNEAKY** | +

Breakfast, lunch, dinner, and snacks can add up to more than 4,000 mg of sodium for the day.



BREAKFAST



LUNCH



DINNER

Throughout the day, the average American man consumes nearly 3,500 mg of sodium for the day and the average woman consumes 3,000 mg of sodium. That is more than two times the amount recommended by the American Heart Association for ideal heart health. Too much sodium can be risky for your health. Thankfully, meals with lower sodium can be just as delicious and can keep your sodium in check.

You deserve the right to take back control of the sodium in your food. Like you, 3 in 5 people want more choice and control over the sodium in their food.

The first step? Watch for the hidden sodium in food, then take action and make your voice heard by telling the food industry that you want healthier foods.

Here's how the sodium can add up:



BREAKFAST



Sausage & cheese croissant breakfast sandwich with hash browns and orange juice
1,289 mg
Total Sodium



Veggie breakfast sandwich on a whole grain English muffin with sweet potato home fries and orange fruit cup
421 mg
Total Sodium



Honey Bun
Total Sodium: 198mg

MORNING SNACK

Snack Tip:
Satisfy your sweet tooth with a delicious piece of fruit.



Banana
Total Sodium: 1mg



LUNCH

Lunch Tip:

- Use veggies to add flavor instead of salty condiments, sauces and sides.
- Compare labels on salad dressings. Choose the option with less sodium.
- When dining out, ask for your meal to be prepared without extra salt.



Turkey sandwich with a side salad and a pickle
1,935 mg
Total Sodium



Turkey sandwich with a side salad and cucumber slices
668 mg
Total Sodium



Potato Chips
Total Sodium: 148mg

AFTERNOON SNACK

Snack Tip:

- Need an afternoon pick-me-up? Choose nuts for extra crunch.
- Compare labels. Choose the item with the lesser amount of sodium.



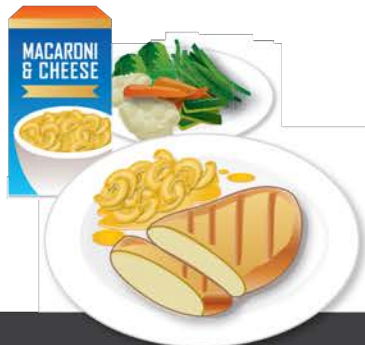
Unsalted almonds
Total Sodium: 0mg



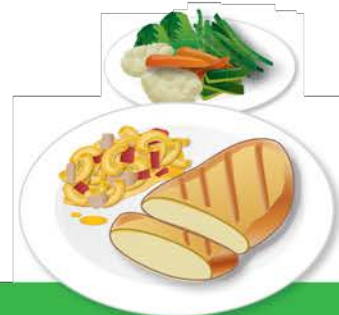
DINNER

Dinner Tip:

- Prepare food at home to have more control over the sodium in food. Replace salt in recipes with herbs, spices, citrus, or vinegar.
- Foods that look the same may contain different amounts of salt! Compare labels. Choose the item with the lesser amount of sodium.



Chicken with boxed macaroni and cheese and frozen veggies (salted)
1,289 mg
Total Sodium



Chicken with homemade macaroni and cheese and frozen veggies (no salt)
421 mg
Total Sodium

4,632 mg
Total Sodium

GRAND TOTAL

Daily amount of sodium recommended for ideal heart health by the American Heart Association for most adults: 1,500 mg.

1,423 mg
Total Sodium

Want to take back control of the salt in your food?
Make your voice heard.

Visit heart.org/sodium to take action.



Picky eaters can miss out on a lot of good food! It can be challenging cooking for others who refuse to eat some foods. Plus, they miss out on important nutrients found in foods often on the I-Don't-Eat list like green vegetables, salads, fruit, skinless poultry and fish, beans, legumes and nuts, low-fat dairy, or whole grains.

The following tips will help nourish your family with healthful foods and help return some harmony to mealtime.

No Short-Order Cooking

Plan meals to include at least one thing that everyone likes (even if it's the baked beans for the vegetarian or the dessert of fruit and low-fat, sugar-free yogurt parfaits!). Serve one meal for everyone in the family; no exceptions. The alternative habit of preparing different foods for everyone is exhausting and it can take much longer for children to learn to like new foods.

Remember It Takes 11 Tries to Accept Something

It's normal for children to be cautious of new things—including food. Research has shown it sometimes takes 11 tries for a child to decide they like a new food. So, keep serving broccoli—and even allow a child to touch it or play with it to learn about how it might feel in their mouth. Always ask that they take one bite.

No Clean Plate Club

Help kids focus on eating until they are full rather than finishing every last bite on their plate.

Sometimes adults forget that small children have small bellies; a good rule to remember is: 1 tablespoon of food per age of the child for each dish (about 2 or 3 dishes). So, a 3-year-old child should receive 3 tablespoons each of peas, noodles, and chicken.

Shop & Cook with the Kids

Kids are more likely to taste a dish if they helped plan or prepare it. Letting kids choose veggies in the supermarket produce section or even in the frozen food aisle will empower them. Involve them with age-appropriate tasks such as stirring, chopping, or measuring ingredients; this will allow them to contribute to a project which they'll be proud to share and eat! This technique works with picky adults/teens too. Asking them to help with the shopping and cooking gets them invested in the final product and gives them a greater sense of curiosity to try it.

Serve Smart Snacks

One of the very best ways to get kids (and adults) accustomed to eating fruits and veggies is to serve them when they are really hungry at snack time. Veggies and hummus are a simple way to nourish children for play or homework but not overfill their bellies so they are too full for a wholesome dinner. Serving salty chips, cookies, or even sugary granola bars and artificially-flavored gummy "fruit" snacks can be a quick option, but not the healthiest solution.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
