

Deal the Best Meal at the Cooking With MyPyramid Workshop

Learn how to Deal Nutrient Rich Meals

GOAL:

To provide a fun and informative cooking class that emphasizes the scientific information and medical knowledge used to create the 2005 Dietary Guidelines for Americans, as well as promote the food group messages in MyPyramid.gov.

OBJECTIVES:

1. Participants will receive information to prepare recipes from *Cooking With MyPyramid* that incorporate the following ingredients:
 - Whole grains
 - Dark green and orange vegetables
 - Healthy oils that include omega 3 fatty acids
 - Lower sodium and increased potassium ingredients
2. Participants will determine their calorie recommendations with recommended food group amounts from MyPyramid.gov using *Your Pyramid Connections Slide Guide*.
3. Participants will practice selecting healthier foods using their *Healthy Snack Turn*.
4. Participants will begin the *Cooking With MyPyramid 25 Stars Challenge* and select a reward when they color in 25 stars.

TIMELINE TO HELP YOU PREPARE FOR A COOKING WORKSHOP

Two-Month Timeline Before the Workshop:

Two-one month ahead of time - Find a location at a local cooking store, community college, recreation center, or hospital. If you can find a demo kitchen with an overhead mirror for a 2-hour workshop great! Decide how many recipes you want to make from *Cooking With MyPyramid*. The following recipes introduce the objectives above, as well as are tasty and easy to prepare:

- Lentil Spaghetti Sauce (cookbook page 138) with Roasted Vegetables (cookbook page 132)
- Salmon Loaf (cookbook page 120) with Dill Sauce (recipe included in back of cookbook)
- Brunswick Stew (cookbook page 108)

Identify the recipes you selected in the cookbook with a sticky note so they are easy to find down the road!

If you do not have a demo kitchen and are limited in time to a 1-hour lunchtime workshop, then prepare one recipe. Here are some options:

- Use an electric skillet to make the Lentil Spaghetti Sauce, or
- Use an electric burner with a stockpot to make the Brunswick Stew or Beef and Barley Soup (cookbook page 143). If the class has vegetarians, you can leave out the meat.
- Be sure to bring an electric strip and extension cord to the workshop and contact the person organizing the event to let them know you will be cooking (see if they have special electrical equipment they want to set up).

Become familiar with the *Your Pyramid Connections Slide Guide* (directions in cookbook on pages 16-17), and the *Healthy Snack Turn* (directions on cookbook pages 27-29).

Read *Cooking With MyPyramid* and pay special attention to the:

- *Tips* in *Cooking With MyPyramid* cookbook (cookbook pages 34-49)
- *MyPyramid* ✓ box with each recipe. This lists the food groups and amounts each serving of the recipe contains.

- *MyPyramid 25 Stars Challenge* with each recipe (directions on cookbook pages 30-33)
- *MyPyramid Food Group Cards* to download (cookbook pages 18-26)

Two-one Month Ahead of Workshop - Decide who will teach the workshop. One instructor with 2 assistants is needed for a 2-hour workshop with 4 recipes. If you are doing a 1-hour lunchtime workshop, you will need 1 instructor with 1 assistant. Read the tips in the cookbook and this outline so you are prepared ahead of time.

Meet to discuss food preparation and workshop class assignments. Enlist the help of volunteers. Divide the ingredients up and have each volunteer bring their assigned ingredients chopped, diced, or sliced the day of the workshop. Place the ingredients in sealed plastic bags with the recipe name written on the front. This makes the recipe preparation easy and fast at the workshop. Look in your cupboard for fresh bottled ingredients such as Worcestershire sauce, that you may have on hand and don't need to purchase. Just make sure the ingredients have not expired and herbs/spices are fresh (less than 6 months old).

One Month Ahead of Time - advertise the workshop. Email an announcement of the workshop to your organization members and community partners. Suggested class time is 2 hours (6:30-8:30 pm) or a 1-hour lunchtime workshop.

Three-Two Weeks Ahead of Time - Order the *Cooking With MyPyramid Cookbooks* for each participant (includes a *Healthy Snack Turn* and *Your Pyramid Connections Slide Guide*). Order the cookbooks you need when you have registration and payment. The books should be ordered no later than 2 weeks before the class date. The order form is included in this folder.

Day Before Class or Morning of Class - Purchase ingredients or check your cupboards for on-hand fresh ingredients. The convenience factor with using the *Cooking With MyPyramid Cookbook* is that everything is included in the cookbook. Participants follow along with the recipes and tips in the cookbook in place of handouts. Encourage participants to write tips in their cookbook for a one-place resource.

Set up the ingredients for each recipe on a tray. Small glass bowls make a nice display and can be purchased in specialty cook stores. If you don't have enough bowls, make one recipe, and then have your volunteers clean the bowls and add the ingredients for the next recipe. Or just use the clear plastic bags with the names.

Set up a Display Table with products to illustrate the points you will be talking about in the workshop. This may help you:

- Empty clean snack packages with the nutrition facts to use with the *Healthy Snack Turn*
- Variety of whole grains (cookbook page 20)
- Healthy oils - canola, olive oil, flaxseed oil, margarine and margarines with trans fats
- Cereals - whole grain and not whole grain to deal the best meal
- Tomato paste, tomato sauce, no salt added, reduced-sodium (get a variety and keep packages)

GROCERY LIST FOR SUGESTED CLASS RECIPES (each recipe makes about 15 sample sizes)

Salmon Loaf (cookbook page 120)

Ingredient	Amount for 1 recipe (serves 15 sample sizes)
Canned (15 $\frac{1}{2}$ oz) red sockeye salmon	1 can
Egg whites	2
Dried dill	1 tsp
Coarse grain mustard	1 Tbsp
Honey	1 Tbsp
Quick cooking oats	$\frac{1}{2}$ cup
Sweet onion	$\frac{1}{2}$ cup

Creamy Dill Sauce recipe included on a piece of paper in the back of *Cooking With MyPyramid*

Ingredient	Amount for 1 recipe (serves 15 sample sizes)
Trans fat free margarine	2 Tbsp
All purpose flour	2 Tbsp
Skim milk	1 cup
Cayenne pepper	1/8 tsp
Vegetable or chicken soup base	$\frac{3}{4}$ tsp
Dried dill	$\frac{1}{2}$ tsp
Frozen peas, thawed	$\frac{1}{2}$ cup

Lentil Spaghetti Sauce (cookbook page 138)

Ingredient	Amount for 1 recipe (serves 15 sample sizes)
Canola oil	1 Tbsp
Sweet onion	1 large, chopped
Minced garlic	1 tsp
Dry lentils	1 cup
Water	1 cup
Cayenne pepper	$\frac{1}{4}$ tsp
Black pepper	$\frac{1}{4}$ tsp
Reduced sodium vegetable broth	1 cup
Dried basil	$\frac{1}{4}$ tsp
Dried oregano	$\frac{1}{4}$ tsp
Brown sugar	2 Tbsp
15 oz tomatoes with puree	1 can
6 oz can tomato paste (do not buy Italian)	1 can
Balsamic vinegar	1 Tbsp
Whole-wheat pasta	2 cups cooked

Roasted Winter Vegetables (cookbook page 132)

Ingredient	Amount for 1 recipe (serves 15 sample sizes)
Vegetable or olive oil	1 tsp
Sweet onion	1 medium
Small butternut squash	$\frac{1}{2}$ small squash
Small red skinned potatoes	6 small
Parsnip	1
Carrots	3 medium
Olive oil	1 Tbsp
Minced garlic	1-2 tsp
Fresh rosemary (fresh is preferred)	1 tsp dried or 1 Tbsp fresh

Brunswick Stew (cookbook page 108)

Ingredient	Amount for 1 recipe (serves 15 sample sizes)
Lean ground beef	1 pound
Ground black pepper	$\frac{1}{2}$ tsp
Canola oil	1 tsp
Onion	1 large
White potato	1 small
Sweet potato	1 small
Carrots	2 medium
Can (14 $\frac{1}{2}$ oz) diced tomatoes in juice	1 can
Worcestershire sauce	1 Tbsp
Honey	1 Tbsp
Frozen corn or peas	1 cup
Hot sauce	Taste preference

Other materials you will need:

Small paper plates or plastic cups for each recipe.

Plastic forks and spoons, or sporks.

Napkins

Paper towels, detergent, plastic gloves

Serving bowls and utensils

Mixing bowls and measuring utensils

DEAL THE BEST MEAL 2-HOUR WORKSHOP OUTLINE:

Welcome

- Introduce yourself and others and stress the fact that you are a registered dietitian(s).

- Stress that the workshop is based on scientific research from the Dietary Guidelines for Americans as well as MyPyramid.gov and that information is translated into the recipes. As you go through the recipes you will deal the best meal by selecting the most nutritious ingredients.

- Introduce the *Cooking With MyPyramid* cookbook and explain that the recipes you will making are in the book, as well as the tips that will be discussed during the workshop. *Cooking With MyPyramid* includes recipes divided into breakfasts, lunches, dinners, and snacks.
 - Each recipe lists the food group amounts it contains in the MyPyramid ✓ box. The goal is to get at least 3 food groups with each recipe. This cookbook reinforces the amounts of food groups recommended in MyPyramid.gov and does not focus on the calorie or fat amount in the recipes.

 - Each recipe contains a *MyPyramid 25 Stars Challenge*. When you prepare the recipe and follow the information in the Challenge, you can color a star (or 2) on the *Cooking With MyPyramid 25 Stars Challenge Worksheet* (page 30). You can also download a large colored chart at CookingWithMyPyramid.com. The challenge can be completed as an individual or a family. Suggested non-food rewards for completing the challenges are on cookbook pages 32-33.

 - Each recipe contains a Tip to help complete the challenge. The Tips are on cookbook pages 34-49.

- Participants can download the *MyPyramid Food Group Cards* at CookingWithMyPyramid.com. Explain these cards on cookbook pages 18-19 as well as review the foods in the food groups (cookbook pages 20-26).

So turn cooking into a family affair and challenge each other to increase activity and work together as a family for a family reward.

Okay, let's get started!

- Do you know that eating 5 family meals together a week might be the key to help keep kids off drugs and help them get better grades? Studies show just this fact. And the family meals with parental presence are associated with diets higher in fruits, vegetable, and dairy. Adolescents in families that have structured family meals also develop less disordered eating habits. So that's real motivation to get cooking and sit down together and eat meals - not to mention that you are eating healthier.

Let's take a poll to see how your habits are:

- How many of you eat pretty much everything? Are there any fruits and vegetables you don't like? Do you serve these to your family? Chances are you don't. That's because often we pass on our food preferences to family members. As we go through this class, remember - the tips for kids work also for adults. We always say it takes 12 times to try a new food before we accept it - that's for kids and adults!
- That's the goal of this cooking workshop - to try new foods! And we want a variety from all the food groups. Pull out *Your Pyramid Connections Slide Guide* and find your recommended daily amounts of the different nutrients. Do demo with the slide guide. Have each participant determine their calorie needs based on gender, age, and activity. Point out how calories increase with increased activity. It's recommended 30 minutes a day for health benefits, 60 to lose weight, and 60-90 to maintain weight loss. The good news is - it doesn't need to be done all at one time. Then turn it over to find

the recommended food group amounts. This is so we get nutrients and when they did the studies, they found that when people typically ate these amounts, they had lower cholesterol levels, etc.

- Here are some tips when working with the recipes in this book - or when creating healthy recipes and they are on page 3-4. Read the tips on pages 3-4.

Your recipes are only as good as your ingredients - the fresher, the tastier, the better your recipe.

- Select fresh, frozen, or canned fruits. Select fresh or frozen vegetables. Look on page 4-5 for tips and review with the group.

So - How do you get your kids to eat healthier?

- Start by serving vegetables the ways kids like them - tender crisp. Look on page 5. A tip on page 5 is to try new vegetables at the beginning of the meal when everyone is the hungriest. Serve a small portion - maybe 2 Tbsp to $\frac{1}{4}$ cup. Everyone can ask for seconds. Also, offer a familiar vegetable that everyone likes along with the new vegetable for the sense of familiarity. Remember the 12-time rule.
- Ask participants to turn to page 9 in *Cooking With MyPyramid*. These are words of wisdom to create healthy eating habits (go through the points).

Use the Healthy Snack Turn: The directions for the *Healthy Snack Turn* are listed on the wheel. Pass around sample snack labels. Ask participants to use the wheel to see if their snacks are healthy.

Okay, enough talking, let's get cooking. As we prepare the recipes, we'll discuss the tips on page 34-49. So all the information we discuss is included. We will be making 4 recipes (or whatever you select):

- Salmon Loaf with Creamy Dill Sauce (cookbook page 120 and the sauce is at the back of the cookbook or on the web at CookingWithMyPyramid.com)
- Lentil Spaghetti Sauce (cookbook page 138) with Roasted Vegetables (cookbook page 132)
- Brunswick Stew (cookbook page 108)

Note: As you make the recipes, discuss the points in the following boxes with each recipe to make this a learning workshop. Play the game Deal the Best Meal to make it fun and challenging.

Let's start with Brunswick stew, because we will be making this recipe in class and it will need time to simmer:

Note: If you are making this recipe for a 1-hour workshop, brown the meat ahead of time, rinse, and place in a large plastic bag.

Brunswick Stew (cookbook page 108) Deal the Best Meal With Brunswick Stew

Deal the Best Meal Question:

The ingredients in these recipes can be interchanged. If you like turkey, use turkey in the recipe. If you would prefer ground beef, then use that.

What do you think? Should we use ground round or ground turkey in this recipe? Which is lower in fat - ground round or ground turkey?

Suggestions/Answers:

Save an empty package of ground beef (round, sirloin, or chuck, and ground turkey - white meat and turkey)

It depends on what you purchase. A four-ounce serving of ground round contains 170 calories, 8 grams of fat, 3 grams of saturated fat, and 65 milligrams of cholesterol. Ground round is the leanest (90%). Ground turkey contains the skin and higher fat dark meat. Four ounces of ground turkey contains 240 calories, 17 grams of fat, 4.5 grams

saturated fat, and 85 milligrams of cholesterol. Here's the key point - if you label read and select ground breast of turkey (with white meat only) then you will lower your calories to 120 and fat to 1.5 grams in 4 ounces.

Deal the Best Meal Question:

Which is higher in potassium - a sweet potato or white potato?

Suggestions/Answers:

Sweet potatoes contain a higher amount of potassium as well as Vitamin A. But potatoes also contain a high amount - mostly in the skin. And potassium is a nutrient that is missing in the diets of adults and children. Vitamin A and Vitamin C is missing in adult diets. Sweet potatoes are high in both of these vitamins. Look on your Pyramid Connections Slide Guide to see your recommended amounts of orange vegetables each week. Sweet potatoes and carrots are both in this recipe. That gives you 2 servings towards your weekly-recommended amounts.

Look at the nutrient chart for potassium on pages 44-45 in the cookbook. There is also evidence that a diet high in potassium (4,700 milligrams a day) can lower blood pressure and lessen the adverse effects of a high sodium diet on blood pressure.

Deal the Best Meal Question:

Which is lower in sodium per $\frac{1}{2}$ cup - diced tomatoes or tomato sauce?

Suggestions/Answers:

Diced tomatoes typically contain less sodium, but it depends on how you purchase the product. For example, if you purchase low sodium, the product will contain 140 milligrams or less per serving, and no salt added means that salt has not been added during processing.

Save empty containers of all types of tomato products - diced tomatoes, tomato sauce, spaghetti sauce, no salt added, reduced sodium, low-sodium, etc and pass around for comparison.

Look at Tip 10, page 42-44 in *Cooking With MyPyramid* for ways to lower sodium in recipes. Go through these with the class.

Emphasize that the recommendation in the Dietary Guidelines is to limit your sodium to 2,300 milligrams or less per day. That's 1 teaspoon of salt. And we get most of our salt from convenience products. Ask participants to turn to the back of their *Healthy Snack Turn* (Guideline 2) for sodium guidelines. At this time, review some of the other guidelines on the back of the snack turn.

Deal the Best Meal Question:

What is the recommended amount of whole grains in our diet each day?

Suggestions/Answers:

3 servings of whole grains or $\frac{1}{2}$ of our grains.

Have participants look on *Your Pyramid Connections Slide Guide* to find their recommended grains amounts each day - and make at least $\frac{1}{2}$ of those whole grains. Have participants turn to cookbook pages 20-21 for other words for whole grains and Tip 1 (cookbook pages 34-35) for different grains for variety. Also state this example on how to add grains to your diet - **if you are not accustomed to whole-wheat products such as whole-wheat noodles, start out slowly and toss in just a handful with enriched noodles. Over time increase the proportion of whole-wheat noodles.**

Deal the Best Meal Question:

Which is more nutritious - sugar or honey?

Answer/Suggestions:

They are both the same - honey does not have significant nutrients over sugar. Honey should not be used with babies under 1 year of age because of the possibility of botulism.

Salmon Loaf (cookbook page 120) with Creamy Dill Sauce Deal the Best Meal with Salmon Loaf

Deal the Best Meal Question:

For omega 3 fatty acids in your diet, how many servings of fatty fish should you eat each week?

Answer/Suggestions:

It's recommended that we eat 2 (4-ounce) servings per week. These include salmon, trout, and herring. Turn to page 40 in *Cooking With MyPyramid*, Tip 6 and review other sources of omega 3 fatty acids. There are also unique recipes for salmon listed in that tip.

Deal the Best Meal Question:

Which is best for your sauce - tub margarine or stick margarine?

Answer/Suggestions:

Tub margarine has lower trans fat - generally the softer the less trans fats.

Label read for trans fat-free margarine and look on page 41, Tip 8 in *Cooking With MyPyramid* for healthier oils and fats. Bring in bottles of oils and empty margarine packages for comparison.

Lentil Spaghetti Sauce (cookbook page 138) with Roasted Vegetables (cookbook page 132) Deal the Best Meal with Lentil Spaghetti Sauce

Deal the Best Meal Question:

What is your recommended amount of dry beans/peas/lentils per week?

Answer/Suggestions:

Look on *Your Pyramid Connections Slide Guide* - typically if you are following 1800 calories a day, then you want 3 cups per week. You will get $\frac{1}{2}$ cup today, so you can use that towards your serving.

Look at Tip 5, Use lean protein meat and meat alternatives for more suggestions on page 38-40 in *Cooking With MyPyramid*. Suggestions to increase this food group include adding peanut butter or nut butters, hummus, nuts, and soybeans.

Wrap Up:

After the recipes are prepared, serve the samples and answer questions. Encourage the participants to take the *Cooking With MyPyramid 25 Stars Challenge Worksheet* in their cookbooks (or download).

Evaluation:

Ask participants to email you when they reach their *Cooking With MyPyramid 25 Stars Challenge* (cookbook page 30). Perhaps you can set up a drawing once a month or year for a gift basket. Enter the names of the participants in the drawing when they email you that they colored in 25 stars. The more recipes and activity they complete mean more chances of winning! This is also a good opportunity to evaluate the behavior changes of your class participants.