

LESSON 4:

HEALTHY HOME COOKING

Healthy eating is important because your body needs essential nutrients to grow and develop appropriately. Fresh fruits and vegetables are healthy snacks that will provide you with essential nutrients. Whole grains like wheat bread, cornbread and brown rice have less sugar and more fiber. Baked chicken and fish are high in protein, which help your body's cells to grow and repair themselves.



You can influence your eating habits as well as the eating habits of your family members by requesting healthy snacks be available, helping to prepare healthy meals at dinner time, helping to plan the weekly menu, choosing healthy items when eating out and informing others of the benefits of healthy eating.





LESSON 4: HEALTHY HOME COOKING

DIRECTIONS:

Complete the following questions after preparing the recipe at home with an adult.

1. What dish did you prepare? _____

2. Where did you find this recipe? _____

3. Why did you choose this dish? _____

4. Who helped you create this dish at home? _____

5. How long did it take you to create this dish? How easy or difficult was it to create? _____

Explain. _____

6. Why do you consider this dish healthy? _____

7. What can you do to continue to help make healthy meals in your home? _____

8. What suggestions do you have for others planning to create this dish? _____

9. On a scale of 1 to 10 (with 10 being the best) how would you rate this dish? _____

Explain. _____





LESSON 4: HEALTHY HOME COOKING: RECIPE ORGANIZER

DIRECTIONS:

Complete the graphic recipe organizer describing the ingredients used, important things to remember when cooking and steps involved in creating the side dish.

Dish: _____

INGREDIENTS NEEDED TO CREATE DISH:

IMPORTANT THINGS TO REMEMBER WHEN COOKING:

STEPS TO PREPARING THE DISH:

1 →

2 →

3 →

4 →

5 →
