

LESSON 4: HEALTHY HOME COOKING

HEALTH TEKS:

- 4(A) Health Information: The student knows how to research, access, analyze and use health information. The student is expected to use critical thinking to analyze and use health information.
- 6(A) Influencing Factors. The student understands how physical and social environmental factors can influence individual and community health throughout the life span. The student is expected to relate physical and social environmental factors to individual and community health.
- 7(A) Influencing Factors. The student investigates positive and negative relationships that influence individual, family and community health. The student is expected to analyze positive and negative relationships that influence individual and community health such as families, peers and role models.

NATIONAL HEALTH EDUCATION STANDARDS:

- 1.1 Students will comprehend concepts related to health promotion and disease prevention to enhance health – analyze the relationship between healthy behaviors and personal health.
- 2.1 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors – examine how the family influences the health of adolescents.
- 3.5 Students will demonstrate the ability to access valid information, products and services to enhance health – locate valid and reliable health products and services.
- 7.2 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks – demonstrate healthy practices and behaviors that will maintain or improve the health of self or others.

OBJECTIVES:

After the completion of this lesson, students will be able to:

- 1. Identify what makes a healthy side dish.
- 2. Describe the steps to creating a dish.
- 3. Choose a healthy side dish to create at home.
- 4. Create a Healthy Eating Cookbook.

LESSON SUMMARY:

The students will plan part of the dinner meal for an evening. Students will surf the internet (if available) for healthy food recipes for kids. The student will choose one of the recipes, print it out, and create a list of needed ingredients. The students will then prepare the dish at home with parent assistance.

Upon completion of the activity, the student will complete the reflection handout as well as complete a graphic recipe organizer detailing the ingredients, important points and steps to creating the dish. Students will compile their reflections and recipe organizers to create a Healthy Eating Cookbook for the entire class.

MATERIALS:

Student workbook pg. 32

Internet access to the following Web sites: <http://kidshealth.org/kid/recipes/>
<http://www.healthyfridge.org/kidsrec.html>

Recipe Ingredients



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PROCEDURES:

Before beginning this lesson, state: "Today we will discuss the importance of healthy cooking at home and ways that you can encourage healthy eating among your family members. We will also surf the internet and other resources to find a healthy side-dish recipe for you to create at home with an adult. When choosing a recipe consider the ingredients needed to prepare the dish, the level of difficulty in preparing the dish, and whether or not the dish is a healthy choice. After you have prepared the meal at home, you will complete the reflection handout and graphic recipe organizer. Finally, we will compile each student's reflection and recipe organizer to create a Healthy Eating Cookbook."

- Distribute student workbooks
- Teach Teaching Concepts provided below
- Review instructions for locating recipes

Each student will surf the following Web sites: <http://kidshealth.org/kid/recipes/> and <http://www.healthyfridge.org/kidsrec.html>. Each student will choose one healthy side dish to create at home as an addition to the evening meal. The student will print out the recipe and create a list of needed ingredients. Allow adequate time for the purchase of needed ingredients. After cooking the side dish at home with parental supervision, have the students complete the reflection handout. As an extension assignment, have each student complete a how-to graphic organizer describing the ingredients used, important points to remember when cooking, and steps involved in creating the side dish. Lastly, have each student submit his/her chosen side dish graphic organizer and reflection handout to the class to create a Healthy Eating Cookbook for the entire class to take home.

TEACHING CONCEPTS 1

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.

- Ask: What are other healthy foods that you like to eat? What makes those foods healthy?

TEACHING CONCEPTS 2

As a young person in your family, 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.

- Ask: Why should you encourage healthy eating at home?

ASSESSMENT/CHECK FOR UNDERSTANDING:

- Read the directions aloud.
- Ask if they have questions.
- Allow time to complete the activities.
- Review the students' reflection handout.
- Review the students' graphic recipe organizer for clarity.

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Lesson Review Sheet – Student Workbook p. 32

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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. _____

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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:










