

GN – Let’s Get Cooking! Food Demo and Tasting

Lesson Title	Let’s Get Cooking! Food Demo and Tasting											
Description	This lesson provides a basic framework for conducting a recipe demonstration and tasting. It is intended to allow flexibility for staff to select recipes from TexasWIC.org. Four suggested recipes are provided, along with supplemental tools such as nutrition fun facts, recipe cards and more!											
Objectives	During the session, clients will: <ul style="list-style-type: none"> • Learn skills and be inspired to prepare WIC foods at home. • Discuss healthy recipes for families. • Sample a nutritious recipe made with WIC foods. 											
Key Points	<ul style="list-style-type: none"> • Cooking is a learned skill and takes practice, like any other skill. • Preparing and eating meals as a family creates healthy habits that last a lifetime. • Recipes made with WIC foods provide important nutrients for families. • TexasWIC.org is a great place to find recipes the whole family will enjoy. 											
Materials and Resources	<ul style="list-style-type: none"> • Any recipes on TexasWIC.org. Suggested recipes include: <table border="1" style="margin-left: 20px; width: 100%;"> <thead> <tr> <th style="background-color: #d9ead3;">Recipe online with video</th> <th style="background-color: #d9ead3;">Recipe card stock number</th> </tr> </thead> <tbody> <tr> <td>Pasta Primavera</td> <td>13-06-14458-4</td> </tr> <tr> <td>Mango Parfait</td> <td>13-06-14715</td> </tr> <tr> <td>Black Bean Quesadillas</td> <td>13-06-15701</td> </tr> <tr> <td>Vegetable Stir-Fry with Tofu</td> <td>13-06-14714</td> </tr> </tbody> </table> • Computer or TV with internet connection to show the recipe video • Food demonstration equipment and supplies (Texas WIC Cooking Demo Kit) • Food demonstration ingredients (will vary depending on recipe chosen) • Tasting supplies (plates, cups, bowls, utensils, napkins, etc.) • Supplemental tools attached to this lesson plan: <ul style="list-style-type: none"> ○ Let’s Get Cooking! Flyer Template (to help promote the class) ○ Recipe Highlights (to help plan and customize the activities) ○ Recipe and Fun Facts (background information on suggested recipes) ○ Icebreaker Photos ○ Recipe Cards (for clients to take with them – Print or order from the Texas WIC Catalog. Stock numbers are listed above.) <p>Please note: Staff may use recipes outside of TexasWIC.org with approval from your local agency NE coordinator. Any recipes selected must be nutritious, highlight WIC</p>		Recipe online with video	Recipe card stock number	Pasta Primavera	13-06-14458-4	Mango Parfait	13-06-14715	Black Bean Quesadillas	13-06-15701	Vegetable Stir-Fry with Tofu	13-06-14714
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	<p>foods, and include minimally processed ingredients. Additional recipe sources include:</p> <ul style="list-style-type: none">• Massachusetts WIC Good Food Project<ul style="list-style-type: none">○ https://www.mass.gov/service-details/the-good-food-project○ Curriculum guide with recipes: https://www.mass.gov/doc/the-complete-good-food-project-curriculum-0/download• Cooking Matters Recipes<ul style="list-style-type: none">○ http://cookingmatters.org/recipes• USDA MyPlate Kitchen<ul style="list-style-type: none">○ https://www.choosemyplate.gov/myplatekitchen
Class Preparation	<ul style="list-style-type: none">• Create an environment that is family friendly and safe.• Demonstrations and tastings may occur in a traditional classroom setting, clinic waiting room, or community settings. Adapt your set-up to fit your needs. Get creative with your space. Move tables and chairs to the side, if needed.• Choose whether you would like to complete a food demo with live preparation steps or a food tasting of a pre-made recipe, or both!• Choose one or more recipes from TexasWIC.org.• Review the recipe and complete the Recipe Highlights tool. Practice your steps and conversation points.• Consider the time involved for cleaning space before and after the event, and the number of staff needed to ensure the session goes smoothly. <p>Food safety note: All staff members involved in preparing and handling food must have food safety training and fulfill any requirements of your parent agency. A few food safety tips are below. Additional information can be found at https://www.cdc.gov/foodsafety/index.html</p> <ul style="list-style-type: none">• Clean: Wash hands often and disinfect surfaces.• Separate: Do not cross-contaminate (i.e. raw meats & ready to eat vegetables).• Cook: Cook to proper temperature.• Chill: Refrigerate promptly. Do not keep ready to eat foods at room temperature for greater than 2 hours.• Store: Keep cold foods cold (at or below 40°F) and hot foods hot (at or above 140°F).

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Introduction	<p><i>“Welcome! Thank you for coming today! My name is _____, and today I am your WIC Chef! I’m so glad you are all here today. We are going to have fun making and tasting a recipe made with WIC foods.”</i></p>
Icebreaker	<p>Option 1: Photo Icebreaker</p> <p><i>“Before we get started, I’d like to bring your attention to these photos on the table. Please pick a photo that says something about a happy, treasured memory you had as a child.”</i></p> <p>After photos are selected, ask clients to share their names and what about the photo reminded them of a treasured memory. Pick a photo for yourself and start the icebreaker by sharing a happy memory about cooking or family meals. Example: <i>“This photo reminds me of how much I loved baking with my aunt when I was a child.”</i></p> <p><i>“Thank you for sharing how powerful these memories were for you. Cooking and family meals are so much more than food. Every day you have the opportunity to give your children the gift of lifelong memories and a love for eating nutritious foods.”</i></p> <p>Option 2: Introductions Icebreaker</p> <p><i>“Before we get started, please share your name, the names and ages of your children and a favorite food or recipe from your childhood.”</i></p>
Activities	<p><i>“Today we’re going to learn how to prepare a simple recipe, [<u>insert recipe name</u>]. This quick and delicious recipe is super fun and easy to prepare and filled with good nutrition! For your safety, please let me know if you or your children have any food allergies. Also, children are encouraged to participate with parent permission.”</i></p> <p>Food Demo and Tasting (Refer to your Recipe Highlights.)</p> <ol style="list-style-type: none"> Food Preparation: For a Food Demo, prepare the recipe and invite clients to help. For a Food Tasting, be sure the food is prepared in advance and is ready to easily share. Conversation: Talk through the recipe steps and cooking skills used. Mention key nutrition tips and WIC foods used. Keep the conversation fun and relevant to the audience! Interaction: Engage adults and children in simple tasks to help ensure the session is interactive and hands-on. For a Food Demo, families can be involved in tasks like whisking, blending, pouring, measuring and grating. For a Food Tasting, be sure children have permission from parents before tasting food and are supervised during eating. Fun: Sprinkle in a good dose of fun during the Food Demo and Food Tasting. Share silly food jokes, fun facts, history, science and math to keep families engaged. You can also play games like guessing and uncovering secret ingredients, or sensory experiences like smelling spices and herbs. <p>Additional Conversation Questions</p> <ul style="list-style-type: none"> <i>“What is one food or nutrition fact from the recipe that surprised you?”</i>

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	<ul style="list-style-type: none">• <i>“Can you remember which ingredients in the recipe are WIC approved foods?”</i>• <i>“Did anyone try something they never had before? What do you think?”</i> <p>Texas WIC Recipe Review</p> <p><i>“We encourage you to make the recipe at home with your family using your WIC foods.”</i></p> <ol style="list-style-type: none">1. Show how to find additional healthy Texas WIC recipes on TexasWIC.org.2. Show the corresponding Texas WIC recipe video from TexasWIC.org on a TV, computer or other device. https://texaswic.org/wic-foods-and-recipes/recipes3. Give families Texas WIC recipe cards to take with them.
Wrap-up and Evaluation	<p><i>“By creating meals and eating healthy foods with your family, you are giving them a gift. Sometimes, we don't know the value of gifts we have been given until later in life. Your children may not thank you now - but think about how they will feel later in life when they think back on your choice to give nutritious foods.”</i></p> <p>Wrap-up with the following evaluation questions:</p> <ul style="list-style-type: none">• <i>“What memories do you hope your children will have around cooking and family meals?”</i>• <i>“What's one WIC food or recipe you plan to prepare for your family next week?”</i> <p><i>“Thank you for participating in our food demo and tasting!”</i></p>