

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

Item	Let’s Get Cooking! Food Demo and Tasting										
Lesson 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	<p>During the session, clients will:</p> <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 Content 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;"> <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>“¡Bienvenidos. Gracias por estar aquí! Me llamo _____, y hoy seré su chef de WIC. Estoy muy contenta de tenerlos a todos aquí. Hoy nos vamos a divertir preparando y degustando una receta hecha con alimentos de WIC”.</i></p>
Icebreaker	<p>Option 1: Photo Icebreaker</p> <p><i>“Antes de empezar, me gustaría que vieran las fotos que tengo sobre la mesa. Escojan una foto que represente un momento feliz e inolvidable que hayan tenido en la infancia”.</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>“Esta foto me recuerda lo mucho que disfrutaba hacer pasteles y galletas con mi tía cuando era niña”.</i></p> <p><i>“Gracias por compartir lo importante que fueron estos recuerdos para ustedes. La cocina y las comidas familiares son mucho más que simples alimentos. Cada día tienen la oportunidad de crear recuerdos con sus hijos que durarán toda la vida, y el amor por comer alimentos nutritivos”.</i></p> <p>Option 2: Introductions Icebreaker</p> <p><i>“Antes de empezar, compartan por favor su nombre, los nombres y edades de sus hijos y su platillo o receta favorita de la infancia”.</i></p>
Actividades	<p><i>“Hoy vamos a aprender a hacer una sencilla receta, <u>[insert recipe name]</u>. Se trata de una receta deliciosa, divertida y fácil de preparar, y llena de nutrientes. Por razones de seguridad, háganme saber si ustedes o sus hijos tienen alguna alergia alimentaria. Además, recuerden que sus hijos pueden ayudar a cocinar si ustedes les dan permiso”.</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

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	<p>engaged. You can also play games like guessing and uncovering secret ingredients, or sensory experiences like smelling spices and herbs.</p> <p>Additional Conversation Questions</p> <ul style="list-style-type: none">• <i>“¿Hay algún ingrediente o información nutricional de la receta que les haya sorprendido?”</i>• <i>“¿Pueden recordar qué ingredientes de la receta son alimentos aprobados de WIC?”</i>• <i>“¿Probaron hoy algo que nunca antes habían comido? ¿Qué les pareció?”</i> <p>Texas WIC Recipe Review</p> <p><i>“Los invito a que hagan esta receta en casa con su familia usando alimentos de WIC”.</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>“Al cocinar y comer alimentos saludables con sus familias, les están dando un regalo. A veces no sabemos el valor de los regalos que hemos recibido hasta más adelante en la vida. Sus hijos tal vez no se los agradezcan ahora, pero piensen en cómo se sentirán en el futuro cuando recuerden que ustedes les dieron alimentos nutritivos”.</i></p> <p>Wrap-up with the following evaluation questions:</p> <ul style="list-style-type: none">• <i>“¿Qué recuerdos sobre la cocina y la familia les gustaría que sus hijos conservaran?”</i>• <i>“¿Qué alimentos o recetas de WIC les gustaría preparar para su familia la próxima semana?”</i> <p><i>“¡Gracias por participar en nuestra demostración y muestra gastronómica!”</i></p>