

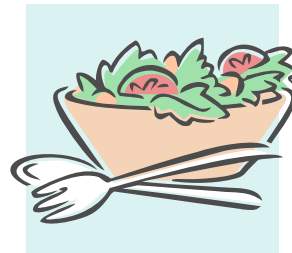
Jr. Chef Club II Lesson Summaries

Lesson 1 Healthy Lifestyles with MyPyramid

Cooking Demo: MyPyramid Salad

Students review the meaning of MyPyramid and the importance of physical activity to learn about healthy lifestyles. They find out about balancing food intake with physical activity for good health.

Jr. Chefs make MyPyramid Spinach Salads with Fruity Vinaigrette; these salads have a food from each food group of MyPyramid—and are a favorite among students.



Objectives

1. Describe two main components of a healthy lifestyle.
2. Explain the basic healthy eating and physical activity concepts that MyPyramid symbolizes.
3. Explain how food intake is balanced with physical activity for good health.

Lesson 2 Fueling Physical Activity

Cooking Demo: Mineral Bars



In this lesson, students find out about the different types of activities and how much activity to do. They'll learn how to feel their pulse while briefly doing activities of different intensity. Grains are great for fueling activity and there are plenty of whole grains in this lesson's Energy Bars.



Objectives

1. List three reasons why physical activity is important for health and how much activity students should do each day.
2. Explain how to determine whether an activity is "light" or "vigorous."
3. List two whole grain foods that provide energy to the body.

Lesson 3 The Art of Tasteful Beverages

Cooking Demo: Banana Shake and Excellent Italian Soda



Students learn about hydration and how fluids keep them in tip-top shape both physically and mentally. They learn how to make smart beverage choices by observing a variety of beverage containers and evaluating nutrition labels. Jr. Chefs experiment making low-sugar, homemade soda and a healthy shake.

Objectives

1. List two functions of water in the body.
2. State how much fluid should be consumed each day.
3. Recognize the benefits of drinking water rather than sweetened beverages.
4. Name three sources of water.



Lesson 4 Cooking for a Healthy Digestive Tract

Cooking Demo: Skillet Granola and Fruit-Yogurt Parfait



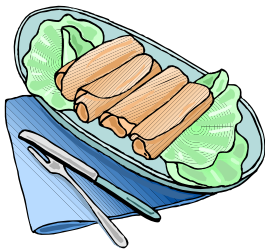
This lesson gives students an opportunity to find out about the marvelous organs of the digestive tract and how food turns into fuel. To keep digestive tracts in good shape, fiber and friendly bacteria make an appearance in today's cooking demo.

Objectives

1. Name the major structures of the digestive system.
2. State the basic function of each major structure in the digestive tract.
3. List two foods that can keep the digestive tract healthy.

Lesson 5 Cooking with Colors I - Vary Your Veggies

Cooking Demo: Crunchy Burritos



In this lesson, students learn the importance of eating a variety of vegetables and how much to eat of them. They'll also learn about minerals and the main function and food sources of five important minerals. Vegetable stations set up around the room give students a chance for hands-on learning about the different subgroups of veggies.

Objectives

1. State the amount of vegetables students of their age should eat daily.
2. Explain why it is important to eat a variety of vegetables.
3. Describe the main function and sources of three minerals important in human nutrition.

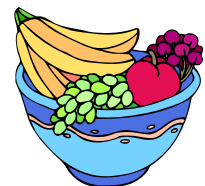
Lesson 6 Cooking with Colors II - Focus on Fruits

Cooking Demo: Fruit Salad with Honey-Lime Sauce

Junior Chefs find out about fruits and the vitamins they contain. They learn the main function and food sources of six vitamins. A "grab-bag" activity puts their senses to work identifying a variety of fruits. Jr. Chefs make a delicious salad with seasonal fruit.

Objectives

1. State the amount of fruit students of their age should eat daily.
2. Explain why it is important to eat a variety of fruits.
3. Describe the main function and sources of three vitamins important in human nutrition.



Lesson 7 Cooking for Heart Health

Cooking Demo: Oven Fries with Low-fat Ranch Dressing



The concepts of healthy oils and unhealthy solid fats are reinforced in this lesson. Students then explore how to evaluate the fats in fast foods and practice making healthier fast food choices. Jr. Chefs make a fast food favorite with much less fat than at the local drive-through!

Objectives

1. Explain the difference between healthful oils and unhealthy solid fats.
2. Read food labels or fast food restaurants' Nutrition Facts Brochures to determine foods lowest in saturated and trans-fats.
3. Demonstrate at least one low-fat cooking method.

Lesson 8 Making the Most of Convenience Foods

Cooking Demo: Macaroni, Cheese and (Broccoli) Trees

In this lesson, Junior Chefs bring together all the information they've learned to evaluate food labels, compare two similar foods and make healthier choices. A hands-on label comparison and activity sheet guide students through the evaluation process. They learn about reading the labels on a convenience food, making it in a healthy way, and how to add other foods to a convenience food to make a balanced meal. Certificates of completion are awarded at the end of this last session.



Objectives

1. Demonstrate how to find specific nutrition information on the nutrition facts label.
2. Compare the nutritional value of two similar foods to choose the healthiest one.
3. Describe how to use a convenience food to make a complete meal.



Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Team Nutrition and Food Stamp programs, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.