



LESSON PLANS INTRO

A CLASSROOM TOOL TO HELP PROMOTE THE MESSAGE OF HEALTHY EATING



NOW, WE'RE COOKING!



As part of the TrueBlue Schools Program, Jennifer Bushman, author of the Kitchen Coach cookbook series, has cooked up three helpful lessons that can be utilized in the classroom to help promote the message of healthy eating. The lessons, which are chock full of ideas for all ages and levels, can be taught independently or all together. Each lesson contains ways to cater to various skill levels and helpful suggestions to extend it. Feel free to peruse the recipes located at the back of the lesson plan, where you will discover some fun and interesting ways to get your students fired up about cooking and eating healthy!



WHAT'S ON THE MENU?

First Course: THE FOOD DATING GAME

Objective

- » To educate students on the nutritional value and benefits of healthy ingredients
- » To help students think outside the box when it comes to eating and combining foods
- » To further engage the students in healthy eating

Second Course: MAKING A LIST AND CHECKING IT TWICE

Objectives

- » To get students excited about the process of finding recipes and making shopping lists
- » To raise student's awareness of making healthy choices for themselves and their families
- » To further engage students in healthy eating

Third Course: NOW YOU'RE COOKING

Objectives

- » To educate the students on the importance of following a recipe
- » To introduce students to a variety of new flavors and food combinations
- » To further engage students in healthy eating and cooking

READY, SET, COOK.

Disclaimer: Georgia Department of Education encourages teachers to incorporate extra activities and projects that will stimulate critical thinking and in-depth learning on the part of their students. For more information about Georgia Standards and to ensure compliance, log onto the following sites:

Georgia Standards: <https://www.georgiastandards.org/standards/GPS%20Support%20Docs/Curriculum%20Frequently%20Asked%20Questions.pdf>

Department of Education: <http://www.doe.k12.ga.us/>

MAIN INGREDIENT CARD QUESTIONS

Game cards for lesson 1 (next page). Trim along dotted lines

APPLE (INTERVIEWER)

- 1) Apples can help prevent certain diseases, control blood sugar, and improve your overall health. What can your ingredient do, Contestant number 1, 2, & 3?
- 2) I am always on the go- in a lunch bag, in a backpack, or at a picnic. What makes you portable and ready to head out with me when the travel bug bites?
- 3) Apples can be made into juice, applesauce, put into pies, etc. How can your ingredient be used by Contestant 1, 2, & 3?
- 4) "An Apple a day, keeps the doctor away." What about you, Contestant 1, 2, & 3? Give me a fun fact.

PEANUT BUTTER (INTERVIEWEE)

1. Peanut butter can help regulate blood cholesterol and blood sugar levels. It's also high in fiber.
2. Peanut butter can be easily transported and goes well with a number of other foods.
3. Peanut butter can be used in cookies, ice cream, on crackers, on certain fruits, or eaten by itself.
4. Two presidents of the USA, Jimmy Carter and Thomas Jefferson, were peanut farmers.

YOGURT (INTERVIEWEE)

1. Not only does yogurt provide your body with active cultures, yogurt bacteria has been shown to prevent osteoporosis, relieve symptoms of irritable bowel syndrome, and help reduce bloating.
2. Yogurt is portable, found in small containers and packages. Plus, it can be added to many international dishes.
3. Yogurt is used to make smoothies, marinades, salad dressings, chilled soups, dips, stews, and frozen yogurt.
4. Yogurt can be made from any mammal that produces milk- sheep, cows, water buffalo, yak, and camels.

CINNAMON (INTERVIEWEE)

1. Cinnamon has been used for digestive ailments such as indigestion, gas bloating, and stomach upset.
2. "True cinnamon" is from Sri Lanka. "Cassia" or "Chinese cinnamon" has been used in Chinese medicine for thousands of years. There are many other species of cinnamon, mainly from Asia and Madagascar.
3. Cinnamon can be used in oatmeal and cereals, cookies, cakes, muffins, drinks, etc. It is also a great addition to holiday recipes.
4. Cinnamon was also considered many years ago a token of friendship between friends.