

Sample 12 Week Menu Plan for _____

Counselor:

Program Name:

Fall Session: 12 – 1.5 hours classes

Program Description:

Goal: Participants will learn about basic cooking and safe food handling skills, and how to prepare healthy eating recipes that include vegetables and/or fruit.

Objective: By the end of the 12 week program, participating youth will have:

- Practiced safe -handling and basic kitchen safety
- Have learned new food skills
- Prepared healthy recipes
- Learned different ways to include vegetables and fruit in meals and snacks
- Have an understanding of healthy food choices

Resources and Background Information for Leader:

- Canada's Food Guide – Educators Guide
- Nutrition Matters Facts sheet:
 - Help Children and Youth Feel Good About Themselves
 - Packing Health Lunches and Snacks
 - Blast off with Breakfast
- Food Safety brochure
- Recipe package

12 Week Menu Plan

Content	Week 1 Topic – Blast off with Breakfast	Week 2 Topic – Eggcellent Eggs	Week 3 Topic – Daring Dips	Week 4 Topic – Brilliant baked goods	Week 5 Topic –Tasty Tortillas	Week 6 Topic – Swell sides
Teaching points and skills to share and model	<p>Teaching points</p> <ul style="list-style-type: none"> • Eat breakfast every day • Include 3 out of 4 food groups from Canada’s Food Guide <p>Skills</p> <ul style="list-style-type: none"> • Washing hands • Washing dishes • Washing vegetables and fruit • Blender 	<p>Teaching points</p> <ul style="list-style-type: none"> • Excellent source of protein – reasonably priced • Eggs are versatile - can be breakfast, lunch or dinner <p>Skills</p> <ul style="list-style-type: none"> • Measuring • Using whisk • Grater • Using a skillet • Knife skills – dicing broccoli, peppers 	<p>Teaching points</p> <ul style="list-style-type: none"> • Great snack full of protein • Include vegetable and fruit with every snack • CFG – 2 out of 4 food groups <p>Skills</p> <ul style="list-style-type: none"> • Draining and rinsing canned beans • Measuring • Blender • Knife skills – chopping fresh herbs, dicing garlic 	<p>Teaching points</p> <ul style="list-style-type: none"> • Can control ingredients to ensure healthy version e.g., whole wheat flour, addition of fruit, healthy fats <p>Skills</p> <ul style="list-style-type: none"> • Measuring dry and liquid ingredients • Grating carrots/zucchini • Oven to bake 	<p>Teaching points</p> <ul style="list-style-type: none"> • Quick, easy and healthy lunch or dinner • Include vegetable topping • Use whole grain base <p>Skills</p> <ul style="list-style-type: none"> • Grating • Knife skills – dicing • Oven or toaster oven 	<p>Teaching points</p> <ul style="list-style-type: none"> • Always include vegetables in your side dishes • Use low fat cooking methods to prepare sides e.g., baking, stir frying, steaming <p>Skills</p> <ul style="list-style-type: none"> • Knife skills – chopping, slicing, dicing etc. • Baking
Hands-on activity What two recipes do you want the kids to make?	<ol style="list-style-type: none"> 1. Berry Wake-Up Smoothie 2. Berry Crumble Oatmeal <p>Activity – Vegetable and fruit tracker</p>	<ol style="list-style-type: none"> 1. Broccoli and Cheese Frittata 2. Breakfast Burrito <p>Activity – Find the right cooking term</p>	<ol style="list-style-type: none"> 1. Bean Dip with Pita Wedges and Raw Veggies 2. Feta cheese dip <p>Activity – Kitchen Equipment Scavenger Hunt</p>	<ol style="list-style-type: none"> 1. Carrot cookies 2. Yummy in the Tummy Banana muffins <p>Activity – Guess the spice</p>	Pizzadilla Easy Fajitas <p>Activity - Mystery Vegetable</p>	<ul style="list-style-type: none"> • Cucumber and Tomato Feta Salad • Veggie Fries <p>Activity – Mystery Fruit</p>
Follow-Up/Link to Next week	Encourage participants to try recipes at home Have participants review recipes for the following week and make a grocery list					



Content	Week 7 Topic – Appealing Appetizers	Week 8 Topic – Super Soups	Week 9 Topic – Lovely legumes	Week 10 Topic - Pleasing Pastas	Week 11 Topic – Delicious Desserts	Week 12 Topic – The Ultimate Dinner Party!
Teaching points and skills to share and model	<p>Teaching points</p> <ul style="list-style-type: none"> Always include vegetables or fruit for at least one appetizer Use local veg (e.g., tomatoes) and fruit when possible for fresh taste <p>Skills</p> <ul style="list-style-type: none"> Knife skills – dicing Cutting an avocado Broiling 	<p>Teaching points</p> <ul style="list-style-type: none"> Homemade soups can be lower in sodium and fat than commercial brands Soups can be made with leftover ingredients <p>Skills</p> <ul style="list-style-type: none"> Knife skills – chopping Chopping garlic Using a blender or immersion blender 	<p>Teaching points</p> <ul style="list-style-type: none"> Legumes include chickpeas, lentils, black beans, kidney beans etc. Legumes are very high in protein, fibre and low in fat. <p>Skills</p> <ul style="list-style-type: none"> Knife skills – dicing Cutting a mango Draining and rinsing Sautéing and simmering 	<p>Teaching points</p> <ul style="list-style-type: none"> Choose whole grain varieties when possible Pastas and noodles are a basic staple in many homes <p>Skills</p> <ul style="list-style-type: none"> Knife skills – dicing Boiling pasta/veg Sautéing 	<p>Teaching points</p> <ul style="list-style-type: none"> Aim to include fruit with your dessert Fresh, frozen or canned can be used – all are similar with respect to nutrients <p>Skills</p> <ul style="list-style-type: none"> Knife skills – slicing Measuring dry and liquid ingredients Oven to bake 	<p>Teaching points</p> <ul style="list-style-type: none"> Include a variety of food from CFG including vegetables and fruit <p>Skills</p> <ul style="list-style-type: none"> Knife skills Baking Menu planning
Hands-on activity What two recipes will the kids make?	<ol style="list-style-type: none"> Bruschetta Guacamole <p>Activity: Vegetable and Fruit tracker</p>	<ol style="list-style-type: none"> Minestrone Soup Carrot-Pear Soup <p>Activity: Guess who I am</p>	<ol style="list-style-type: none"> Bean and Corn Salad Easy Chickpea Curry <p>Activity: Mystery vegetable</p>	<ol style="list-style-type: none"> One pot veggie pasta Rice Vermicelli with Greens <p>Activity: Mystery Fruit</p>	<ol style="list-style-type: none"> Baked apple Fantastic Fruit crisp <p>Activity – Have participants plan dinner menu for last week.</p>	<p>Prepare: complete meal that includes appetizer, entrée and dessert Invite one parent to attend</p>
Follow-Up/Link to Next week	Encourage participants to try recipe at home Have participants review recipes for the following week and make a grocery list					

Leader Reflection: I would like to add/change/remove:

