

WORKBOOK

Cooking for Health Academy



A program of
**Alameda County
Public Health Department
Nutrition Services**



Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department





Cooking for Health Academy

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Cooking for Health Academy

INTRODUCTION

Welcome to the Cooking for Health Academy!

The goal of the ***Cooking for Health Academy*** is to assist low income families in learning ways to provide healthful meals that include fruits and vegetables for their families. The ***Cooking for Health Academy*** teaches community members, like you, about nutrition, food safety, and cooking techniques. For the next six weeks you will take part in hands-on cooking and nutrition classes. Each week you will prepare a recipe that supports the nutrition topic in which the class focuses. ***Cooking for Health Academy*** graduates will be able to purchase and prepare healthy recipes for themselves and their families.

The Academy is a series of six classes, two hours each. Each class has four components:

- Nutrition Education
- Food Safety
- Culinary Skill Techniques
- Hands-on Food Preparation

This workbook contains handouts, recipes, "take home" assignments, and resources to help you in your learning process. Participate as much as possible to get the most out of your experience. Share your experiences, ask questions, and practice at home.

The ***Cooking for Health Academy*** is an educational program created by Alameda County Public Health Department, Nutrition Services, which provides nutrition education and physical activity promotion programs to Alameda County residents of all ages.

Happy Cooking!

ACTIVITY

GET TO KNOW YOU

<p>_____ Knows someone with heart disease or cancer</p>	<p>_____ Didn't have breakfast today</p>
<p>_____ Likes cooking for friends</p>	<p>_____ Has attended cooking classes before</p>
<p>_____ Eats at least 3 vegetables each day</p>	<p>_____ Took a walk yesterday</p>

ACADEMY EXPECTATIONS

The Cooking for Health Academy is a free, educational and skills building program of Alameda County Nutrition Services (ACNS).

Participants receive a series of six (6) in person sessions. Participants will gain knowledge and skills to cook healthful meals at home. Training topics will include:

- Overview of what "healthy" means
- Nutrition education of Harvest of the Month seasonal recipes
- Food safety
- Cooking and food preparation skills
- Shopping tips

By participating in this program, participants agree to the following:

- Attend and actively engage in at least five (5) Cooking for Health Academy sessions
- Arrive on time to sessions
- Participate in evaluation activities associated with Cooking for Health Academy



Cooking for Health Academy

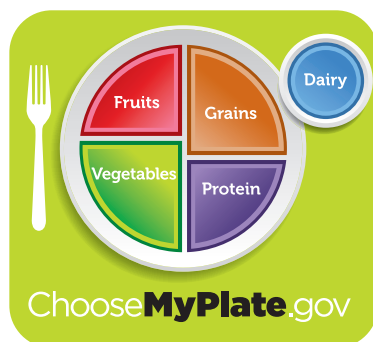
Session 1

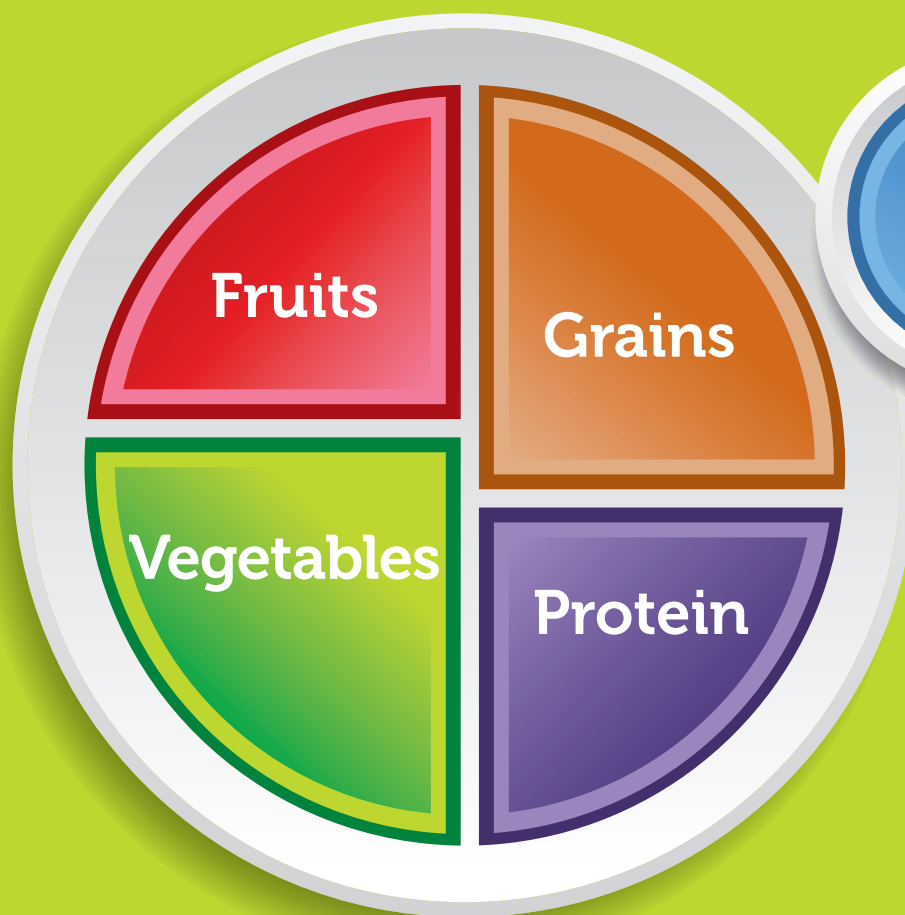
MyPlate: Fruits & Vegetables

Learning objectives:

At the end of this session, you will be able to:

- describe the Cooking for Health Academy program elements and expectations
- describe what it means to be healthy
- list three benefits of eating more fruits and vegetables
- list the four components of food safety
- demonstrate knife safety skills and basic cutting techniques (chopping/dicing/slicing/mincing/bridging and claw)
- identify 2-3 nutrition benefits and/or produce tips for the Harvest of the Month





Choose**MyPlate**.gov

ACTIVITY

BALANCING YOUR MEALS

What fruit or vegetable could you add to these high-protein breakfast foods?



Scrambled Eggs

+



Peanut Butter on
Whole Wheat Toast

+



Low-fat Greek Yogurt

+

What fruit or vegetable could you add to these high-protein snack foods?



Cheese Quesadilla on a
Whole Wheat Tortilla

+



Hard Boiled Egg

+



½ Plain Turkey Sandwich
on Whole Wheat Bread

+



Handful of Almonds

+

What vegetable could you add to these high-protein dinners?



Baked Chicken with Brown Rice

+



Baked Fish

+



Tofu

+

TIPS FOR ADDING FRUITS & VEGETABLES

- Top grilled chicken or fish with a fruit or vegetable salsa.
- Add fire-roasted bell peppers, sliced tomatoes, lettuce, or avocado to sandwiches or wraps.
- Buy fresh berries and add to Greek yogurt and granola. Stock up on frozen berries and keep on hand when not in season.
- Add veggies to egg scrambles: try onions, fresh spinach and canned artichoke hearts. Top with fresh salsa.
- Top peanut butter toast with banana slices.
- Top a whole wheat bagel with low-fat cottage cheese and thick tomato slices.
- Add raisins or other dried fruits to oatmeal with chopped nuts.
- Add apples, bananas, blueberries, or pears to your muffin recipes.
- Add extra vegetables to your pasta dishes; more peppers, tomatoes, spinach.
- Try adding grilled vegetables or fruit with your grilled meats.
- Mix vegetables into your favorite casserole such as peas, tomatoes, or onions.
- Try adding vegetables such as spinach, tomatoes, zucchini, or chayote to enchiladas or burritos.



FOOD SAFETY QUIZ

1. Most food-borne illnesses are a result of which of the following?
 - a. A person not handling foods in a safe way
 - b. Restaurant or food service settings not handling foods in a safe way
 - c. Food companies not handling foods in a safe way
 - d. I don't know
2. For proper hand washing before or after handling food, what is the minimum amount of time you should wash your hands under running water?
 - a. 10 seconds
 - b. 20 seconds
 - c. 5 minutes
 - d. Time is not important
3. When sanitizing cutting boards at home, how much chlorine bleach should be used per gallon of water?
 - a. 1 tablespoon
 - b. $\frac{1}{2}$ cup
 - c. $\frac{1}{2}$ quart
 - d. Just a few drops
4. The only way to be sure foods are cooked long enough to kill harmful bacteria is to:
 - a. Use a timer
 - b. Try the food to check if it is ready
 - c. Cook until it looks ready to eat
 - d. Use a food thermometer
5. At what temperature should you keep your refrigerator?
 - a. 60 degrees F
 - b. 40 degrees F
 - c. 45 degrees F
 - d. Enough to keep food fresh
6. Food should not be left at room temperature for more than:
 - a. 4 hours
 - b. 2 hours
 - c. 1 hour
 - d. 30 minutes

KNIFE SAFETY GUIDE

Use your knife for its intended purpose

Kitchen knives are for cutting food only. Using your knife on other materials may dull or even break your knife and risks injury to yourself. Do not use a knife on "live" electrical items like appliances.

“Claw Hand”

Use the proper cutting technique: in most cases you should use the "claw hand" technique for cutting. Hold the item you are cutting firmly with one hand. Make sure to tuck your fingers in/curl them under, so your fingers are not sticking out when the blade comes down. Use your other hand to firmly grasp the knife.

Always use a cutting board

A cutting board will provide a safe, stable surface upon which to cut foods. Cutting boards are more hygienic, improve control, and help save your counters from unwanted nicks and cuts.

Cut away from the body, not towards it

Cut in a motion that points away from your body, this way you are less likely to cut yourself in case you or your food slips.



Incorrect position



Keep fingers out of the cutting line of your body. Cut away from your body.

Sharpen blades regularly

A sharp blade slices through foods with less effort than a dull knife, which may slip off the food and cut you. Keep knives sharp with knife sharpeners.

Let knives fall

If a knife is falling, you risk injury by putting out your hand to try and catch it. Let it fall (be aware of your feet) and then pick it up off the floor once it has stopped moving.

Wash knives

Make sure to wash knives immediately after using. When washing a knife, do not leave it in a dish sink where someone might unknowingly grab it and cut themselves.

Move knives to another station or table

Carry knives with the cutting edge angled slightly away from the body, with the tip pointed down to your side.

Share knives

For safety purposes, do not hand a knife to someone, rather place the knife down on a clean surface, and let the other person pick it up.

Store knives safely

Be sure to set knives down on counters away from edges so they do not fall on the floor. Store knives in a knife block or knife rack when possible, as storing them loose in a drawer may cause accidental injury.

Stay in control

Be in control of your blade, your body, and the food you are cutting at all times. **Do not** talk while using a knife. When interrupted, stop cutting and place the knife down on a secure surface. Do not try to cut while distracted.

If you get cut, seek first-aid immediately

If you or someone cuts one's self while using a knife, run the wound under cold water. When the bleeding stops, dry it with a paper towel or cloth and cover it with a bandage or band-aid. If the cut is really deep, apply pressure to it and hold it up (over your head if possible). If the bleeding continues, get medical attention.

BASIC CUTTING TECHNIQUES

These nine techniques are essential to preparing and cooking food. All it takes is a knife and practice of this skill to produce delicious dinners.



Peeling: While peeling a fruit or vegetable is usually done with a peeler, a knife can be used as well. Take a slice off from the top and bottom of the produce, just deep enough to expose the insides. This will provide a flat edge so that your fruit and vegetable doesn't roll around while cutting it. Hold the knife at a 45 degree angle to the cutting board and simply slice off the rind or skin, exposing the insides, rotating the fruit or vegetable as needed until the skin is completely separated from the insides.



'Claw' cutting technique: Place the flat side of the item down on the chopping board. Shape the fingers of the left hand into a claw shape, tucking the thumb inside the fingers. Rest the 'claw' on the item to be sliced. Holding the knife in the right hand, slice the item, moving the 'clawed' fingers away as cutting progresses.



'Bridge' cutting technique: Form a 'bridge' with the thumb and index finger of the left hand. Hold the item to be halved (or quartered) on a chopping board. (For stability, place the flattest part of the item on the board.) Holding the knife with the right hand, position the blade under the 'bridge' and cut downwards firmly. For some soft items, such as tomatoes, it may be easier to puncture the tomato skin with the point of the knife before cutting.



Chopping: To chop food means to cut it into bite-size pieces that are similar in size, but do not necessarily have to be exactly uniform in size. If the recipe calls for the ingredients to be "coarsely chopped," make the pieces slightly larger.



Minicing: Mincing is similar to chopping, but to a much finer degree. A chef's knife is the best tool for this. First, chop the food, usually garlic or ginger, or other herbs, then sweep the food into a pile. Holding the tip of the knife against the cutting board with your left fingers, rock the handle of the knife up and down over the pile of food. As the pieces get smaller, they may stick to the knife, so you will need to brush off the knife and push the food back into a mound. Repeat until it is as finely minced as you want.



Julienning: French fries are a good example of a food that is julienned. Long, rectangular shapes are cut from the food, usually vegetables, although fruits, meats, and cheeses may also be julienned. You may need to square off your food first. Slice it lengthwise, then stack the slices and cut them into long strips.



Dicing: Foods that are diced will cook more uniformly. After julienning your food, gather the strips together and cut them into equal size pieces.



Chiffonade: The method for making chiffonade is really quite simple. First, stack your leafy greens and then roll them up like a cigar. Slice your 'cigar' thinly, crosswise, and, as if by magic, you will have chiffonade.

Corn and Green Chili Salad

Preparation Time: 10 minutes

Serves: 4 (3/4 cup serving)

INGREDIENTS

- 2 corn cobs
(about 2 cups of corn kernels)
- 1½ cups fresh tomatoes
- 2 tablespoons jalapeños
- 1/3 cup green onion
- 2 tablespoons cilantro
- 1 tablespoon of garlic (optional)
- 2 tablespoons lime juice, fresh
- 1/2 tablespoon vegetable oil
- Pepper to taste
- Salt to taste (optional)



PREPARATION:

1. Boil corn cobs about 5 minutes until tender. Drain and set aside to cool, then cut kernels from the cob and add to a medium bowl.
2. Dice tomatoes, mince jalapeños, slice green onion, chop cilantro, and add to the bowl with the corn.
3. If using, mince garlic and add to a small bowl.
4. Slice lime into wedges and squeeze lime juice into the small bowl with the garlic.
5. Add oil to the bowl with garlic and lime juice and whisk ingredients together.
6. Pour dressing over salad and mix well. Add black pepper and salt (optional) to taste.

Nutritional information per serving: Calories 110, Carbohydrates 22 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 2.5 g, Saturated Fat 0 g, Trans Fat 0 g, Sodium 8.5 mg

Adapted from original recipe: www.eatfresh.org/es

Kiwi Mango Salsa

Preparation time: 10 - 15 minutes

Serves: 3 (1/2 cup serving)

INGREDIENTS

- 3 medium kiwifruit
- 3/4 cup mango
- 1 tablespoon jalapeño chili pepper
- 3 tablespoons cilantro
- 2 tablespoons lime juice, fresh
- 1 teaspoon honey
- 1/8 teaspoon salt (optional)
- 3 ounces tortilla chips (1 oz. serving)



PREPARATION:

1. Peel and chop kiwifruit and mango and add to a medium bowl.
2. Mince jalapeño and cilantro and add to the bowl with the fruit.
3. Slice lime into wedges and squeeze lime juice over the fruit mixture.
4. Add the rest of the ingredients (except tortilla chips) to the bowl and gently mix.
5. Serve with tortilla chips or over cooked fish or chicken.

TIP:

Make a healthier chip by spraying tortillas with nonstick olive oil, cutting them into triangles and baking in oven on 400 degrees F until they are crisp and the edges start to curl and turn lightly brown.

Nutritional information per serving: Calories 202, Carbohydrates 42 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 2.7 g, Saturated Fat 0 g, Trans Fat 0 g, Sodium 279 mg (less, if omitting salt)

Adapted from original recipe: www.fruitandveggiesmorematters.org

ASSIGNMENT

MY JOURNEY TO HEALTHY EATING!

Prepare a balanced meal.

1. Prepare a meal at home that follows the MyPlate concepts.

Remember to:

- Include foods from 3 to 4 food groups.
- Make half of the plate fruits and vegetables.
- Include different colors.
- Try to eat a plant-based protein.
- Use the following table as a reminder.

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
6 ounces*, 7 ounces**	2½ cups*, 3 cups**	1½ cups*, 2 cups**	3 cups*, 3 cups**	5 ounces*, 6 ounces**
Make at least half of your grains, whole.	Vary your vegetables.	Focus on fruits.	Get your calcium-rich foods.	Go lean with protein.

*Daily recommendation for women ages 31-50 years, ** Daily recommendation for men aged 31-50 years.

2. If you can, take a picture of your meal to share in class.
3. Be ready to share the following with our class:
 - What food did you prepare?
 - How many food groups did your meal include?
 - How many colors of vegetables/fruits did you have?
 - How did you and/or your family like preparing and eating the meal?
4. **My Goal:** Starting this week, I will fill half of my plate with fruits and vegetables by:



Cooking for Health Academy

Session 2

Whole Grains and Fiber

Learning objectives:

At the end of this session, you will be able to:

- Identify a whole grain food
- Demonstrate food safety step 1: CLEAN — washing hands and surfaces often
- Demonstate liquid and dry ingredient measuring skills
- Identify 2-3 nutrition benefits and/or produce tips for the Harvest of the Month



CLEAN



ACTIVITY

GUESS THE GRAIN

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____

Choose from these grain options:

Barley

Quinoa

Brown Rice

Steel Cut Oats

Bulgur Wheat

Whole Wheat

WHAT'S IN A WHOLE GRAIN?

WHOLE GRAINS

Barley
Quinoa
Millet
Brown/Wild Rice
Buckwheat
Bulgur Wheat
Corn
Oatmeal (Oats)
Wheatberries
Whole Rye
Wild Rice

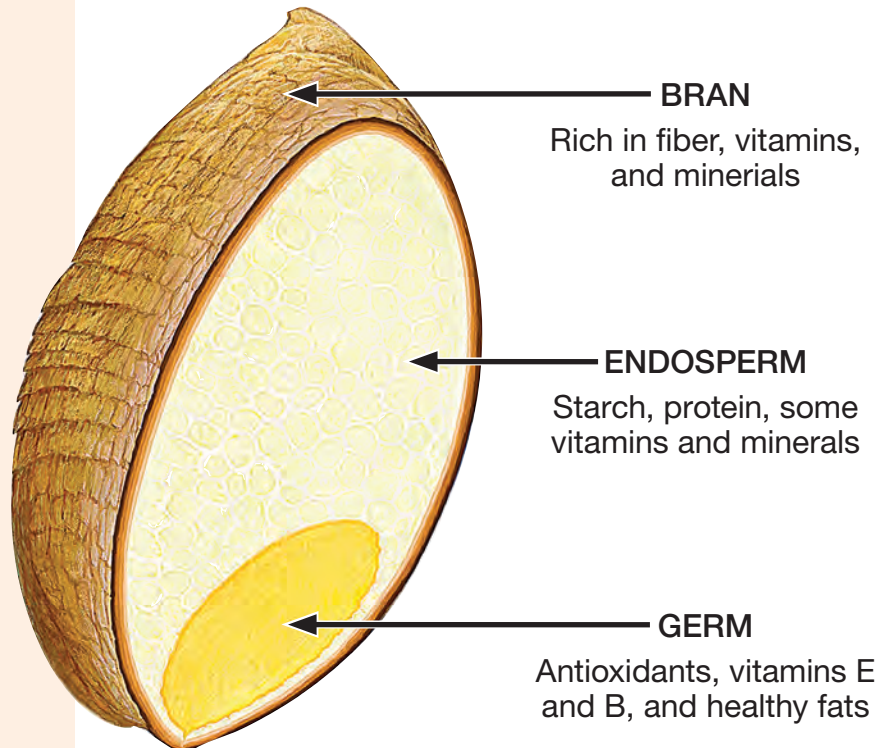


Chart Guide to Cooking Whole Grains

One cup of dry	Water/Stock	Approximate Cooking Time	Amount Made	Uses
Barley	3 cups	90 min	4 cups	Salads, Soups, Drinks, and Entrées
Brown Rice	2 cups	30—40 min	2½ cups	Soups, Drinks, and Entrées
Quinoa	2 cups	15 min	2½ cups	Salad, Soup, Drinks, and Entrées
Rolled Oats	2 cups	5 min	2 cups	Porridge, Soup, Drinks, and Entrées
Wild Rice	4 cups	45 min	3 cups	Soup, Salad, and Entrées

Nutrition Facts/Datos de Nutrición

8 servings per container/8 raciones por envase

Serving size/Tamaño por ración

2/3 cup/2/3 taza (55g)

Amount per serving/Cantidad por ración

Calories/Calorias

230

% Daily Value*/Valor Diario*

Total Fat/Grasa Total 8g	10%
Saturated Fat/Grasa Saturada 1g	5%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 160mg	7%
Total Carbohydrate/Carbohidrato Total 37g	13%
Dietary Fiber/Fibra Dietética 4g	14%
Total Sugars/Azúcares Total 12g	
Includes 10g Added Sugars/Incluye 10g azúcares añadidos	20%
Protein/Proteínas 3g	
Vitamin D/Vitamina D 2mcg	10%
Calcium/Calcio 260mg	20%
Iron/Hierro 8mg	45%
Potassium/Potasio 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

3 Limit These Nutrients

Get Enough of These Nutrients 4

2 Amount of Calories

Percent (%) Daily Value 5

1 Serving Size

FIBER IN FOODS

FRUITS	Serving Size	Fiber (g)
Apple juice, unsweetened	1 cup	<1
Apple, raw	1	3
Banana	1 medium	3
Cantaloupe	½ cup	1
Cherries	10 medium	1
Mango	1 medium	4
Nectarine	1 medium	2
Orange	1 medium	3
Papaya	½ cup	1
Peach with skin	1 medium	2
Prunes, dried	½ cup	6
Raisins, dried	½ cup	3
Strawberries, sliced	½ cup	2
VEGETABLES	Serving Size	Fiber (g)
Bok Choy, cooked	½ cup	1
Broccoli, cooked	½ cup	3
Cabbage, cooked	½ cup	1
Carrots, raw	1 medium	2
Collard Greens, cooked	1 cup	5
Corn on the Cob	1 medium	2
Mustard Greens, cooked	1 cup	3
Eggplant, cooked	½ cup	2
Green Beans, cooked	½ cup	2
Kale, cooked	½ cup	1
Lettuce, Romaine	1 cup	1
Onions, chopped	½ cup	1
Peas, cooked	½ cup	4
Potato, baked with skin	1 potato	5
Spinach, frozen, cooked	1 cup	7
Swiss Chard, cooked	½ cup	2
Tomato, raw	1 medium	2
Zucchini, cooked	½ cup	1
DAIRY	Serving Size	Fiber (g)
Cheddar Cheese	1 oz	0
Milk, 1% low fat	1 cup	0
Milk, nonfat	1 cup	0
Yogurt, plain	1 cup	0

PROTEINS	Serving Size	Fiber (g)
Almonds	¼ cup	4
Black Beans, cooked	½ cup	8
Black-Eyed Peas	½ cup	5
Chicken Breast	1 medium	0
Lentils, cooked	½ cup	8
Peanuts	¼ cup	3
Pinto Beans, cooked	½ cup	8
Tofu (Firm)	½ cup	1
Tuna Fish	¼ cup	0
Soy Beans (Edamame)	½ cup	5
Walnuts	1 oz, 14 halves	2
GRAINS	Serving Size	Fiber (g)
Barley, pearled, cooked	1 cup	6
Bran Cereal w/Raisins	1 cup	7
Bulgar Wheat, cooked	1 cup	8
Cereal O's	1 cup	3
Corn Flakes	1 cup	<1
Graham Crackers	2 squares	<1
Grits, cooked	1 cup	<1
Instant Oatmeal	1 cup	4
Popcorn	½ cup	<1
Rice, brown, cooked	1 cup	4
Rice, white, cooked	1 cup	<1
Puffed Rice Cereal	1 cup	<1
Rice Square Cereal	1 cup	<1
Rice Noodles	1 cup	2
Rye Bread	1 slice	2
Shredded Wheat Cereal	1 cup	6
Spaghetti, enriched, cooked	1 cup	2
Spaghetti, whole wheat, cooked	1 cup	6
Tortilla, corn	1, 6 inch	1
Tortilla, flour	1, 10 inch	2
Tortilla, whole wheat	1, 10 inch	3
Wheat Bread	1 slice	1
White Bread	1 slice	<1
Whole Wheat Bread, 100%	1 slice	2 – 5

FILL UP WITH FIBER WORKSHEET

GOAL: 25 – 38 Grams or More Every Day

INSTRUCTIONS:

1. Select foods from the Fiber in Foods list to fill up with at least 25 grams of fiber in a day for women, 38 grams for men.
2. Choose foods for breakfast, lunch, dinner, and a snack. Fill in the amount of fiber in each food.
3. Write your grand total of fiber for the day at the bottom of the sheet.
4. Work on your list until you get to your goal of at least 25 – 38 grams.

BREAKFAST

Food Items	Serving Size	Grams of Fiber

LUNCH

Food Items	Serving Size	Grams of Fiber

DINNER

Food Items	Serving Size	Grams of Fiber

SNACK

Food Items	Serving Size	Grams of Fiber

Total Fiber for the Day: _____ Grams

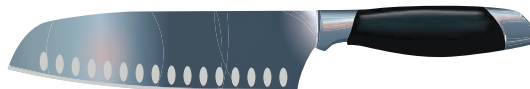
TYPES OF KNIVES

Chef's Knife



- Also called a cook's knife, this knife is an all purpose kitchen knife used for most types of chopping, dicing, mincing, and slicing.
- The heft, weight and balance of this knife allows it to be used for heavy duty work with thicker cuts of vegetables, fruits, and meats.

Santoku Knife



- This knife is very similar to a chef's knife.
- The purpose of the granton style blade is to keep particles from sticking to the knife edge and reduce friction to provide less drag when chopping (for easier and faster motion).
- Santoku knives are used for chopping, dicing, and slicing foods into narrow or fine pieces.

Paring Knife



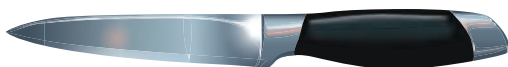
- This utensil is a small knife with a straight, sharp blade generally three to five inches long.
- Easy to handle, it works well for peeling and coring foods or mincing and cutting small items.
- Can be used with small ingredients, such as shallots, garlic, and fresh herbs.

Serrated Knife



- A serrated knife with a long blade.
- Used to slice through foods hard on the outside and soft on the inside, such as hard crusted bread.
- A serrated knife with a short, thick blade can be used for slicing fruits and vegetables.

Utility Knife



- Small lightweight knife used for miscellaneous light cutting.
- Can cut food items that are too large for a paring knife but too small for a chef's knife such as cucumbers, larger apples, smaller squash, and other mid-sized items.
- Similar to the paring knife, it works well for herbs, shallots, fruits, vegetables, and large pieces of garlic.

Tomato Knife



- A serrated edged knife used to slice food with tough exterior and a softer middle such as tomatoes or salami.
- This knife is similar to a bread knife only smaller.

Adapted from Iowa State University Extension, 2010
with information on 'How to Use a Chef's Knife' by Danilo Alfaro

HOW TO HOLD A CHEF'S KNIFE



This photo illustrates the proper chef's knife grip as seen from the inside or thumb-side of the cutting hand. The thumb grips the knife around the top of the blade, with the hand wrapped around the bolster of the knife.



Here we see the same grip from the opposite side. Note how the index finger is wrapped fully around the blade. The index finger and thumb should be opposite each other on either side of the blade while the remaining three fingers are loosely curled around the handle.



Your non-knife hand is called your "guiding hand," and its job is to hold the food to keep it from sliding around on the cutting board and prevent injury. Keep your fingertips tucked safely away while still being able to firmly hold the food. The grip shown here is called the "claw grip." The side of the knife blade actually rests against the first knuckle of the guiding hand, which helps keep the blade perpendicular to the cutting board.



In this modified version of the claw grip, the first knuckle of the guiding hand rests flat on the food product, with fingers again curled inward safely. And this time the knife rests against the second knuckle rather than the first.

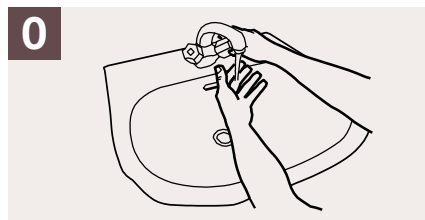
Each of these claw grips is acceptable, so use whichever one you feel comfortable with.

Adapted from Iowa State University Extension, 2010
with information on 'How to use a Chef's Knife' by Danilo Alfaro

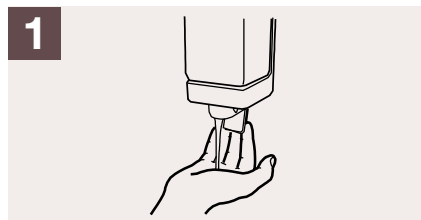
HOW TO WASH YOUR HANDS

 Duration of the handwash (steps 2-7): 20 seconds

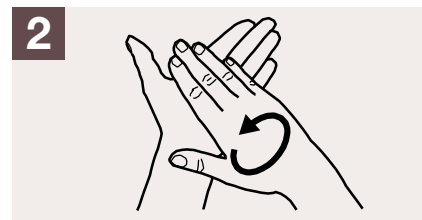
 Duration of the entire process: 40-60 seconds



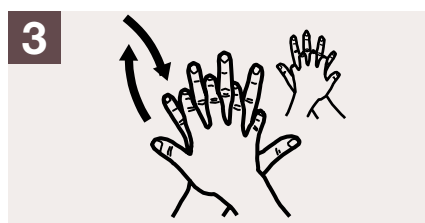
Wet hands with water.



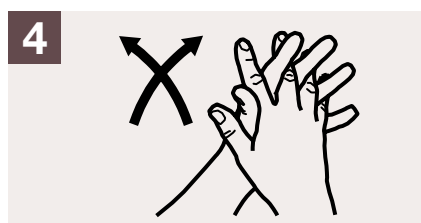
Apply enough soap to cover all hand surface.



Rub hands, palm to palm.



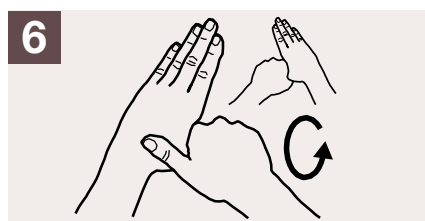
Right palm over left dorsum with interlaced fingers and vice versa.



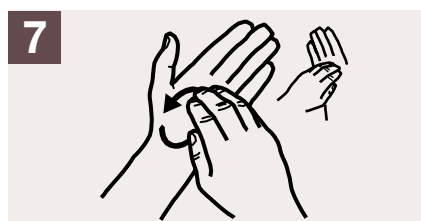
Palm to palm with fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



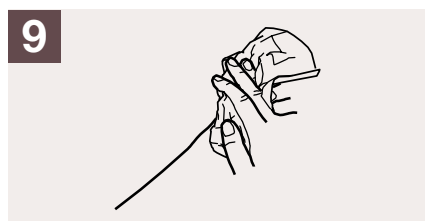
Rotational rubbing of left thumb clasped in right palm and vice versa.



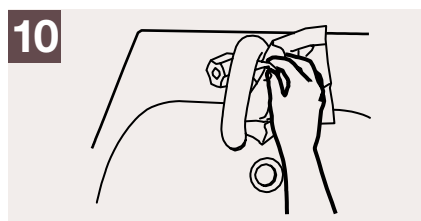
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



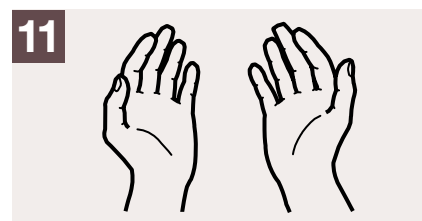
Rinse hands with water.



Dry hands thoroughly with a single use towel.



Use towel to turn off faucet.



Your hands are now safe.



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Quinoa and Black Bean Salad

Preparation Time: 30 minutes

Serves: 6 (1 cup serving)

INGREDIENTS

- 1/2 cup quinoa (dry)
- 1½ cups water
- 2 mild, fresh, green chilies
- 1 scallion
- 2 tablespoons cilantro
- 1½ tablespoons olive oil
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander
(ground, dried cilantro seeds)
- 4 teaspoons lime juice
- 2 cups tomato
- 1 red bell pepper
- 1 green bell pepper
- 15 ounces black beans (1 can), rinsed and drained
- Black pepper to taste



PREPARATION:

1. Rinse the quinoa in cold water and drain. Boil water in a saucepan and then add the quinoa.
2. Return to a boil and simmer until the water is absorbed into the quinoa; about 10 to 15 minutes. Cool for 15 minutes.
3. While quinoa is cooking and cooling, mince chilies and scallion, chop cilantro, and combine everything into a bowl with olive oil, cumin, and coriander.
4. Slice lime into wedges and squeeze lime juice into the bowl with the chili mixture.
5. Chop tomato and red and green bell peppers and combine with rinsed black beans in a large bowl.
6. Once quinoa has cooled, combine all the ingredients and mix well. Cover and refrigerate until ready to serve.

Nutrition information per serving: Calories 140, Carbohydrates 31 g, Dietary Fiber 8 g, Protein 9 g, Total Fat 4.9 g, Saturated Fat 0.7 g, Trans Fat 0 g, Sodium 174 mg

Adapted from original recipe: <https://whatscooking.fns.usda.gov>

Mandarin Orange and Spinach with Quinoa

Preparation: 30 minutes

Serves: 6 portions

INGREDIENTS

Salad:

- 1/2 cup + 1 tablespoon quinoa, uncooked
- 3 tablespoons bell pepper
- 3 tablespoons red onion
- 1/2 teaspoon garlic
- 1/2 teaspoon ginger
- 2 cups fresh mandarin orange segments
- 3 cups Romaine lettuce
- 1½ cups spinach leaves
- 1½ cups low-sodium garbanzo beans, rinsed and drained



Dressing:

- 3 tablespoons apple cider vinegar
- 2 tablespoons low-sodium soy sauce
- 3 tablespoons vegetable oil

PREPARATION:

1. Cook quinoa according to package directions (using a rice cooker will make for easier preparation).
2. While quinoa is cooking, dice bell pepper and red onion, and mince garlic and ginger.
3. Combine quinoa, bell pepper, and red onion together in a bowl.
4. Whisk together vinegar, soy sauce, and vegetable oil. Add minced garlic and ginger; whisk again. Drizzle mixture over the salad and serve.

NOTE:

If fresh mandarins are not available, use drained canned mandarin or fresh oranges.

1/2 cup uncooked quinoa makes about 1½ cups cooked quinoa.

Nutrition information per serving: Calories 240, Carbohydrates 34 g, Dietary Fiber 6 g, Protein 2 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Sodium 210 mg

Adapted from original recipe: www.fruitsandveggiesmorematters.org/mandarin-orange-spinach-salad-with-quinoa

ACTIVITY

MY JOURNEY TO HEALTHY EATING!

Am I making at least half of my grains, whole grains?

1. Look for the following food in your pantry and complete the table below.

Food	Does it contain whole grain?	Look at the ingredient list, is a whole grain the first ingredient?	How many grams of fiber per serving?
Pasta			
Bread			
Crackers			
Granola			
Quinoa			
Brown Rice			
White Rice			
Corn			
Tortillas			

2. **My Goal:** Starting this week, I will make at least half of my grains, whole grains by:





Cooking for Health Academy

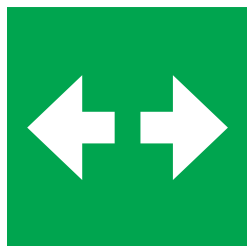
Session 3

Protein Sources

Learning objectives:

At the end of this session, you will be able to:

- List three benefits of eating plant-based protein
- Demonstrate food safety step 2: SEPARATE — separating raw meats from other foods
- Demonstrate sautéing skills
- Identify 2 - 3 nutrition benefits and/or produce tips for the Harvest of the Month



SEPARATE



ACTIVITY

MEATLESS MONDAY

Work with a partner to create three meatless meals.

BREAKFAST



LUNCH



DINNER



SEPARATE - DON'T CROSS-CONTAMINATE

Cross-contamination is a word for how germs can be spread from one food product to another. This is especially true when handling raw meat, poultry, and seafood, so keep foods and their juices away from fresh fruits and vegetables and ready-to-eat foods.

There are two types of cross-contamination:

DIRECT CONTAMINATION: Food to Food

Food can become contaminated by germs from other foods. This occurs when raw foods or their juices touch foods that have already been cooked.

Some examples of this type of cross-contamination are:

- Dripping from raw meat stored on a top shelf of the refrigerator onto cooked vegetables placed on a lower shelf.
- Mixing fresh food with leftover food such as salads.



INDIRECT CONTAMINATION: Hand to Food/Hand to Equipment/Surface to Food

Contamination can be passed if you use unwashed hands or poorly washed hands. Also, germs can spread between kitchen equipment, utensils, or cutting boards to food.

Some examples are:

- Using unclean equipment such as can openers or utensils to prepare food.
- Using the same cutting board and knife when cutting different types of foods, such as cutting raw chicken followed by salad preparation.



How to Avoid Cross Contamination

- Wash hands between handling different foods.
- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.
- Use a different cutting board for raw meat, poultry, and seafood products.
- Always wash cutting boards, dishes, and kitchen tools with hot, soapy water after they come into contact with raw meat, poultry, seafood, eggs, and unwashed fresh produce.
- Place cooked food on a clean plate. If you put cooked food on an unwashed plate that held raw food (like meat, poultry, or seafood), germs from the raw food could contaminate your cooked food.

Source: Adapted from Food Safety Project - Iowa State University (www.extension.iastate.edu/NR/rdonlyres)

FOOD MEASUREMENTS

Abbreviations:

C - Cup	Lb - Pound	Oz - Ounce
Dz - Dozen	Lrg - Large	Pkg - Package
G/gal - Gallon	Med - Medium	Qt - Quart
Hr - Hour	Sm - Small	Tbsp/T - Tablespoon
In - Inch	Min - Minute	tsp/t - Teaspoon



Teaspoons	Tablespoons	Cups	Ounces
3 Teaspoons	2 Tablespoons	1/16 Cup	1/2 Ounce
6 Teaspoons	4 Tablespoons	1/8 Cup	1 Ounce
	8 Tablespoons	1/4 Cup	2 Ounces (Liquid)
		1/2 Cup	4 ounces (Liquid)
		2 Cups	16 Ounces
		16 Cups	128 Ounces

Other Conversions:

1 pinch = 1/8 tsp (the amount you can pick up with your thumb and forefinger)

A dash = less than a pinch

1 pt = 2 C

1 gal = 8 pt = 4 qt

TIPS:

- Reduce sugar by 1/3 when baking.



- Reduce butter by 1/2 when baking.

PREPARING VEGETABLES

Sautéing

Sautéing is cooking food (usually cut in small pieces) over medium or high heat in a non-stick skillet or other suitable pot to add color, flavor, and texture. Variations are dry sauté - no added oil, low-fat sauté - little added oil, and classical sauté (as much as 1/8" oil).

How to sauté vegetables:

Wash and pat dry the vegetables using a clean towel or paper towel. Cut the vegetables to the size following recipe directions. Place the skillet on the stove and set the burner to a medium or high temperature and let it heat up. Add oil or if desired, dry sauté. If using oil, you don't need a lot. You just want enough to barely coat the pan.

Drop the vegetables into the skillet. To avoid having some vegetables end up overcooked and others end up undercooked, you should add the vegetables in reverse order of their cooking times (e.g., add carrots first since they take longer to cook and snap peas last since they cook quickly). Or, you can cut smaller pieces of the vegetables that take longer to cook, and larger pieces of those that cook more quickly.

Sautéing Time (Approximate)

Long cooking times: Carrots, onions, potatoes (especially potatoes)

Medium cooking times: Broccoli, bell peppers

Short cooking times: Mushrooms, tomatoes

Very short cooking times: Spinach and other greens

Sprinkle seasonings following recipe directions.

Stir occasionally. Continue to cook until the vegetables are tender (about 3-5 minutes).

Serve and enjoy!



Tofu, Tomato and Spinach Soup

Preparation Time: 15 minutes

Serves: 4 (1 cup serving)

INGREDIENTS

- 1 garlic clove
- 1/2 cup onion
- 2 tomatoes
- 3 green onions
- 1/4 cup cilantro
- 1 teaspoon vegetable oil
- 6 cups low sodium vegetable or chicken broth
- 1 package of firm tofu
- 4 cups spinach leaves
- 1/4 teaspoon pepper
- 1 tablespoon soy sauce (low sodium is best)



PREPARATION:

1. Mince garlic and chop onion, tomatoes, green onion, and cilantro.
2. Heat a saucepan over medium heat. Add the vegetable oil, garlic, and onion. Sauté onion until softened but not brown.
3. Stir in tomatoes and cook just until soft.
4. Add chicken broth. Bring to a boil.
5. Cut tofu into cubes and add to the pot.
6. Lower heat and simmer for a few minutes.
7. Stir in green onions, spinach, ground pepper and cilantro. Cook just until spinach is wilted. Add soy sauce.
8. Remove from heat. Taste for more salt or pepper. Serve hot.

Nutrition information per serving: Calories 177, Carbohydrates 11 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Sodium 360 mg

Adapted from original recipe: <https://whatscooking.fns.usda.gov/es>

Quick Red Lentils

Preparation Time: 30 minutes

Serves: 4 (1½ cup serving)

INGREDIENTS

- 5 small garlic cloves
- 1 small onion
- 3 cups of carrots
- 1 tablespoon olive oil
- 1 teaspoon cumin, ground
- 1/2 teaspoon basil, dried
- 1 14 oz. can of diced tomatoes, unsalted
- 1 14 oz. can of low sodium vegetable broth
- 1 cup dried red (or green) lentils
- 1/8 teaspoon pepper
- 1/8 teaspoon salt
- 5 oz. spinach
- 2 cups of rice, cooked



PREPARATION:

1. Mince garlic and chop onion and carrots.
2. In a 4-quart saucepan, heat oil on medium until hot.
3. Add garlic, onion, and carrots and sauté for five minutes or until lightly brown.
4. Stir in cumin and basil and cook for one minute more.
5. Add tomatoes, broth, lentils, and black pepper. Cover and heat to boiling on high.
6. Reduce heat to low and simmer 20-25 minutes until lentils are tender.
7. Stir in salt and add spinach and heat through.
8. Serve hot with rice.

Nutrition information per serving: Calories 375, Carbohydrates 65 g, Dietary Fiber 12 g, Protein 18 g, Total Fat 4.9 g, Saturated Fat 0.6 g, Trans Fat 0 g, Sodium 263 mg

Adapted from original recipe: www.fruitsandveggiesmorematters.org

ASSIGNMENT

MY JOURNEY TO HEALTHY EATING!

Celebrating a meatless day!

1. Prepare a meatless dinner for you and/or your family
2. Be ready to share the following with our class:
 - What you prepared
 - Whether a meatless meal is a usual dinner for you and/or your family
 - How you and/or your family like it

Note: for more information, ideas, and recipes, visit Meatless Monday:
www.meatlessmonday.com



3. **My Goal:** Starting this week, I will have more plant-based protein by:



Cooking for Health Academy

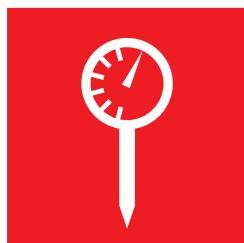
Session 4

Healthy Fats

Learning objectives:

At the end of this session, you will be able to:

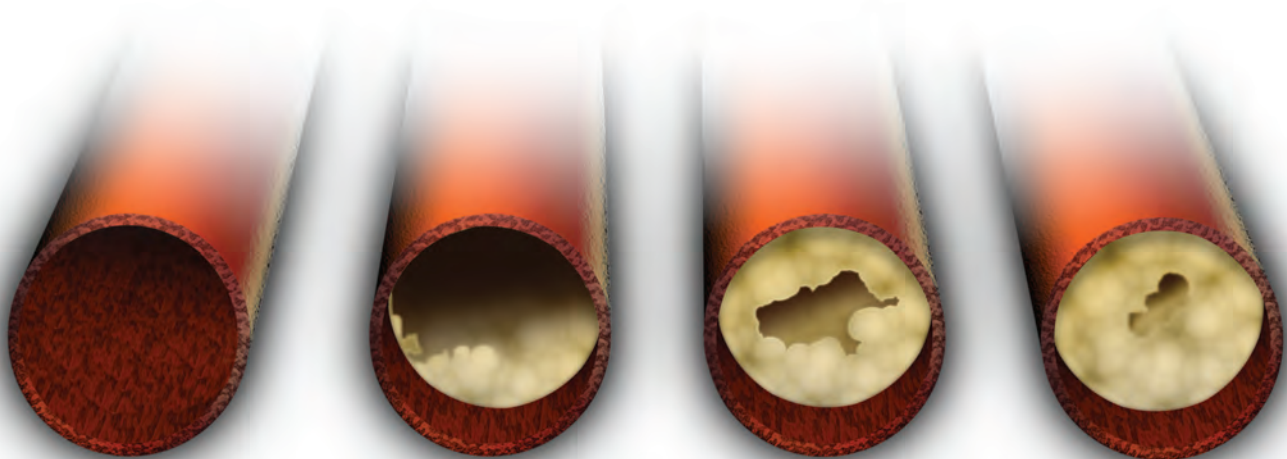
- List three benefits of eating healthy fats
- Demonstrate food safety step 3: COOK — cooking to a safe temperature
- Demonstrate trimming and steaming vegetables
- Identify 2 - 3 nutrition benefits and/or produce tips for the Harvest of the Month



COOK



Fat Buildup on Artery Walls



1

Clean Artery

2

3

4

Clogged Artery

FATS

What's Healthy? What's Not?

Healthy (Unsaturated) Fats

These fats are good for you and should be part of a healthy diet. Polyunsaturated fats are essential for life.

Monounsaturated Fats

Olive Oil
Canola Oil
Sesame Oil
Avocado
Olives
Nuts: Almonds, Peanuts

Polyunsaturated Fats

Corn Soy
Safflower Walnuts
Sunflower Flax
Shellfish
Fish
Sesame Oil
Most Vegetable Oils

Effect on the Body

Lowers Total Cholesterol
Helps Maintain HDL (Good) Cholesterol
Provides the Body with Essential Fatty Acids
Lowers the Risk of Heart Disease, Stroke and Diabetes

Unhealthy (Saturated/Trans) Fats

These fats should be limited. They are not essential for life and they can increase the risk of diseases.

Saturated Fats

Mostly Animal Fats
Beef, Lamb, Pork, Chicken
Beef Fat, Poultry Skin, Lard
Cream, Butter, Cheese
Other Full-fat Dairy Products
Some Plant Fats (Palm, Palm Kernel, and Coconut Oils)

Trans Fats

Hydrogenated Fats
Baked Goods – Pastries, Biscuits, Pie Crusts, Muffins, Cakes, Cookies, Doughnuts
Snack Foods – Some Crackers, Some Microwave Popcorn
Traditional Stick Margarine and Vegetable Shortening

Effect on the Body

Raise Total Cholesterol
Raise LDL (Bad) Cholesterol
Lower HDL (Good) Cholesterol
Increases the Risk of Heart Disease

ACTIVITY

HOW MUCH FAT AM I EATING?

How much fat am I eating?

To calculate the fat in teaspoons, divide grams by 5

Hamburger:	44 g
French Fries, Medium:	20 g
Milk Shake:	18 g
Total Fat:	82 g
Divide it by (\div)	5
Total Teaspoons:	16.5 Teaspoons!



How much fat am I eating?

Four pieces of chicken wings
have 55 grams of fat.



How many teaspoons of fat are in four pieces of chicken wings? _____

HOW MUCH FAT AM I EATING?

How much fat am I eating?



A cheeseburger has
50 grams of fat.

How many teaspoons of fat are in a cheeseburger? _____

How much fat am I eating?



A slice of pepperoni pizza
has 20 grams of fat.

How many teaspoons of fat are in
a slice of pepperoni pizza? _____

PREPARING VEGETABLES

Steaming

Steaming is one of the healthiest ways to cook vegetables to keep their nutrients. Vitamins are easily destroyed when you boil vegetables for a long period of time. Steaming uses the steam from boiling water to cook the food — not the water directly.



A steamer basket is a cheap way to steam food. Fill the pot with enough water so that it just barely reaches the bottom of the colander or steamer basket. Once the water comes to a boil, add vegetables and cover.

Steam vegetables depending on the type of vegetable and its thickness:

Steaming Time (Approximate)

Asparagus: Four minutes for thin spears. Add an extra minute or two for thicker spears.

Broccoli: Five minutes. Look for a color change and you will know when the broccoli is done.

Brussels Sprouts: Ten minutes.

Carrots: Sliced to about ¼ inch thick, six to eight minutes.

Cauliflower: Six minutes.

Green Beans: Five minutes.

Peas: Three minutes.

Zucchini: Six to seven minutes.

Take the vegetables off the burner when they are at your preferred softness. If you like, immediately after steaming, have a colander of ice or bowl of ice water ready to plunge — or "shock" — your cooked veggies. This will stop the cooking process so your vegetables stay nice and crunchy.

"Is it *done* yet?"

You can't tell by *looking*. Use a **food thermometer** to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Beef, Pork, Veal, Lamb
Steaks, Roasts & Chops
145 °F with a 3-minute rest time



Fish, Pork
145 °F



Beef, Veal, Lamb
Ground
160 °F



Egg Dishes
160 °F



Turkey, Chicken & Duck
Whole, Pieces & Ground
165 °F

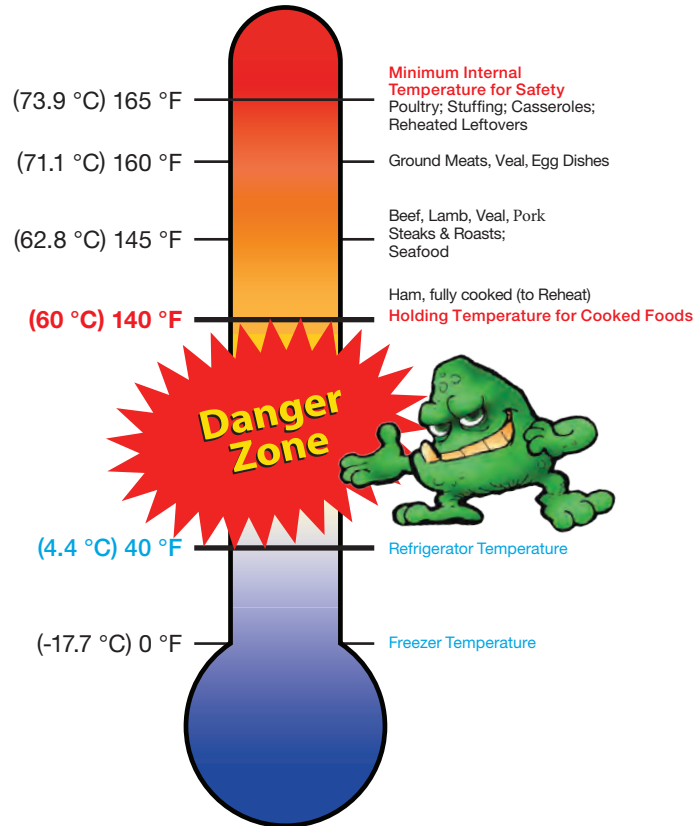
www.IsItDoneYet.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture
Food Safety and Inspection Service

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July 2005 • Slightly Revised August 2011



Asparagus and Sugar Snap Pea Sauté

Preparation Time: 30 Minutes

Serves: 5 (1/2 cup serving)

INGREDIENTS

- 1 pound asparagus
- 1/2 pound radishes
- 1/4 pound (4 ounces) sugar snap peas
- 1 teaspoon olive oil
- 1/4 teaspoon salt (optional)
- 1/8 teaspoon pepper
- 2 tablespoons green onions
- Fresh herbs of choice (optional)



PREPARATION:

1. Prepare vegetables for cooking: trim and cut asparagus into 1½ inch pieces; cut radishes into quarters; and remove strings from sugar snap peas.
2. Heat olive oil in a large skillet.
3. Saute asparagus for approximately 3-4 minutes.
4. Then, add radishes and sugar snap peas and sauté until vegetables are tender-crisp, about 5 minutes. If needed, add some water to pan while stir frying.
5. Season with salt (optional) and pepper and place in serving bowl.
6. Chop green onions and sprinkle over vegetables in bowl.
7. If desired, chop and add herbs for extra flavor.

Nutrition information per serving: Calories 45, Carbohydrates 7 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 1.1 g, Saturated Fat 0.2 g, Trans Fat 0 g, Sodium 139 mg (less, if no additional salt is used)

Adapted from original recipe: www.fruitsandveggiesmorematters.org

Kale with Raisins

Preparation Time: Under 30 Minutes

Serves: 6 (1/2 cup serving)

INGREDIENTS

- 3 bunches kale
- 2 tablespoons walnuts
- 3 cloves garlic
- 1½ tablespoons oil
- 1/4 cup water (for added flavor, use low sodium chicken or vegetable broth)
- 2 tablespoons raisins
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



PREPARATION:

1. Wash kale well and trim tough stems.
2. Pile several kale leaves together and slice into ribbons about 1 inch wide.
3. Chop walnuts and toast in a large, dry skillet for 3-5 minutes until fragrant, stirring frequently.
4. Set aside to cool.
5. Mince garlic and sauté in oil in same skillet (as used for walnuts) for 1 minute until soft, do not brown.
6. Add kale ribbons with 1/4 cup water and cover.
7. Cook over medium heat until soft, about 10 to 15 minutes, adding more water if necessary.
8. Chop raisins and add to kale along with salt, pepper, and nuts and stir to combine.
9. Allow remaining liquid to evaporate and then serve.

Nutrition information per serving: Calories 124, Carbohydrates 17 g, Dietary Fiber 3 g, Protein 5 g, Total Fat 5.9 g, Saturated Fat 0.7 g, Trans Fat 0 g, Sodium 107 mg

Adapted from original recipe: <http://recipefinder.nal.usda.gov>

ASSIGNMENT

MY JOURNEY TO HEALTHY EATING!

How much fat am I eating?

1. Look in your pantry or refrigerator and choose four food items such as yogurt, cereal, granola, cheese, salad dressing, and frozen meals.
2. Check the nutrition facts label and the ingredients list to complete the table below.

List Food Items	Calculate teaspoons of fat in a serving (Total Fat g \div 5)	Does this food contain partially hydrogenated fat?

2. **My Goal:** Starting this week, I will cut down my saturated or trans fat intake by:





Cooking for Health Academy

Session 5

Reducing Sodium

Learning objectives:

At the end of this session, you will be able to:

- List three benefits of reducing sodium intake
- Demonstrate food safety step 4: CHILL (refrigerating foods promptly)
- Demonstrate simmering and blanching techniques
- Identify 2-3 nutrition benefits and/or produce tips for the Harvest of the Month



ACTIVITY

FRESH HERBS

Look at the herbs displayed on the table. Smell and taste each herb. What word best describes each of them? Think about which herbs might go with wich foods.

Read the descriptions listed in the first column and match them to the name of the herb listed in the second column. Take note of the uses and flavors of each herb. Try these herbs at home instead of salt to flavor your dishes.

Sweet, sunny flavor, and versatile. Used with green beans, peas, potatoes, chicken dishes, tomato sauces, and salads. Add only at the end of the cooking time or on prepared dish.	Dill
Fresh, aromatic, and distinctive. Used in both Mexican and Chinese cookery. Salsas, chutneys, chicken, pork, salads, and tacos.	Rosemary
Pungent, tangy, and dominate. Used alone or with parsley. Salmon, peas, eggplant, cabbage, cucumber yogurt sauces, salads, and pickling. Used in Mediterranean cooking.	Tarragon
Strong and sweet. Teas, desserts, lamb, fish and salads.	Oregano
Licorice, lemon flavor, strong. Use alone or with parsley. Veal. chicken, potatoes, mushrooms, tomato dishes, and vinaigrettes.	Basil
Earthy. Lamb, chicken, pork, seafood, eggplant, and tomato sauces. Excellent with lemon. Retains good flavor when dried.	Cilantro
Almost mint-like and slightly bitter. Pork, veal, sausages, poultry, stuffing, and sauces. Use whole stems in soups and stews. Chop whole leaves in thin strips.	Mint
Fresh, piney, pungent and easily overpowers. Chop finely and use lightly. Excellent with poultry, potatoes, white beans, lamb and breads.	Sage

HOW MUCH SODIUM IS IN THAT PACKAGE?

Nutrition Facts	
Serving Size 1 oz.	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 290mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber <1g	1%
Sugars 1g	
Protein 2g	

Check the "Nutrition Facts" panel on the food package.

Eating too much sodium increases the risk of stroke and heart disease. Remember to keep your daily intake of sodium from all foods to 2,300 mg.

Look for the word, "**Sodium**" to see how much sodium per serving is in the food. "Low sodium" is considered to be 140 mg. or less per serving.

Sodium comes in many forms. Look for these words in the "Ingredients" list:

- Salt
- Monosodium Glutamate
- Disodium Phosphate
- Sodium Benzoate
- Sodium Hydroxide
- Sodium Citrate
- Sodium Caseinate
- Sodium Sulfite



INGREDIENTS: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Less Than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (including Yellow 6) and Citric Acid.

HIGH SODIUM FOODS

Food	Sodium (mg)	Food	Sodium (mg)
Bacon, 3 slices	450	Ham, 2 slices, regular	480
Bagel	450	House Lo Mein, 4½ cups	3,460
Baked Beans, canned	680	Ketchup, 1 tablespoon	170
Beef Jerky, 1 large pieces	438	Kidney Beans, canned	873
Buffalo Wings, 12 with blue cheese dressing	2,460	Lasagna, 2 cups	2,060
Biscuit, 2½ inchs round, home recipe	348	Miso, 1/2 cup	1,282
Bologna, 2 slices	417	Muffin, Blueberry	255
Bread, 2 slices (wheat or white)	340	Mustard, 2 teaspoons	110
Bread Stuffing, 1/2 cup from mix	543	Noodles, Chow Mein, 1 cup	198
Butter, 1 tbsp.	82	Nuts, 1 ounce Cashews with Salt	181
Corn Bread, 1 piece	467	Nuts, 1 ounce Peanuts with Salt	190
Cereal, 1¼ cup Rice Krispies®	314	Olives, 5 Green	410
Cereal, 1 packet Quaker Grits	288	Onion Rings, Breaded	225
Cheese Food, 1 slice American	250	Pancake	239
Cheese Sauce, 1/2 cup	599	Pasta, Canned Entrée in Spaghetti Sauce	1,053
Cottage Cheese, 1/2 cup	426	Peas, Canned	428
Chicken Caesar Salad, 4 cups	1,490	Peppers, Canned Jalapeño	434
Chicken Pot Pie, frozen	857	Pickle, 1 Spear	320
Chili con Carne, canned, 1 cup	941	Pie, 1 Slice, Apple	300
Cinnamon Roll	250	Pizza, 1 Slice, Cheese	282
Cookies, 4 squares Graham Crackers	170	Pizza, 1 Slice, Combination	438
Corn, 1/2 cup, canned, cream style	365	Popcorn, 2½ cups	280
Corned Beef Sandwich, with mustard	1,920	Pork, 3 ounces Ham	908
Croissant	424	Potato Chips, 1 ounce Plain	149
Croutons, seasoned, 1/2 cup	248	Potato Salad, 1 cup	1,323
Crab, 3 ounces Alaskan King, cooked	911	Potatoes au Gratin, 1 cup	1,076
Shrimp, 3 ounces canned	661	Potatoes, 1 cup hash browns	534
Doughnut, Cake	257	Potato, 1 cup mashed with milk and butter	699
English Muffin	242	Pork & Beans, canned	1,106
Fast Food, Egg & Sausage Biscuit	1,108	Pretzels, 10 small, salted, plain	814
Fast Food, Cheeseburger	1,051	Pretzel, 1 Auntie Anne's®	930
Fast Food, Beef Chimichanga	910	Pudding, 1/2 cup chocolate	417
Fast Food, Fish Sandwich	939	Refried Beans, 1/2 cup	377
Fast Food, French Fries, large	330	Salad Dressing, 1 tablespoon, Italian	205
Fast Food, Frijoles with Cheese	882	Salami, 2 slices	604
Fast Food, Hamburger	534	Sauerkraut, 1/2 cup, canned	780
Fast Food, Corn Dog	973	Spaghetti with Marinara Sauce, 3½ cups	1,450
Fast Food, Hot Dog	670	Tortilla Chips, Nacho Flavor, 1 ounce	284
Fast Food, Nachos with Cheese	816	Tortilla Chips, Plain, 1 ounce	119
Fast Food, Roast Beef Sandwich	792	Soup, 1 cup canned beef noodle	952
Fast Food, Sub Sandwich, 6 inch Cold Cut	1,651	Soup, 1 cup canned chicken noodle	485
Fast Food, Chocolate Shake, 16 ounces	323	Soup, 1 cup cream of chicken	986
Fast Food, Vanilla Shake, 16 ounces	270	Soup, 1 cup minestrone	911
Fast Food, 1 large Taco	1,233	Soup, 1 cup onion	849
Fish, 3 ounces, Pickled Herring	740	Soup, 1 cup Progresso® Healthy Classic	460
Fish, 3 ounces, canned Sardines	430	Soup, 1 cup vegetable	1,010
Fish, 1 cup Tuna Fish Salad	824	Soy Sauce, 1 tablespoon	902
Frankfurter, Beef	513	Tostada with Guacamole	399
Frankfurter, Chicken	617	Turkey with Gravy, frozen	787
Gravy, 1/4 cup Beef, canned	326	Vegetable Juice, canned	653
Gravy, 1/4 cup Chicken, canned	343	Waffle, frozen	241

Source: USDA National Nutrient Database, Release 18, Sodium Content of Selected Foods by Common Measure.

LOW SODIUM FOODS

Food	Sodium (mg)	Food	Sodium (mg)
Apple, 1 raw apple	1	Nuts, 1 ounce, 24 almonds	0
Applesauce, 1 cup, canned, unsweetened	5	Nuts, 1 ounce, 20 pecan halves	0
Asparagus, 4 spears, boiled without salt	8	Oil, 1 tablespoon, olive or canola	0
Avocado, 1 ounce, raw	2	Onions, 1 cup, raw	5
Banana, 1 raw banana	1	Oranges, 1 raw orange	0
Barley, pearled, 1 cup, cooked	5	Peaches, 1 raw peach	0
Beans, 1 cup, black/pinto, boiled without salt	2	Peanuts, 1 ounce, dry roasted without salt	2
Beans, green, 1 cup, boiled without salt	1	Pears, 1 raw pear	2
Beef, ground, 80% lean, broiled, 3 ounces	64	Peas, 1 cup, boiled green peas	6
Beef, bottom round, lean, roasted, 3 ounces	38	Peppers, 1 raw, green, hot chili	3
Beef Ribs, lean, roasted, 3 ounces	61	Peppers, 1 raw, sweet, green pepper	4
Blueberries, 1 cup, raw	1	Pineapple, 1 cup, raw	2
Broccoli, 1 cup, boiled, without salt	64	Plums, 1 raw plum	0
Butter, 1 teaspoon, without salt	2	Prunes, 5 raw prunes	1
Cabbage, red, 1 cup, raw	19	Pork, 3 ounces, fresh center loin chop, braised	51
Carrots, 1 cup, raw	76	Pork, 3 ounces, fresh spareribs, braised	79
Celery, 1 cup, raw	96	Potato, baked with skin without salt	20
Cereal, 1 cup, puffed rice	0	Radishes, 1 raw radish	2
Cereal, 2 biscuits, shredded wheat	3	Raisins, 1 cup, seedless raisins	16
Cereal, 1 cup oatmeal (not packaged)	2	Raspberries, 1 cup, raw	1
Cherries, 10 raw sweet cherries	0	Rice, 1 cup cooked, long grain brown rice	10
Chicken, 1/2 roasted chicken breast	64	Rice, 1 cup cooked, long-grain cooked white rice	2
Chicken, 1 roasted drumstick	42	Rice Cakes, 1 plain, brown rice cake	29
Corn, 1 ear sweet corn, boiled without salt	13	Salad Dressing, 1 tablespoon, homemade vinegar and oil dressing	0
Cornmeal, 1 cup, yellow, whole grain	43	Snack, Popcorn, 1 cup air-popped	1
Couscous, 1 cup, cooked	8	Snack, Trail Mix, 1 cup tropical-fruit and nut	14
Crackers, 1 plain matzo cracker	1	Soybeans, 1 cup, boiled without salt	25
Cucumber, 1 cup raw cucumber with peel	2	Spaghetti, 1 cup, cooked whole wheat pasta	4
Egg, 1 whole, extra large, hard boiled	80	Spices and Herbs, 1 teaspoon, assorted	1-6
Eggplant, 1 cup boiled, without salt	1	Spinach, 1 cup, boiled without salt	126
Fish, 3 ounces pacific cod, baked or broiled	77	Squash, 1 cup, winter or summer varieties, baked without salt	2
Fish, 3 ounces salmon, baked or broiled	56	Strawberries, 1 cup, raw	2
Fish, 3 ounces fresh tuna, baked or broiled	40	Sweet Potato, baked in its skin without salt	53
Fruit and Juice Bar, frozen, 100% juice	3	Tea, 8 fl. ounces, herbal, brewed	2
Grapefruit, 1/2 raw grapefruit	0	Tofu, 1/4 block, firm or soft nigari	10
Grapes, 10 red or green grapes	1	Tomatoes, 1 cup, canned purée without salt	70
Kale, 1 cup, boiled without salt	30	Tomato, 1 cup, red, ripe, and raw	9
Lamb, 3 ounces lean, roasted	65	Tortilla, 1 corn tortilla	12
Leeks, 1 cup, boiled without salt	10	Turkey, 3 ounces roasted, dark meat	66
Lemon, 1 raw lemon	1	Turkey, 1 ground patty	88
Lettuce, 1 cup romaine, raw	16	Turkey, 3 ounces roasted light meat	54
Lima Beans, boiled, w/o salt, 1 cup	4	Turnips, 1 cup, boiled without salt	25
Lime or Lemon Juice, raw	1	Water, 8 fl. ounces, municipal	5
Macaroni, cooked, 1 cup	1	Water Chestnuts, 1 cup, canned	11
Mangos, raw, 1 mango	4	Watermelon, 1 wedge, raw	3
Melon, Cantaloupe, raw, 1/8 melon	11	Wheat Flour, 1 cup, whole grain	6
Mushrooms, boiled w/o salt, 1 cup	3		
Nectarines, 1 raw nectarine	0		

Source: USDA National Nutrient Database, Release 18, Sodium Content of Selected Foods by Common Measure.

USE THESE SEASONINGS INSTEAD OF SALT

- Allspice:** lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies
- Basil:** fish, lamb, lean ground meats, stews, salads, soups, sauces
- Bay Leaves:** lean meats, stews, poultry, soups, tomatoes
- Caraway Seeds:** lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
- Chives:** salads, sauces, soups, lean meat dishes, vegetables
- Cider Vinegar:** salads, vegetables, sauces
- Cinnamon:** fruits (especially apples), breads, pie crusts
- Curry Powder:** lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
- Dill:** fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
- Garlic (not garlic salt):** lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
- Ginger:** chicken, fruits
- Lemon Juice:** lean meats, fish, poultry, salads, vegetables
- Mustard (dry):** lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
- Nutmeg:** fruits, piecrust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
- Onion (not onion salt):** lean meats, stews, vegetables, salads, soups
- Paprika:** lean meats, fish, soups, salads, sauces, vegetables
- Parsley:** lean meats, fish, soups, salads, sauces, vegetables
- Pimiento:** salads, vegetables, casserole dishes
- Rosemary:** chicken, veal, lean meat loaf, lean beef and pork, sauces, stuffing, potatoes, peas, beans
- Sage:** lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
- Savory:** salads lean pork and ground meats, soups, green beans, squash, tomatoes, lima beans, peas
- Thyme:** lean meats (especially veal and pork), sauces, soups, onions, peas, tomatoes, salads
- Turmeric:** lean meats, fish, sauces, rice

TIPS TO CUT DOWN ON SODIUM

Here are some strategies to help you find ways to cut down on sodium. Start small and gradually work up to bigger changes.

Cereals, crackers, and snacks

- Eat more cooked cereals (oatmeal, farina, grits) as they tend to be lower in sodium than ready-to-eat and instant cereals.
- Look for unsalted and low-sodium crackers, such as rice cakes, crisp breads, and matzo.
- Watch out for salted snack chips, pretzels, and nuts; choose unsalted varieties.

Soups

- Choose lower sodium brands.
- Look for reduced-sodium canned soups.
- Make your soup at home using low-sodium broth as a base.

Main Dishes

- Limit pre-packaged and frozen dinners.
- Read labels; choose frozen dinners that have less than 600 mg. of sodium for a whole meal.
- Choose fast food meals without bacon, pickles, cheese, breading, or sauces.

Meats and Cheeses

- Choose less cured meats like corned beef, ham, and deli meats, as well as canned meats and canned fish.
- Eat less cheese and cheese spreads or try reduced-sodium cheeses.

Fruits and Vegetables

- Choose fresh and frozen instead of canned.
- Look for reduced-sodium or no-salt added canned vegetables.
- Rinse canned vegetables with water before cooking.
- Try low-sodium vegetable juice.

Seasonings

- Limit these sauces/seasonings or choose low-sodium varieties:
 - Sauces (BBQ, chili, cocktail, soy, steak, Worcestershire)
 - Seasonings (bouillon cubes, celery, garlic and onion salt, gravy mix, MSG [monosodium glutamate])
 - Condiments (bacon bits, mustard, olives, pickles, salad dressing, ketchup)
- If you need to salt while cooking, add it at the end; the flavor will be stronger and you'll need much less.

Taste your food before you salt!



Sodium Free Herb Spice Mixes

Soulful Seasoning

3 tablespoons onion powder
4 tablespoons garlic powder
1 tablespoon ground red pepper
1 tablespoon chili powder
1 tablespoon paprika
1 teaspoon black pepper
2 teaspoons ground thyme

All-Purpose Mexican Seasoning Mix

1/4 cup dried oregano
3 tablespoons dried chili powder
1/4 teaspoon cayenne pepper
2 teaspoons cumin
2 teaspoons garlic powder
1 tablespoon onion powder
1 pinch ground cloves
1 pinch ground cinnamon

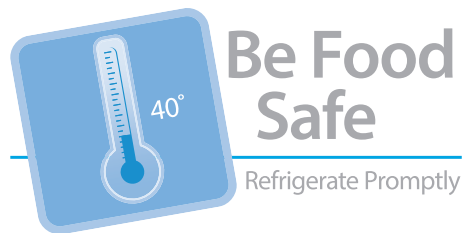
Pungent Salt-less Substitute

2 tablespoons basil
4 tablespoons savory
4 tablespoons ground cumin
4 tablespoons celery seed
4 tablespoons sage
4 tablespoons marjoram
2 tablespoons thyme

CHILLING FOOD

To keep bacteria from growing, food should be kept out of the danger zones. Keep cold food cold and hot food hot! After cooking, chill the food you are not going to serve and keep it in the refrigerator. To help cooked foods cool quickly:

1. Place the food to be cooled in shallow pans.
2. Separate the food to be cooled in smaller or thinner portions.
3. Stir the food to be cooled in a container placed in an ice bath.
4. Use containers that help the transfer of heat.
5. Add ice as an ingredient to the cooked food.
6. Use a combination of the above methods.



THAWING FOOD

Stored frozen food must, of course, be kept frozen. But when it's time to thaw food, there are different methods you can use. Here are some guidelines for proper thawing of frozen foods.

1. Thaw in the refrigerator. It's the safest way to thaw frozen food. Be sure to place frozen food such as meat, poultry, and fish in a container that will catch juices as it thaws.
2. Thaw frozen food as part of the cooking process. This method typically is used for products such as frozen patties, nuggets, pizza, lasagna, chili, soup, and vegetables.
3. A quicker and easier method is to thaw food in the microwave. This is safe as long as you transfer the food right away to the stove or oven to continue cooking.
4. You can also thaw frozen food by submerging it completely under cold running water.

Never thaw any food at room temperature. After a short while, the outer portion of the food is in the danger zone and bacteria can start to grow while the inside of the food is still thawing.

Fresh Radish Tomato Salsa

Preparation Time: 15 minutes

Serves: 6 (1/4 cup serving)

INGREDIENTS

- 1 cup tomatoes (fresh or canned)
- 2 tablespoons radish
- 1/2 cup apple
- 1/4 cup onion
- 2 tablespoons lime (or lemon) juice
- 1 teaspoon garlic, minced
- 1/2 teaspoon vegetable oil
- 1 teaspoon fresh parsley or cilantro (optional)
- 1/2 tablespoon jalapeño chilies (optional)



PREPARATION:

1. Finely chop tomatoes and set aside.
2. If using fresh tomatoes, blanch by adding to boiling water for a few minutes, removing, and placing into a bowl of water. Then, peel skin off and chop finely.
3. Finely chop radish and set aside.
4. Peel and finely chop apple and set aside.
5. Finely chop onion and set aside.
6. Mince garlic and set aside.
7. In a medium-size bowl, combine tomato, radish, apple, onion, and lime (or lemon) juice. Mix well.
8. Add garlic and vegetable oil to bowl.
9. If using parsley, cilantro, or jalapeño chilies, add them to the bowl. Mix well.

Nutrition information per serving: Calories 25, Carbohydrates 4 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0.6 g, Saturated Fat 0 g, Trans Fat 0 g, Sodium 77 mg

Adapted from original recipe: A Harvest of Recipes with USDA Foods. Food Distribution Program on Indian Reservations (FPIR) FNS-430, pp 52-53, May 2013.

Vegetarian Chili

Preparation Time: 10 minutes

Serves: 8 (1 cup serving)

INGREDIENTS

- 1 large onion
- 1 green bell pepper
- 1 medium zucchini
- 1 medium summer squash
- 3 cloves of garlic
- 1 fresh jalapeño chili
- 1 cup fresh cilantro
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon cumin
- Salt and pepper to taste
- 8 medium fresh tomatoes (or 1, 28 ounce can whole tomatoes – cut into 1/4 inch pieces)
- 1 can kidney beans (16 ounces, rinsed)



PREPARATION:

1. Chop onion, green bell pepper, zucchini, and summer squash into 1/4 inch pieces and set aside.
2. Mince garlic, dice jalapeño chili, and chop cilantro and set aside.
3. If using fresh tomatoes, blanch by adding to boiling water for a few minutes, removing, and placing into a bowl of ice water. Then, peel skin off. Chop into 1/4 inch pieces and set aside.
4. In a large pot, sauté onions, bell pepper, garlic, and jalapeño in oil over medium high heat for about 5 minutes – stirring often.
5. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
6. Add the tomatoes, zucchini, and squash and bring the mixture to a simmer.
7. Simmer for 15 minutes, stirring occasionally.
8. Add rinsed beans and continue to simmer for another 5 minutes.
9. Serve the mixture hot.
10. Add remaining cilantro on top.

Nutrition information per serving: Calories 107, Carbohydrates 17 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Sodium 171 mg

Adapted from original recipe: <https://whatscooking.fns.usda.gov/es>

ASSIGNMENT

MY JOURNEY TO HEALTHY EATING!

Seasoning my food with herbs!

1. Pick some sprigs of herbs from the ones we showed in class. At home do one of the following:
 - Add it while cooking a meal.
 - Dry or freeze it for future use.
2. If you have a frozen dinner at home, write down the name of the item and its sodium content.

Food: _____ Sodium: _____ (mg)

3. For the next session, bring at least one empty beverage bottle (juice, soda, sport drink, etc.) to class.



4. **My Goal:** Starting next week, I will cut my sodium intake by:



Cooking for Health Academy

Session 6

Making Healthy Substitutions

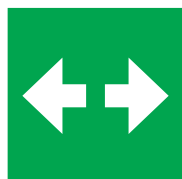
Learning objectives:

At the end of this session, you will be able to:

- List three benefits of reducing sugar intake
- State the 4 basic food safety steps (Clean, Separate, Cook, and Chill) and explain briefly the meaning of each
- Identify at least one recipe ingredient that can be substituted with a healthier ingredient
- Identify 2-3 nutrition benefits and/or produce tips for the Harvest of the Month



CLEAN



SEPARATE



COOK



CHILL



CALCULATING HOW MUCH SUGAR IS IN A CONTAINER

CALCULATION:
Grams of Sugar ÷ 4 = Tablespoons of Sugar

Nutrition Facts	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	
% Daily Value*	
Total Fat 0g	0%
Sodium 55mg	2%
Total Carbohydrate 68g	23%
Sugars 68g	
Protein 0g	0%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

68 Grams of Sugar ÷ 4 = 17 Teaspoons of Sugar

Note: If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container. For example, 10 teaspoons x 2 servings = 20 Total Teaspoons



This material was produced by the California Department of Public Health with USDA SNAP funds. These institutions are equal opportunity providers and employers. For nutritional information, visit <https://CACHampionsForChange.CDPH.CA.GOV>.

CALCULATING SUGAR CONTENT WORKSHEET

1. What type of beverage is it?

(Examples: soda/soft drink/soda pop, sweetened tea, sports drink, energy drink, juice drink, vitamin-added water, sweetened coffee drink, flavored milk (e.g., chocolate, strawberry, vanilla).

2. What is the serving size?

3. How many servings per container?

4. How many grams of sugar per serving?

CALCULATION:

Divide the grams (g) of sugar per serving listed in #4 by 4 to find out how many teaspoons of sugar per serving.

_____ (g) ÷ 4 = _____ teaspoons per serving

If more than one serving, multiply teaspoons per serving by the number of servings per container as show in #3.

teaspoons of sugar per serving x servings per container

_____ (tsp) x _____ servings = _____ teaspoons per container

5. Total teaspoons of sugar:

6. What kinds of sugar does the beverage have in it (read the label)?

(Examples: glucose (aka dextrose), fructose, sucrose, maltose, lactose, barley malt, brown sugar, cane juice, corn syrup, high fructose corn syrup, honey, malt fructose, maltodextrin, maple syrup, molasses, raw sugar)



SHOW ME THE SUGAR!

Sugar has many names

Sugar comes in many forms. Here are some common names for sugar in the Ingredients list:

Barley Malt	High Fructose Corn Syrup
Brown Sugar	Honey
Cane Juice	Maltodextrin
Corn Syrup	Maple Syrup
Dextrose	Molasses
Fructose	Powdered Sugar
Glucose	Raw Sugar
Sucrose	

To find out how much sugar is in a package, check the Nutrition Facts label. Look for the word "Sugars" to see how much sugar is in the item per serving.

To find the different forms of sugar, check the ingredient list.

Nutrition Facts

Serving Size 1 Bar
Servings Per Container 6

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g

Trans Fat 0g

Sodium 85mg **4%**

Carbohydrate 30g **10%**

Sugars 12g

Protein 3g **6%**

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:

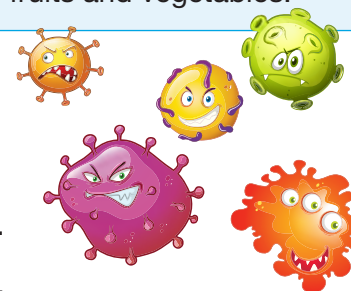
Oat bran, rice, corn syrup, sugar, fructose, whole grain rolled oats, dextrose, oat and fruit clusters (toasted oats [rolled oats, sugar, soybean oil, honey, molasses] sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors), high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, sorbitol, malt flavoring, natural and artificial flavor, salt, nonfat dry milk, whole wheat flour, vitamin A, B6, riboflavin, folic acid, vitamin B12.



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COMMON BACTERIA FOUND IN FOOD

BACTERIA	WHERE FOUND?	WHAT TO DO?
E. Coli	Ground beef, raw milk, and meats.	Cook food to the right temperature.
Salmonella	Meats, particularly poultry, eggs, and vegetables.	Clean, avoid cross-contamination, and cook to the right temperature.
Shigella	Ready to eat foods and deli meats.	Good personal hygiene, no flies in the kitchen.
Vibrio	Seafood and shellfish.	Cook to the right temperature.
Listeria	Deli meats, smoked fish, hot dogs, paté, deli-prepared salads, and unpasteurized dairy, including soft cheeses.	Proper refrigerator temperature.
Clostridium Perfringens (Botulism)	Improperly prepared home-canned food, and honey.	Temperature control, honey should not be fed to children less than 12 months old.
Norovirus	Poor personal hygiene (any food).	Proper personal hygiene, wash fruits and vegetables.



What you can do:

Clean means to make a dish or surface free from visible food, crumbs, or dirt. A surface must be clean before it can be sanitized or disinfected.

Sanitize or **Disinfect** means to kill harmful germs with either high heat or a chemical solution.

1. Hot water method:

Soak the dishes so they are completely covered in 170 °F water for at least 30 seconds. Check the water temperature with a thermometer. Remove dishes from the hot water and allow to completely air dry. Use gloves or utensils to remove dishes from hot water.

2. Chlorine bleach solution method:

Soak the dishes for at least one minute in a sanitizing solution, a mixture of 1 tablespoon of unscented chlorine bleach and 1 gallon of cool water (hot water stops bleach from sanitizing).

Yogurt Parfait

Preparation Time: 10 minutes

Serves: 2 (1½ cup serving)

INGREDIENTS

- 1 cup low fat yogurt
- 1/2 teaspoon vanilla extract
- 2 cups assorted fruit
- 1/2 cup mini-shredded wheat biscuit cereal
- 1 tablespoon sliced almonds (optional)
- Cinnamon to taste



PREPARATION:

1. Chop fruit and coarsely chop cereal.
2. In a small bowl, mix together yogurt and vanilla.
3. Spoon half of the yogurt mixture into two small serving bowls. Top each bowl with fruit, cereal, and almonds.
4. Sprinkle with cinnamon.

TIP:

Kids love to serve themselves. Set out a variety of fruit, cereals, and nut toppings and watch your kids create a unique yogurt treat!

Nutrition information per serving: Calories 232, Carbohydrates 42 g, Dietary Fiber 6 g, Protein 10 g, Total Fat 4.2 g, Saturated Fat 1 g, Trans Fat 0 g, Sodium 75 mg

Adapted from original recipe: <https://whatscooking.fns.usda.gov> (adapted slightly)

Banana Berries Smoothie

Preparation: 5 – 10 minutes

Porciones: 2 (1⅓ cup serving)

INGREDIENTS

- 1/2 banana
- 1 cup unsweetened frozen berries
(blueberries, blackberries, raspberries,
or strawberries)
- 1/2 cup soft tofu
- 1/2 cup orange juice



PREPARATION:

1. Place all ingredients in a blender and put lid on tightly.
2. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again.
3. Pour into 2 glasses and serve.

TIP:

Make a smoothie for a quick on-the-go breakfast or a refreshing snack or treat.
Be Creative. Try different combinations of fruit.

Nutrition information per serving: Calories 126, Carbohydrates 24 g, Dietary Fiber 3 g, Protein 4.6 g, Total Fat 2.7 g, Saturated Fat <1 g, Trans Fat 0 g, Sodium 7.3 mg

Adapted from original recipe:

www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-KidsGetCookinPowerPlayRecipes.pdf

COOKING FOR HEALTH GLOSSARY TERMS

SESSION 1:

- **Peel** (kiwi and mango): Strip (the skin or rind) from the fruit using a peeler or a paring knife.
- **Chop** (kiwi and mango): Cut solid, whole fruits into pieces with a sharp knife.
- **Mince** (jalapeño and cilantro): Chop into very small pieces; smaller than dice or chop.
- **Dice** (tomato): Cut tomato into 1/4 inch size cubes of uniform size and shape.
- **Whisk** (dressing): Beat rapidly to incorporate vegetable oils with other ingredients.

SESSION 2:

- **Drained** (mandarins): Pour the contents of the can into a colander to drain the liquid.

SESSION 3:

- **Sauté**: Using a hot pan, cook and/or brown food in a small amount of hot vegetable oil.

SESSION 4:

- **Steam** (vegetables): Cook in steam in a pressure cooker, deep well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of boiling water is used, more water being added during steaming process, if necessary.
- **Blanch** (tomatoes): Immerse in rapidly boiling water and allow to cook slightly (about 3 – 4 minutes maximum) then place in a deep ice-cold bath for a few minutes; drain.
- **Toast** (walnuts): Lightly brown the nuts in an oven for 2 minutes to bring out a nutty, roasted, sweet flavor. Watch carefully as the nuts will burn easily.
- **Evaporate** (remaining liquid): Cook over stovetop until no liquid remains.
- **Trim and cut** (asparagus): Cut off very fibrous, brown ends from the bottoms of each asparagus stalk.
- **Cut into quarters** (radishes): Cut twice across each radish so 4, equal sized, pieces remain.

SESSION 5:

- **Monounsaturated Fats**: These fats are typically liquid at room temperature, but start to turn solid when chilled. Monounsaturated fats can help reduce bad cholesterol levels in your blood which can lower your risk of heart disease and stroke. Foods that contain monounsaturated fats include plant-based liquid oils such as olive oil, canola oil, safflower oil, and sesame oil. Other sources include avocados, peanut butter, and many nuts and seeds.
- **Polyunsaturated Fats**: Oils rich in polyunsaturated fats also provide essential fats that your body needs but can't produce itself — such as omega-6 and omega-3 fatty acids. You must get essential fats through food. Foods that are high in polyunsaturated fats include fatty fish such as salmon, mackerel, herring, and trout. Other sources include some nuts and seeds such as walnuts and sunflower seeds, tofu, and soybeans.
- **Simmer**: Cook slowly in liquid over low heat at a temperature of about 180°. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

SESSION 6:

- **Coarsely chop** (wheat cereal): Chop into pieces about 1/2 inch square, not necessarily perfectly even, smaller than cubed but larger than minced.

REFERENCES/RESOURCES

My Plate

www.choosemyplate.gov

United States Department of Agriculture

www.fsis.usda.gov/wps/portal/informational

Food Safety

www.foodsafety.gov

US Food and Drug Administrations (FDA)

www.fda.gov

Harvest of the Month

www.harvestofthemonth.cdph.ca.gov

Alameda County Nutrition Services

www.healthylivingforlife.org

Fight Bac

www.fightbac.org/free-resources

Food Safety Certification

www.servsafe.com

Champions for Change

<https://cachampionsforchange.cdph.ca.gov>

New York Department of Health

www.health.ny.gov/environmental/indoors/food_safety/washing.htm

World Health Organization (WHO)

www.who.int

Steps to Hand Washing (WHO)

www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf

American Heart Association

<https://www.heart.org>



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For important nutrition information, visit www.CalFreshHealthyLiving.org.

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