

These lessons are designed to be FUN, EDUCATIONAL, and ACTIVE. We want to give you a chance to get active as families and help you learn more about health, fitness, and nutrition along the way. Today we are going to learn about Healthy Cooking.

ACTIVE Intro Ice Breaker: Let's talk about you.

- Go around the group and have everyone answer the following prompt: Describe yourself in 3 words and explain why those 3 words describe you.

ACTIVE Warm Up

- Everyone should line up and walk around your space 4 times. If you don't have a big space, you can also march/ jog in place for 2 min.
- **Do any additional warm ups needed to prepare yourselves for physical activity.**

ACTIVE Tag: Power Pod Tag

Set up the activity space with a "Power Pod" [a square in opposite corners of the play space], and a designated line in the middle to separate the teams and either side of the space. Each side should have a power pod.

- Divide the group into two teams (one team per side of the activity space)
- Assign one person from each team as a tagger and give them each a scarf (to identify them)
- The tagger from team 1 will try to tag players from team 2 and the tagger from team 2 will try to tag players from team 1 (on their respective sides of the activity space)
- When the leader starts the game the taggers will attempt to tag the other players
- If tagged, a player must go to a power pod and do either 10 high knees or 10 jumping jacks before reentering the game
- Players and taggers must always stay on their half of the activity area
- At random intervals throughout the game, the leader will yell "freeze!" and count the number of players in the power pods; whichever team has fewer of their players in the power pods gets one point
- The first team to get 5 points wins the game
- Repeat the activity multiple times, changing the teams and taggers each time

ACTIVE Nutrition: Healthy Cooking Discussion

For most adults and almost all kids, flavor is the most important factor is deciding what foods to eat. We will most likely choose great tasting unhealthy foods over healthy foods that taste horrible. However, if we make healthy food taste great, then the choice is easy. The flavor of food is not just how it tastes though; flavor is affected by all 5 senses.

- What are our 5 senses?
- How is flavor affected by each one? Can you give examples?"
 - Taste – obvious Smell – fresh bread in the oven, trying to taste food when you have a cold
 - Sight – oatmeal versus oatmeal topped with fresh raspberries and blueberries
 - Sound – sizzle of fajitas, crunch of crisp vegetables
 - Touch – mushy, overcooked green beans versus freshly steamed green beans

Optional: Have everyone taste a cracker while plugging his or her nose.

Here are some tips for making healthy foods without sacrificing flavor:

- Cook with little or no added fats. Try grilling, roasting, baking, steaming or microwaving instead of frying.
- Substitute beans or ground lean turkey for beef.
- Use plain fat-free or low-fat yogurt in place of cream or sour cream in recipes.
- Try whole grain pastas or brown rice in place of white pasta or rice.
- Cut back on the amount of sugar in baked goods by 1/3.

There are also many ways to make almost any of your favorite recipes more nutritious.

- Reduce or eliminate some ingredients (Use less cooking oil when sautéing veggies)
- Substitute ingredients (Use applesauce in place of butter or oil in baked goods)
- Add ingredients (Put shredded carrots into meatloaf, or mashed cauliflower in mashed potatoes)
- Change preparation method (Bake frozen french fries instead of frying them)

What are cooking techniques you use to make healthy food?

What are some healthy foods that you make that you love?

ACTIVE Game: Buddy Bean Bag Grab 10 combination of pieces of equipment: 5 of each color, 2 cones/ floor markers

- Set up the activity space with a starting marker and the items spread out randomly around the activity space
- Create 2 teams: each team is assigned to a color of pieces of equipment that are the same color
- Each team lines up behind one of the starting cones
- When the leader starts the activity, the first two people from each team hook arms and walk (together) to pick up a bean bag/piece of equipment of their color (no running)
- They must bring the piece of equipment back to the starting line and the next two team members repeat the process
- The first team to get all their bean bags/pieces of equipment back to the starting cone wins
- Mix up the teams and repeat the activity several times

ACTIVE Cool Down: Lead the group in walking 2 laps and or light stretching while reviewing the nutrition lesson by asking them several questions about it.