



FUEL for ***LIFE***

Curriculum Overview and Lesson Sample

Name: _____



Leader's Guide



Training

It is recommended that EFNEP educators receive comprehensive training before using the curriculum. The training should include a thorough review of each lesson followed by a teach-back with a food demonstration of the recipes. Training should also cover topics in nutrition (focusing on the teen years into young adulthood), food safety, food resource management, program management, time management, classroom management, and record keeping. The curriculum is centered upon the 2020 Dietary Guidelines for Americans and MyPlate.

Welcome to Fuel for Life

, a high school nutrition education curriculum. Youth participants will learn essential life skills such as nutrition, safe food handling and preparation, food resource management, and physical activity. The curriculum, a series of eight lessons, is interactive and provides hands-on opportunities for youth to learn nutrition while gaining cooking confidence. Youth participants will learn mindful eating and movement strategies that will encourage them to make healthier choices for life. It is ideal for use in Foods and Nutrition 1, and/or Health Education (PE) classes. However, with careful planning, it can be adapted for use in any classroom setting. Fuel for Life was developed and evaluated by North Carolina State University Department of Agricultural and Human Sciences for use in the Expanded Food and Nutrition Education Program (EFNEP).

Theoretical Framework

Grounded in the Social Cognitive Theory (SCT) and the Theory of Planned Behavior (TBM), the Fuel for Life program is designed to increase nutrition knowledge and improve the dietary intake of high school students. Each lesson incorporates nutrition, culinary, and food safety basics and reflexive discussion on the health benefits of eating well and moving more to enhance behavioral capacity and outcomes expectations, two fundamental tenets of the SCT. Observational learning and self-efficacy, two additional SCT tenets, are fostered through hands-on food demonstrations, taste tests, and interactive class activities. Incorporating mindful eating and mindful movement discussion and activities influences attitudes, intentions, and social norms, key constructs of TBM.

Curriculum Objectives

As a result of Fuel for Life, if delivered as outlined in the curriculum, youth participants will:

- Increase their knowledge of human nutrition
- Increase the variety and quality of foods in their diet by applying the principles of MyPlate
- Improve their ability to select low-cost, nutritious foods for meals and snacks
- Demonstrate basic cooking skills such as proper knife-handling and following a recipe to prepare meals and snacks
- Improve their food safety practices in order to reduce the risk of foodborne illnesses; and
- Increase daily physical activity

The impact and effectiveness of the curriculum will be evaluated using the pre- and post-participant data approved for use through the federal Expanded Food and Nutrition Education Program reporting system.



Using the Curriculum

The Fuel for Life curriculum consists of:

Leader's Guide. The guide provides an overview of the curriculum and instructions for implementation.

Student Workbook. It is used to support the learning experience. Youth participants can access lesson activities that will help them understand educational concepts. It also includes a collection of easy-to-prepare, healthy recipes.

PowerPoint Slides. Slides help guide the educator through each lesson. Each slide deck includes the following sections:

- Mindful Movement
- Welcome (Back) to the Table
- Make a Game Plan
- Let's Eat!
- Recipe Video(s)
- Mindful Eating

The curriculum includes eight interactive lessons that can be delivered in a traditional school schedule (45–55 minutes) or a block schedule (60–90 minutes).

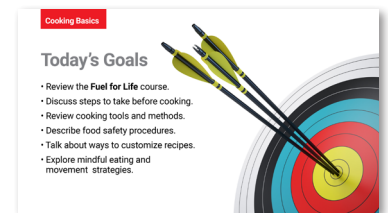
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- Lesson 7** Microwave Meals
- Lesson 8** Handheld Meals

Lesson Components

Each lesson consists of lesson goals, a review of the previous lesson, physical activity, goal-setting activity, educational content, food activities comprised of a hands-on food demonstration or a mock demonstration using pre-recorded videos, and nutrition and healthy eating awareness. Participants will use the workbook to support their learning experience and help them remember the lesson concepts.

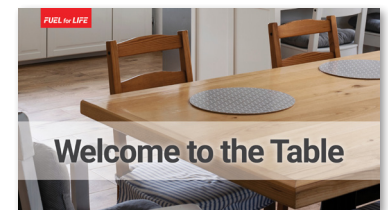
Lesson Goals

Lesson Goals are the main objectives covered within each lesson. Each lesson lists these goals on the fourth slide of the lesson. These objectives should be shared with the group and emphasized throughout the lesson.



Welcome (Back) to the Table

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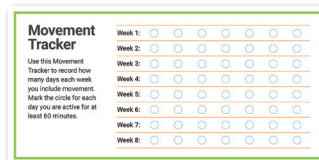


Mindful Movement

It is vital for youth to build a healthy relationship with exercise and activity. Mindful Movement encourages students to focus on what feels right regarding movement and listening to their bodies. Students should be motivated to try new things and explore different activities to see which ones they enjoy. The back of the workbook includes a list of options for various



physical activities and room for students to list other activities that they may enjoy. Also included on this page is a **Movement Tracker**. This can be a valuable tool to help motivate and encourage students to be more active. This could be used to track their progress and determine if they are increasing their activity each week to meet the recommendations of 60 minutes each day for this age group.



Mindful Eating

Mindful Eating encourages students to think about what they eat and how it makes them feel. It's not always about making the right choices with food since there often isn't a right or wrong way to approach food. Everyone has unique needs, preferences, and life situations that impact how they eat. Fuel For Life reviews strategies that can bring awareness to how food can affect you and help you be the healthiest version of yourself physically and mentally.

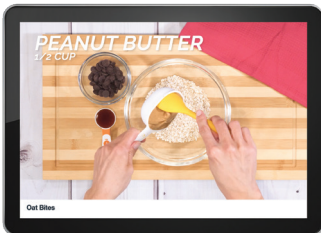


Lesson Scripts

Lesson Scripts are conversational and designed to encourage dialogue between the educator and the students. Pair and share activities can be utilized when appropriate, allowing students to get in small groups before sharing with the entire class. The scripts correspond directly to the PowerPoint slides, as indicated by the slide images within the script. The script will also incorporate specific pages within the workbook to guide students through activities. Scripts include prompts for dialogue, which is indicated by the '?' icon (see icon key). The red bracketed text within the script contains suggestions if students need help coming up with a response to the prompt. Activities within the script are indicated with the 'ACTIVITY' icon (orange). The two additional icons indicate topics to emphasize if teaching specifically to Food and Nutrition classes (purple) or Health Education classes (blue).

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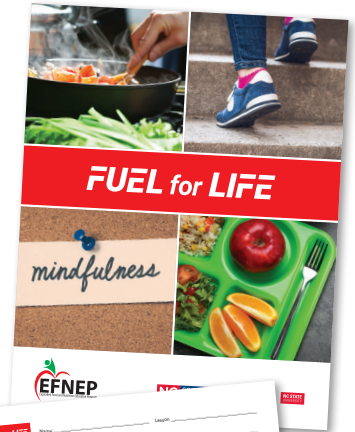


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talking points are included for each recipe to incorporate in each lesson's food activity. These talking points cover topics about the specific recipe and aid in supporting lesson goals and reinforcing concepts.

Workbook

The workbook includes recipes, health information, and activities for students to complete. Before beginning the series, discuss with the teacher whether they would like to utilize the workbook activities for a graded assignment. An **Exit Ticket** is included on the last page of each lesson. Some classrooms require an Exit Ticket for each class, so teachers may want to require students to complete this activity. If not required, you may choose to use this as an optional activity or complete specific components. The Taste



Test is an excellent tool to get students thinking about the food they are consuming and determine if there are any changes they would make to customize the recipe to their preferences. Goal setting can be a helpful tool to motivate students to make changes and improve their health. Utilize these goals when possible and address them at the beginning of each lesson to check in on students' progress. The workbook includes additional recipes that students can make at home or that the teacher may wish to incorporate into their classroom lessons after completing the program.

Icon Key: Symbols Used throughout the Lesson Scripts



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This symbol indicates inserting and conducting an activity with the group.



This symbol indicates that the information on this slide is covered in the Foods and Nutrition 1 curriculum. Be sure to emphasize the details on this slide if you are teaching a Food and Nutrition 1 classroom.



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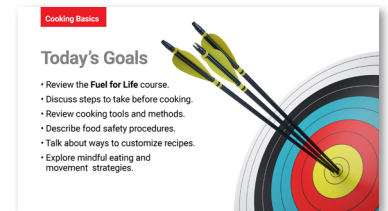
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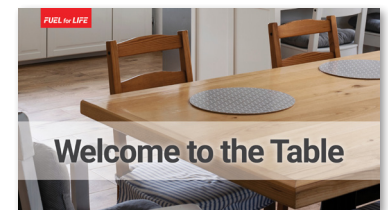
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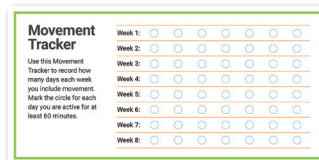


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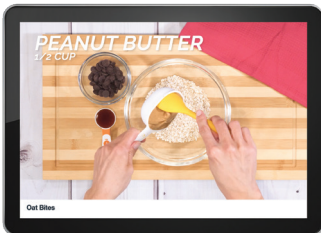


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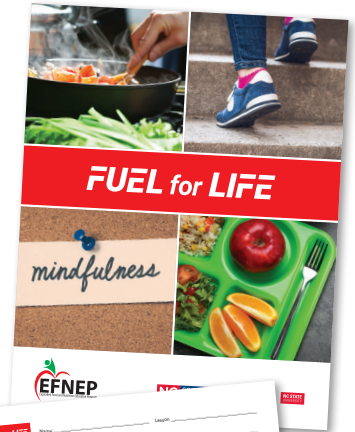


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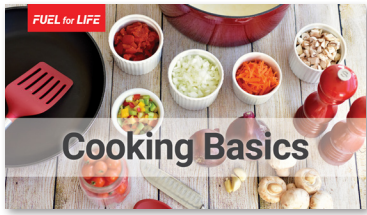


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Lesson Overview



Lesson 1: Cooking Basics

This lesson provides an overview of basic cooking skills appropriate for High

School audiences. Topics covered include identifying cooking tools, preparation methods, and fundamentals of food safety practices. These foundational elements give students the building blocks to gain confidence in the kitchen. Students will also explore their ability to customize recipes to their taste preferences.



Lesson 2: Nutrition Basics

Students will learn the basics of the MyPlate, including the five food groups. Activities focus

on building balanced meals and snacks that include multiple food groups. Additional topics include learning to read nutrition facts labels and how nutrition needs differ depending on life stages and various conditions.



Lesson 3: Bowl Meals

During this lesson, students will gain confidence in developing and cooking

recipes for nutritious and balanced bowl meals. Topics include customizing bowl meal ingredients to fit dietary restrictions and preferences to meet various needs. Group discussion will also include how to plan and shop for ingredients to create these recipes.



Lesson 4: Snack Smart

Throughout this lesson, students will discuss how to make healthy snack choices to fit into

a balanced diet that will provide them with fuel. Topics include building a satisfying snack, incorporating multiple food groups into each snack, and planning for quick and easy snacks.



Lesson 5: Eating Out

As eating away from home alone becomes more frequent for this age group, students

will discuss strategies for nutritious options and focus on the big picture of health when incorporating fast food or restaurant meals. Discussion topics include the pros and cons of eating out and healthy options that may be available.



Lesson 6: Fuel with a Purpose

This lesson highlights the different needs of individuals and the importance of

customizing foods to meet those needs. Topics for this lesson include fueling activity, vitamins, supplements, and how health conditions play a role in individual dietary needs.



Lesson 7: Microwave Meals

This lesson is an excellent addition for students who will soon be venturing off and

living independently. Topics include basic concepts of microwave cooking to yield the best results and planning meals based on this cooking method. Students will also learn the truth about some common facts and myths regarding safely using microwaves.



Lesson 8: Handheld Meals

This lesson provides practical meal preparation techniques that could incorporate

various cooking methods or no cooking at all. Students will learn about various recipes to build easy, well-balanced meals. Concepts will dive deeper into preparing meal ingredients ahead and planning meals that utilize the same ingredient(s) across recipes.



FUEL for ***LIFE***

Workbook Lesson # 3 Example



Bowl Meals

Bowl Meals are a quick and easy way to bring together a nutritious meal. Follow the four easy steps below to create delicious meals to fuel all of your activities. Brainstorm various options you could make at home. Circle or write in one choice per row to build the perfect Bowl Meal.

Condiments and Toppings



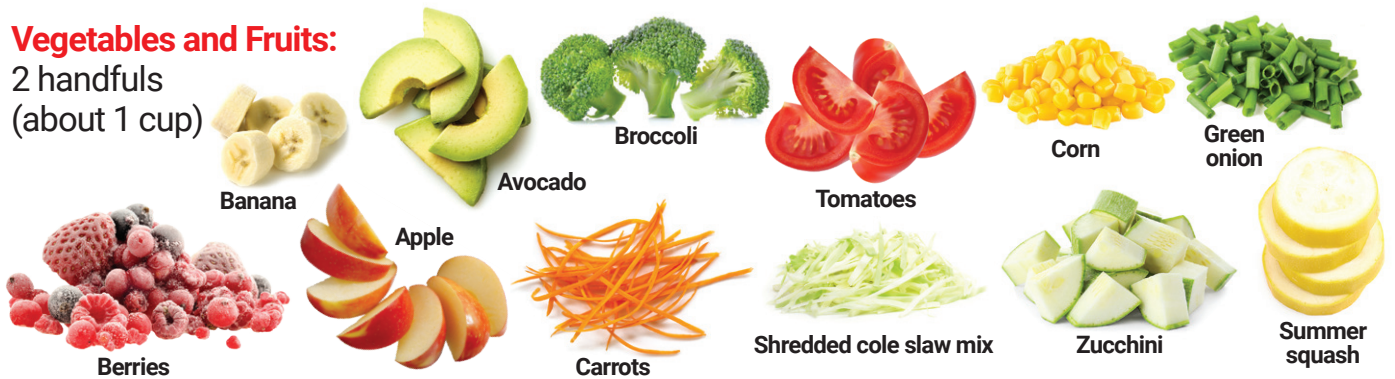
Protein:

A handful or palm-sized portion (about 1/2 cup)



Vegetables and Fruits:

2 handfuls (about 1 cup)



Base:

2 handfuls (about 1 cup)



Bowl Meals

- Great way to use up leftovers or other items you have on hand.
- Easy to prep or cook in advance for meals later in the week.
- Time Saving. A great bowl can come together in just minutes.
- Customizable. Use what you have on hand and adapt recipes to fit your needs and preferences.
- Easy way to get more whole grains and vegetables into your diet.
- Inexpensive. Nutritious bowls can be made with simple, inexpensive ingredients.

Condiments and Toppings

Protein:
A handful or palm-sized portion (about 1/2 cup)

Vegetables and Fruits:
2 handfuls (about 1 cup)

Base:
2 handfuls (about 1 cup)

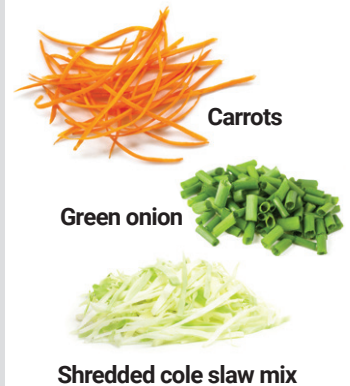
Southwest Bowl



Breakfast Bowl



Noodle Bowl



Southwest Bowl

Serves 1 | Serving size: 1 bowl

Ingredients

- 2 handfuls brown rice (about 1 cup cooked)
- 2 handfuls of fruits and vegetables. (Mix and match from the following: lettuce, corn, avocado, tomato or other of choice) (about 1 cup)
- Handful of cooked ground turkey or lean ground beef (about 1/2 cup)
- Small handful of shredded cheese, salsa, and/or Greek yogurt. (about 1/4 cup)

Directions

1. Cook brown rice according to package directions.
2. Cook ground turkey to 165°F or lean ground beef to 158°F.
3. Add the cooked rice to a bowl.
4. Add your choice of fruits and vegetables to the bowl.
5. Top the bowl with your choice of cheese, salsa, and/or yogurt.

For a protein packed vegetarian option, replace the ground meat with black beans or pinto beans. Add an extra kick with some hot sauce or use a spicy salsa.

Recipe analyzed using lettuce, corn, ground turkey, brown rice, salsa, nonfat Greek yogurt



Nutrition Facts	
Serves 1	
Serving size	1 bowl (577g)
Amount per serving	
Calories	474
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 73mg	24%
Sodium 173mg	7%
Total Carbohydrate 67g	22%
Dietary Fiber 6g	24%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 41g	82%
Vitamin D 0mcg	0%
Calcium 112mg	11%
Iron 4mg	20%
Potassium 358mg	10%

Breakfast Bowl

Serves 1 | Serving size: 1 bowl

Ingredients

- 1 scoop of cooked grits (about 1/2 cup)
- Small handful of sautéed onions (about 1/4 cup)
- Sprinkle of reduced-fat shredded cheese (about 1/8 cup)
- Small handful of sautéed peppers (about 1/4 cup)
- Handful of scrambled eggs (about 1/2 cup)

Directions

1. Cook grits according to package directions.
2. Cut and sauté onions and peppers.
3. Scramble eggs (cooked to 145°F).
4. Add cooked grits, onions, peppers, and eggs to a bowl.
5. Top with shredded cheese.

CUSTOMIZATION IDEAS

- Add salsa.
- Remove cheese (or try different kinds).
- Replace onions with spinach.
- Replace peppers with mushrooms.
- Replace scrambled eggs with tofu.
- Add a sprinkle of bacon.

Recipe analyzed using grits, onions, peppers, one large egg, cheese



Nutrition Facts	
Serves 1	
Serving size	1 bowl (350g)
Amount per serving	
Calories	246
	% Daily Value*
Total Fat 9g	13%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 196mg	65%
Sodium 368mg	15%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	17%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 41mcg	10%
Calcium 227mg	23%
Iron 9mg	49%
Potassium 406mg	12%

Bowl Meals

Taste Test

Recipe: _____

For each of the following areas, rate the recipe from 1 to 7 (where 1 = I don't like it and 7 = I love it):

Taste:	1	2	3	4	5	6	7
Texture:	1	2	3	4	5	6	7
Smell:	1	2	3	4	5	6	7
Look:	1	2	3	4	5	6	7

One thing I liked about this recipe: _____

One thing I would change about this recipe: _____

Goal Setting

1. One thing that I learned today is _____

2. One question I have about what we learned today is _____

3. I plan to use what I learned today by _____

Notes



FUEL for ***LIFE***

Lesson # 3 **Script Example**



Bowl Meals

SLIDE 1



Welcome back to Fuel for Life. Today we will be talking about Bowl Meals.

Bowl Meals



SLIDE 2



ACTIVITY

Insert movement from list.

Flip to the back of your workbook and track how many days you were active last week!



Did anyone try an activity that was not on the list?

- *What activities did you enjoy?*
- *How do you plan to be active this week?*

Give students time to respond.



ACTIVITY (60-90 minute class)

If time allows, dig deeper into mindful movement discussion.

For our mindful movement lesson, we're going to talk about how exercise affects your mental health. Raise your hand if you've ever used movement or exercise as a way to deal with anger or stress.



Does anyone want to share a time when that was helpful?

Give students time to respond.

CONTINUED ON FOLLOWING PAGE 

Bowl Meals



SLIDE 2

CONTINUED

For a lot of people, moving can be a really great way to help deal with those types of situations. Going for a walk when you're angry can be a great way to clear your head and get your emotions under control. Maybe you find that you can handle your stress better after being active. We know that there is a really strong connection between our mental and physical health so use that to your advantage.

When you are active, pay attention to how it impacts your mental health—if it's helping you, try to remember that the next time you're faced with a tough situation and use it to your advantage.

While activity is often really good for our mental health, there are times when it's not the right choice. Also pay attention to ways in which it might be causing negative emotions—maybe a workout is too intense or just not the right fit for you and is causing you stress or anxiety. That's a sign that you should change up what you're doing and it's important to listen to those mental cues.

Whatever type of exercise you do, take time to do a mental health check-in before and after so you can make sure that you're getting the most benefit out of your movement.

Bowl Meals



SLIDE 3

Welcome back to Fuel For Life! Today we're going to be talking about Bowl Meals.



Who remembers what we talked about last time?

Provide students with prompts to recall the basic outline of the Nutrition Basics discussion.

As I said, today, we're going to focus on Bowl Meals. Some of the most common types of bowl meals are Tex-Mex bowls where all of the ingredients are mixed together in one bowl. You may have had something like this at a restaurant such as _____. **(Fill in local restaurants that serve bowl meals that students may have visited— Chipotle, Moe's, etc.)**



Who has had a bowl meal either at home or at a restaurant? What are your favorite kinds?

Give students time to respond.

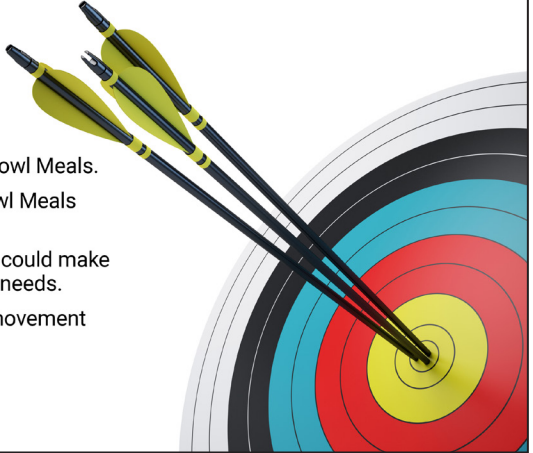
Bowl Meals

SLIDE 4

Bowl Meals

Today's Goals

- Understand the benefits of Bowl Meals.
- Customize ingredients in Bowl Meals to meet different needs.
- Design a Bowl Meal that you could make to meet a variety of different needs.
- Explore mindful eating and movement strategies.

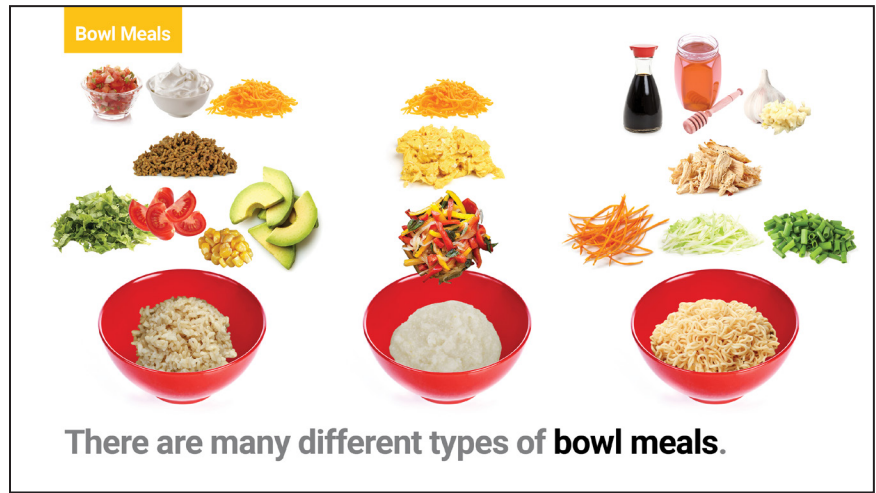
A graphic of a target with three darts hitting the bullseye. The target has concentric rings of white, blue, red, and yellow. The darts are black with yellow fletching and are positioned as if they have just hit the center.

Here are our goals for today. By the time we finish today, you should be able to:

- Understand the nutritional benefits of bowl meals
- Customize ingredients in bowl meals to meet different needs.
- Design a bowl meal that you could make to meet a variety of different needs.
- Explore mindful eating and movement strategies.

Bowl Meals

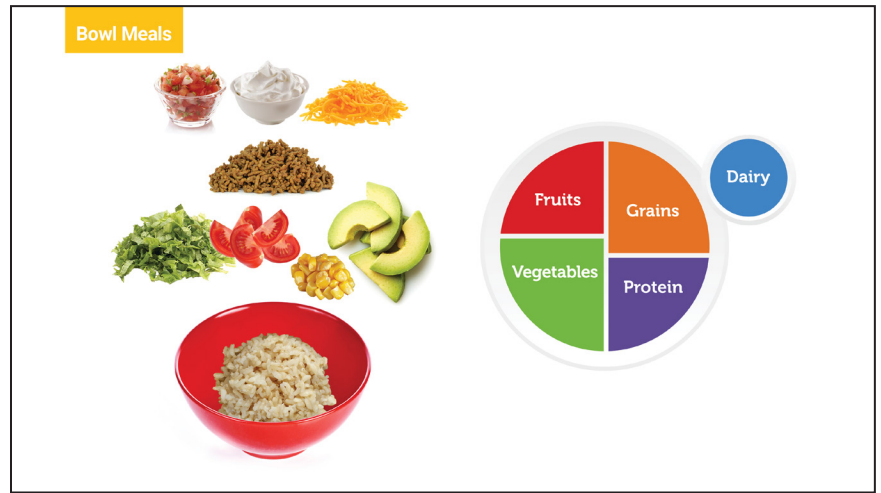
SLIDE 5



There are many different types of bowls that we can make using the same basic structure. On the slide, you see 3 different options that we'll discuss today: a southwest bowl, a breakfast bowl, and a noodle bowl.

Bowl Meals

SLIDE 6



In lesson 2 we talked about MyPlate and why it's important to get all of the categories into our daily diets: grains, protein, fruits, vegetables, and dairy. Today, we're going to talk about how we can rearrange that plate to make delicious meals that meet all of the requirements, even if it doesn't look exactly like the MyPlate image.

Bowl Meals

SLIDE 7



So, how do you build a bowl meal? Look at page 15 in your workbook.

1. First, choose your base (about two handfuls).
2. Next, choose your vegetables and fruits (two or more handfuls).
3. Then, choose your protein (about a handful).
4. Finally, choose your condiments and toppings.

Bowl Meals

SLIDE 8

Bowl Meals Southwest Bowl



Base: 2 Handfuls
Brown Rice



The diagram is a circular chart divided into five segments: Fruits (red), Grains (orange), Dairy (blue), Protein (green), and Vegetables (yellow). A small circle labeled 'Dairy' is positioned to the right of the main chart.

We're going to start with the base of the bowl. You can choose either a grain like pasta, rice, or oats. All are nutritious options that provide fiber, especially whole wheat options. Grains might be a bit more filling but require cooking so do whichever you like better or what works for you.

Bowl Meals

SLIDE 9



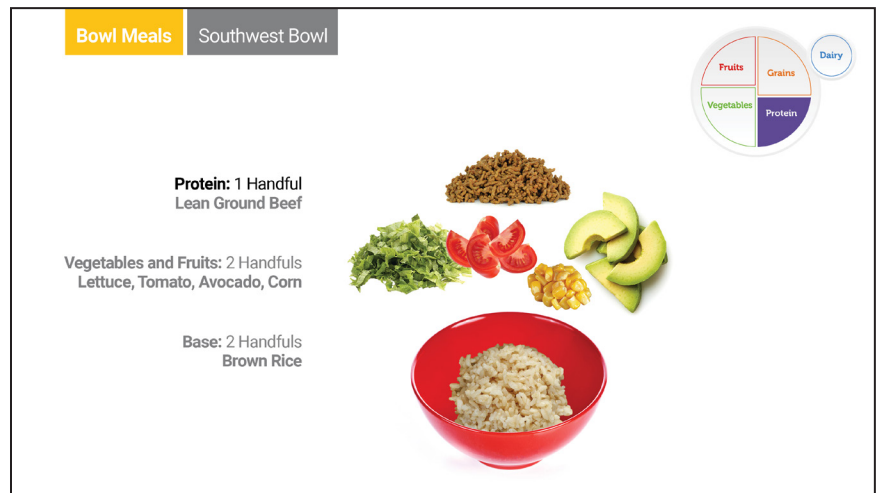
For the second layer, add about 2 handfuls of fruits or vegetables. Most of us don't get enough fruits and vegetables so bowl meals are an easy way to get more into our diets.

You can add raw or cooked vegetables to your bowl based on your preference. Fresh produce is great but remember that canned or frozen vegetables are also very nutritious options. Just be sure to check the sodium content.

For this bowl, we're going to add corn, lettuce, avocados and tomatoes. This will fill the vegetable portion of our MyPlate.

Bowl Meals

SLIDE 10



The third layer will be protein.



When we think of protein, what's the first thing that usually comes to mind?

Students will likely respond with meat.

Meat is a great source of protein and definitely one that we could use here. Chicken, fish, or lean beef would all be great options to add. For this recipe, we'll add some lean ground beef.



What are some of the things that make it difficult to use meat?

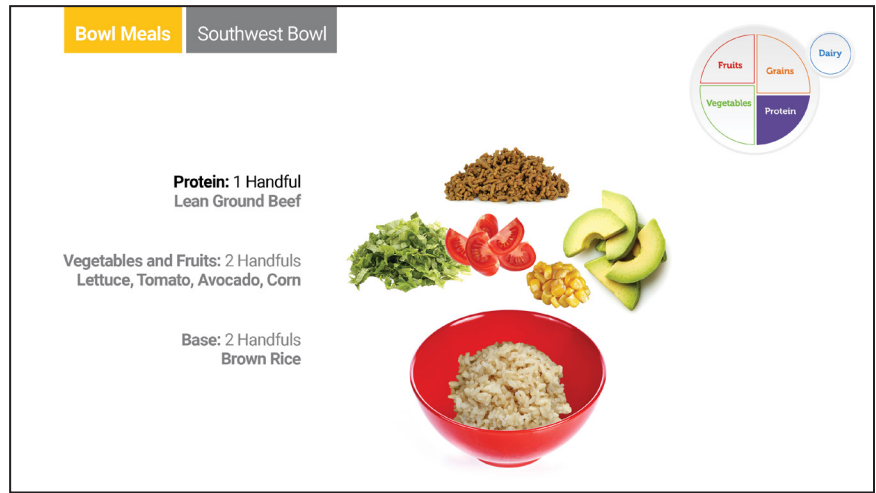
Give students time to respond. They may say things like: It's expensive, takes a long time to cook, hard to cook right.

Sometimes, meat is a great option for adding protein but if you are a vegetarian, on a limited budget, don't have time to cook it, or you are worried about food safety, meat may not be the best choice.

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Bowl Meals

SLIDE 10
CONTINUED



What are some plant-based options that contain protein?

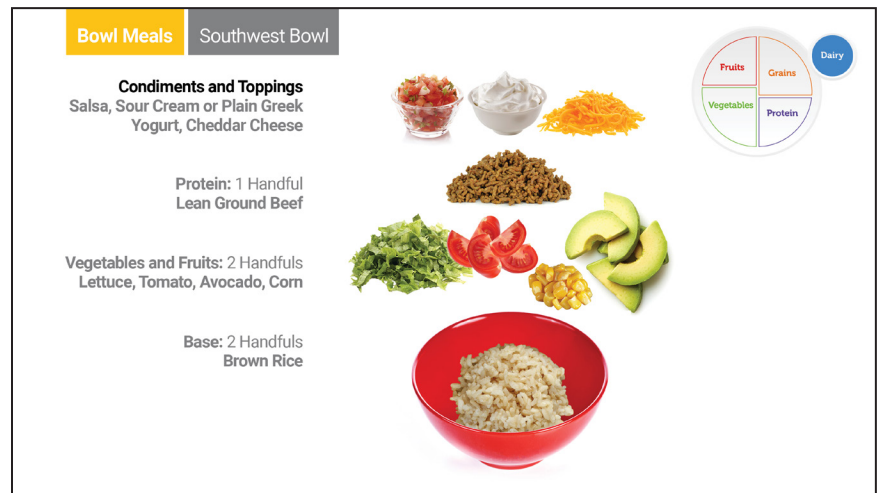
Give students time to respond. Possible answers include beans, nuts, and soy.

Beans, nuts, and soy products like tofu are all good sources of plant-based protein. For this recipe, black beans would be a great vegetarian option. Beans are cheap, easy to use, and full of protein and fiber! The easiest way to cook with beans is to use canned beans. Give them a quick rinse under running water before you add them to your bowl to lower the amount of salt. You can always add seasonings later if you feel like the dish needs a little more once it's finished.

You want to add a serving about the size of your palm of whatever protein you choose.

Bowl Meals

SLIDE 11



Last, we want to add our toppings. Toppings play 3 different roles. They can add flavor, texture, and nutrition.

When we're looking to add flavor, good options are spices, oils, and herbs. For flavor in this bowl, we'll add salsa.

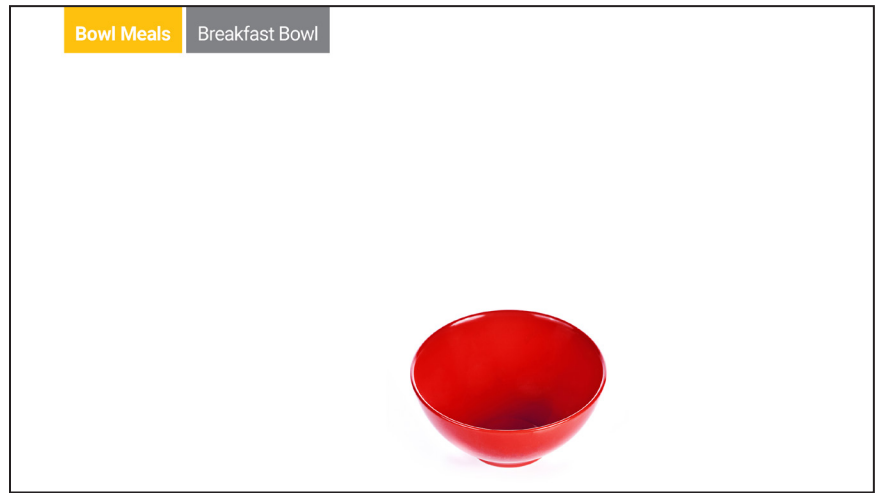
When we want to add texture, we'll think about things that add creaminess or crunchiness. For this bowl, we'll add some creaminess with greek yogurt and cheese.

All of the toppings we added also provide extra nutrition. The salsa provides extra vitamins and minerals and the greek yogurt and cheese add protein and calcium.

For our bowl toppings, we'll go with a sprinkle. You can add more or less based on your taste. In this case, our toppings will fill the dairy portion of our MyPlate plan.

Bowl Meals

SLIDE 12



Bowls can be great for more than lunch and dinner! Let's look at a filling and delicious breakfast option. Breakfast bowls are a simple way to get a lot of nutrients first thing in the morning to keep you full and focused as you start your day.

Bowl Meals

SLIDE 13

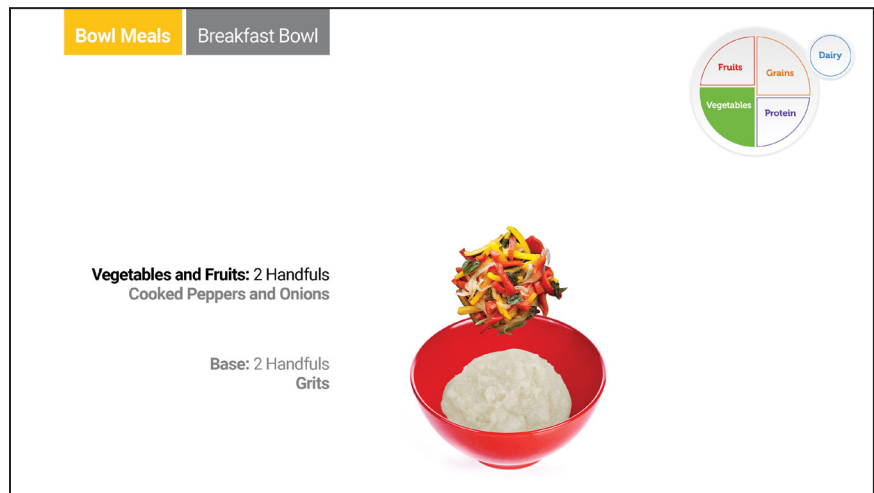


Just like last time, we'll start with the base. Common grain options for breakfast are grits, oats, or cream of wheat. All are great options that add carbohydrates and fiber. Just like with other grains, whole grain options will have more fiber and protein than instant varieties but both will work in this recipe. For this bowl, we'll go with grits.

Again, we're going to use about two handfuls of the base ingredients.

Bowl Meals

SLIDE 14



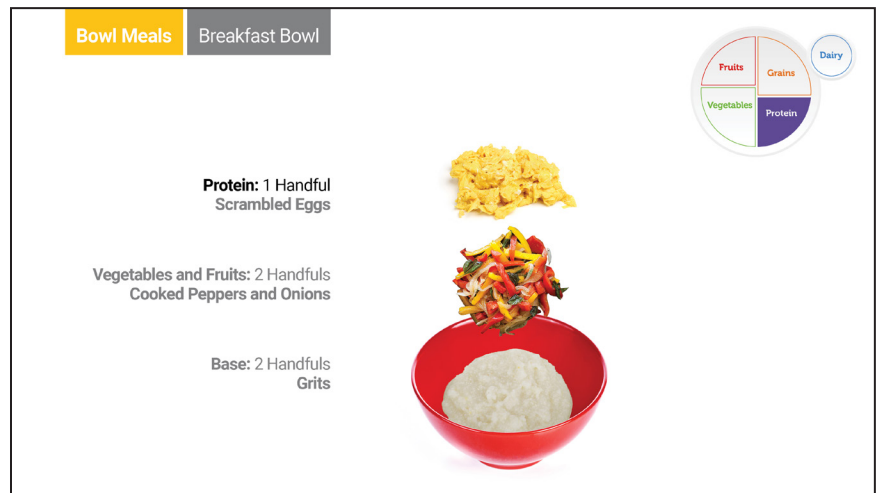
For the next layer, we'll add our vegetables. Many of us don't think about vegetables with breakfast but in this savory bowl, they can add a unique flavor and texture. Sautéed peppers and onions are a great addition to this bowl.

When it comes to fruits and vegetables, it's important to know that you have many options. When they're on sale or out of season, frozen fruits and vegetables are great options. Sometimes frozen vegetables are even more nutritious than fresh ones because they are picked at their peak and frozen. You may be able to save yourself time by buying pre-cut frozen peppers for this recipe. If you use frozen vegetables, thaw and cook them according to the package directions.

We'll sauté the vegetables in a little bit of oil. You only need a small amount for sautéing, just enough to cover the bottom of the pan. We'll use our skillet and a spatula to stir them frequently. You know that they're done cooking when they are fork tender. That means that you can pierce them with a fork without having to push very hard. You may like your vegetables cooked a little more or less so taste them as they cook so that you can get them just how you like them.

Bowl Meals

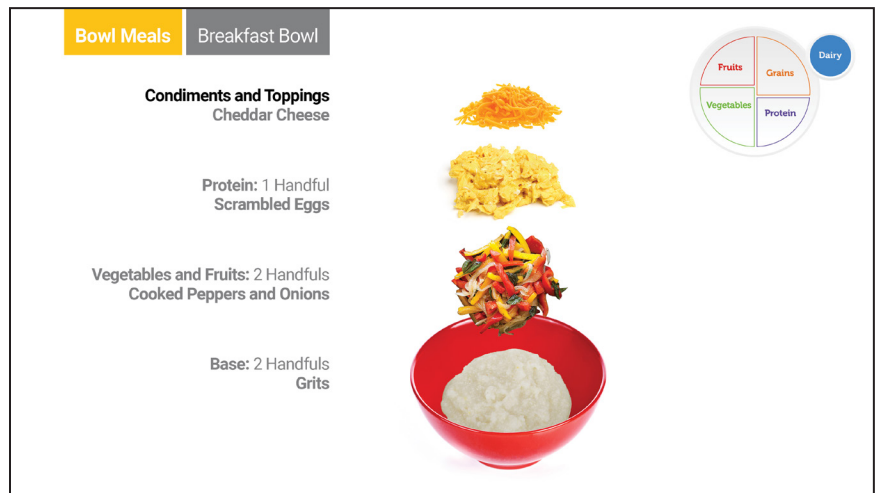
SLIDE 15



Next in our bowl is the protein. There are many great options for adding protein to a breakfast bowl. We'll add some scrambled eggs to this bowl. Eggs are a great source of protein as well as many vitamins and minerals. You could scrambled them in a pan if you like or add some hard boiled eggs, whichever you prefer. Turkey bacon would be another easy option because it can be cooked in the microwave. With less fat than pork bacon, it makes much less of a mess and cooks quickly.

Bowl Meals

SLIDE 16



The final layer for our breakfast bowl is the toppings. To round out our MyPlate and add some creaminess, we'll add some shredded cheddar cheese. This will fill the final dairy section.



What might be some other good toppings you could add to this bowl?

Give students time to think. Other suggestions might be hot sauce or gravy.

When it comes to bowl meals, there is no right or wrong. You can customize them to fit your preferences and what is available to you. The key is to think about what purpose each ingredient serves in the recipe and find something else that meets those same criteria.

For both recipes, demonstrate appropriate cutting and cooking technique with the vegetables. Points to emphasize include:

- Correct way to hold a knife
- Choosing the right knife for the task
- Using separate cutting boards for vegetables and meats
- Rinsing vegetables thoroughly prior to cutting

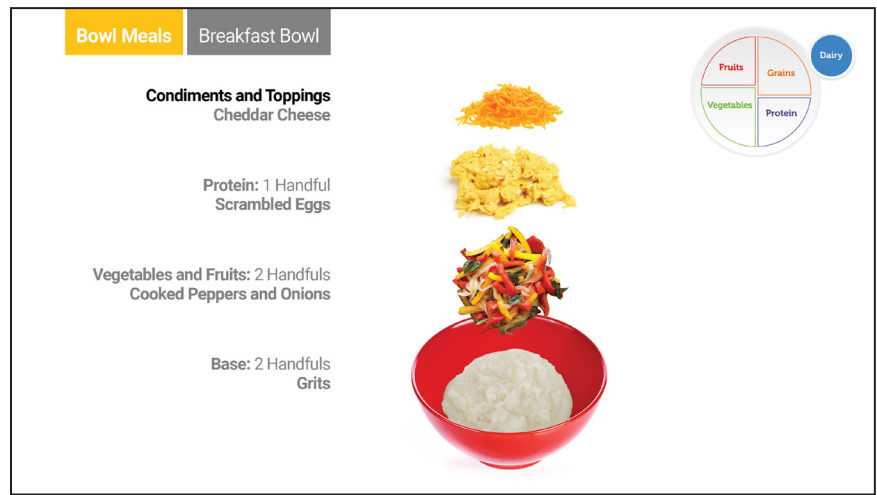
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Bowl Meals

SLIDE 16

CONTINUED



- Discuss how to know when vegetables are done and safe taste testing as you go
- Discuss seasoning options

For the breakfast bowl:

- Demonstrate safe handling of eggs—keeping them at the appropriate temperature, cooking until they are fully done, washing hands before and after handling raw eggs
- Discuss the need for silicone or plastic spatulas so that you don't scratch your pans
- Options for preventing sticking—small amount of butter before you add the eggs, non-stick spray, using non-stick cookware, etc.

**ACT
IVITY**

ACTIVITY (60-90 minute class)

Additional information to include if you are preparing the breakfast bowl:



Which of the tools that we talked about earlier would we need to use to cook our grits?

Give students a moment to answer and refer them to page 3 of their workbook.

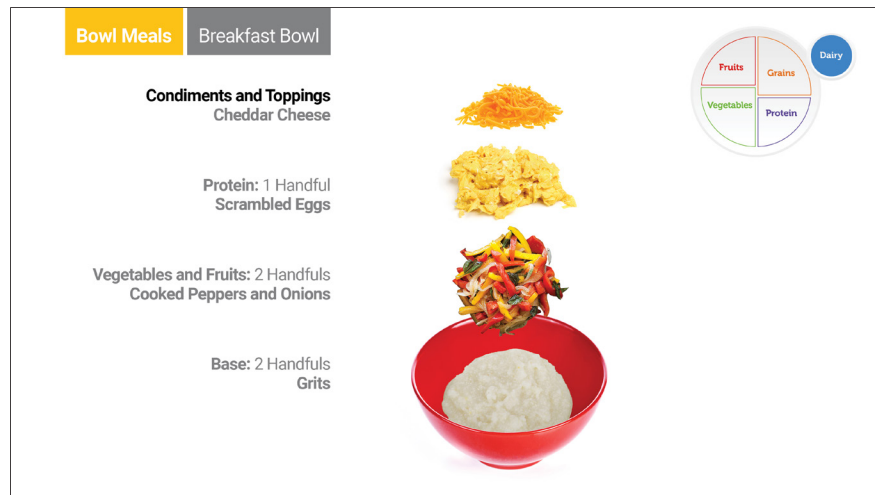
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Bowl Meals

SLIDE 16

CONTINUED



We'll need a pot, measuring cups, and a spoon. You'll follow the instructions on your package of grits to get those cooked how you like them.



Think back to the cooking methods we talked about. What do you think the best method for cooking the vegetables would be?

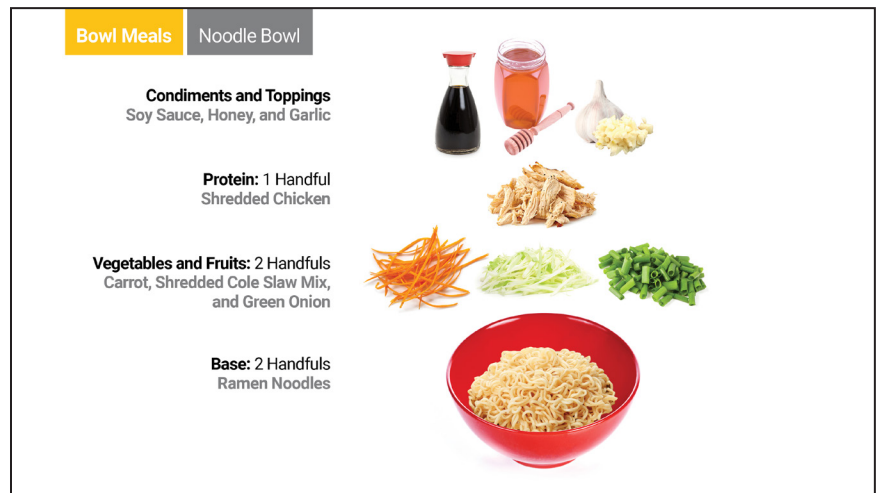
Give students time to answer and refer them to page 1 of their workbook.

You will saute the vegetables in a little bit of oil. You only need a small amount for sauteing, just enough to cover the bottom of the pan. We'll use our skillet and a spatula to stir them frequently. You know that they're done cooking when they are fork tender. That means that you can pierce them with a fork without having to push very hard. You may like your vegetables cooked a little more or less so taste them as they cook so that you can get them just how you like them.

You can use the same pan that you cooked your vegetables in to cook the egg. Once you crack and scramble the eggs, you'll put them in the pan and gently stir as they cook over medium heat. You want to cook the eggs until they are completely set, meaning there are no more liquid parts. (Always make sure to wash your hands after handling raw eggs)

Bowl Meals

SLIDE 17



Last, we're going to talk about one final bowl meal idea—a Noodle Bowl. This one has a Noodle base, but you could substitute another grain that you like and have on hand, including whole wheat pasta. You can cook the noodles in chicken broth to soften them. The vegetables include carrot, cabbage, and green onions. Packaged coleslaw mix would be a simple way to have these vegetables ready to use quickly. Some shredded chicken fills the protein layer, and the toppings are a simple sauce made from soy sauce, honey, and garlic.

Bowl Meals

SLIDE 18



Let's Build a Bowl



ACTIVITY (60-minute class)



Now we're going to practice designing bowl meals on page 15 in your workbook.

Each group is going to create a bowl that you would want to make at home and eat. Use your workbook for ideas about what you could add to each layer. Draw out your idea on your poster paper and name your creation. Write down what nutrients your bowl will provide. You'll only have 5 minutes to work so make your decisions quickly.

Give each group a large piece of paper (giant sticky notes work well for this). See lesson preparation note for student groupings. Set a timer so that they don't go over their allotted time.

Now that you've created your bowls, each group will quickly share the recipe they designed.

Have each group share what they created and what the nutritional benefit is.

CONTINUED ON FOLLOWING PAGE



Bowl Meals



SLIDE 18

CONTINUED



ACTIVITY FOR 90-MINUTE CLASS ONLY

Now each group is going to come up with a way to adapt their bowl to meet a specific need. You've got 5 minutes to come up with a way to redesign your bowl.

Go around to each group and assign them a challenge. Options include: must make this meal vegetarian, must make this meal dairy-free, account for a nut allergy, or tell them that they are out of one of their chosen ingredients. Pick whichever challenge makes the most sense for the group based on the meal they created. Again, set a time to keep them on track.

Let's take a minute to let each group share how they adapted to their challenge.

FOR ALL GROUPS

Great, now we're going to talk through some other considerations for bowl meals. We'll come back to your recipes so just set them aside for now.

Bowl Meals

SLIDE 19



This week, we're going to talk about ways to save money while you shop for your ingredients. Even if you don't do much of the grocery shopping for your family now, you will soon. Shopping smart is a skill that can make your life a lot easier.

The first strategy is to shop with a plan. Make a list of what you need and check the sale ads before you go. Most stores have their sale ads online and there are apps like Flipp that show you all of the sales in your area. Buying what's on sale can make a huge difference in the cost of your meals.

Next, pay attention to the unit price while shopping. Most of the time the price tag will say how much the product costs and also have a price per ounce on it. This is a quick way to see what the best deal is. Sometimes the larger packages cost more overall but the price per ounce is actually lower.

Check out the store brands. Most of the time, they are much cheaper than the name brands. Store brands are typically as high quality, you just aren't paying for the brand. Sometimes, they're even the exact same product, just labeled differently.

CONTINUED ON FOLLOWING PAGE 

Bowl Meals

SLIDE 19

CONTINUED



When it comes to fruits and vegetables, there are a few ways to save. If you're buying fresh, buy what's in season—look online if you aren't sure what's in season in your area.

Give students a few examples of produce that are currently in season and local if possible.

If you want something that isn't in season, for example, berries in the winter, check out the canned and frozen sections. Since they won't go bad quickly, you can wait until they are on sale and buy in bulk to really save money.

Bowl Meals

SLIDE 20



An important thing to remember when you're making bowl meals or any other type of recipe is to keep things simple! You don't need expensive equipment to make nutritious meals.

Today for the Southwest Bowl, we will be cooking ground beef. If you don't have or like ground beef, you could substitute any other ground meat including ground turkey or chicken, or choose a plant protein such as beans or tofu.

One of the biggest challenges to working with ground beef is dealing with the fat that cooks off. Choosing lean meat is one way to minimize this issue. In the store, you'll see beef labeled based on the percentage of fat. A label that says 90/10 indicates that there is 10% fat in the meat. Lean options are those with 10% fat or less.

If you don't have access to lean options, you can use cooking methods to reduce the amount of saturated fat. This includes draining off the excess fat after the meat has cooked. To drain the meat, you can use the lid to cover the pan almost entirely, leaving a small gap on the side. Then, pour off the liquid fat into a heat-safe container—don't pour it down the drain! A tin can works well for this and can be thrown away once the fat cools.

CONTINUED ON FOLLOWING PAGE 

Bowl Meals



SLIDE 20

CONTINUED

Remember that when cooking with meat, it's important to cook it to the correct temperature to avoid foodborne illnesses.



Does anyone remember what the safe temperature for ground meat is? If you need a hint, check page 2 of your workbook.

Give students time to find the correct answer. They should find that it needs to be cooked to 158° Fahrenheit.

The rest of the ingredients for our Southwest bowl are more straightforward. Cook the rice according to the instructions on the package. Vegetables can be chopped as you like them. For the corn, canned or frozen options work very well in this recipe. If using frozen, just be sure to thaw according to package instructions before adding it to your bowl.

Bowl Meals

SLIDE 21



Let's take a minute to review one of the most important ingredients for health—food safety. We talked in lesson 1 about the four steps to food safety: clean, separate, cook, and chill. Which of those steps do you think apply to making a bowl meal?

If the Build a Bowl Poster activity was done, ask students which steps apply to the bowl that their group created.

One of the most important steps that will always apply is washing your hands and surfaces often. Remember to wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating. Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh vegetables under running water.

If your recipe has meat in it, cooking to the correct temperature and separating meat from produce are also important. Remember to always check your food safety reference sheet for the correct temperatures.

Last, every recipe that has leftovers will need to follow the Chill rule: refrigerate perishable food within 2 hours, store food properly in appropriate containers, and don't store leftover canned foods in the cans they came in.

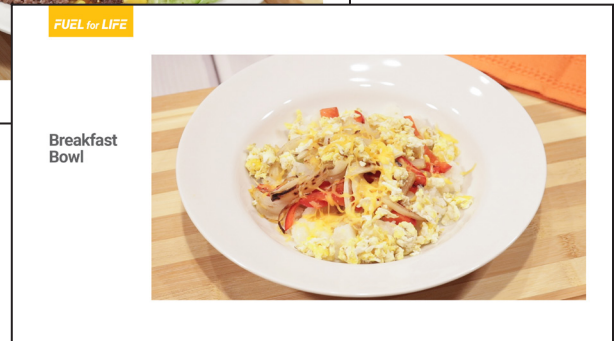
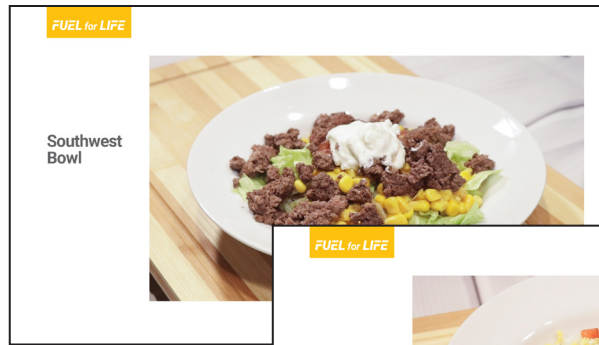
Bowl Meals

SLIDE 22



Take a moment on page 18 in your workbook to fill out your goals for the week. Don't forget to include mindful movement into your goals.

Bowl Meals



SLIDE 23 OR 24

SOUTHWEST BOWL OR
BREAKFAST BOWL

Let's watch a quick video of our recipe for today before we get to our taste test.

Refer to these recipes' **Cook with Me Talking Points** to incorporate specific information and more details into your food activity.

Bowl Meals

SLIDE 25



ACTIVITY

[Insert food demonstration or cooking.

Bowl Meals



SLIDE 26



ACTIVITY

As you try the Southwest Bowl, fill out your Taste Test card on page 18 so that you can remember what you thought of it if you make this recipe at home.

While you demonstrate the recipe or lead the taste test, points to emphasize include:

- **How to know when the meat is done cooking—be sure to remind students that color is not an accurate reflection of food safety and demonstrate using a meat thermometer to check for doneness (158 degrees F)**
- **Draining the fat from the meat**
- **Different cooking methods for rice including stovetop and microwave options**

Now that you’ve got the basics of Bowl Meals and a few recipe ideas, let’s take a look at your workbook. We’ll look at various options for building Bowl Meals and ways you can further customize them.

Today as we discuss mindful eating, we’re going to practice eating without judgment. What do you think eating without judgment means?

CONTINUED ON FOLLOWING PAGE

Bowl Meals

SLIDE 26

CONTINUED



When we eat with judgment, we pass judgment on food, on our choices, on ourselves, and on others. Labeling foods as “good” or “bad” or feeling guilty about eating certain foods are some of the most common ways that we eat with judgment. The problem with eating with judgment is that it can cause stress and anxiety around eating, it takes away the joy of eating, and can cause unhealthy eating patterns.

Some foods have more of the nutrients we need and it’s important to try to get enough of those daily but it doesn’t mean that foods that don’t have them are bad or shouldn’t ever be eaten. Remember that some foods are good for our bodies and other foods are good for our souls. The important thing is to balance the two and not pass judgment on what you or others eat. Do the best that you can to meet your needs with the resources that you have available and try to let the judgment go.

Bowl Meals



SLIDE 27 OR 28

**STRAWBERRY MUFFINS
OR SMOOTHIES**



Thank you all for participating today, I hope that you learned a lot! Next time, we'll be talking about how to Snack Smart.