

Cooking: Meal Makeover

Session Objectives

1. Participants will engage in 30 minutes of physical activity.
2. Participants will prepare a healthy helper meal that uses whole grains, vegetables, lean protein and healthy fats.
3. Participants will verbalize aspects of the recipe that make it a “go meal”.
4. Participants will taste test recipe.

Supply List

Ingredients for recipe

Cooking equipment and utensils

Recipe handouts

“Go meal” fact cards

Physical Activity *30 minutes*

Facilitate physical activity and/or lead walking group. Adults and older teens (15+) can use the fitness facility.

Power House Activity

Part 1: Group Check-in *5 minutes*

Participants will review goal progress and set goal(s) for the next week.

1. Have participants turn in tracking sheets.
2. Handout participant journals. Participants will reflect on goal progress and set goals for the upcoming week.
3. Ask participants to share about goal progress.
4. Return tracking sheets with feedback.
5. Encourage continued food and activity tracking.

Write positive feedback on tracking sheets while participants are setting goals for the next week.

Part 2: Meal Makeover *40 minutes*

Participants will prepare a healthy helper meal that uses whole grains, vegetables, lean protein and healthy fats. They will verbalize aspects of the recipe that make it a “go meal”.

1. Separate participants into groups of 3-4 people.
2. Each group will prepare a half portion of the recipe.
3. Each group will have one “Go Meal” fact sheet.
4. Facilitator will educate each group about their assigned concept. Each group will share information about their concept during dinner.
 - Group 1: Balanced plate

Participants must wash hands prior to food preparation.

- Group 2: Whole grains
- Group 3: Vegetables
- Group 4: Lean Protein
- Group 5: Healthy Fats
- Group 6: Recipe short cuts

Healthy Helper Meal

Yield: 4 servings

Serving size: ~1 cup

Ingredients

- 8 oz whole wheat pasta (1/2 box)
- 1 pound ground chicken or turkey
- 1 cup onion, chopped
- ½ cup celery, diced
- 2 carrots, diced
- 3 cloves garlic, minced
- 2 cups sliced white mushrooms
- ½ tsp salt
- ¼ tsp freshly ground pepper
- ¾ cup cheddar cheese, shredded
- 1 tablespoon soft tub margarine
- 1 tablespoon flour
- ½ cup low-fat milk

Preparation

1. Cook pasta according to package directions. Drain and set aside.
2. In a skillet on the stove, cook ground turkey on medium heat.
3. Once meat is browned, add in onion, celery, carrots, garlic, mushrooms, salt and pepper. Cook until onions are translucent.
4. Combine meat mixture with pasta. Meanwhile prepare the cheese sauce.
5. For the cheese sauce, melt margarine on stove top.
6. Add flour and whisk until smooth. Add milk and simmer for 1 minute.
7. Add cheese and whisk until combined.
8. Pour cheese sauce over meat and pasta mixture and stir until combined.

Shared Meal 30 minutes

Focus on building relationships with and between families during shared meal.