

## Power Chef Planning

### Session Objectives

1. Participants will engage in 30 minutes of physical activity.
2. Participants will plan recipe to prepare for Power Chef Competition.
3. Participants will prepare a grocery list for their recipe.
4. Participants will create an informational card about their chosen recipe.

### Supply List

Variety of recipes, cookbooks or electronic devices to look up recipes

Grocery lists

Recipe information card

Power Chef planning sheet

### 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: Power Chef planning *40 minutes*

Participants will plan a recipe to prepare for the Power Chef Competition. They will create an informational card that contains “talking points” about the recipe.

1. Divide participants into teams of 2-3 people (adult teams and youth teams).
2. Provide a variety of recipes on paper and/or websites where participants can access recipes on their devices.
3. Each team will select a recipe to make for Power Chef.
4. Teams will consider if they need to alter the recipe to make it a “go recipe”.
5. Teams will prepare an informational card about their recipe.

**Facilitator's Reference:****Recipe Informational Card**

Use the information card to “sell” the recipe to the judges. Think of it as a cheat sheet or talking points that should be shared with the judges while they taste the recipe.

- What makes this recipe delicious?
- What makes this recipe healthy?
- What are other aspects of this meals that make it great? (i.e. convenience, kid-friendly, freezer ready, easy substitutions?)

**Shared Meal** *30 minutes*

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




Team Name:

Recipe Name:

Talking Points:

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