



Sample 12 Week Menu Plan for _____

Counselor:

Program Name:

Fall Session: 12 – 1.5 hours classes

Program Description:

Goal: Participants will learn about basic cooking and safe food handling skills, and how to prepare healthy eating recipes that include vegetables and/or fruit.

Objective: By the end of the 12 week program, participating youth will have:

- Practiced safe -handling and basic kitchen safety
- Have learned new food skills
- Prepared healthy recipes
- Learned different ways to include vegetables and fruit in meals and snacks
- Have an understanding of healthy food choices

Resources and Background Information for Leader:

- Canada's Food Guide – Educators Guide
- Nutrition Matters Facts sheet:
 - Help Children and Youth Feel Good About Themselves
 - Packing Health Lunches and Snacks
 - Blast off with Breakfast
- Food Safety brochure
- Recipe package

12 Week Menu Plan

Content	Week 1 Topic – Blast off with Breakfast	Week 2 Topic – Eggcellent Eggs	Week 3 Topic – Daring Dips	Week 4 Topic – Brilliant baked goods	Week 5 Topic –Tasty Tortillas	Week 6 Topic – Swell sides
Teaching points and skills to share and model	Teaching points • Eat breakfast every day • Include 3 out of 4 food groups from Canada’s Food Guide Skills • Washing hands • Washing dishes • Washing vegetables and fruit • Blender	Teaching points • Excellent source of protein – reasonably priced • Eggs are versatile - can be breakfast, lunch or dinner Skills • Measuring • Using whisk • Grater • Using a skillet • Knife skills – dicing broccoli, peppers	Teaching points • Great snack full of protein • Include vegetable and fruit with every snack • CFG – 2 out of 4 food groups Skills • Draining and rinsing canned beans • Measuring • Blender • Knife skills – chopping fresh herbs, dicing garlic	Teaching points • Can control ingredients to ensure healthy version e.g., whole wheat flour, addition of fruit, healthy fats Skills • Measuring dry and liquid ingredients • Grating carrots/zucchini • Oven to bake	Teaching points • Quick, easy and healthy lunch or dinner • Include vegetable topping • Use whole grain base Skills • Grating • Knife skills – dicing • Oven or toaster oven	Teaching points • Always include vegetables in your side dishes • Use low fat cooking methods to prepare sides e.g., baking, stir frying, steaming Skills • Knife skills – chopping, slicing, dicing etc. • Baking
Hands-on activity What two recipes do you want the kids to make?	1. Berry Wake-Up Smoothie 2. Berry Crumble Oatmeal Activity – Vegetable and fruit tracker	1. Broccoli and Cheese Frittata 2. Breakfast Burrito Activity – Find the right cooking term	1. Bean Dip with Pita Wedges and Raw Veggies 2. Feta cheese dip Activity – Kitchen Equipment Scavenger Hunt	1. Carrot cookies 2. Yummy in the Tummy Banana muffins Activity – Guess the spice	Pizzadilla Easy Fajitas Activity - Mystery Vegetable	• Cucumber and Tomato Feta Salad • Veggie Fries Activity – Mystery Fruit
Follow-Up/Link to Next week	Encourage participants to try recipes at home Have participants review recipes for the following week and make a grocery list					

Content	Week 7 Topic – Appealing Appetizers	Week 8 Topic – Super Soups	Week 9 Topic – Lovely legumes	Week 10 Topic - Pleasing Pastas	Week 11 Topic – Delicious Desserts	Week 12 Topic – The Ultimate Dinner Party!
Teaching points and skills to share and model	Teaching points - Always include vegetables or fruit for at least one appetizer - Use local veg (e.g., tomatoes) and fruit when possible for fresh taste Skills - Knife skills – dicing - Cutting an avocado - Broiling	Teaching points - Homemade soups can be lower in sodium and fat than commercial brands - Soups can be made with leftover ingredients Skills - Knife skills – chopping - Chopping garlic - Using a blender or immersion blender	Teaching points - Legumes include chickpeas, lentils, black beans, kidney beans etc. - Legumes are very high in protein, fibre and low in fat. Skills - Knife skills – dicing - Cutting a mango - Draining and rinsing - Sautéing and simmering	Teaching points - Choose whole grain varieties when possible - Pastas and noodles are a basic staple in many homes Skills - Knife skills – dicing - Boiling pasta/veg - Sautéing	Teaching points - Aim to include fruit with your dessert - Fresh, frozen or canned can be used – all are similar with respect to nutrients Skills - Knife skills – slicing - Measuring dry and liquid ingredients - Oven to bake	Teaching points - Include a variety of food from CFG including vegetables and fruit Skills - Knife skills - Baking - Menu planning
Hands-on activity What two recipes will the kids make?	1. Bruschetta 2. Guacamole Activity: Vegetable and Fruit tracker	1. Minestrone Soup 2. Carrot-Pear Soup Activity: Guess who I am	1. Bean and Corn Salad 2. Easy Chickpea Curry Activity: Mystery vegetable	1. One pot veggie pasta 2. Rice Vermicelli with Greens Activity: Mystery Fruit	1. Baked apple 2. Fantastic Fruit crisp Activity – Have participants plan dinner menu for last week.	Prepare: complete meal that includes appetizer, entrée and dessert Invite one parent to attend
Follow-Up/Link to Next week	Encourage participants to try recipe at home Have participants review recipes for the following week and make a grocery list					

Leader Reflection: I would like to add/change/remove: