



## Nurture – Adults Session 4



### Home Cooked Meals, Breakfast, Ingredient Substitutions

#### Overall Learning Goals:

1. Participants will understand the importance of home cooked meals
2. Participants will be able to identify the three components of a healthy breakfast
3. Participants will be able to identify several ingredient substitutions for creating healthier meals

#### Agenda

20 minutes	<ul style="list-style-type: none"> <li>• Welcome, sign-in, new participants complete waivers and intake forms</li> <li>• <a href="#">Exercise</a> – choose the routine best suited to your participants &amp; space</li> <li>• Share experiences, tips, answer questions                             <ul style="list-style-type: none"> <li>• Did anyone use the slow cooker? What did they make? Did they have any problems/successes?</li> </ul> </li> <li>• Any questions /comments from last week’s lesson?</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>• Discuss <a href="#">home cooked meals and breakfast</a></li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>• <a href="#">Goodnight Good Morning Oatmeal</a></li> <li>• Recipe Framework – discuss possible substitutions</li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>• <a href="#">Hands-on Cooking: Green Machine</a></li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Taste <a href="#">Spicy Black-eyed Pea Soup</a></li> <li>• Recipe Framework – discuss possible substitutions</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>• <a href="#">Healthy Desserts and Tofu</a>, <a href="#">Chocolate Banana Cream Pops</a></li> <li>• <a href="#">Ingredient substitutions, thank you, answer any last questions</a></li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>• Complete session evaluation and intake form, distribute items</li> </ul>

#### Additional Materials need for class

Program Management materials - (Waivers and Forms in Nurture Adult Slow Cooker Series Planning Guide)	<ul style="list-style-type: none"> <li>• Name Tags</li> <li>• Sign-in Sheet</li> <li>• Program Waivers</li> <li>• Intake Forms</li> <li>• Recipe Evaluation Forms</li> <li>• Session Evaluation Forms</li> </ul>
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Cleaning supplies – Food Serving Supplies – (In Nurture Storage Unit)	<ul style="list-style-type: none"> <li>• Wipes</li> <li>• Sponge</li> <li>• dish soap</li> <li>• dish towels</li> <li>• paper towels</li> </ul>	<ul style="list-style-type: none"> <li>• Bowls</li> <li>• Spoons</li> <li>• Cups</li> <li>• Water pitcher</li> <li>• Napkins</li> <li>• 2 ladles</li> <li>• 1 cup measure,</li> <li>• 1 tablespoon measure</li> <li>• 1 teaspoon measure</li> </ul>
Food Demonstration supplies  Demo how to use slow cooker with ½ recipe Sweet Potato Burritos	<ul style="list-style-type: none"> <li>• Slow cooker of <a href="#">Good Night Good Morning Oatmeal</a> – 1 recipe</li> <li>• Slow cooker of <a href="#">Spicy Black Eyed Pea Soup</a> – 1 recipe</li> <li>• <a href="#">Frozen Chocolate Banana Cream Pops</a> – 2 -3 recipes depending on number of participants</li> <li>• Honey, milk, cinnamon for oatmeal</li> <li>• 10 oz Fresh Spinach, 8 bananas, 8oz lemon juice, honey, ice for Green Machine</li> <li>• Blender</li> <li>• Extension Cord</li> </ul>	
Teaching Aids	<ul style="list-style-type: none"> <li>• Easel</li> <li>• Pad of paper</li> <li>• Sharpie</li> <li>• <a href="#">MyPlate</a> &amp; MyPlate Spanish</li> <li>• Examples of Healthy Cereals – 3 + grams fiber and 9 or less grams of sugar (Cheerios, Wheat Chex, Quaker Oatmeal Squares, Shredded Wheat, etc)</li> </ul>	
Supplies for Participants	<ul style="list-style-type: none"> <li>• Cookbook/Notebook</li> <li>• Slow cookers</li> <li>• Groceries</li> <li>• Tupperware for sending home participants with extra food</li> </ul>	

Wash hands as appropriate.

## Eat More Home Cooked Meals and the importance of Breakfast

Today we are going to talk about the importance of eating more home cooked meals and breakfast. The cooking demonstrations will teach you how to prepare meals at home quickly, affordably and nutritiously.

Why eat more home cooked meals?

- **Home cooked meals are healthier**
  - **You can control how much fat, sugar and salt is added** to your food, thus controlling the quality and quantity of the nutrients and calories you eat.
  - Home cooks control how the food is prepared and **can choose healthier, lower calorie cooking methods like steaming, slow cooking, baking and broiling.** Restaurants often fry foods or add excess fat to make their food seem more appealing.
  - **Children and adults who eat home cooked meals are less likely to be overweight,** eat fewer fried foods and unhealthy trans fats and drink less soda pop.
  - Eating at home **allows you to control portion sizes.** Restaurant portions are usually 2-4 times larger than what should be eating.
- **Home cooked meals are less expensive**
  - Restaurant meals can be 50-100% (or more) more expensive than making a meal at home!
- **Home cooked meals promote Quality Family Time**
  - Families who eat together are **more likely to hear about any problems their children might be experiencing.**
  - **Children** who eat with their families are more likely to **feel that their parents are proud of them.**
  - **Children** who eat home cooked meals are **more likely to get better grades and are less likely to use drugs and alcohol.**

**How many of you had breakfast today?**

Breakfast is not just important for kids, it is good for **everybody.**

The word breakfast comes from the term ‘to break the fast’. To fast, is to go without food for more than 8 hours. After a night of sleep (8-10 hours), your body needs to be refueled. Please turn to the second to last page of your cookbook.

**Do you know why breakfast is important?**

**It provides energy and improves concentration**

- A good breakfast restores your energy levels so you can tackle the day. If you don’t eat breakfast, your body begins to slow down. You may feel weak, get a headache, and have a hard time concentrating.
- It helps you concentrate. Breakfast eaters perform better on cognitive and memory tasks.

**It helps you maintain or lose weight**

- It jump starts your metabolism. The higher your metabolism the more calories you burn.
- A balanced breakfast slowly releases sugar into your blood stream and helps keep your hunger in check so you are tempted to eat junk food or overeat at lunch.

## What are some reasons people may skip breakfast

**Don't have I don't have time:** Can anyone think of a quick easy breakfast option or a way to make breakfast “do-able” for your family?

- Pack a breakfast-to-go the night before.
- It doesn't have to be breakfast foods. A sandwich with veggies or a whole grain trail mix is a great choice. Leftovers also make a quick breakfast.
- Use a slow cooker or rice cooker and prepare breakfast before you shower or even the night before.

## Not hungry in the morning or eating breakfast makes you feel nauseous.

- Limit late night snacking if you find that you're not hungry when you wake up. Our bodies should be hungry if they have gone more than 8-12 hours without food.
- If eating first thing in the morning is not appealing, start small. Try eating a banana or a piece of toast with a cup of tea. Carbohydrates such as fruit or whole grains are typically well tolerated for people with morning nausea. After a few weeks of successfully consuming a light breakfast, slowly add a protein, such as nut butter, a piece of lunch meat, or hard-boiled egg.
- Remember that you are a role model for your children. If they see that you breakfast, they are more likely to eat breakfast.

## What you eat matters. Use MyPlate as a guide for building a healthy breakfast

In a study, people given a whole grain breakfast high in fiber, protein and nutrients did significantly better on cognitive and memory tests than those who ate a refined grain/high sugar cereal breakfast.

### Whole grains

- Their fiber gives you a constant source of energy throughout the morning and helps you stay focused and feeling full.
- Whole grains rich include: whole wheat toast, oatmeal, whole grain cereal
- Avoid white-sugary foods in the morning, like sugar cereal. They will cause a spike in your blood sugar, and leave you feeling hungry and sluggish in an hour or two.

### Lean Proteins

- Protein helps bodies build muscles, heal and repair.
- Protein will also help you feel fuller longer.
  - Proteins include: milk, yogurt, nuts, eggs, beans or lentils nut butter etc.
- Avoid proteins that are high in saturated fat such as bacon, sausage, full fat dairy, or a lot of cheese or butter.
  - The high fat/grease is bad for your heart and will make you feel sluggish and tired.

### Fruit and/or vegetables.

- Many fruits are fast food you can grab on the go: apples, bananas, raisins etc.
- Veggies are easily incorporated in egg dishes, smoothies or on a breakfast sandwich.
- The fiber in fruits and veggies also helps you feel fuller longer and promotes a healthy heart, brain and digestive system.

Many families choose to eat cereal for breakfast. The last page of your cookbook has some tips on how to purchase “Go” cereals.

**Are there any breakfast issues you encounter that make it hard to get the kids out the door? (the below is to help address concerns. Don’t discuss if not necessary.)**

**Breakfast time is so stressful.** As I try to get the kids out the door, I often ‘give in’ and let my kids eat whatever they want. To keep the peace, I let them eat sugary cereal and/or snack foods. What can you do about this?

- Include your family in the breakfast planning. On the weekends make whole grain or veggie pancakes, muffins, and smoothies with your children. When children prepare healthy foods they are more likely to eat them.
- Once you find a recipe that the family enjoys, make a huge batch, and place them in airtight bags in the freezer. Muffins, smoothies and pancakes freeze very well. Reheat in the oven or microwave for a quick breakfast.

**The only cereals my kids want to eat are loaded in sugar.**

- Mix your child’s favorite cereal with a healthy cereal. Start with a 50/50 blend and slowly adjust the ratio until the healthier cereal fills the bowl.
- Aim for cereals that have less than **9 grams of sugar per serving and at least 3 grams of fiber**. Fiber helps you feel full and helps regulate blood sugar levels.
- When at the grocery store, allow your children to pick out the cereal. Set the nutrition guidelines (such as the number of grams of sugar and fiber), and let them find a cereal that meets your standards.
- Buy unsweetened cereal and let your child add dried fruit, nuts, brown sugar, fresh fruit or honey.

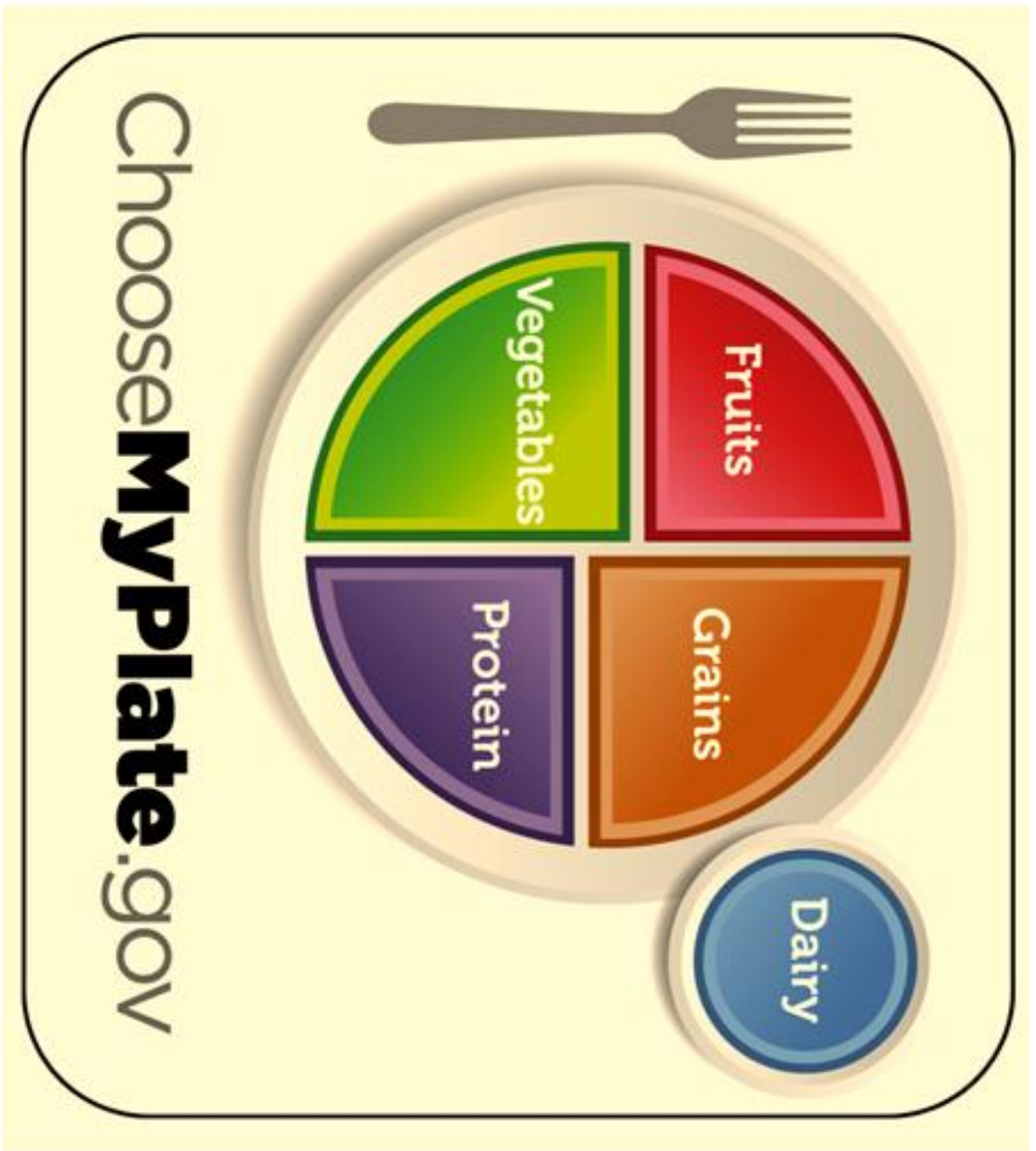
**Your family craves sweet foods in the morning.**

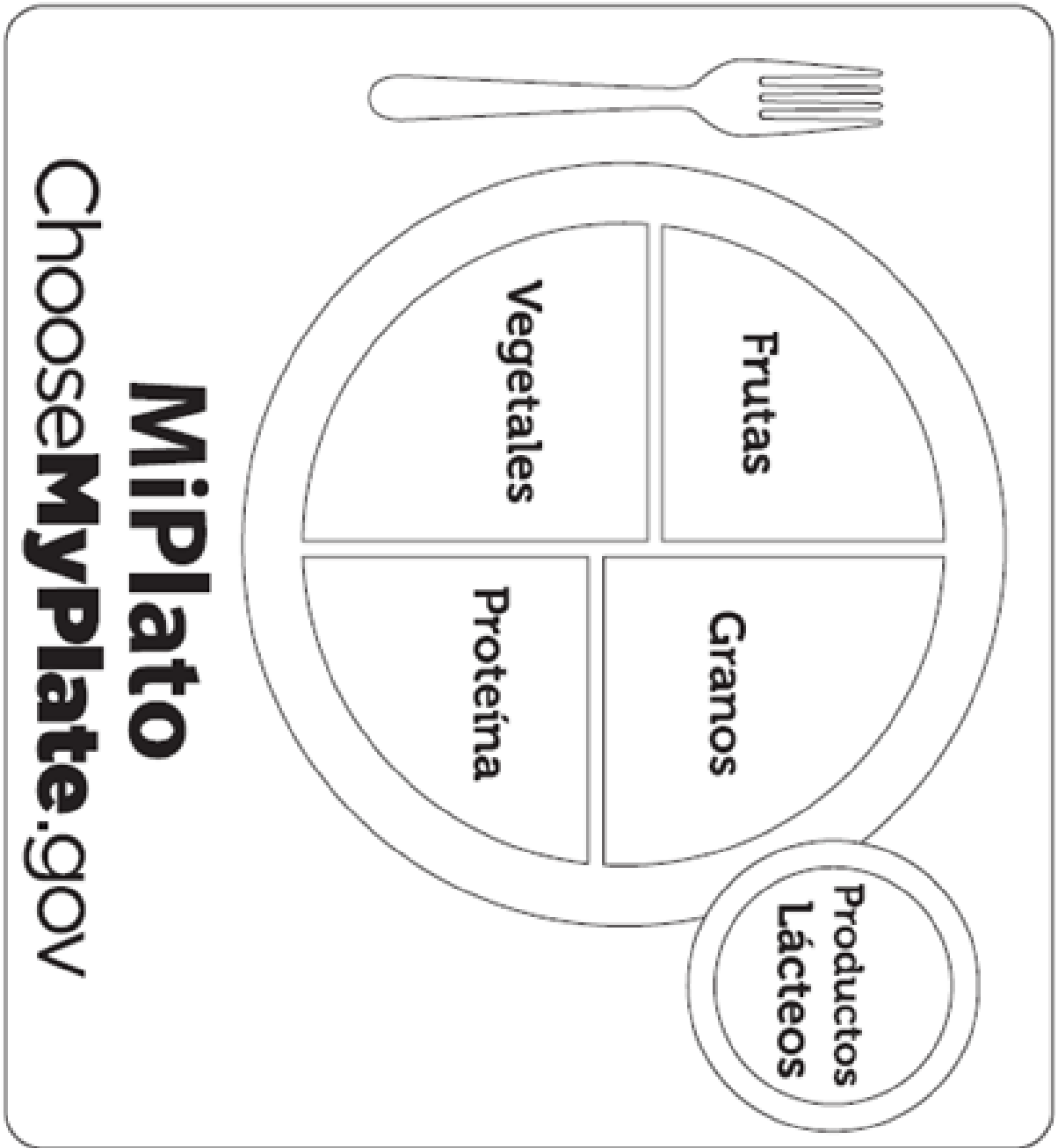
- Breakfast smoothies: Fruit is naturally sweet; add yogurt or nut butter for extra protein.
- homemade breakfast cookies: use oats, whole wheat flour, and dried fruit for a sweet and healthy breakfast.
- trail mix with dried fruit, nuts, seeds and whole grain cereal.

Breakfast is one of the most important meals of the day! If you are not a breakfast eater, give it a try this week! You will be amazed at what a good, wholesome breakfast can do for you.

**Resources:** <http://children.webmd.com/guide/family-dinners-are-important>

**Resources:** <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/cereal-sugar-list/>





Distribute samples of recipe.

## Example Slow Cooker Recipes: Breakfast

### Teaching Tips

- This recipe can easily be made without the butter. This would decrease calories and saturated fat. Serving sizes could then increase.
- This is a very basic, inexpensive recipe. Use the Recipe Framework<sup>®</sup> to explore add-ins like fresh fruit, nuts, etc
- If the oatmeal is mushier than they desire, water can be decreased, resulting in a firmer grain.

### Good Night Good Morning Oatmeal - Avena de Buenas Noches Buenos Días

Ingredients:
2 cups steel cut oats
9 cups water
4 Tablespoons Butter
Milk, honey, cinnamon, pinch of salt to taste

# of servings: 8

**Directions:** Combine oats, water, and butter in a slow cooker. Cover and let cook on low for overnight or 8 to 9 hours. Serve with a honey, milk, and cinnamon if desired.

### Nutritional Information Per Serving:

Calories:	277	Vitamins/Minerals	
Fat:	7.5g	Vitamin A:	12%
Saturated fat:	4.2 g	Vitamin C:	0%
% of daily total:	19%		
Carbohydrates:	50g	Calcium:	9%
Fiber:	2 g	Iron:	5%
Protein:	5g	<b>Good Source of*:</b>	
		Vitamins A, B vitamins, Vitamin D, Magnesium, Zinc, and Selenium	
		*10% or more of the RDA	

Based on 2000 calorie diet



## Hands-on Cooking Demonstration: Breakfast Smoothie

### Teaching Tips

- Discuss the Recipe Framework<sup>®</sup> to explore add-ins like fresh fruit, yogurt, etc.
  - For example, plain low-fat yogurt can help improve the nutrition profile by added calcium and protein.
  - If flavored yogurt is used, eliminate the honey since it has so much added sugar.
  - When red fruit is added, the smoothie turns brown. Consider blueberries.
- Encourage everyone to at least taste the smoothie. It tasted like lemonade. This is almost always very highly rated by participants. Give small tastes to begin with and offer additional to those who enjoy it. The kids made this last week.

### Kids Section: Green Machine – Máquina Verde Increased to 4 Servings

Ingredients:
2 bananas
4 cups fresh spinach, washed
3 Tablespoons honey
4 to 8 Tablespoons lemon juice
1 ½ to 2 cups water
1 to 2 cups ice

# of servings: 4

**Directions:** Place ingredients in blender in order shown. Blend on high until spinach is very finely chopped. Enjoy!

### Nutritional Information Per Serving:

<b>Calories:</b>	<b>105</b>	<b>Vitamins/Minerals</b>
Fat:	0g	Vitamin A: 57%
Saturated fat:	0 g	Vitamin C: 46%
% of daily total:	0%	
Carbohydrates:	28g	Calcium: 4%
Fiber:	2 g	Iron: 6%
Protein:	2g	<b>Good Source of*:</b>
		B6, C, Magnesium, Manganese, Potassium and Riboflavin
		*10% or more of the RDA

Based on 2000 calorie diet

## Example Slow Cooker Recipes: Home Cooked Dinner or Lunch

- This is an inexpensive recipe. Additional vegetables can easily be added.

### Spicy Black Eyed Pea Soup - Sopa Picante de Caupí

Ingredients:
1 lb dried black eyed peas, prepared using quick soak method or 2 – 15 oz cans black eyed peas, drained and rinsed
1-15 oz cans tomato sauce
24oz no salt added tomato paste
1 medium onion, chopped
2 tablespoons olive oil
3 – 4 cloves garlic, minced
1 teaspoon dried oregano
1.5 Tablespoons red wine vinegar
Cayenne pepper to taste
15oz can low sodium chicken broth plus 6 cups water
4 cups water
Pepper, red wine vinegar

# of Servings: 10

**Quick Soak Method:** Add dried black eyed peas to a large saucepan. Add 6 to 8 inches of water. Bring to a boil and boil for 2 minutes. Turn off heat. Cover and set aside to soak for 1 hour. Drain water.

#### Directions:

Place all the ingredients except pepper and vinegar in a slow cooker and cook on low for 6 - 8 hours or on high for 4 hours. Pepper to taste. Add a splash of red wine vinegar before serving.

Nutritional information per 2 cup serving

Calories: 218		Vitamins/Minerals	
Fat:	9g	Vitamin A:	11%
% of daily total:	7%	Vitamin C:	19%
Saturated fat:	1g	Calcium:	10%
Carbohydrates:	36g	Iron:	21%
Fiber:	11g	Good Source of (10% or more of the RDA): Vitamin A, C, E, and K, Riboflavin, Niacin, Vitamin B6, Calcium	
Sodium	388mg		
Protein:	12g	(Excellent source of (20% or more of the RDA): Thiamin, Folate, Iron, Magnesium, Phosphorus, Potassium, Copper, and Manganese	

Based on 2000 calorie diet

## Healthy Dessert Options: Chocolate Banana Cream Pops

We've spoken a lot about how to create nutritious meals for your family, but what about desserts? Is there a place for them? Of course! As we learned last week, one key is to make sure your desserts are sized appropriately. Do you really need a king-sized candy bar or would you be satisfied with a fun size? Are you really hungry at the end of the meal or just want a taste of something sweet? Starting your children off in life with appropriately sized desserts helps them develop healthier mindsets.

In addition, what those desserts are makes a difference. Fruit based desserts such as sliced strawberries sprinkled with a little powdered sugar are an easy sweet dessert. For adults try the sweetened strawberries with a splash of balsamic vinegar for a more savory, sophisticated flavor.

We've developed a dessert we really like. (Distribute pops.) What do you think? Can you guess what they are made of? We think it tastes like a fudgsicle. What makes these a Nurture recipe?

They are made with tofu! Tofu is made of soybeans so it is a great source of protein. It's also very versatile because it takes on the flavor of whatever you mix it with. It works in smoothies, lasagna, stir fries, and, as you've experienced, desserts.

(Show packages of tofu.) Tofu comes in different thicknesses. The pops were made of Silken Tofu which has the texture of yogurt. Extra Firm Tofu will hold its shape and can be sliced or diced and then sautéed to give it the flavor of whatever sauce you use. Extra Firm tofu is used in Chinese stir fries.

### Chocolate Banana Cream Pie Pops - Pie Cremoso de Chocolate y Banana – Kids Recipe

<b>Ingredients:</b>
½ cup chocolate chips (whichever you like: dark, semi sweet, mix)
1 ½ Tablespoons water
1 pound silken tofu, drained and lightly patted dry
2 ripe bananas
1 teaspoon vanilla extract
1 Tablespoon honey
10 3-4 ounce Dixie cups, 10 coffee stirrers, popsicle sticks, or toothpicks

**Directions:**

Mix the chocolate chips with water and melt in microwave. Allow to cool slightly then add all filling ingredients to food processor or blender and process until smooth. Pour into ten 3 to 4 oz Dixie cups insert stirrers into center of each cup to make a popsicle. Freeze for several hours until firm.

# of Servings: 10      Nutritional information per pop

<b>Calories:</b>		<b>Vitamins/Minerals</b>	
Fat:	6g	Vitamin A:	1%
Saturated fat:	3g	Vitamin C:	4%
% of daily total:	9%	Calcium:	16%
Carbohydrates:	15g	Iron:	19%
Fiber:	2g	Good Source of*: Calcium, Iron, and Copper	Excellent Source of **: Manganese
Sodium	6mg		
Protein:	4g	*10% or more of the RDA    **20% or more of RDA	

Based on 2000 calorie diet

## Ingredient Substitutions and Course Recap (Last page, first section cookbook)

We've talked about many ways of substituting ingredients using the Recipe Framework<sup>®</sup>. This same process can be used to adapt your existing recipes to make them healthier and still delicious.

Can anyone offer any tips or suggestions on substitutions they've tried and the result?

Offer any of the ideas below that haven't been mentioned already.

- Substitute some vegetable protein sources such as lentils, split peas, or beans for either some or all of the meat in recipes
- A slow cooker maintains so much moisture, cooking existing recipes in it allows you to cut the quantity of oil or fats used.
- Try substituting whole grains for processed grains
  - Try quinoa, barley, or brown rice in place of white rice
  - When baking try replacing half the white flour with whole wheat flour
    - Make sure you are substituting similar types of flour: all purpose for all purpose, bread flour for bread flour.

- Since whole wheat flour is denser, make sure to sift it well to incorporate enough air to achieve a soft crumb.
- In some recipes, like oatmeal and chocolate chip cookies, you can replace the whole amount without noticeable taste difference.
- When baking you can replace the oil in many recipes with equal quantity of applesauce. Just cut back on the sugar in the recipe a bit.
- In many recipes you can reduce the salt or sugar while maintaining flavor. Experiment to see what you enjoy. You may cut back a little a first, let your palate adjust, then cut back a bit more.
- Replace some salt in recipes with other types of seasonings or zest from citrus fruits.
- When recipes call for cream, half and half, or whole or 2% milk, you can often replace some or all of this with 1% milk. If your family misses the fat, try adding a little olive oil with the lower fat milk.
- Substitute low-fat Greek yogurt for sour cream or mayonnaise. This reduces the fat and increases the protein. It's also great mixed with herbs/citrus for a dip, sandwich spread or on tacos.
- Mash a can of beans with a fork to thicken soups and increase protein.
- Substitute 1% cottage cheese for ricotta – it's generally cheaper, lower in fat. Great for lasagna.

Does anyone have any other questions or ideas?

Thank you so much for attending the Nurture Family Program. We hope you've come away with some helpful ideas and strategies for preparing foods in a more healthful fashion. We've enjoyed your ideas and suggestions. We'd love to schedule a reunion class for several months from now. We could all bring recipes we've tried and enjoyed and tips on what worked well and what didn't. Nurture will share some additional recipes during the reunion as well. Would that be of interest to you?

We have some final evaluation forms for you to complete. Thank you again, we really enjoyed our time with you.