

This Facilitator Note will help guide Week #1 of the community kitchen series. Use in combination with the Participant Package.



Suggested Schedule

1. Introduction

- Introduce yourself and today's topic
- Go over **Intended Learning Objectives**
- Hand out **Participant Package** which includes recipes, take home messages, useful resources and a **Daily Feedback Form**

2. Knowledge Module

- Go through each of the **Key Messages**
- Incorporate some of the **FAQs** if time allows

3. Kitchen Module

- Prepare the recipes
- Sit down with participants once recipes are completed to enjoy the food together
- Reinforce key messages about the topic while participants are preparing the food or when they are eating

4. Clean Up and Evaluation

- Clean-up the kitchen and have participants complete the **Daily Feedback Form**



Learning Objectives

- Introduction to the four food groups of Canada's Food Guide
- Understand portion sizes using the Handy Portion Guide
- Apply knowledge of food groups and portion sizes to The Plate Method

1. Introduction

What does healthy eating look like?

Eating healthy can sometimes be overwhelming because there is always new and changing nutrition information in the news and on the Internet. Following **Canada's Food Guide** and using **The Plate Method** and the **Handy Portion Guide** to plan balanced meals can help make healthy eating easier!

2. Knowledge Module

Key Message #1: Following Canada's Food Guide can help you to eat a variety of vitamins and minerals

Canada's Food Guide can be used as guideline to help you plan balanced meals. The food guide is divided into 4 food groups:

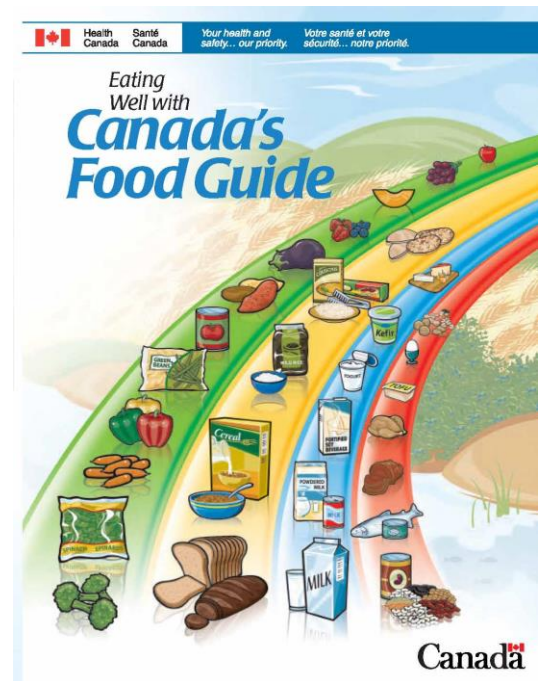
- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

The foods in each of these groups have different vitamins, minerals and other nutrients that contribute to your health. Research shows that following Canada's Food Guide may reduce your risk of obesity, type 2 diabetes, heart disease and certain types of cancer.

*See copy of Canada's Food Guide in the **Participant Package**

Canada's Food Guide provides simple tips you can use to make healthier choices:

Food Group	Tips
Vegetables and Fruit	<ul style="list-style-type: none"> ● Eat at least one dark green and one orange vegetable each day <ul style="list-style-type: none"> ○ Try dark green vegetables like broccoli, kale or spinach ○ Try orange vegetable like carrots, sweet potato or squash ● Have whole fruits and vegetables more often than juice
Grain Products	<ul style="list-style-type: none"> ● Make at eat half your grain products whole grain each day <ul style="list-style-type: none"> ○ Enjoy whole grains such as barley, brown rice, oats, quinoa and wild rice
Milk and Alternatives	<ul style="list-style-type: none"> ● Drink skim, 1% or 2% milk or a fortified soy beverage each day
Meat and Alternatives	<ul style="list-style-type: none"> ● Have meat alternatives such as beans, lentils and tofu often ● Eat at least 2 servings of fish per week



Key Message #2: The Plate Method and Handy Portion Guide can help you balance your meals

The **Plate Method** (see below) is often used by dietitians to teach people how to balance the four food groups at each meal. The Plate Method is an easy way to ensure you eat a healthy amount of each food group at your meals



Canadian Diabetes Association (2012). Just the basics.

It can sometimes be hard to use the Plate Method when you are eating out or eating dishes that have ingredients combined together. In these cases, the **Handy Portion Guide** can be used to help determine how much to eat at each meal:

	<p>For cooked grain products, starches and fruit:</p> <p>Choose an amount the size of your fist</p>
	<p>For vegetables:</p> <p>Choose as much as you can hold in your two hands</p>
	<p>For meats and alternatives:</p> <p>Choose an amount that is the size of your palm and as thick as your pinky finger</p>
	<p>For fats and oils:</p> <p>Limit the amount you choose to the size of your thumb tip</p>

Canadian Diabetes Association (2012). Just the basics.



Frequently Asked Questions

I have diabetes. Should I still be eating grains and starches?

Grains and starches (like pasta and potatoes) can be part of healthy diet. They provide us with the energy we need to fuel our body. Using The Plate Method and the Handy Portion Guide will help you decide a healthy portion of these foods to eat. For advice specific to your body's needs and to your and lifestyle, you can also speak with a Registered Dietitian.

How can I use The Plate Method at breakfast?

Although you may not be eating as many vegetables at breakfast as you do at other meals, you can still use The Plate Method. For example, try a 2-egg omelette (meat and alternatives) with spinach and tomatoes (vegetables) with a slice of whole grain toast (grain product) and a piece of fruit.

I don't like to (or can't) drink milk, what else can I eat or drink?

If you don't like to drink milk, you can try a fortified soy drink that has vitamin D and calcium added. You can also choose to eat other dairy products like yogurt, kefir or cheese.

If you can't drink milk because you are lactose intolerant, you can try "lactose-free" milk, which many people find they can digest. Also, most people that are lactose intolerant can handle a small amount of regular milk, cheese and yogurt.

If you are allergic to milk products, you can try a fortified soy drink that has vitamin D and calcium added.

Participant Package

A Participant Package is included at the end of this lesson plan. This package includes:

1. Print resources
2. FAQs
3. Recipes
4. Evaluation Form

The following printed resources can be photocopied and handed out to participants:

- *Canada's Food Guide*
- *The Plate Method*
- *Handy Portion Guide*

3. Kitchen Module

Prepare all of these three recipes to create a meal that includes all **four food groups**. Serve meal on plate so that participants can see what a balanced meal can look like using the **Plate Method**.



Easy Roasted Chicken Thighs

Adapted from Everyday Food

Yield: 2 Servings

Chicken thighs are a less expensive alternative to chicken breasts and can be used to create quick and flavourful meals



Equipment Needed:

- Large bowl
- Plastic wrap
- Baking dish
- Meat thermometer
- Tongs (to flip chicken)

Ingredients:

- 4 boneless, skinless chicken thighs
- ¼ cup olive oil
- ½ a lemon, juiced
- ½ tablespoon grainy mustard
- ½ to 1 tablespoon honey
- Salt and pepper to taste

Directions:

1. In a bowl, toss chicken thighs with olive oil and lemon juice; season with salt and pepper. Cover with plastic wrap and marinate for 30 minutes
2. Preheat oven to 375°F. Lightly grease a baking dish with oil and roast chicken in dish for 20 to 25 minutes; flip and roast 10 more minutes. Use a meat thermometer to make sure chicken is 165°F (74°C).
3. Stir together grainy mustard and honey and season with salt and pepper. Brush glaze onto chicken and broil 5 minutes.



Herbed Rice Pilaf

Adapted from Cooking Light Real Family Food

Yield: 2 Servings



Brown rice can be used as a tasty whole grain side dish and goes well with roasted chicken

Equipment Needed:

- Cutting board and chopping knife
- Saucepot (to cook rice)
- Large frying pan/ skillet
- Measuring cups/ spoons
- Spatula (to sauté vegetables)

Ingredients:

- ¼ cup uncooked brown rice
- 1 teaspoon olive oil
- ¼ cup chopped onion
- ¼ cup chopped celery
- ¼ cup chopped carrot
- ½ tablespoon chopped fresh flat-leaf parsley*
- ¼ teaspoon chopped fresh thyme*
- ¼ teaspoon minced fresh rosemary*
- ⅛ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

*use dried herbs if fresh herbs are not available

Directions:

1. Cook rice according to package directions
2. While rice cooks, heat a medium skillet over medium-high heat. Add oil; swirl to coat. Add onion, celery, and carrot; sauté 5 minutes or until tender. Remove from heat; stir in parsley and remaining ingredients
3. Add vegetable mixture to cooked rice; fluff with a fork. Serve immediately

Note: Different types of rice need different amounts of water and cooking time. Check the package instructions if you are using a different type of rice than is suggested in this recipe



Simple Spinach Salad

Yield: 2 Servings

This simple salad is loaded vitamins and minerals and included both orange and dark green vegetables



Equipment Needed:

- Cutting board and chopping knife
- Large bowl for salad
- Small bowl for dressing
- Measuring spoons and cups
- Whisk

Ingredients:

Salad:

- 4 cups baby spinach or mixed salad greens
- ¼ cup chopped tomatoes
- ¼ cup chopped orange pepper or carrots
- ¼ cup chopped cucumber

Dressing:

- 2 teaspoons balsamic vinegar
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions:

1. Simply toss spinach and chopped vegetables together in a bowl
2. Whisk together dressing ingredients in a smaller bowl
3. Add dressing to salad and enjoy!

4. Clean-up and Evaluation

After/during clean-up, have participants complete the Evaluation Form found in their Participant Handbook. A sample of the Evaluation Form can be found below:

Participant Daily Feedback Form

Adapted from: Cook it. Try it. Like it!

Lesson:

Recipes:

What new thing did you learn today?

Did you try a new food today?

Did you like today's recipe?