

This Facilitator Note will help guide Week #3 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 the **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 fill out the **Daily Feedback Form**

## + Learning Objectives

- Introduce clients to different type of pastas found on food bank shelves
- Learn and understand the health benefits of pasta
- Learn how make healthy side and made dishes using pasta
- Apply health benefits and preparation skills to make a balanced meal using pasta

## 1. Introduction

Pasta is a popular food because it is easy to prepare, inexpensive and can be part of a healthy diet! It is usually made out of wheat flour but can also be made from rice, corn and many other flours.

## 2. Knowledge Module

Key Message #1: Pasta is healthy!

Pasta gives you energy from carbohydrates. In smaller portions, it does not cause large spikes in blood sugar levels like bread or rice. Pasta is usually fat-free, low in salt and often has added:

- Thiamine (vitamin B1)
- Riboflavin (vitamin B2)
- Niacin (vitamin B3)
- Folic acid
- Iron

\* Not all pasta has these nutrients added. Noodles that are imported from other countries may or may not contain added vitamins and minerals. Read the package to see if these nutrients have been added.

Key Message #2: Try to choose whole-wheat or whole grain pasta, when possible

Most white pastas are made from white wheat flour. It is still good for you but does not have as much (or any) fibre compared to whole wheat or whole grain pasta. Fibre is the part of plants that we cannot digest. Fibre can lower your cholesterol, keep your bowels regular and help control blood sugars.

Look for pasta that is higher in fibre, like:

- Whole grain durum wheat semolina
- Whole grain rye
- Brown rice pasta
- Buckwheat (soba)
- Whole grain Kamut®



Pasta is a great side dish. If you are making pasta as your main dish, try adding vegetables and protein (legumes, meat, fish) to your pasta. Making pasta into a meal great, but keep in mind your portion sizes. Use the **Handy Portion Guide** to help you see how much pasta is part of a healthy meal.



## Frequently Asked Questions

### What is the difference between enriched and whole wheat or whole grain pasta?

**Enriched pasta** is pasta made from enriched white flour. This means that vitamins and minerals that were lost during storage, transport or processing of the flour are added back in. In Canada, all white flour must be enriched with vitamins and iron. However, even though white flour has added vitamins and iron, it is still missing many of the nutrients and fibre that is found in whole grains. **Whole wheat pasta** is made from whole wheat flour, which is not considered a whole grain because it has had some parts of the wheat kernel taken out. **Whole grain pasta** is pasta made from whole grain flour - it contains all parts of the wheat kernel. Whole grains are considered the healthier choice because they are more nutritious - they have more fibre in them compared to enriched or whole wheat products .

### What about the “Plus” pastas?

There are many pasta products on the market today, which can make choosing pasta confusing and time-consuming! However, this also means that there are so many great choices! You might see “**high-protein**” or “**plus**” pasta made with added protein from legume flours. There are also other products that have added fibre. You might also see “white pasta with **added fibre**” on the package.

the “tri-coloured” pastas - they often just add dried vegetable powder in very small amounts to add a natural colour to the pasta. These “vegetable” pastas are still healthy choices, but choosing pasta with added fibre or whole grain pasta most of the time is a better choice.

### Is gluten-free pasta better for me?

Gluten is a protein found in wheat, barley and rye. Only people that have Celiac disease, a wheat allergy or gluten sensitivity need to avoid gluten. Some people that do not have gluten sensitivity find that gluten-free foods make them feel better, but most people do not need to avoid gluten. That means that pasta made from whole grain wheat flour is nutritious and good for you if you do not have a gluten allergy!

### Does all pasta contain gluten?

No. Pastas are made from a variety of different flours for all taste buds and dietary needs. Most pastas are made from wheat, but there are also pastas made from rice, corn and quinoa flours that are gluten-free.

## 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:

- *Quick, Easy, Whole Grain Recipes for Families (Whole Grains Council)*

### 3. Kitchen Module

The following recipes show the versatility of pasta and noodles in making healthy and affordable meals!



#### Mac and “Squeeze”

*Adapted from EatRight Ontario*

Yield: 2 servings



Using squash for its deep orange colour and sweet flavour makes this dish look just like the traditional macaroni and cheese! Try it with sweet potatoes too for another nutritious option.

#### Equipment Needed:

- 2 large saucepans
- Strainer
- Cutting board
- Knife
- Measuring cups and spoons
- Hand mixer or potato masher
- Mixing spoon
- Serving spoon
- Forks and bowls for serving

#### Ingredients:

- 3/4 cup Whole wheat macaroni
- 1 tablespoon Butter or margarine
- 1 cup Cubed and peeled butternut squash
- 1/4 cup Milk
- 1/4 cup Shredded Swiss cheese
- 1 tablespoon Freshly grated Parmesan cheese

#### Directions:

1. In a saucepan of boiling water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add butter and stir to coat.
2. Meanwhile, in another saucepan of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic and using hand mixer or potato masher blend until smooth.
3. Add pasta to squash mixture.
4. Add Swiss and Parmesan cheeses and stir to coat.



## One Pot Tuna & Broccoli Pasta

*Adapted by the Dairy Farmers of Canada*

Yield: 2 servings

This is truly a one-pot dish – you don't even need to drain the pasta. The pasta cooks in the milk and creates the sauce. With all four foods groups in one simple dish, you're set for dinner.



### Equipment Needed:

- Large saucepot
- Cutting board
- Knife
- Measuring cups and spoons
- Can opener
- Mixing spoon
- Serving spoon
- Forks and bowls for serving

### Ingredients:

1 ½ cups	1% or 2% milk
1 cup	water
1 ½ cups	uncooked whole wheat rotini or fusilli pasta
2 cups	chopped broccoli florets (1 large bunch)
1 cup	ricotta or cottage cheese
½ teaspoon	grated lemon zest
1 tablespoon	freshly squeezed lemon juice
1 can	water-packed flaked tuna, drained
	black pepper to taste

### Directions:

1. In a large pot, heat 1 cup (not all) of the milk and water over medium heat until steaming. Stir in pasta. Cover, reduce heat to medium-low and simmer for 10 minutes, stirring once.
2. Add broccoli on top of pasta, cover and simmer for 5 minutes or until pasta is tender and broccoli is tender-crisp.
3. Stir cheese, lemon zest, lemon juice and pepper into pot until blended. Stir in enough of the remaining milk (½ cup) to moisten pasta to desired consistency. Gently stir in tuna, just until heated through.



## Vietnamese Noodle Bowl

Yield: 2 servings

This noodle bowl is fun to make and delicious! It is versatile and very colourful and can be eaten all year round!



### Equipment Needed:

- Small pot
- Baking sheet
- Knife
- Measuring cups and spoons
- Cutting board
- Mixing spoon
- Serving spoon
- Forks and bowls for serving

### Ingredients:

#### *Marinade for meat:*

- 2 tablespoons soy sauce
- 3 garlic cloves, chopped finely
- 1 tablespoon ginger, grated
- ½ cup peanut butter, crunchy
- ½ cup hot water
- hot sauce, to taste

#### *For the bowl:*

- 5 oz beef or pork tenderloin, sliced in s (or tofu for a vegetarian option)
- 1 cup cucumber, julienned
- 1 cup carrots, grated
- 1 cup lettuce, shredded
- 2 tablespoons mint, chopped
- 2 cups rice noodles

#### *Marinade for carrots:*

- 1 teaspoon sugar
- 1 tablespoon vinegar (eg. white, apple cider)
- ½ cup boiling water

**Directions:**

1. Make meat marinade by mixing all the ingredients of the marinade in a large bowl
2. Add meat or tofu to marinade and let marinate while cutting up the vegetables
3. Heat oven to 400°F.
4. Make marinade for carrots by adding all marinade ingredients together
5. Add shredded carrots and marinate while preparing the rest
6. While the oven is heating and the meat/tofu and carrots are marinating, julienne cucumber, shred the lettuce and chop the mint.
7. Put meat or tofu on baking sheet and bake for 10 minutes; flip and then bake again for 10 minutes, being careful that it doesn't burn
8. Cook rice noodles as per package instructions
9. Put it all together, starting with a bed of noodles, then all the other ingredients on top

## 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?**