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COOPERATIVE EXTENSION

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Now We're Cooking Afterschool

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Now We're Cookin'! Afterschool

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Week 1: Kitchen Safety: Learn about safety in the kitchen, how a microwave works, and practice safe hand washing techniques.
Recipe: Cocoa

Week 2: Tools of the Trade: Discover the uses of common kitchen utensils and tools and common terms, abbreviations and measurements used in cooking.
Recipe: Fruit Salad or Peanut Butter Chews

Week 3: Measuring: Practice measuring and using common kitchen math.
Recipe: No Bake Peanut Butter Cookies

Week 4: Following Directions: Discover the science behind the ingredients by experimenting leaving different ingredients out of a recipe.
Recipe: Muffins or Ants on a Log

Week 5: Understanding Food Labels: Practice reading nutrition labels and making healthy choices through comparing nutrition information.
Recipe: Granola

Week 6: Exploring the Food Pyramid: Explore and apply principles of the food pyramid through worksheets and computer activities.
Recipe: Mini Pizzas

Week 7: Smart Shopping: Learn the tips and tricks of grocery shopping and how to find the best price. Taste test the difference between name brand and store brand foods.
Recipe: Rice Crispy Treats, Easy Cheesy Eggs, or Taco Soup

Week 8: Healthy Snacks: Explore the fat and sugar content of snack options and learn to choose healthier snacks.
Recipe: Ranch Rumble or Cinnamon Snack Mix

Bonus: Learn basic table setting skills and table etiquette.
Additional Recipes: 4-Layer Brownie Mix, Basic Biscuit/Muffin mix with options for variation

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UNDERSTANDING NUTRITION FACTS LABELS

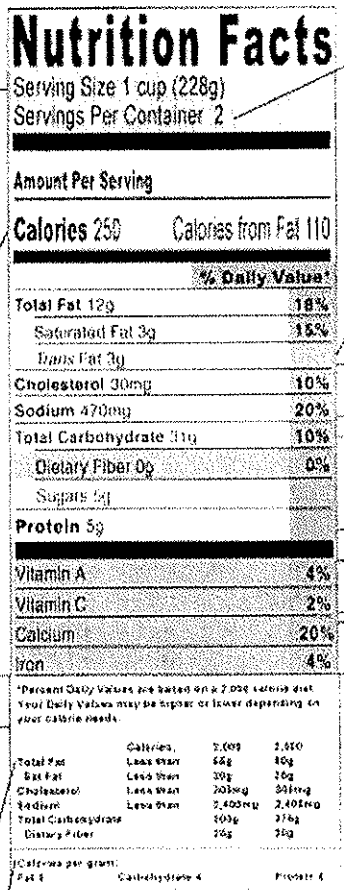
Serving Size
The nutrient information listed on the label is based on the size of one serving. If the serving size is 5 pretzels and you eat 10 pretzels, you will have eaten 2 servings, which means twice the calories, carbohydrates, etc., listed on the label.

Calories and Calories from Fat
The number of calories in a single serving of the food is listed on the left of the label, along with a listing of how many calories are just from fat. (You want to limit your calories from fat to 1/3 of your total calorie intake.)

Percent Daily Value
Percentages on food labels are based on "recommended daily allowances" (RDA), which means the amount of something a person should get each day. A listing of 10% means one serving of this food meets 10 percent of that nutrient's recommended daily allowance. (The daily values are based on an adult's needs. Young people may need more or less of certain nutrients, depending on their age and size.)

Total Fat
The total fat is the number of fat grams contained in one serving of the food. The different kinds of fat—saturated, unsaturated, and trans fat—are listed separately.

Calories per Gram
The number of calories in one gram of fat, carbohydrate, and protein. This information is the same for every food and is printed on the food label for reference.



Calcium and Iron
These two important minerals are listed as a percent daily value.

Servings per Container or Package
How many total servings are contained in that package of food.

Trans Fat
Trans fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.

Cholesterol and Sodium
These numbers tell you how much cholesterol and sodium (salt) are in a single serving of the food. They are usually measured in milligrams. These numbers tell you how much cholesterol and sodium (salt) are in a single serving of the food. They are usually measured in milligrams.

Total Carbohydrate
The number of grams of carbohydrate (the body's primary source of energy) are in one serving of food. The total is broken down into grams of sugar and grams of dietary fiber.

Protein
Protein is often listed in grams. Your body needs protein to build and repair essential parts of the body, such as muscles, blood, and organs.

Vitamin A and Vitamin C
Vitamins A and C are especially important vitamins. The amounts are given as a percent of the daily value. So if a food provides 20 percent of the RDA for vitamin A, one serving of that food gives an adult one-fifth of the vitamin A he or she needs for the day

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LET'S READ LABELS

Reading food labels will help you become a better consumer. Some of the information on food labels is mandatory (required by law) and some is voluntary (written as a courtesy to the consumer).

Mandatory information includes

- The name of the product
- The style of the product (type of liquid, size of pieces, etc.)
- The net weight of the contents (this does not include the weight of the container)
- The name, address, and zip code of the company
- Any special information that affects people with health problems
- Presence of artificial color, flavor, or preservatives
- A list of ingredients in order of weight in the package: the ingredient of the heaviest amount is listed first.
- Nutrition information, including the number of calories and the number of calories from fat

Voluntary information includes

- The brand name
- A picture of the food
- The number of servings per package
- Recipes and serving suggestions
- Freshness dates

Using a food label, draw a circle around each kind of the above information you are able to find on the label.Using another food label or package provided by the teacher, answer the following questions.

1. What is the name of the product? _____
2. The net weight of this product is _____
3. What company produces this product? _____
4. What is its address? _____
5. What are the first three ingredients listed? _____
6. Where is the U.P.C. code on the label? _____
7. What is the expiration date or code on your product? _____
8. How much of this product makes one serving? _____
9. Nutritional information (per serving)
   Calories _____
   Protein _____
   Total carbohydrates _____
   Total fat (grams) _____

Saturated fat (grams) _____
Cholesterol (grams) _____
Sodium (mg) _____

10. Look at the Percent of Daily Values. Are most of the nutrients less than 2%?
    Yes _____ No _____

11. From reading the nutritional information, would you consider this convenience food to be nutritious? Yes_____ No _____ Explain your answer _____
    _____

12. Three items of voluntary information on this label are _____,
    _____, and _____.

13. Why do you think the government makes laws regulating food labels?
    _____

Use the labels or packages of two similar products. Label one product as A and one as B. Answer the following questions.

Product A name _____
Product B name _____

1. How many calories are in a serving of product A? _____
   How many calories are in a serving of product B? _____

2. What is the serving size of product A ? _____
   What is the serving size of product B ? _____

3. How many of the calories in product A come from fat? _____
   How many of the calories in product B come from fat? _____

4. List the vitamins product A contains. _____
   List the vitamins product B contains. _____

5. How much sodium per serving does product A contain? _____
   How much sodium per serving does product B contain? _____

6. How much protein per serving does product A contain? _____
   How much protein per serving does product B contain? _____

7. How much fat per serving does product A contain? _____
   How much fat per serving does product B contain? _____

8. How much cholesterol per serving does product A contain? _____
   How much cholesterol per serving does product B contain? _____

9. What is the total number of carbohydrates in product A? _____

What is the total number of carbohydrates in product B? _____

10. List any minerals in product A? _____
    List any minerals in product B? _____

11. Which of the two products is the most nutritious? _____
    Why? _____

Not all snacks are created equal!

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All of us enjoy eating a snacks, but many of us select foods with "empty calories," rather than ones that provide nutrition. There are about 50 nutrients we need every day for growth, maintenance, and repair. No ONE food contains all of these nutrients. One way to make wise snack food choices is to follow the same nutrition guidelines used in meal planning.

Avoid Fat, Saturated Fat and Cholesterol

Each year the average American eats 55 pounds of fat! Besides putting on extra weight, a diet high in fat may lead to some very specific health risks. These can cause high blood cholesterol, high LDL's and triglycerides arterial sclerosis, heart disease or stroke.

How much fat is recommended daily? Not more than 30% of our total daily calories should come from fat. To find out how much fat we are eating think about this: each 4 grams of fat = 1 teaspoon of fat. So if a serving of chips has 16 grams of fat we are eating 4 teaspoons of fat!

How many teaspoons of FAT are in your favorite foods?

FAT (gms)	FOOD	FAT (gms)	FOOD
Trace	Carrots, ½ cup, cooked	9	Stuffing, 1 cup
0	Orange, medium	10	Ranch dressing, 2 teaspoons
0	Banana	12	French fries
1	Whole wheat bread	14	Snickers
5	Milk (2%), 1 cup	15	Macaroni & Cheese, ½ cup
6	Brownie, 2-inch	36	Big Mac
6	Chocolate chip cookies, 2	40	KFC Chicken, 2 pieces
7	Ice Cream (vanilla) ½ cup	40	Sausage/Egg Biscuit

How much SUGAR is in your favorite food?

Every 4 grams of sugar =1 teaspoon of sugar. So if a can of fruit punch has 48 grams of sugar, that means it contains 12 teaspoons of sugar (12 teaspoons=1/4 cup)! Sugar is tasty but doesn't have any nutrients and the calories can add up!

Chocolate Bar (1 oz)	5 teaspoons
Cola Drink (12 oz)	9 teaspoons
Cupcake, Frosted	8 teaspoons
Donut, Glazed	6 teaspoons
Fruit, Heavy Syrup (½ cup)	4 teaspoons
Jello (½ cup)	4 ½ teaspoons
Juice, Pineapple (½ cup)	2 ½ teaspoons
Pie, Apple (1/6 of pie)	6 teaspoons
Punch (12 oz)	12 teaspoons

SNACKS ON THE GO

- ★ Applesauce
- ★ Bagel with light cream cheese
- ★ Bananas in pudding
- ★ Bananas, yogurt covered, frozen
- ★ Bananas, chocolate covered, frozen
- ★ Celery stuffed with peanut butter
- ★ Cereal (dry) snack mix
- ★ Cheese slices with crackers
- ★ Cheese toast
- ★ Cookies, nutritious (oatmeal, carrot, etc.)
- ★ Cottage cheese sundae - layer cottage cheese, fresh fruit, yogurt)
- ★ Egg, boiled
- ★ Flour tortilla roll-ups
- ★ Fruit leather roll-ups
- ★ Fruit juice popsicles
- ★ Fruit
- ★ Fruit Juice
- ★ Fruit kabobs with yogurt dip
- ★ Graham crackers with peanut butter
- ★ Granola bars, homemade
- ★ Jerky
- ★ Macaroni salad
- ★ Muffins
- ★ Nuts and raisins
- ★ Peanut butter sandwich
- ★ Pita sandwich with filling
- ★ Pizza snacks - mini pizzas on English muffin
- ★ Popcorn, plain
- ★ Pudding
- ★ Pumpkin seeds, toasted
- ★ Smoothies
- ★ Tortilla with cheese and salsa
- ★ Vegetables and dip made from box (at yogurt)
- ★ Vegetables and crackers
- ★ Yogurt

FROZEN YOGURT POPSICLE

Stir sugar with, cut slit in Lid. Container for stick or spoon handle. Freeze until solid

FRUIT SMOOTHIES

1 cup milk or plain yogurt
1 tablespoon sugar
2 cups frozen, unsweetened strawberries
1 frozen banana
½ cup orange juice

Add all ingredients to a food processor or blender and blend until it is smooth. It will be perfect for sipping with a straw. Add less juice to eat with a spoon. (Serves 4)
Have fun experimenting with mixing and matching other kinds of fruit and juices!

CINNAMON CHIPS

4 flour tortillas (7 inch)
1 tablespoon sugar
½ teaspoon cinnamon

Preheat oven to 400 degrees F. Lightly spray tortillas with water or vegetable spray. Combine sugar and cinnamon, sprinkle over tortillas. Cut each tortilla into 8 wedges, place in single layer on pizza pan. Bake 8-10 minutes or until lightly browned and crisp. Remove to rack to cool. Makes 32 chips.

FRUIT DIP

1 package lite cream cheese (8 oz)
1 jar marshmallow creme (7 oz)
½ teaspoon ginger
½ teaspoon grated orange rind

Combine all ingredients; mix well. May be used with any combination of fruit

Afterschool Curriculum Sign-Up

Name_____
State_____

Email _____**Phone Number**
_____

Requested Curriculum: (Check those desired)

_____ **Now We're Cookin! Afterschool**
_____ **Spa & Healthy Lifestyles**
_____ **4-H Science FUNdamentals**
_____ **Clover Cake Decorating**

Curriculum will be sent via Email in a PDF file. There is no charge for the curriculum.
If you have questions, please contact Naomi at (801)399-8206 or naomi.weeks@usu.edu.

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