

<p>Session 1</p>	<p>Session Title: Why Cooking?</p>
<p>Learning outcomes</p>	<ul style="list-style-type: none"> • Why I should cook more from scratch? • Obtain an understanding on the impact of diet and health • Understand the importance of health and safety in the kitchen • How to make your money go a long way- saga of the chicken.
<p>Recipes and resources to aid session</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;"> theeatwellplate.pdf</div> <div style="text-align: center;"> LGC241_Chicken a nd_Sweetcorn_R...</div> <div style="text-align: center;"> LGC138_Italian_Chi cken_Pasta_S...</div> <div style="text-align: center;"> LGC139_Mango_Chi cken_Pittas.pd...</div> <div style="text-align: center;"> LGC106_Spicy_Chic ken_Fajitas.p...</div> <div style="text-align: center;"> LGC288_Roast_Chi cken.pdf</div> <div style="text-align: center;"> Do's and don'ts in the kitchen poster.pd</div> <div style="text-align: center;"> eatwell handout.pdf</div> </div> <p>Please use Let's Get Cooking recipe bank to ensure that all clients attending are cooking recipes that meet their needs e.g. vegetarian/ egg free etc.</p>
<p>Activities</p>	<ul style="list-style-type: none"> • Welcome, housekeeping and introductions (5 minutes) • Why healthy eating? (10 minutes) <ul style="list-style-type: none"> ➢ What do you know about diet and health? ➢ Why does it matter if we eat healthy or not? ➢ The key principles of healthy eating ➢ <i>Bolt on specific messages to target groups</i> • Tips for cooking quickly/efficiently (10 minute) • Introduction to the two week menu cycle (10 minutes) <ul style="list-style-type: none"> ➢ What we will learn in the next weeks of cooking ➢ Providing food for a family of 4 for £76.16 ➢ Budgeting and cupboard items (food wastage covered next week) ➢ Healthy eating hidden- are you convinced? ➢ Recipe reading • Basic food safety and hygiene in the kitchen (5 minutes) • Food demonstration by facilitator- saga of the kitchen (20 minutes) <ul style="list-style-type: none"> ➢ Introduction to basic knife skills ➢ Chicken Roast – 5 minute demonstration of preparation of roast ➢ Demonstration of how to cut your roast ➢ Making the most of leftovers- using left over chicken for additional meals options e.g. chicken fajitas, chicken risotto, Italian chicken pasta salad and also light bite options by preparing stock for soups etc.

	<ul style="list-style-type: none"> ● At cooking stations- cooking, tasting and tidying up (60 minutes) ➤ Prepare recipe- chicken fajitas, chicken risotto, Italian chicken pasta salad (split the group to prepare variety of recipes to allow tasting of different options).
<p>Equipment Required</p>	<ul style="list-style-type: none"> ➤ Kitchen Equipment <ul style="list-style-type: none"> ● Access to cooking equipment, tables, stoves, microwaves etc & washing up facilities (hot and cold running water, disposable cleaning cloths, paper towels, bin bags, Bactericidal detergent, Antibacterial cleaning spray etc). ▪ Cooking area must have fire blanket / extinguishers ▪ Access to first Aid kit ▪ Access to fridge or cool box (Ice packs for cook box) ▪ Ingredients to cook with ▪ Aprons for everyone preparing food ▪ Knives & Scissors ▪ Pots and pans ▪ Chopping boards ▪ Bowls Various sizes ▪ Colander ▪ Whisk ▪ Jugs ▪ Oven mitt/gloves ▪ Grater ▪ Cutlery and crockery ▪ Scales ▪ Measuring jug ▪ Tin opener ▪ Kitchen utensils such as spoons ladles tongs potato peeler, garlic press etc ➤ Additional Equipment <ul style="list-style-type: none"> ▪ Flip chart paper ▪ Marker pens (variety of colours) ▪ Do's n Don'ts poster for general rules in kitchen
<p>Speakers Notes</p> <p>Welcome, housekeeping and introductions (5 minutes)</p> <ul style="list-style-type: none"> ▪ Community Facilitator to introduce themselves to group. ▪ Community facilitator to provide each participant with a name badge at the start of the session. ▪ Attendance will be recorded. A copy of register will be provided to Community facilitator prior to programme commencing. <p>Discussion points-</p> <ul style="list-style-type: none"> ➤ Why healthy eating? (10 minutes) 	

A nutritious, well-balanced diet – along with physical activity and refraining from smoking – is the foundation of good health. Healthy eating includes consuming high-quality proteins, carbohydrates, heart-healthy fats, vitamins, minerals and water in the foods you take in while minimizing processed foods, saturated fats and alcohol. Eating in this manner helps you maintain your body's everyday functions, promotes optimal body weight and can assist in disease prevention

➤ **What do you know about diet and health?**

Community Facilitator to lead discussion to explore the groups links between diet and health. Explain that there is good evidence that eating a healthy diet can reduce your risk of obesity and illnesses such as diabetes, heart disease, stroke, osteoporosis and some types of cancer.

Explore with the group their understanding around the different types of food and what they provide in relation to health benefits. Explain that different food types provide a range of nutrients, which are all required for the many vital processes in your body. Key nutrients in your diet include the following.

- Carbohydrates provide you with energy.
- Proteins are another source of energy and essential for the growth and repair of all tissues in your body.
- Fats are a very concentrated source of energy and also have a number of other roles, including helping to transport essential vitamins around your body.
- Vitamins and minerals are important to keep your body healthy and functioning.

Another important element of your diet is fibre. Fibre isn't classed as a nutrient, but it's essential to keep your digestive system healthy and certain types of fibre can help to control your blood cholesterol levels.

➤ **The key principles of healthy eating/ improving your diet**

Explain that we need to eat a range of foods to get all of the nutrients and fibre your body needs. The Eatwell Plate (illustrate to group) shows proportionately how much food to eat from each of the different groups to enjoy a balanced and healthy diet. This includes everything you eat during the day, including snacks and drinks. You don't have to give up the less healthy foods you like, just adjust the amount of them you eat in proportion to the amount of healthy foods in your diet.

The five main food groups in the Eatwell Plate are:

- starchy foods, which include bread, pasta, rice and potatoes
- fruit and vegetables
- milk and other dairy foods
- meat, fish, eggs, beans and other non-dairy sources of protein
- foods high in fat and/or sugar

Eating the right balance of foods from these groups to make sure your body gets all it needs to stay healthy. Aim to eat three balanced meals a day with healthy snacks in between if you need them. Breakfast is important so don't skip it, especially if you're trying to lose weight. Generally, if you want to improve your diet, there are certain foods to aim to eat more of and others that it's best to eat less of. Some examples are listed below.

Eat more:

- fruit and vegetables
- foods high in fibre, such as wholemeal and wholegrain bread, beans, pulses and potatoes with

the skins on

- low-fat dairy products, such as semi-skimmed milk, low-fat cheese and yoghurt
- starchy foods, such as wholemeal rice, pasta and bread

Eat less:

- processed meat products, such as sausages, salami, meat pies and burgers – replace these with lean meat (with the skin and fat removed)
- foods high in salt, such as crisps and processed foods like ready meals and sauces
- sugary foods and drinks, such as fizzy drinks, sweets and biscuits
- high-fat foods, such as cream, butter and cakes

➤ ***Bolt on specific messages to target groups***

Tips for cooking quickly/efficiently – discussion points (10 minutes)

- ✓ **Make extra portions** – while you're making your pasta sauce, casserole or soup, make double (or even quadruple) the quantity you need. Freeze the remainder in meal portions, and you have ready-made meals for later in the week or month.
- ✓ **Double up on tasks** – you can save time if you do two things at once. For example, prepare your pasta sauce while your spaghetti is cooking.
- ✓ **Prepare easy meals** – one-pot meals (such as soups, risottos, stews, curries and casseroles) save on washing up.
- ✓ **Use a microwave** instead of the cooker when you can. Would you have guessed that the most expensive appliance you use is your oven? Using it for one hour a day will cost you £127.92 electricity over a year. If you're serious about saving, you could try cooking two meals in the oven at the same time, then just microwaving the spare one the next day. Microwaving for 10 minutes instead of oven cooking for an hour each day saves a massive £2.24 per week. Check your manufacturer's instructions on how to best cook different foods using your microwave. The cooking efficiently handout provides you with more money saving tips for cooking efficiently in the oven or on the hob.
- ✓ **Use small, thin chunks of food** – they cook faster than big chunks.
- ✓ **Don't throw out leftovers** – store them appropriately (such as refrigerated or frozen) for a quick meal the next day. Or reinvent the leftovers in a creative way.
- ✓ **Cook the night before** – for example, cook in the evening (when any children have gone to bed) and ask your partner, if you have one, to help you with the preparation like chopping vegetables. This will speed up the process and make it more fun. This means time-consuming recipes like soups, curries, stews or casseroles can cook while you relax in the evening.

Discussion points- Introduction to the two week menu cycle (10 minutes)

What we will learn in the next weeks of cooking

- Community Facilitator is to explain that the 'aim of the six practical cookery sessions is to help improve each individuals knowledge, skills and confidence for preparing practical, easy, quick, cheap and healthy meal options'.
- Each week will look at different cheap and quick meal time options in order to help us learn new skills and knowledge of how to plan, purchase and prepare a variety of meals that are included in the two week family of four menu cycle.

Providing food for a family of 4 for £76.16- budgeting and cupboard items

- Explain that programme is packed full of recipes and ideas for how one can feed a family for a fortnight. As well as being tasty and healthy, a selection of the recipes have been designed to use leftover ingredients, which means one will throw less food away as well as reducing your shopping bill. We will discuss food wastage in more detail next week.
- Highlight that if shopping for a fewer number of people than a family of four, recipes can still be adjusted by halving, thirding or quartering ingredients. The Community Facilitator will highlight that recipes can be adjusted to cook for the required numbers. Remember to highlight to the group that buying and cooking in bulk and freezing in batches can help save the pennies.
- Suggested menu for a fortnight– demonstrate points in tables below on flip chart paper.
- Menu presented costs on average per week **£76.16** for family of four compared to £103 per week (Joseph Rowntree Foundation) and that for single person between £27.99 (DEFRA, 2012) to £33.71 (Joseph Rowntree Foundation, 2013)
- Costing per week includes all breakfast, evening meal, beverages, lunch options (including packed lunches), fruit snacks and homemade eating out options.
- £27.60, 18% of the cost of the two week menu cycle is for store cupboard items that can be used over and over again. Some of these include:
 - ✓ Dried herbs and spices
 - ✓ Cooking oil
 - ✓ Flour (plain and self-raising)
 - ✓ Stock cubes
 - ✓ Sugar
 - ✓ Tomato puree
 - ✓ Butter margarine
 - ✓ Vinegar
 - ✓ Worcestershire sauce
 - ✓ Low fat mayonnaise

Menu been designed to show how left over food can be used in recipes later in the week or to make lunch options e.g. soups. Therefore preventing food wastage and keeping shopping budgets as low as possible. For example in this session we will consider how preparing a chicken roast on a Sunday then provides stock for soup options e.g. French onion or for an additional meal option later in the week e.g. chicken & sweetcorn risotto.

Week 1

Day	Recipe
Sun	Roast chicken & gravy with mashed potato and cabbage Dessert: Apple triangles & custard
Mon	Leek & bacon pasta bake
Tue	Chicken & sweetcorn risotto + side salad
Wed	Moroccan vegetable stew with couscous
Thur	Inside out veggie burgers with wedges

Fri	Mediterranean fish
Sat	Chilli con carne & rice

Week 2

Day	Recipe
Sun	Pork chops with apple, sage & leeks with sweet baked potato Dessert: Bread & butter pudding
Mon	Salmon fish fingers with mash and peas
Tue	Quorn mince curry and boiled rice
Wed	Bangers with onion gravy & bubble & squeak (1/2 onion soup from lunch from prep)
Thur	Brilliant Burgers with Corn on the Cob with chilli & lime
Fri	Omelette popovers with mixed salad
Sat	Speedy chicken biryani with rice

Healthy eating hidden- are you convinced?

The menu cycle presented aims to meet the key principles of the healthy eating. It encourages the family to consume foods from all food groups and to ensure that portion sizes meet ones daily nutritional requirements.

The two week menu cycle aims to meet all the following helpful tips below by ensuring a healthy eating pattern is followed at a good budget and is not too time consuming.

Mealtime	Key Healthy Eating Principles
Breakfast	<p>Try not to miss breakfast & start the day with the right energy. Fill up on energy foods like:</p> <ul style="list-style-type: none"> ✓ Cereal, porridge or toast ✓ Try wholegrain or high- fibre varieties. <p>Have dairy products to give you strong bones & teeth:</p> <ul style="list-style-type: none"> ✓ Drink milk or have it with cereal- try lower fat milk versions ✓ Or try a yoghurt or fromage frais (watch sugar content) <p>Include fruit:</p> <ul style="list-style-type: none"> ✓ Chopped on cereal or toast ✓ As a juice ✓ Or as it is!
Lunch	<ul style="list-style-type: none"> ✓ Choose your starchy foods like bread, rolls, wraps, bagels, pitta bread or oatcakes ✓ Pick your protein- try tuna, cold meat, egg, hummus, cheese or cheese spread ✓ Use your left over from meals- add veg to sauces, soups or side dishes. ✓ Finish with fruit- whole, slices, tinned or dried, whatever you like!

<p>Mid morning and mid afternoon snack</p>	<p>Plan your snacks so you have tasty, healthy options and are making the most of left over options- if you are out all day, save money and bring them from home.</p> <p>Handy snacks</p> <ul style="list-style-type: none"> ✓ Fruit- apple banana, pear or grapes- check to see what is on special or in season- save money! ✓ Veg snacks are a cheap and handy option ✓ Seeds or mixed nuts- buy in bulk n spilt into to handy portions ✓ Crackers ✓ Yoghurts- check sugar content <p>Need occasional treat</p> <ul style="list-style-type: none"> ✓ Look out for lower fat/ sugar options ✓ Plan biscuits, crisps or even fun sized chocolate bars are OK occasionally ✓ If time permits- home baking e.g. fruit scones and fruit cakes like flapjacks can be prepared/ frozen and used throughout week.
<p>Evening meal</p>	<p>Have a healthy meal is really simple, just:</p> <ul style="list-style-type: none"> ✓ Choose your starchy food such as potatoes, pasta rice or noodles ✓ Pick your protein- use lean meat, including chicken, fish, beans and pulses are all good. ✓ Add veg and fruit to sauces or as a side dish ✓ Try fruit and yoghurt if you fancy dessert. Remember you can freeze yoghurts for a nice change.

Recipe reading- discussion points

Preparing, understanding, and completing a recipe requires looking ahead and thoroughly reading the recipe *before* you start cooking or baking. Explain that participants can save themselves from a cooking catastrophe by following these valuable tips on how to read a recipe.

- Read through the recipe at least twice to make sure that you understand the directions.
- Make sure that you can perform all the techniques required.
- Look at the recipe yield and decide if the number of servings is what you need. If not, consider whether you should cut the ingredient amounts in half or double them.
- Check that you have all the necessary equipment and ingredients.
- Make sure that you have enough time before serving to prepare and cook the recipe.
- Check whether you can (or need to) make any part of the recipe ahead of time.
- Read through the ingredients to see whether you like them all, as well as whether the recipe has too much fat, sugar, or salt for your dietary needs.
- Check whether you need to use an ingredient, such as butter or oil, at different stages in the recipe so that you don't make the mistake of using that ingredient all at once.
- Find out whether you need to preheat the oven.

Community Facilitator should then provide example of recipe to be prepared at this weeks session. Talk through key points of consideration e.g. timings, ingredients and equipment etc.

Basic food safety & hygiene in the kitchen (5 minutes)

Aim to provide brief overview of food safety & hygiene in the kitchen

- Community Facilitators - using 'Do's & Don'ts in the kitchen' poster highlight to the group general rules and tips in the kitchen. This can be placed on the wall throughout each session.
- Highlight the following:
 - Always wash your hands with soap and water before preparing a meal, after preparing fruit & vegetables, after visiting the toilet, blowing your nose or after touching pets or the dustbin.
 - Keep fingernails short and clean
 - Cover up any cuts with waterproof plaster before cooking.
 - Wash down surfaces with hot water
 - Follow the golden rule 'clean as you go'
 - Wash fruit & vegetables before preparing
 - Try to switch mobiles phones to silent if possible
 - Keep food covered
 - Keep equipment used for raw food separate from cooked
 - Change tea towel & dish cloths regularly
 - Never keep cooked & uncooked meats on same shelf in the fridge, try to keep uncooked meat as low down in fridge as possible
 - Try to store food under the right conditions.

Food demonstration by facilitator- saga of the kitchen (20 minutes)

- Introduction to basic knife skills
- See Chicken Roast recipe – 5 minute demonstration of preparation of roast for cooking.
- Demonstration of how to cut your roast- Community Facilitator to purchase ready cooked chicken to allow demonstration. In sufficient time for preparing/cooking during session.
- Making the most of leftovers- using left over chicken for additional meals options e.g. chicken fajitas, chicken & sweetcorn risotto and Italian chicken pasta salad or alternatively light bite options of preparing stock for soups.

At cooking stations- cooking, tasting and tidying up (60 minutes)

Prepare recipes attached (split to make variety of options)

- ✓ Spicy Chicken Fajitas
- ✓ Italian chicken pasta salad
- ✓ Chicken and sweetcorn risotto

Bringing group together and close with discussion of how they felt this week went.