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| <p>Session 5</p>   | <p><b>Session Title: Can't be bothered cooking....or maybe you will...</b></p>   |
| <p><b>Learning outcomes</b></p>                            | <ul style="list-style-type: none"> <li>▪ The benefits of home cooking compared to takeaways/ convenience foods</li> <li>▪ Practical tips on adapting recipes</li> <li>▪ To increase participants confidence to utilise leftovers and safe storage.</li> <li>▪ What constitutes a healthy balanced recipe.</li> </ul>   |
| <p><b>Recipes &amp; resources for session delivery</b></p> | <div style="display: flex; justify-content: space-around; align-items: center;">  Brilliant_Burgers.pdf  Quick_and_Easy_Pizza.pdf  Quorn_TM_Mince_Curry.pdf  Speedy_Chicken_Biryani.pdf </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><b>Activities</b></p>                                   | <ul style="list-style-type: none"> <li>▪ Welcome back, introduction to session and brief recap on two week menu cycle (5 minutes)</li> <li>▪ Discussion and food demonstration by Community Facilitator: (15 minutes) <ul style="list-style-type: none"> <li>➤ Can fast food, take aways or convenience foods be part of a balanced diet?</li> <li>➤ Costly eating out?</li> </ul> </li> <li>▪ Recap on food safety and hygiene in the kitchen (5 minutes)</li> <li>▪ At cooking stations- cooking, tasting and tidying up. (1 hour 15 minutes)</li> <li>▪ Eatwell plate task (5 minutes)</li> <li>▪ Close programme and evaluation (10 minutes)</li> </ul>  |
| <p><b>Equipment Required</b></p>                           | <p><b>Kitchen Equipment</b></p> <ul style="list-style-type: none"> <li>▪ Access to cooking equipment, tables, stoves, microwaves etc &amp; washing up facilities (hot and cold running water, disposable cleaning cloths, paper towels, bin bags, Bactericidal detergent, Antibacterial cleaning spray etc).</li> <li>▪ Cooking area must have fire blanket / extinguishers</li> <li>▪ Access to first Aid kit</li> <li>▪ Access to fridge</li> <li>▪ Recipe ingredients</li> <li>▪ Aprons</li> <li>▪ Knives &amp; Scissors</li> <li>▪ Pots and pans</li> <li>▪ Chopping boards</li> <li>▪ Bowls various sizes</li> </ul>  |

- Colander
- Whisk
- Jugs
- Oven mitt/gloves
- Grater
- Cutlery and crockery
- Scales
- Measuring jug
- Tin opener
- Kitchen utensils such as spoon, ladle, potato peeler

**Additional Equipment**

- Flip chart paper
- Marker pens

**Speakers Notes**

**Welcome back and introduction to session (5 minutes)**

- Welcome everyone back to group
- Brief discussion around how group felt after previous week e.g. did anyone try the new recipe?
- Introduce session and brief recap on two week menu cycle.

**Demonstration/discussion by facilitator (15 minutes)**

**Fat/salt content of different takeaways and convenience foods.**

Discussion points:

- Using a flipchart paper or in discussion capture the foods which your group think are high in fat.
- Group discussion around different types of fat

On flip chart write out 'How we know the difference?'

**SATURATED FAT**

- ✓ Unhealthy
- ✓ Solid at room temperature
- ✓ White
- ✓ Animal sources
- ✓ Meat, dairy, lard, cheese, butter, whole milk or anything that contains these: cakes, chocolate, biscuits, pastries and pies.
- ✓ Note: 2 plant sources that are saturated are palm and coconut oil.

**UNSATURATED FAT (MONOUNSATURATED AND POLYUNSATURATED)**

- ✓ Healthier
- ✓ Liquid at room temperature
- ✓ Olive, vegetable, sunflower and safflower.
- ✓ Plant sources

**TRANS FAT (HYDROGENATED FATS)**

- ✓ Unhealthiest
- ✓ Found in margarine, biscuits, cakes, doughnuts, fast foods and snack foods.

**OMEGA 3 FATS**

- ✓ Best fat
- ✓ Found in oily fish, for example salmon, mackerel, sardines and fresh tuna...NOT tinned tuna. Also in walnuts, pumpkin seeds.
- How many of your group eat takeaways? What would they normally choose?
- Highlight to group that eating take-aways regularly are not healthy as they provide us with a lot of calories and are often extremely high in fat, particularly saturated fat. Explain that ready made meals are particularly high in salt in order to expand their shelf life.
- Inform the group of the guideline daily amount for total fat/saturated fat (see table below).

| <b>Guideline Daily Amount Values</b> |              |            |                              |
|--------------------------------------|--------------|------------|------------------------------|
| <b>Typical values</b>                | <b>Women</b> | <b>Men</b> | <b>Children (5-10 years)</b> |
| <b>Calories</b>                      | 2,000 kcal   | 2,500 kcal | 1,800 kcal                   |
| <b>Protein</b>                       | 45 g         | 55 g       | 24 g                         |
| <b>Carbohydrate</b>                  | 230 g        | 300g       | 220 g                        |
| <b>Sugars</b>                        | 90 g         | 120 g      | 85 g                         |
| <b>Fat</b>                           | 70 g         | 95 g       | 70 g                         |
| <b>Saturates</b>                     | 20 g         | 30 g       | 20 g                         |
| <b>Fibre</b>                         | 24 g         | 24 g       | 15 g                         |
| <b>Salt</b>                          | 6 g          | 6 g        | 4 g                          |

- Highlight the fat content in the following meals e.g. take a-ways. Recommend Community Facilitator uses visual aids to highlight fat content i.e. demonstrate the amount of fat per product using lard or butter the following examples:

| <b>Take away options</b>                        | <b>Amount of total fat (grams) / exercise to burn off</b> |
|---|---|
| Chicken Tikka Massala & naan bread & pilau rice | 92g/ 1 hour 20 mins brisk running                         |
| Sweet & Sour pork & egg fried rice              | 75g / 1 hour 20 mins of football (continuous play)        |
| Big Mac & large fries                           | 49g / 1 and half hours on cross trainer                   |
| Steak & Kidney Pie & Chips                      | 63g / 1 hour 15 mins badminton                            |

**Can fast food, take aways or convenience foods be part of a balanced diet?**

Reinforce with your group the health benefits of home cooking over takeaway meals. Emphasize it's all too easy to have more saturated fat, sugar and salt than you realise when you're not cooking your own meal. In addition you can also end up eating more than you would have done if you'd served up your

own portions at home. Eating out and indulging in sugary and high fat foods when it's a special occasion is ok. But many of us are eating out more often, and this means that it's important to think about healthier choices when doing so.

### **Simple steps**

Simple steps can help you make sure that you make healthier choices when eating out. The first tip to remember is that whatever and wherever you're eating, you don't need to clear your plate. Instead, eat slowly and stop when you are full. These swaps can make your eating out meal healthier. Choose:

- ✓ chicken without the skin, or lean meats such as ham, fish (not fried) or pulses instead of pies, bacon and sausages
- ✓ tomato and vegetable sauces instead of sauces based on cream and cheese
- ✓ rice that is steamed or boiled instead of fried rice e.g. pilau rice and egg fried rice
- ✓ potatoes that are baked or boiled without added salt or butter instead of chips or creamy mashed potatoes
- ✓ fruit salads, sorbets and low-fat yoghurts instead of cakes, chocolate or creamy puddings, biscuits, sweets and ice cream
- ✓ vegetables and salads served plain instead of served with butter, oily dressings or mayonnaise
- ✓ salad dressing on the side, so you can add only as much as you need

### **Healthier alternatives** to choose at specific take away outlets-

- ✓ Italian – A pasta dish with tomato based sauce is likely to be lower in fat than pasta with cheese or cream based sauce or pizza.
- ✓ Indian – Avoid samosas and other fried starters. Tandoori chicken and meat and chicken tikka have less fat than curries. Plain rice or naan have less fat than other rice's or breads
- ✓ Chinese – Avoid fried starters and fried rice or noodles. Stir fried dishes tend to have less fat than meals with batter or sauces with 'crispy' in the title.
- ✓ Traditional/Pub Food – Encourage your child to be grown up and try 'adult' meals – this will help them avoid fried things such as burgers or chicken nuggets. Jacket potatoes are lower in fat than things like chips or onion rings, but try not to add butter.
- ✓ Fast Foods – look at menu for healthier options.

Legally every food outlet has to have the nutritional profile of their menu available to customers. If you are in doubt then ask. Look out for dishes highlighted on the menu as healthier options. If you're not sure why the dish is healthier, don't be afraid to ask.

### **Healthier puddings**

If you'd like something sweet, there are healthier options. Fruit is an especially good choice and can count towards your recommended five daily portions of fruit and vegetables. Fruit that is baked into puddings, such as rhubarb crumble, also counts towards your 5 a day but remember often these have lots of sugar added to them. For a healthier pudding, choose fruit-based puddings instead of puddings with cream or chocolate fillings. Cream and ice cream are both high in saturated fat. Instead of having a dessert with cream or ice cream, ask staff if you can have a sorbet, low-fat yoghurt, fruit purée, or custard made with lower-fat milk.

### **Cost of eating out**

Highlight that according to the family food survey (Defra, 2011) the cost per person per week spent on

food and drink out with home (excluding alcoholic drinks) is £8.79. Discuss the huge cost to a family if eating out regularly. Explain to the group that the two week family menu cycle includes home cooked 'eating out' options e.g. burgers, pasta and curry options. Explain that with these options not only benefit the family budget but also the health of the family too e.g. lower fat, sugar and salt. Table below identifies the cost per serving/ per batch cooked for recipes included in the two week menu cycle in addition to a quick easy pizza.

| Recipe                 | Cost per serving (£)   | Cost per batch cooked (£/) |
|------------------------|--|----------------------------|
| Quorn Mince Curry      | £0.64 per serving  | £2.55 Serves 4             |
| Speedy Chicken Biryani | £1.31 per serving  | £5.23 Serves 4             |
| Brilliant Burgers      | £0.86 per burger   | £5.13 Makes 6 burgers      |
| Quick n/ easy pizza    | £1.18 per pizza (note £0.50 for ready made pizza base- cheaper if prepare your own base) | £4.70 Makes 4 pizzas       |

**Recap on food safety and hygiene in the kitchen (5 minutes)**

**At cooking stations- cooking, tasting and tidying up. (1 hour 30 minutes)**

Participants have option of cooking following recipes:

1. Home made pizza
2. Speedy chicken biryani with rice and naan bread
3. Burgers- homemade or healthier bought burgers with spicy potato wedges

N.B. Try to ensure that there is an even split of recipes being cooked across group to allow tasting and discussion.