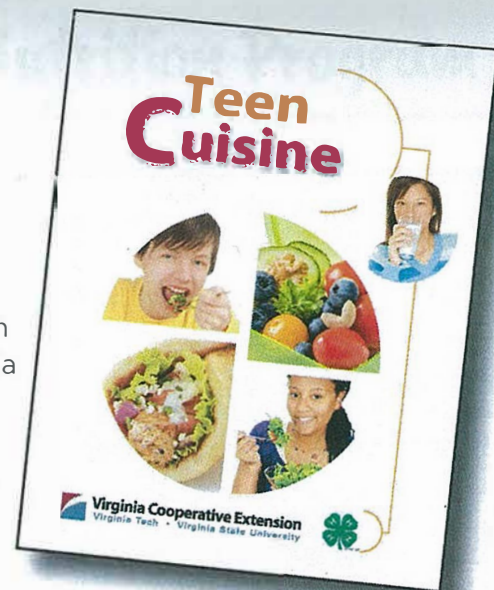


Teen Cuisine

Teaching nutrition and health through culinary skills

For 6th to 12th Grade

Teen Cuisine is a 4-H cooking-based program that teaches teens from 6th to 12th grade about healthy living. Developed by Virginia Tech and Virginia Cooperative Extension, each lesson focuses on cooking skills while teaching teens nutrition, food safety, and physical activity. Teen Cuisine contains six 90-minute lessons that can be modified for shorter sessions. The curriculum includes many optional activities to extend learning in and outside of class and can be customized for audiences of different ages and abilities. All lessons build on one another and give the student time to practice new skills as well as develop new understanding and habits regarding personal nutrition and health. Each participant receives a workbook that is filled with vibrant pages that reinforce important skills and also includes many healthy recipes for students to use at home with their families.



Lesson topics include:

Eat Smart

- Understand the components of a healthy plate
- Practice proper hand washing, recipe reading, measuring, and the proper way to slice fresh fruit
- Identify activities that promote health

You Are What You Eat

- Learn how to read and use the Nutrition Facts Labels
- Recognize proper portion sizes
- Practice how to cut, chop, and dice fruits and vegetables by using healthy recipes
- Determine how much physical activity teens need

Power Up with Breakfast

- Understand why breakfast is the most important meal of the day
- Use MyPlate to plan a healthy breakfast
- Prevent food-borne illnesses with safe food handling
- Prepare a healthy breakfast with eggs or whole grains
- Differentiate between types of beneficial exercises

Find the Fat

- Classify sources of fat in the diet using the "Go, Slow, Whoa" method
- Identify temperatures for cooking meat properly
- Handle raw meats safely
- Prepare low-fat recipes of foods popular with teens
- Discuss why teens should limit screen time

Kick the Sugar Habit

- Discover how many added sugars are in processed foods and drinks and choose healthier options
- Identify the temperature range of the Danger Zone
- Prepare sweet treats without added sugars
- Set goals for improving physical activity

Snack Attack

- Recognize unhealthy snacks that are high in added sugars, saturated fat, and sodium
- Make a healthy snack
- Set physical activity goals to last a lifetime

"Teen Cuisine not only taught me how to cook but also taught me about teamwork and citizenship."

Student in Nottoway County, Virginia