

**FINAL LESSON PLAN**

<b>Title</b> Cooking for one or two	<b>Methods Used:</b> Consensogram, Illustration
<b>Target Audience</b> Senior citizens	
<b>Number in Class</b> 40	

<b>Terminal Objective</b> Seniors will be able to modify recipes to make meal times and cooking more enjoyable.	<b>Terminal Concept</b> Cooking can be fun and easy by learning how to adjust recipes.
<b>Domain</b> Cognitive/Affective	<b>Taxonomic Level</b> Application

**References**  
[Win.niddk.nih.gov/publications/PDFS/youngatheart.pdf](http://win.niddk.nih.gov/publications/PDFS/youngatheart.pdf)

**Preparation: Prepare Consensograms, purchase sticky notes for consensogram, simplified recipes to handout, lasagna recipe for modification**

<p><b>Pre-assessment</b></p> <p><b>Consensogram</b> (Have them rate how much they agree with the statements)</p> <p>I enjoy cooking for myself and spouse          I have the energy to make meals everyday          I often prepare meals that I like          I know how to simplify recipes          I can adjust a recipe to make a lot or a little</p> <p><b>Time (if in class):</b> 5 minutes</p>	<p><b>Introduction</b></p> <p>After looking at the consensus how does that make you feel that people are experiencing similar problems? How do you feel about making meals in the home? Do you run out of energy, and have you run out of ideas for recipes? We are here to help bring the joy back into mealtime.</p> <p>Ask seniors to list barriers that keep them from cooking for themselves. (We will list barriers on the board)          Transition by saying, "What are some ways all of us can over these barriers and make meal times more enjoyable."</p> <p><b>Time:</b> 4 minutes</p>
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<b>Supporting Objectives</b>	<b>Content Outline</b>	<b>Time</b>	<b>Learning Experiences</b>
Seniors will list ways to make cooking, and meal times more enjoyable.	<ul style="list-style-type: none"> <li>Recipes with fewer ingredients-saves energy, time, and are less intimidating</li> </ul>	2 minutes	<ul style="list-style-type: none"> <li>For each barrier listed, ask a volunteer to think of a way to overcome the barrier. We will write down their answers as well as our pre-planned answer.</li> </ul>
	<ul style="list-style-type: none"> <li>Dinner groups-keep you from cooking everyday, and increases social circle.</li> <li>Make it a date, or pair up with a friend-reduces the amount of work</li> </ul>	1 minute	<ul style="list-style-type: none"> <li>By the end of class think of a friend that you would like to reconnect with, and be prepared</li> </ul>

<p>Seniors will be able to prepare meals quickly by making simple modifications to recipes.</p>	<p>one person has to do, get healthier meal, and an opportunity to socialize.</p> <ul style="list-style-type: none"> <li>• Pick your favorite foods and cook them- you can enjoy your favorite foods more often.</li> <li>• Find a way to make recipes with 5 ingredients or less –suggested books- <i>No more than Five Ingredients</i> edited by Gerry Murry Henderson, and similar books found online.</li> <li>• Find things that are already done for you. A lot of grocery stores sell pre-cut fruits and vegetables. This will save time and energy when making your meal. Ex: Wal-Mart sells pre-cut onions, and fruit mixes. Ex: Tyson chicken offers chicken breast that are already fully cooked and can be used in a meal. (Do not buy pre-made meals- these usually contain high amount of saturated and trans fat, and sodium.)</li> <li>• Look for equipment that will get the job done for you- food processor can dice things for you.</li> </ul>	<p>3 minutes</p> <p>6 minutes</p> <p>2 minutes</p>	<p>to contact them to make a meal together.</p> <ul style="list-style-type: none"> <li>• Have each person brainstorm with a neighbor their favorite foods to eat, and explain why they like them.</li> <li>• We will put Lasagna on the board and ask seniors to list ingredients. After they list we will show them ways to simplify the ingredients. <u>Slide 4</u> We will show them they can make lasagna with ground beef, jar of spaghetti sauce, lasagna noodles, Ricotta, and cheese mozzarella cheese.</li> <li>• <u>Pass out handout</u> that contains simplified recipes of popular meals.</li> <li>• We will ask for seniors to give examples of ways to simplify cooking.</li> </ul>
<p>Seniors will be able to reduce a recipe for 8 people down to 2 people.</p>	<ul style="list-style-type: none"> <li>• We will have a Baked Chicken Recipe put up on the board. The recipe contains 2 packages beef lunchmeat 8 chicken breast 2 cups</li> </ul>	<p>7 minutes</p>	<ul style="list-style-type: none"> <li>• <b>Illustrate</b> to the class how to make this a meal for two by dividing everything by 4 (8/2). The adjusted version will now be ½ package of beef lunchmeat, 2 chicken breast, ½ cup of sour</li> </ul>

	sour cream 2 cans cream of mushroom soup, and it serves 8 people.	cream, and ½ can of cream of mushroom soup. <ul style="list-style-type: none"> <li>• After we show the class how to reduce the baked chicken recipe we will pass out a lasagna recipe and have the class work in groups and together reduce the recipe size from 8 servings to 2 servings. As they are working on this</li> </ul>
<p><b>Assessment</b>  Pass out a sheet (<u>blank 3 X 5 card</u>) and have seniors list 1 person they would like to reconnect with, and their favorite food they will make this week.</p>		
<p><b>Closure</b>  Encourage seniors to complete two goals listed above, and tell them to be ready to share their experiences at our next lesson when we discuss nutrient rich/efficient cooking.</p>		

**FINAL LESSON PLAN**

<b>Title</b> Nutrient Rich/Efficient Cooking		<b>Methods Used:</b> Graffiti, Cartoon	
<b>Target Audience</b> Senior citizens			
<b>Number in Class</b> 40			
<b>Terminal Objective</b> Seniors will be able to cook for themselves in a healthier and more efficient way.		<b>Terminal Concept</b> Cooking healthy meals can be quick and simple.	
<b>Domain</b> Cognitive/Affective	<b>Taxonomic Level</b> Comprehend/Application		
<b>References</b> <a href="http://www.glasbergen.com/cartoons-about-food/?nggpage=2">http://www.glasbergen.com/cartoons-about-food/?nggpage=2</a> , <a href="http://m.sunkist.com/">http://m.sunkist.com/</a> , busycooks.about.com			
<b>Preparation:</b> Prepare pictures for graffiti method (cheeseburger, chocolate cake, salmon dinner), prepare lesson, prepare handout materials, find nutrition fact labels, make chocolate cakes and bring pieces for tasting in class.			
<b>Pre-assessment</b> <b>Graffiti-</b> Post pictures around the room of a Cheeseburger, Chocolate Cake, and Baked salmon with mashed potatoes. Have class get up and choose one picture and write the first word that comes to their minds. <b>Time (if in class): 5 minutes.</b>		<b>Introduction</b> (Assume people will really want to eat these foods but think they can't because of too much time, and not enough nutrients). For all of these foods you can find substitutes to make them more healthy, and find ways to make them easier to cook.  <u>Cartoon picture</u> (Slide 2) about ordering fast food and attempting to make it healthy (to lighten the mood)  <u>Slide 3</u> We will transition into the first topic by asking seniors to list benefits of cooking for themselves.  <b>Time:</b> 4 minutes	
<b>Supporting Objectives</b>	<b>Content Outline</b>	<b>Time</b>	<b>Learning Experiences</b>
Seniors will be able identify several benefits of cooking for themselves.	<ul style="list-style-type: none"> <li>Less food is wasted-you eat what you make, and whatever you do not finish you can store and have another day. This also allows you to</li> </ul>	1 minute	<ul style="list-style-type: none"> <li><u>Slide 4</u> Ask seniors how much of their food is left on their plate when they go out to eat. If they say "none," ask how often they're too full when they eat an entire meal from a</li> </ul>

<p>Seniors will be able to identify some practical tips to make meals healthier and quicker.</p>	<p>save money because not as much is spent on food.</p> <ul style="list-style-type: none"> <li>• Cooking for yourself can offer more variety. You can cook a variety of different vegetables to go with similar entrees, breads, pastas, etc.</li> <li>• It can offer more nutrients-if you eat more variety you will get more nutrients. If you buy fresh foods they are going to contain a lot more nutrients.</li> <li>• Cooking for yourself generally means less saturated fat, trans-fat, and sodium. (You choose how much goes inside)</li> </ul> <ul style="list-style-type: none"> <li>• Plan meals before grocery shopping</li> <li>• Make slightly larger meals and freeze half. That way in a couple of days or so you can warm-up your meal, and not have to cook as often. Saves time, and energy, and still provides you with a healthier meal. Ex: Lasagna, Soups, Spaghetti, Meats that are thoroughly cooked</li> <li>• If cooking vegetables takes to long, try buying frozen ones. They heat up quickly and are almost as nutrient dense as fresh one.</li> <li>• If vegetables are too firm, or the taste is not preferred try stir-frying them, or steaming them. Put some</li> </ul>	<p>3 minutes</p>	<p>restaurant.</p> <ul style="list-style-type: none"> <li>• <u>Slide 5</u> With a neighbor have each person list one of their favorite foods from each food group and explain why.</li> </ul> <p><u>Slide 6</u></p>
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<p>Seniors will express willingness to try a new fruit.</p>	<p>cheese on top to add a little flavor and some more variety. Ex: of good steam vegetables are broccoli, cauliflower, carrots, peppers, and onions.</p> <ul style="list-style-type: none"> <li>If you want to eat fruit but sometimes they go bad too quickly frozen fruit are almost as nutrient dense as fresh. Canned fruits without sugar are generally just as good as fresh and they last longer. Fresh fruit is always preferable. Benefits: Added <i>fiber</i> to your diet, which is essential as you age.</li> </ul>	<p>4 minutes</p>	<ul style="list-style-type: none"> <li><u>Slide 8</u> Have seniors make a list of their favorite fruits on their own. Once they write them down have them discuss with their neighbor what their favorites are. They will then plan to eat their neighbor's favorite fruit once during the week.</li> <li><u>Slide 9</u> Pass out pieces of chocolate cake the first will be made with oil, and the second will be made with applesauce. We will not tell them this until after they have tried and shared what they think of the two different selections.</li> </ul>
<p>Seniors will identify how to incorporate healthier substitutes into their meals.</p>	<ul style="list-style-type: none"> <li>Instead of cooking with oils replace them with applesauce. This makes the food healthier and still delicious</li> <li>Choose low-fat options Less saturated and trans fat</li> <li>Use a low-fat milk option instead of a cream</li> <li>Choose lean meats instead of regular meats</li> <li>Look for frozen food items with low sodium.</li> <li>Whenever you have the time and energy use fresh fruits and vegetables.</li> </ul>	<p>5 minutes</p>	<ul style="list-style-type: none"> <li><u>Slides 12-14</u> Show nutrition fact labels with high saturated fat and low saturated fat. We will then ask for a volunteer to look at a new label and tell if it high or low in saturated fat, and whether its healthy or not.</li> <li>In groups have seniors say what new substitution they are going try this week.</li> </ul>
<p>Seniors will identify appropriate ways to freeze foods, store food</p>	<ul style="list-style-type: none"> <li>Freezing and properly storing leftovers can be convenient meals in a few days.</li> </ul>	<p>3 minutes</p>	<ul style="list-style-type: none"> <li>Ask, "What are your normal habits to store and use your leftovers." This will lead into our final supporting objective.</li> </ul>

	<ul style="list-style-type: none"> <li>• Buy small disposable containers at the store so you can store them in smaller portions.</li> <li>• Hot liquids need to be in containers with no more than 2 inches. For example hot soups and sauces.</li> <li>• When storing or freezing be sure to put in the fridge or freezer quickly so there is not a build up of microorganisms, which can make you sick.</li> <li>• Find a way to label and date foods that you freeze so you can quickly identify them in the freezer and reheat them. Also it helps to know how long they have been in the freezer. You do not want to keep foods too long in the freezer because the nutrient content decreases the longer they are in there.</li> </ul>	2 minutes	<u>Slide 15</u>
<p><b>Assessment</b></p> <p><b>Graffiti Pictures</b> “Going back to the very first pictures we looked at what are some ways to make these foods healthier, and quicker?” Have seniors provide examples and we will write them up on the board. We will also provide our own answer: Cheeseburger-prepare at home using lean meats, and low-fat cheeses. Chocolate cake-buy a box mix to save time, and instead of using oil use applesauce. Salmon and mashed potatoes- buy individual packaged salmon at the grocery store to bake, consider instant potatoes to save time, and add some steamed green beans to the plate to make it healthier.</p>			
<p><b>Closure</b></p> <p><u>Slide 16</u> Encourage seniors to complete the two goals they set for themselves this week of trying a new fruit, and trying one new substitution technique to make meals healthier.</p>			