

Session Plan for: Cooking Skills Workshop 3: Evening Meal
Developed By: WAVES Study Research Team
Date: April 2012

Session title: Cooking Skills Workshop 3: Evening Meal

Specific support needs:	Resources to be used/Equipment needed:	
Volunteers to help with group activities (optional)	<ul style="list-style-type: none"> ≈ PowerPoint slides ≈ Food group bingo cards ≈ Parent 'Take home' information ≈ Pens ≈ Parent evaluation forms ≈ Time and travel cost questionnaires ≈ Logbook 	<p><u>To be bought</u> Spring onions Cherry tomatoes Peppers And any other easy to chop vegetables of your choice.</p> <p><u>Provided by University</u> Low-Salt stock cubes Couscous Tinned beans Tinned sweetcorn</p>

Overall aims for this session: The aim of this training session is to improve children's and families' dietary behaviours through nutrition knowledge, food preparation skills and confidence in preparing healthy meals.

Objectives for the lesson:

- Raise awareness of healthy portion sizes and reinforce the concept of balance and variety.
- Support parents to choose meals which are high in fibre, low sugar, low fat.
- To allow the children to prepare and taste a couscous salad.

Assessment methods:

Parent/Carer evaluation forms, time and travel cost questionnaires and teacher Log book

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5 mins	Introduction and session aims	n/a	The group know the expected outcomes of the session	Slides 1- 2
20 mins	<p>Eating patterns: Discuss how many meals and snacks children should aim to have in a day. This is a rough guide – it may vary depending on how active the child is.</p> <p>Portion Sizes: Discuss 'Me Sized Meals'. The concept behind this is that children need smaller portions than adults. A 5-year-old needs less than a 10-year-old, and a 10-year-old needs less than a grown-up. Serving more food will not make them grow any faster, but will lead to extra fat storing up in their bodies. (Reference: Change4Life, 2012).</p> <p>Healthy Eating Habits: Discuss some of the good things we should do before sitting down to dinner.</p> <ul style="list-style-type: none"> • Washing hands – hygiene • Turning off the TV during meals – reduces distractions and encourages children to concentrate their hunger cues. • Sitting at the table together – eating is an ideal time in the day to interact socially, helping children to develop social skills as well as learning table manners. 	Discussion	<ul style="list-style-type: none"> • Reinforce the idea that you should try to limit snacking. Three healthy meals and two healthy snacks are best every day. • Children have smaller tummies than adults and so need less food on their plates. Feeding more food does not help you to grow faster, but leads to extra fat being stored. • There are some things that we should do when we eat: <ul style="list-style-type: none"> ○ Wash our hands ○ Turn off the TV ○ Sit at the table 	Slides 3-6

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10 mins	<p>Recap food groups.</p> <p>What food groups do we usually eat at dinner time?</p>	<p>WHOLE GROUP ACTIVITY 1: Food group bingo.</p> <p>Note: Card 1 is the winning card so if you do not use all of the cards, please ensure one group has card 1.</p>	Be able to remember what the five food groups are and be able to name some foods from them.	Slide 7-18 Food group bingo cards.
5 mins	<p>Re-introduce Bert.</p> <p>Recap 5 a day using Bert.</p>	n/a	<p>We should all be trying to eat 5 portions of fruit and vegetables each day.</p> <p>A portion is roughly what will fit into the palm of your hand.</p>	Slides 19-22
5 mins	<p>Bert wants to try a healthy evening meal: Discuss what people call their evening meal across the country e.g. dinner, tea, supper.</p> <p>Discuss what is meant by a healthy dinner. E.g. low in fat, low in sugar and high in fibre. Can anyone think of an example of a healthy dinner?</p>	Discussion	<p>The evening meal is often called by different names.</p> <p>Children should know that a healthy dinner contains vegetables/fruit, protein and carbohydrates.</p>	Slides 23-26
5 mins	<p>Let's help Bert prepare a healthy dinner: What do we need to do first? - This a re-cap of one of the pre-workshop lessons. Children should be able to remember that we should:</p> <ul style="list-style-type: none"> • Clean our work area • Tie long hair back • Wash our hands • Remove jewellery 	n/a	<p>Children should be able to remember that before we cook we should:</p> <ul style="list-style-type: none"> • Clean our work area • Tie long hair back • Wash our hands • Remove jewellery <p>You may get a few extra ones e.g. put on our apron</p>	Slides 27-28

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20 mins	<p>Let's make a healthy dinner together: A couscous salad is a healthy meal that everyone can enjoy. It can be served as a side dish or bulked out with different vegetables and protein such as fish and beans to make it a main meal.</p> <p>In this dish: Vegetables = Peppers, Spring onions, sweetcorn, tomatoes Protein = Beans (or you could add tinned salmon, feta cheese or cooked chicken). Carbohydrate = Couscous.</p>	Making a healthy dinner	<p>Dinner is a great opportunity to have a healthy meal.</p> <p>Try to encourage all the children to try something they have never tried before/wouldn't usually eat.</p>	Slides 29-30
10 mins	<p>Conclusion: Thank everyone for coming; ask them to complete an evaluation form and hand out the information to take away.</p> <p>Return the completed questionnaires and your completed logbook to the WAVES study office.</p>			<p>Evaluation form</p> <p>Information to take away.</p> <p>Log book.</p>

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