

Workshop C:

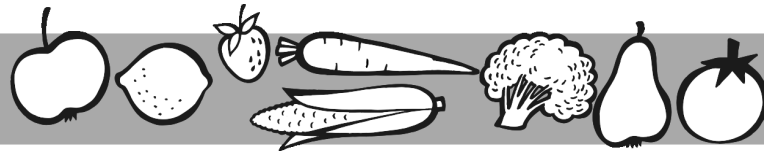
Cooking and Tasting

Part 2:
Presentation and Background Information

Purpose

At the end of this workshop parents should be able to:

- Identify ways to involve their children in preparing food
- Demonstrate basic food safety principles
- Modify recipes to make them more nutritious
- Demonstrate an understanding of why a healthy lunchbox is important
- Identify strategies to assist organising a healthy lunchbox
- Use the Traffic Light System to assess the variety and nutritional quality of food in a school lunchbox
- Prepare snacks and meals using vegetables, fruits, wholegrain breads and cereals
- Provide back-to-basic recipes

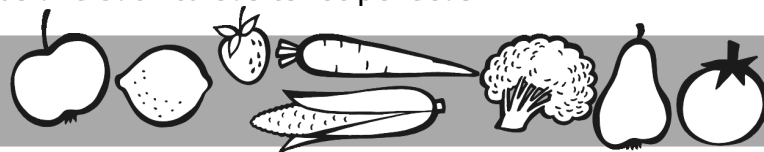


4min

Introduction

Welcome the group.

This workshop will look at how to involve children in food preparation, and demonstrate preparing meals and snacks using vegetables, fruits, wholegrain breads and cereals. It also covers food safety, modifying recipes to make them more nutritious and back-to-basics recipe ideas.



3min

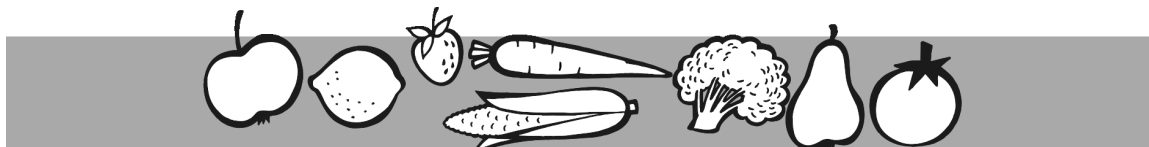
Let's Talk About Involving Children in Cooking

Encouraging children to help with shopping and meal preparation may seem more trouble than it's worth at first, especially when you are busy or tired. However, the investment will pay off as your children will feel involved in the process and will be more likely to try new foods and dishes, when they have helped to prepare them.

Activity: Ask the group to discuss their experiences in involving their children in cooking. Some examples to stimulate discussion include: tasks as

simple as measuring ingredients, stirring mixtures, brushing oil over baking trays and cake tins or arranging muffins, pikelets or fresh vegetables or fruits on serving platters. All of these will help build confidence in food preparation.

Handout C1: Involving Children in Cooking



10min

Let's Talk About Food Safety

Food safety for lunchboxes

Young children are at more of a risk of foodborne illness, so keeping the lunchbox clean is important. The lunchbox needs to be kept cool until foods are eaten.

To do this we recommend:

- An insulated lunchbox bag
- A long lasting chiller, ice block or a frozen water bottle or milk box
- Check if the school bag can be stored in a cool shaded area at school

Other food safety tips:

- Freeze a drink bottle of water and yoghurts (wrap the drink in a thin tea towel, or put inside a plastic bag to prevent it leaking in the lunchbox).
- Avoid packing food that has just cooled, or is still warm. Refrigerate cooked food before packing.
- Keep the lunchbox in the fridge until leaving for school
- Follow safe food practices in your kitchen - wash hands, use separate chopping boards for raw and cooked foods, and a separate board for meat.
- Investigate whether the classroom has storage for school bags inside, especially during the warmer months - better yet, ask if there is a refrigerator available.
- Make sure the lunchbox is kept clean - wash and dry it every night.
- Try to keep cold foods under 5°C.
- Encourage children to eat chilled foods at morning recess if possible.

Food Allergies

Food allergies are common among many Australian families; one of the best preventions of anaphylaxis in schools is for parents within the school to have an awareness of known allergies within the school community and any policies that may exist. Most common food allergies are peanuts, tree nuts (e.g. hazelnuts, cashews, and almonds), egg, cow's milk, wheat, soybean, fish, shellfish, and sesame.

All parents can encourage their child to:

- Avoid sharing or trading food and sharing eating utensils.
- Wash their hands after eating may also be helpful to avoid mild allergy symptoms such as a skin rash.
- Get help from a teacher or other adult if another child looks unwell, even if they do not know what is wrong with them.

Older children, can be taught about food allergies and anaphylaxis at appropriate times and of ways they can support their peers to avoid risk foods and to be safe.

Currently Australia does not have national guidelines for the management of anaphylaxis in the school setting. School anaphylaxis guidelines for Western Australia can be accessed by the following links:

Department of Education:

<http://www.det.wa.edu.au/inclusiveeducation/detcms/portal/>

Government of Western Australia Department of Health:

<http://www.health.wa.gov.au/anaphylaxis/home/>

Australasian Society of Clinical Immunology and Allergy:

<http://www.allergy.org.au/content/view/31/258/>

Anaphylaxis Australia: <http://www.allergyfacts.org.au/order.html>

Activity: Safe Food Preparation

Get the group to brainstorm some ideas. Here are some examples to stimulate discussion:

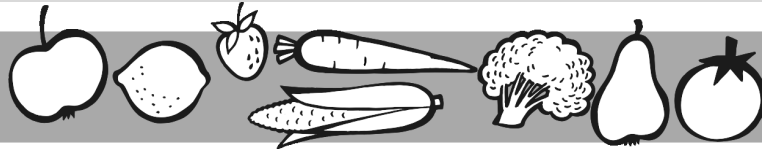
- Always make sure foods are not between 5 and 60°C.
- Always wash your hands before preparing food.
- Don't use the same utensils for raw and ready to eat food unless they have been thoroughly washed in hot soapy water first.
- Don't prepare food if you are feeling sick.
- Keep pets out of the kitchen.
- Thaw frozen food on the bottom shelf of the fridge.
- Cook meats, especially minced meats, until the juices run clear, and there are no pink areas.
- Don't reheat food more than once and when reheating make sure food is piping hot.
- If using the microwave to thaw food, cook it thoroughly immediately after defrosting.

Handout C2: Food Safety and safe food storage

Handout: Food Safety Pamphlet

Order from The Department of Health WA, Health Info on 1300 135 030 or by visiting their website: www.dohpackcentre.com.au/DOH/Login.aspx. Please allow 7-10 days for the order to be mailed to you.

Food Safety Information Council:
www.foodsafety.asn.au/publications/posters.cfm



10min

Let's Talk About Recipe Modification

With a few modifications usually we can still make our favourite recipes, while following a healthy eating plan. For example, recipes often call for more butter and sugar than is needed and by reducing quantities or substituting for other ingredients the dish can taste similar but be much healthier.

Activity: Recipe Modification

If possible, before the workshop ask participants to bring in their favorite recipes. Select 2 or 3 from the group and together come up with ways to modify the recipes to make them healthier.

Alternatively, provide participants with a copy of **handout C3: Recipe Modification** and ask the group to brainstorm ways in which the recipes can be modified to make them healthier but still tasty!

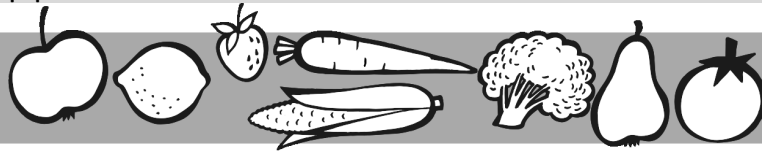
Here are some examples: (Refer to handout for recipes)

Recipe 1 - Spaghetti Bolognese

- Reduce the quantity of meat (e.g. by half)
- Add legumes (e.g. beans, chick peas and lentils), substitute for half of meat
- Add grated or diced vegies (e.g. carrot, zucchini, mushrooms, capsicum)
- Make homemade tomato sauce (with no added salt) or use canned tomatoes
- Use wholemeal pasta
- Use a non-stick pan or less oil (e.g. an olive oil spray or 1 teaspoon)
- Season with herbs and spices, instead of salt

Recipe 2 - Apple and Cinnamon Muffins

- Use an unsaturated, unsalted margarine instead of butter and halve the quantity OR use a healthy vegetable oil
- Use a reduced-fat milk or reduced-fat yoghurt
- Use wholemeal flour, or if preferred half white and half wholemeal
- Halve the amount of sugar and use honey or apple juice concentrate instead
- Increase the fruit content - use 4-6 apples and add dried fruit such as sultanas
- Keep peel on fruit



30 min

School Lunchboxes

A study of Australian children's school lunches found that:¹

- Most children brought a home packed lunchbox.
- Children consumed up to four highly processed 'junk foods' each day!
- Almost all lunchboxes included bread and fruit, but also contained biscuits, unhealthy muesli/fruit bars, and packaged snacks.

Children and teenagers eat around a third of their daily food intake at school, which is a large proportion, so it is important that the foods eaten at school are nutritious and contribute to overall dietary requirements.

Filling a lunchbox with foods from each food group is an easy way to ensure kids get all the nutrients they need.

What should be in a lunchbox?²

	Number of serves 4-7 years	Number of serves 8 - 11 years	Number of serves 12 - 18 years
Fruit	1	1	1-1.5
Vegetables and Legumes	1-1.5	1-1.5	2-3
Breads and Cereals	1-1.5	1-2	1.5-2
Milk, Yoghurt, Cheese	1	1	1-1.5
Meat and alternatives	0-0.5	0-0.5	0.5-1
Extra Foods	0-1	0-1	0-1

Activity: Getting organised

Lunchbox tips: Get the group to brainstorm some easy ways to be organised for school lunches.

Here are some examples:

- Baking on weekends and freezing for the busy week ahead: scones (date, plain, pumpkin, sultana), fruit muffins, banana or carrot loaf, pikelets
- Roast dinner on weekend use left over's for sandwich fillings
- Wash out lunchboxes after school, ready for the next day
- Refill water bottles after school (freeze in the summer months - great to use as a cooler)
- Prepare salads the night before while preparing dinner
- Make a large fruit salad and serve in portions for the week. Squeeze orange or lemon juice to prevent browning.
- Make sandwiches the night before when cleaning up after dinner or while preparing dinner - store in the fridge.
- Some sandwich fillings can be frozen:
 - Low fat cheese and vegemite
 - Lean meat and light mayonnaise
 - Tuna and creamed cheese
- Soups are great for winter and can be made over the weekend.
- Alternate with different breads, e.g. knot rolls, pita wraps, rice cakes
- Include lunchbox items when planning your grocery shopping
- Involve children in selecting healthy choices for the lunchbox

Handout C4: Getting organised for school lunches

The traffic light system of rating food and drinks is currently used in canteens in primary and secondary schools in WA. This system of classifying foods can also be applied to school lunchboxes. Foods are separated into three categories:³

Healthy Food and Drinks in School:

Green food and drinks

These foods/drinks should be encouraged and promoted and they should fill the school lunchbox. Majority, if not all food, drinks and snack choices in lunchboxes should be "Green". In general these foods are excellent sources of important nutrients, are low in saturated fat and/or added sugar and/or salt and help to avoid an intake of excess energy (kilojoules).

Examples include: Fruit, vegetables, wholegrain breads and cereals (low in added sugar, high fibre), reduced-fat dairy products such as milk, yoghurt and cheese, fruit drinks (at least 99% fruit no added sugar, <250 ml) unprocessed lean meats (fish, chicken), eggs, plain water. Other items such as plain popcorn, raisin bread, water/rice crackers, trail mix.

Amber food and drinks

School lunchboxes should not be dominated by these food and drinks. They should be limited and chosen carefully. Large serving sizes should not be used. School lunchboxes should not offer any more than one food from the "Amber" category. Foods and drinks categorised as amber also contain some valuable nutrients, but may be too high in saturated fat and/or sugar or salt.

Examples include: refined cereals (added sugars and low fibre), full fat dairy foods (milk, yoghurt, and custard), fruit drinks (at least 99% fruit no added sugar, >250 ml), mineral waters, low or reduced fat ice-cream, and commercial/homemade muffins/cakes that are small serve size or have reduced fat and/or sugar with a wholemeal base.

Red food and drinks

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they lack adequate nutritional value, are high in saturated fat, and/or added sugar and/or salt, can contribute excess energy (kilojoules) and can contribute to tooth decay and erosion.

Examples include: soft drinks, sports drinks, iced tea, cordial, confectionary (all types), deep fried foods, high fat sandwich meats (polony, salami), iced cakes and slices, and other items such as chips and snacks high in sugar and fat. Topping (syrup, jam and honey).

Source: Australian Better Health Initiative 2008

For more information see the Department of education and training website at www.det.wa.edu.au/healthyfoodanddrink/

Activity: Using the Traffic light system is a quick way to check if you're child is having a nutritious lunch at school. Refer to the traffic light system handout.

Handout C5: Traffic light fact sheet for lunchboxes

Hand out parents a blank template for them to fill out what their child has in their lunchbox on a usual day. You can suggest that they record what their child ate yesterday, but remind parents that for children, intakes vary from day to day and week to week and that yesterday may not be a true reflection of their child's overall nutritional intake. Then get parents to categorise the items in the school lunchbox according to the traffic light system on the reverse page.

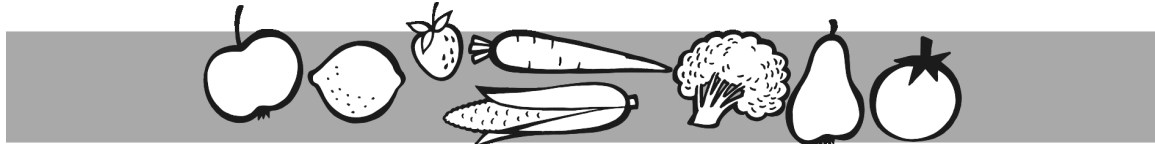
Handout C6: Lunchbox Food and Drink Record

Get the group to reflect on which foods fit into each category (green, amber or red) and reasons why. Discuss some ideas to substitute the 'red' and 'amber' items to make the lunchbox healthier (e.g. containing all food groups and

majority green foods). Get parents to share any food items they currently put in the school lunchbox that could be a healthier option (food items can be listed on a whiteboard).

If you are running short of time, create an example lunchbox record and then ask the group to put the different foods in their correct traffic light category on a whiteboard.

Handout C7 Lunchbox fact sheet



60min

Let's Do Some Cooking and Tasting!

Prior to running the workshop you will need to consider how to cover the cost of the food. Do participants bring a gold coin donation or is the cooking workshop considered part of your core business? Could you get a local supermarket to donate some food?

Remember to allow time for tasting the food prepared, and if possible plan the workshop to end around a mealtime.

Recipe Selection:

You can choose to demonstrate one or more of the recipes as detailed in **handout C8 or handout C9** However if you decide not to use these, there are other excellent healthy recipes you can choose. For example refer to the FOODcents Recipe Ideas Booklet, Healthy Food Fast Cookbook, National Heart Foundation Cookbooks and the Go for 2&5® website: www.gofor2and5.com.au. Choose two or three recipes for a one hour session. Choose recipes that would appeal to your group that are quick and easy to prepare and combine together to make a balanced meal using fruits and vegetables in season.

If you have any queries about your recipe choices, please contact the PGR Project Officer.

Shopping List and Equipment

It is helpful to arrange the ingredients and equipment needed for each recipe before the workshop commences.

The following equipment is required for most of the recipes:

- Chopping board
- Sharp knives
- Measuring spoons and/or cups
- Mixing spoons
- Mixing bowls
- Wipe cloth

- Oven mitts
- A serviette, plate/bowl, fork/spoon for each person

For individual recipes you will need the following:

Hearty Minestrone Soup: stove top, large pot, garlic crusher and can opener

Pumpkin Soup: stove top, large pot, garlic crusher and blender

Tuna and Avocado Salad: can opener and grater

Lamb and Mushroom Kebabs: bamboo skewers, pastry brush and barbeque, grill or electric fry-pan

Chicken and Veggie Stir-Fry: stove top and wok / large pan or electric wok and garlic crusher

Fast Fish Medley: stove top and pan or electric fry-pan, garlic crusher and can opener

Baked apples: microwave

Rhubarb and Pear Crumble: oven, ovenproof dish, stove top and sauce pan

Cheese and salad wrap: grater

Chicken and salad sandwich: grater

Veggie Pikelets: grater, egg flip

Popcorn snack pack: paper bag or microwave safe bowl

Sweet potato risotto: large saucepan or electric fry pan

Chilli con carne: large saucepan or electric fry pan

Spaghetti bolognese: large saucepan or electric fry pan

Veggie casserole: large saucepan or electric fry pan

Tuna casserole: oven, oven proof dish

Lentil soup: large saucepan

Demonstration Pointers

As the recipes are being prepared, think about tips to promote, such as ideas about preparation, nutrition and recipe variations. You may wish to refer to the handouts in the PGR manual such as B2 Value for money or B10 What's in season?

You may also like to refer to the **C9 Back to basic recipes** and discuss the benefits of preparing sauces, marinades from scratch (cheaper and healthier). Show the group **handout C10 Food staples** and explain how these basic ingredients can make the basis of cheap and easy many, many meals.

For each of the recipes and back to basic recipes there are many tips, variations and health messages to share with the group. Here are a few examples:

Hearty Minestrone Soup

- One pot meal, saves on washing up!
- Stock tends to be really salty so make your own or buy a low-salt variety.
- An easy way to get lots of vegetables and legumes in.
- Great as an entrée - healthy and filling therefore less likely to overeat at the next course.

- Relatively cheap dish.
- Grow your own vegies - great for saving money and for children's involvement in food preparation.
- Children can be involved in the chopping of vegetables.
- Compare the cost, nutrition and taste of this meal with a canned version.

Tuna and avocado salad

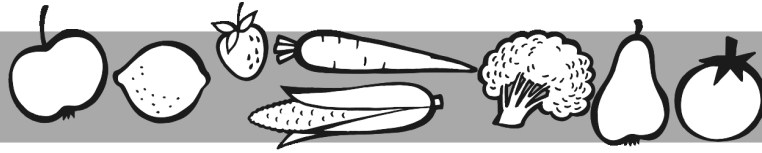
- Choose canned tuna in springwater, rather than brine or oil, to reduce the fat and/or salt content.
- Very quick and easy - does not require cooking.
- You can vary the recipe by using different salad ingredients each time.
- Children could be involved in the chopping of vegies and mixing of the dressing.
- Grow your own salad vegies - great for saving money and for children's involvement in food preparation.

Baked apples

- Apples are really soft - very easy for children to eat.
- Quick and easy - only one bowl required.
- A healthy dessert option.
- This can be made without the walnuts if your children cannot eat nuts.
- Mixed spice could be used instead of the cinnamon.
- Children could be involved in preparing the sauce.
- Can be baked in the oven or made in the microwave.
- Other fruits can be used instead of apples for variety, such as pears.

Handout C11 Making the most of meat

While the group is cooking, discuss the cheaper cuts of meat and what dishes they are most suitable for. Also discuss meat alternatives and how you can include these in place of meat in popular dishes (e.g. legumes and lentils).



3min

Evaluation

Evaluation Form C

At the completion of this workshop, hand out the evaluation forms and ask each person to complete one and return it to you. Thank each person for attending.

Useful Resources

FOODcents Recipe Ideas Booklets are available for bulk orders by phoning the Department of Health Western Australia, Health Info on 1300 135 030 or by visiting their website: www.dohpackcentre.com.au/DOH/Login.aspx
Please note you will need to allow 7-10 days for the resources to be mailed to you.

Meerilinga Promoting positive childhoods
Lunch box world - information on food safety and lunch box ideas:
www.meerilinga.org.au/Nutrition/LunchBoxWorld.aspx

Lunch Right Menu Planner
Osborne GP Network Ltd
Ph: (08) 9201 0044
Email: info@ogpn.com.au

Healthy ideas for Young Hearts: Cooking activities for kids
National Heart Foundation
Heart Health Information Service, Ph: 1300 36 27 87
Email heartline@heartfoundation.org.au

References:

1. Department of Human Services (2005). *School Lunchboxes Full of Junk Food*: Government of Victoria.
2. Cancer Council WA, Osborne GP Network, WE School Canteen Association, Child and Adolescent Community Health and Department of Health. *Lunch Right Menu Planner* (2009).
3. Department of Education. *Australian Better Health Initiative*. 2008 [cited 06/12/10]; Available from: <http://www.det.wa.edu.au/healthyfoodanddrink/>