

Team Up with the Virginia Cooperative Extension 4-H and Family Nutrition Program

Teen Cuisine For 6th to 12th Grade

The Family Nutrition Program can provide you with everything you need to bring this practice-based program to your students in-class or online at home, including video tutorials on how to teach Teen Cuisine, online workbooks for your students, and Build Your Own mix-and-match recipes.

Students who complete this program report making healthier food choices. Research shows that good nutrition affects students' thinking skills, behavior, and health, all factors that impact academic performance. Studies find that good nutrition, particularly breakfast, can enhance a student's psychological well-being, reduce aggression, and decrease discipline problems.

For more information contact:

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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

Watch Out for Added Sugars

- 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



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www.eatsmartmovemoreva.org

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