



## ***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service

SCFCL website: <http://www.scfcl.com>

### **Leader Training Guide**

#### **Cooking Without a Recipe - Make A Healthy Snack**

**Objectives:** Participants will learn the importance of consuming more fruits and vegetables. Experience a fun project, "Cooking Without A Recipe"

**Lesson Overview/Introduction:** This workshop will allow creativity and how to improvise with confidence to "taste". Learning to cook without a recipe means opening the refrigerator and seeing dinner or snack potential-instead of individual ingredients. This can save time and money by using what is on hand.

**Lesson:** It is so tempting when the hunger urge hits to grab a candy bar or some other choice that is loaded with sugar. Sugary foods may not be the answer. Read the label and see the amount of sugars. Other words for "sugar" include corn syrup, molasses, invert sugar, fructose, maltose, lactose, honey, brown sugar, sucrose, glucose, malt syrup, dextrose, sorghum and high-fructose corn syrup. Sugary foods contain many calories and are partly to blame for overweight and tooth decay in youth and adults. So read those labels! On the other hand why not consider a healthier lifestyle by incorporating fresh fruits and vegetables into snacks rather than items loaded with sugar. (Bring items or containers of food so participants can look for any of the above).

#### **Fruit Facts**

There are many wonderful and delicious fruits available to choose from. Fruits such as apples, avocados, bananas, blackberries, blueberries, cherries, grapes, melons, oranges, raspberries, contain fiber, vitamin C and folate.

- Fiber promotes regularity and helps prevent constipation.
- Vitamin C is important as it aids in growth and repair of all body tissues, helps heal cuts and wounds and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells.
- Potassium can be found in bananas, prunes, prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice.

An overall healthy diet may reduce the risk of developing kidney stones, decrease bone loss and help to maintain healthy blood pressure. Most fruits are naturally low in fat, sodium, and calories. Another added benefit is that they contain no cholesterol.

It is important to know how much fruit to eat. The Dietary Guidelines for Americans recommend 2 cups of fruit every day for a person who consumes 2000 calories daily. Visit the website, [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov) to learn more about fruits and vegetables. A cup equals 1 cup of raw or cooked fruit, ½ cup of dried fruit and 1 cup of 100% fruit juice.

## Vegetable Facts

Some nutritious and delicious vegetables are black beans, broccoli, cauliflower, carrots, corn, green beans, cabbage, collards, green beans, lettuce, potatoes, pumpkin, spinach, squash, and zucchini. Nutrients found in vegetable include potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E and vitamin C.

- Vitamin A keeps eyes and skin healthy and also helps to protect against infections.
- Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.
- Vitamin C also helps to aid iron absorption.

Vegetables are important in our diet as they not only provide nutrients but also have numerous health benefits. Eating vegetables may reduce risk for stroke, other cardiovascular diseases and type 2 diabetes. Vegetables may also protect against certain cancers such as mouth, stomach and colon cancer. They also contain fiber which may reduce the risk of coronary heart disease, reduce blood cholesterol levels.

The Dietary Guidelines for Americans recommends eating 2 ½ cups of vegetables each day. One cup of raw or cooked vegetables or vegetable juice equals 1 cup. Two cups of leafy greens equals one cup.

### **Suggested Activity:**

- Before activity, wipe down tables, wash all fruits and vegetables, and equipment. Place a damp paper towel under each cutting board. (This is to prevent the cutting board slipping).
- Divide the audience into two sections. The facilitator can determine a team captain for each section or each section can determine their captain.
- Each team captain will take her/his place at front of the room at food preparation table. Each will be given an apron, hair net and gloves.

\*A food table set up between the two cooking stations should contain the suggested food items below. Each team has the liberty to select their choices of ingredients.

Give the greeting “Hola”! Definition: Salsa is the Spanish term for sauce. What do you think are the main ingredients for salsa? They are often tomato-based, although many are not, and they are typically piquant, ranging from extremely hot to not hot at all. Explain today’s goal is to make “Salsa” without using a recipe.

Each section of audience will begin by directing/encouraging team captain to select food items and amounts. Team captain will cut/dice/mix the ingredients to make salsa.

Salsa ingredients will be placed in identical serving bowls with a number 1 placed under one bowl and number 2 under the 2<sup>nd</sup> bowl. Have audience stand up and face back of the room while facilitator rotates the bowls or leaves them in the same position. Place letter A in front of one and letter B in front of the other.

Audience then forms line and heads to tables to sample each bowl of prepared Salsa. Each will spoon samples of each bowl onto the chips. They need to make sure they are sampling both A & B and which they like the best. Ballots and pencils are passed out to write down favorite recipe (either bowl A or bowl B).

When the ballots are tallied each member of the winning team will get a small token.

### **Lesson Summary:**

Fruits and Vegetables can be combined to make a suitable salsa from ingredients one may have on hand. A combination of sweet fruits, savory vegetables, spices and acid can be a tasty salsa without relying on a recipe.

### **Suggested Materials:**

#### FOOD

Fruit/Vegetable: Tomatoes, Peaches, Mangos, Avocados

Flavor/Color/Texture: Red Onion, Jalapeno, Bell Peppers (all colors), Black

Beans, Corn.

Herbs: Cilantro, Parsley

Sweet/Savory/Salt/Sour: To Taste: Garlic, Lime, Pepper, Salt, Sugar, Cumin, Vinegar, Hot sauce, Chili powder, Oregano, Thyme, and Paprika

Sampling: Chips

**Themed Prizes:**

Sombreros, Maracas, Spanish- theme, decorated book marks or small tokens (awards) of your choice.

**Preparation/serving equipment and supplies:**

2 cutting boards, paper towels, knives, 2 serving bowls with #1 on one and #2 on the other that is taped on outer underneath , mixing spoons, plastic spoons for test tasting, 2 serving spoons, 2 aprons, 2 hair nets, food service gloves, paper plates for all, napkins, Letter "A" and Letter "B" printed on separate note cards or paper, ballots indicating choice "A" or choice "B", pencils.

**Suggested Activities:** Make this a real fun event by having everyone wear a decorated Sombrero, wear Senor & Senorita nametags, play Fiesta music.

You could make this a two-meeting activity by decorating a Sombrero in one meeting and doing the lesson in another.

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**Sources/References:**

- "Cooking without Recipes" by Carlie Whetter from workshop attended during Western Region Volunteer Forum, Alberta Edmonton, Canada. (2017 Buff-Swicegood Travel Study Award)
- The American Dietetic Associations' Complete Food & Nutrition Guide, Roberta Larson Duyff, MS, RD, CFCS, 1998
- Choose My Plate.gov "What's on your plate?"
- Six Easy Bites, 4-H Foods-Level A, Purdue University Extension Cooperative Extension Service