

Team up with the Virginia Family Nutrition Program

Teen Cuisine

For 6th to 12th Grade

The Family Nutrition Program provides everything you need to bring this practice-based program to your organization. Students who complete this program report making healthier food choices. Research shows that good nutrition affects students' thinking, behavior, and health, not to mention improved test scores.

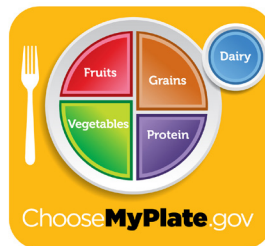
Our trained staff can give you the training and resources for you to teach to your students at no cost to your organization. They provide flexible scheduling options that fit with your availability.

Teen Cuisine and the Family Nutrition Program help you:

- Deliver engaging healthy living programs with proven results
- Support learning and healthy behaviors with fun and free incentives for students to take home
- Provide resources for program implementation including food preparation experiences to practice healthy eating
- Support your school's wellness initiatives

"Students tell me they cook at home now because of what they have learned in our classes. They love the recipes in the Teen Cuisine workbook."

Teacher in Carroll County, Virginia



SOLs:

We've got you covered!

Middle School

English 6.1, 6.2, 6.3, 6.4
7.1, 7.3, 7.4, 7.6
8.6

Math 6.2, 6.3, 6.4, 6.6, 6.7, 6.9
7.3, 7.4
8.3

Health 6.1 b; 6.2 a,b,e,k; 6.3 a,b,c,d,j;
7.1 b,e,g,j,q; 7.2 a,b,d,e,f,g,h,o;
7.3 d,e,i; 8.1 b,c,l; 8.2 c,e;
8.3 b,c,d,e,f

P.E. 6.2, 6.3, 6.4, 6.5
7.2, 7.3, 7.4, 7.5
8.2, 8.3, 8.4, 8.5

High School

English 9.1, 9.5
10.1, 10.5
11.2, 11.5
12.1, 12.2, 12.5

Biology BIO 2, BIO.4

Health 9.1 b,g; 9.2 b,d,e,f; 9.3 b;
10.1 a,b; 10.2 b; 10.3 a

P.E. 9.2, 9.3, 9.4, 9.5
10.2, 10.3, 10.4, 10.5

Teen Cuisine covers many FACS course competencies as well!

For More Information Contact

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University



Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.ext.vt.edu

www.eatsmartmovemoreva.org

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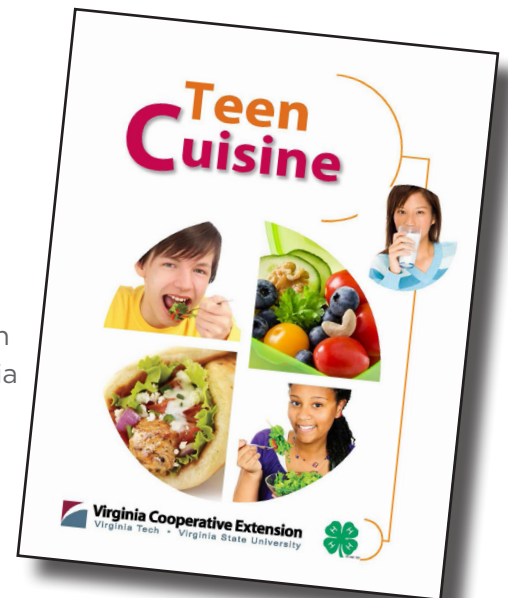
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Teen Cuisine

Teaching nutrition and health through culinary skills

For 6th to 12th Grade

Teen Cuisine is a 4-H cooking-based program that teaches teens from 6th to 12th grade about healthy living. Developed by Virginia Tech and Virginia Cooperative Extension, each lesson focuses on cooking skills while teaching teens nutrition, food safety, and physical activity. Teen Cuisine contains six 90-minute lessons that can be modified for shorter sessions. The curriculum includes many optional activities to extend learning in and outside of class and can be customized for audiences of different ages and abilities. All lessons build on one another and give the student time to practice new skills as well as develop new understanding and habits regarding personal nutrition and health. Each participant receives a workbook that is filled with vibrant pages that reinforce important skills and also includes many healthy recipes for students to use at home with their families.



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

“Teen Cuisine not only taught me how to cook but also taught me about teamwork and citizenship.”

Student in Nottoway County, Virginia

