

Materials	Ingredients of choice
Learning Outcome	Recognize how to improve the taste of foods by adding healthy ingredients to increase flavour.

## Description

Ask the youth how they feel when food is *boring* or *plain*. Brainstorm foods that the youth thinks are boring or plain. Explain to the youth that often when people think food is boring or plain, they are more likely to choose unhealthy foods with added sugars or sodium.

To support healthy eating, explain to the youth that they can increase the taste and flavour of food with various healthy ingredients. Challenge the youth to come up with ideas to increase the taste and flavour of snacks and meals they identify as plain and boring. If the ingredients are available, try making some of the snacks or meals in your own kitchen and share with the whole family.

Supervise the youth while chopping or using the oven or stove. If needed, provide the youth with the following examples of ways to modify foods to increase taste and flavour:

- Spread your favourite nut butter on sliced apples and add granola on top
- Add a bit of maple syrup and granola to plain yogurt
- Dip vegetable sticks in hummus or guacamole
- Add sliced avocado, seeds, extra virgin olive oil, balsamic vinegar, fruits, and diced vegetables to leafy greens
- Add a dash of cinnamon to applesauce
- Add sliced apples and cinnamon to plain oatmeal
- Spread your favourite nut butter on plain rice cakes

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the youth the reflection questions below and discuss the answers together.

- *What other natural ingredients can be added to meals to improve the taste (e.g., spices, herbs, balsamic vinegar, homemade bread crumbs, etc.)*
- *Can you think of examples of ways to make breakfast, lunch, and dinner foods go from ordinary to extraordinary using healthy ingredients?*