

Materials	Ingredients of choice, Yummly app
Learning Outcome	Use available ingredients to prepare a healthy snack or meal.

## Description

Explain to the youth that sometimes it can be difficult to figure out a healthy snack or meal with the ingredients or foods that are available. To practice using ingredients that you already have at home, encourage the youth to download Yummly, a free personalized recipe app. Yummly is unique because it allows you to take a picture of the ingredients that are available to you, and the app identifies the ingredients and provides a recipe using the ingredients you have available.

Invite the youth to lay out their chosen ingredients on the counter and use the Yummly app to take pictures of the ingredients. Then, scroll through the suggestions and pick one that they would like to make. Supervise the youth while chopping or using the oven or stove. After the youth has prepared their snack or meal, discuss with them how they can use the app to develop food preparation knowledge and skills.

## 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.

- *Why is developing food preparation skills important?*
- *How are food preparation skills related to healthy eating?*