

Materials	Paper, pen, access to the internet
Learning Outcome	Research and summarize information about food preparation.

Description

Challenge the youth to discover new things about food to develop their food skills.

Provide the youth with a list of questions related to food preparation. Some example questions are:

- Do you know why some recipes call for egg whites vs. the whole egg?
- Do you know how to separate the yolk from an egg white?
- Do you know what al dente means when cooking pasta?
- Do you know how to make something not stick to the pan when cooking it?
- Do you know any muffin recipes that do not use refined sugar?
- Do you know when steamed broccoli or green beans are cooked best?
- Do you know how to make guacamole?

Ask the youth to research answers and share their explanation for each.

Support them with identifying answers that may be more difficult.

Challenge the youth to apply one food skill they learned by preparing a food and be sure to supervise chopping or using the oven or stove.

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 foods or meals would you like to know how to prepare?*
- *How do you think people shared food knowledge before we had access to the internet?*