

Materials	Paper, pen, one food item that can be cooked multiple ways (optional)
Learning Outcome	Identify various ways to cook food and practice cooking one food.

Description

Explain to the youth that many foods can be cooked in a variety of ways (e.g., baked, grilled, roasted, etc.). If needed, refer to the [Healthy Cooking Methods](#) of Canada's Food Guide for an explanation of various ways to cook food.

Ask the youth to brainstorm all the foods they can think of that can be cooked in a variety of ways. For example:

- Eggs - fried, boiled, poached, etc.
- Potato - mashed, scalloped, boiled, etc.
- Chicken - grilled, baked, stir-fry, etc.
- Rice - boiled, steamed, baked, etc.
- Corn - boiled, grilled, steamed, baked, etc.

After brainstorming various foods, invite the youth to select one of the foods and cook it at least two ways.

Talk about the differences in texture and taste and the process to prepare each food.

If access to the food is not available, consider watching a video about how to prepare it and try to cook the food another time when there is access.

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.

- *How many different ways did you learn to cook food?*
- *How do you think being able to cook a food in various ways might support budgeting for groceries?*