CACFP Healthier Meals Cooking Class - Level 1
Just for YOU!

Prepare and taste-test nutritious snack and menu items that appeal to children while using more whole grains, fresh fruits, fresh vegetables and lowering fat, sugar and sodium. Advance your skills and learn the latest techniques and methods of cooking healthier. Be ready with fresh ideas when the new Meal Patterns arrive.

This one day 4 hour cooking class is free of charge and is offered by the Illinois State Board of Education, Nutrition and Wellness Division. Register Now.

Hours 1 & 2

- Introductions and tour of culinary kitchen - 15 minutes
- Pre-assessment - 10 minutes
- Scaling & adapting recipes - 15 minutes
- Proper produce storage - 15 minutes
- Knife skills - 30 minutes
- Chef Demonstration – Oodles of Noodles using the “mise en place” concept of organizing and arranging all ingredients and components required to efficiently prepare menu items in the professional and home-style kitchen - 20 minutes

Activity: Prepare recipes using knife skill concepts for the cooking portion of the class – 30 - 45 minutes.
*All recipes used from Recipes for Healthy Kids: Cookbook for Childcare Centers

Group I

1. Aztec Grain Salad (Whole Grain)
2. Harvest Delight (Dark Green and Orange Vegetables)
3. Crunchy Hawaiian Chicken Wrap (Dark Green and Orange Vegetables)
4. Sweet Potato Black Bean Stew (Dark Green and Orange Vegetables)

Group II

1. Rainbow Rice (Whole Grains)
2. Tasty Tots (Dark Green and Orange Vegetables)
3. Roasted Fish and Crispy Slaw Wrap (Dark Green and Orange Vegetables)
4. Tuscan Smoked Turkey and Bean Soup (Dry Beans and Peas)

Hours 3 & 4

- Preparation of recipes, tasting, and evaluation - 1 ½ hours
- Clean-up and post assessment - 30 minutes