

Healthy Cooking Styles

Have you ever tried sautéing with water or prepared a boiled salad? It is easy to get in a rut and prepare the same foods in the same way. The food you eat should be delicious and satisfying. Start with fresh, high quality ingredients and choose cooking styles that enhance the food's flavor and appearance. Let's take a closer look at how different cooking styles affect the flavor and texture of food.

Cooking is an art form. Not everyone considers themselves an artist, but when it comes to food everyone should know the basics. When putting together a menu for a nutritious and attractive meal, there is a lot to consider. The color, texture, and energy a food contributes to a dish are important to note. The fact sheet emphasizes the preparation of healthy and colorful vegetable and grain dishes that complete a meal. The United States Department of Agriculture recommends that our plates should include a large portion of vegetables and whole grains each day.

Plan variety into your menus to ensure you consume a broad range of nutrients, achieve a balance of nutrition and flavor, and enhance the enjoyment of your meal. The goal is food that is both nutritious and delicious.

Lesson Objectives/Outcomes

Participants will

- » Acquire skills to prepare vegetables and grains in at least five ways;
- » Understand the health benefits of preparing foods with less oil; and
- » Understand the importance of consuming more vegetables and whole grains.

Intended Audiences

- » Adult groups of any age, including community groups, family and community education groups (FCE)



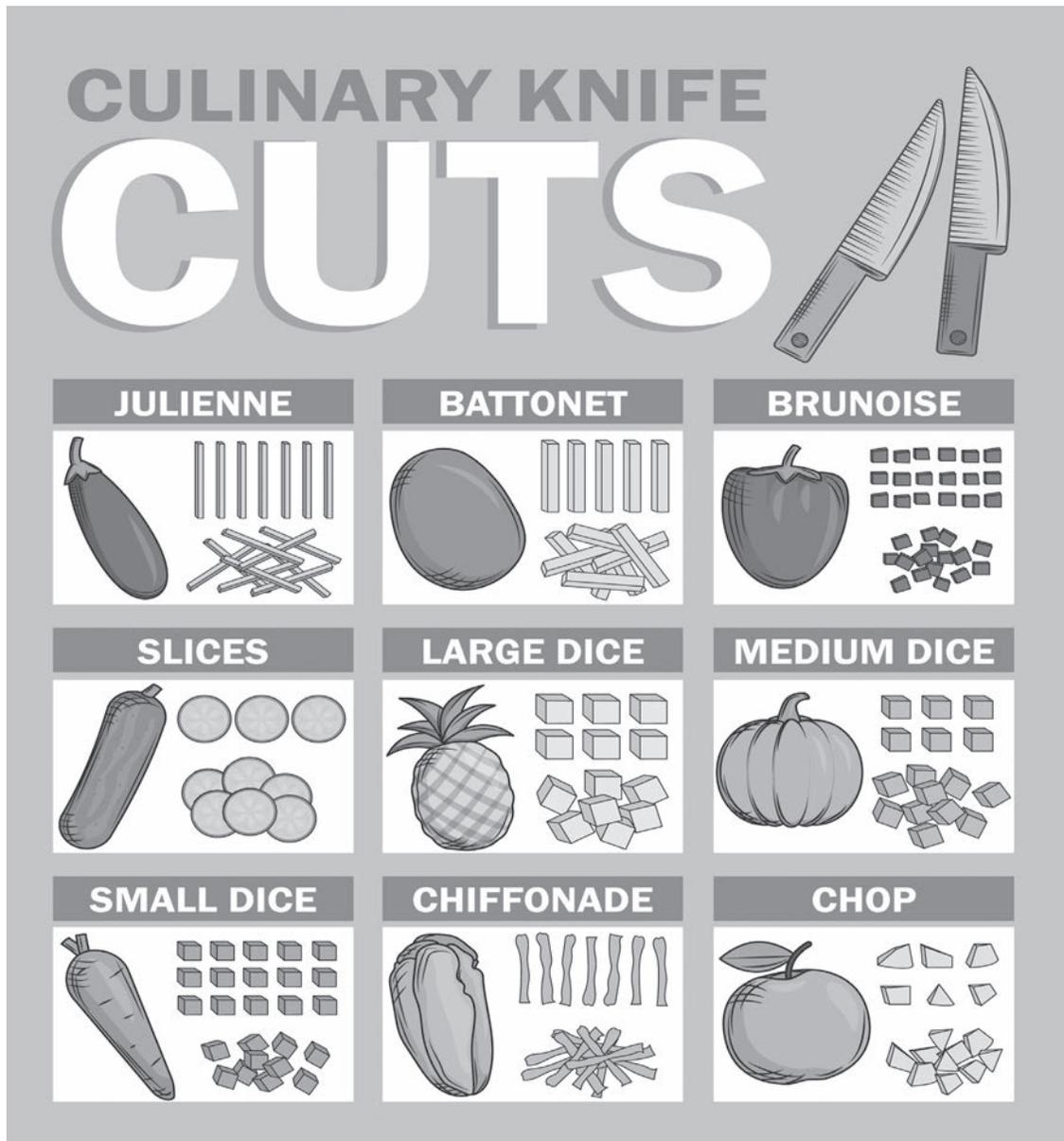
- » Youth audiences, 4-H groups, FCS classes, after-school programs
- » Youth and adult cooking classes

Preparation

- » Read the "Healthy Cooking Styles" fact sheet (MF3350) and review this leader's guide for suggested activities. Familiarize yourself with the terms and strategies outlined in them.
- » Make copies of the evaluation tool on page 3 of this guide.

Presenting the Information

- » Give each participant a copy of the fact sheet.
- » If space and time allow, share different cutting styles and prepare one of the recipes to sample. Make copies of the illustration of different knife cuts on page 2 to share with participants. If facilities or time constraints do not allow for



a hands-on demonstration, consider serving samples of a prepared dish.

- » Ask participants to complete the evaluation for the program. Thank them for their participation.

Community Activities

- » Teach a cooking class in your community. You may want to charge a small fee to cover the cost of food.
- » Demonstrate a healthy cooking style during a WIC clinic to encourage young families to prepare whole food instead of using highly processed foods.

Resources/References

Albert, Rachel, *Cooking with Rachel, George Ohsawa Macrobiotic Foundation, Oroville, CA 95965*

American Institute for Cancer Research, *The New American Plate Cookbook, University of California Press, Berkeley and Los Angeles, CA*

Brown, Simon G., *Modern-day Macrobiotics, North Atlantic Books, Berkeley, CA*

Christina Pirello, *Cooking the Whole Foods Way, published by the Berkley Publishing Group, a division of Penguin Putnam Inc., New York, NY 10014.*

After participating in this program I gained knowledge about:					
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Healthy cooking styles for preparing vegetables and grains.					
Different ways to cut vegetables before cooking.					
How cooking a food in a certain way affects its texture and nutrition.					
After participating in this program, I plan to:					
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Make an effort to try one of the healthy cooking styles presented here.					
Prepare dishes with lower fat content.					

One thing I learned from this program that I did not know before was:

One thing I wanted to learn from this program or would like to learn in the future is:

Overall, how valuable was this program to you?

- Not at all
 Somewhat valuable
 Valuable
 Very valuable

Please provide any additional comments you may have:

Gender: Male Female Prefer not to respond

Please indicate your county:

Marital status:

- Single Single, living w/partner Widowed Married Separated/Divorced
 Prefer not to respond

Thank you for completing this evaluation. We appreciate your feedback.

Please return this form to: _____

Donna Krug

Reviewed by:

Sharolyn Jackson, K-State Research and Extension, Northeast Area FCS specialist

Lori Wuellner, K-State Research and Extension, Wyandotte County FCS Agent

Natalie Fullerton, Kansas Rural Center

Publications from Kansas State University are available at:
www.bookstore.ksre.ksu.edu

Date shown is that of publication or last revision. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Donna Krug, *Healthy Cooking Styles, Leader's Guide*, Kansas State University, July 2017.

**Kansas State University Agricultural Experiment Station and
Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.

MF3351 July 2017