

Curriculum Overview

Cooking Matters in the Pantry

Core Components

Objectives

Cooking Matters in the Pantry are stand-alone lessons that teach low-income adults, families or parents to “shop smarter,” make healthier food choices using nutrition information, and cook affordable meals. Lesson objectives for each lesson can be found in the Facilitator Guide.

Theoretical framework

All lessons are participatory (learner-centered) learning based on social cognitive theory, which focuses on increasing self-efficacy as a key construct. Cooking Matters courses are hands-on, skill-based and participatory, which is designed to “increase self-efficacy among participants, thereby enabling positive behavior change.” For more on the research and framework, review “Research Support for the Cooking Matters Educational Approach” at bestpractices.nokidhungry.org/download/file/fid/858

Setting & target audience

Setting for the curricula is not specified, though requires access to kitchen or cooking equipment (e.g., oven, stove, or at least a hot plate, portable stove, or induction burner) and ample space. Adequate hand-washing facilities must be available.

Target audience for Cooking Matters in the pantry include kids, teens, adults and families.

Number and duration of lessons

Cooking Matters in the Pantry is intended to be used in a demonstration setting. Educators select from key messages (listed below) and choose an appropriate activity depending on their audience. Each demonstration should take between 15-30 minutes.

Recommended pacing

None

Instructional order & strategies

Demonstrations are based on key messages. They are:

- ✓ Eat a variety of colorful fruits and vegetables.
- ✓ Choose drinks with less sugar or make your own.
- ✓ Make your own healthy snacks at home.
- ✓ Choose whole grains as often as you can.
- ✓ Choose lean and low-fat proteins

Educators select the key message they want to convey and then choose from an activity bank for that message.

Cooking Matters in the Pantry

Activity Title	Duration
Blubber Burger	15 minutes
Food Group Relay	20 minutes
Fruit vs. Juice	15 minutes
Healthy Drinks Taste Test	15 minutes
Name That Fruit or Vegetable	15 minutes
Name That Whole Grain	15 minutes
Putting Fruits and Vegetable to the Test	15 minutes
Putting Whole Grains to the Test	20 minutes
Snack Attack	30 minutes
Sugar Overload	15 minutes
Super Snackers	25 minutes
Your Veggies, your Way	30 minutes

Core Activities

“It is not expected that all lesson activities will be covered in every session; however, in order to qualify as a Cooking Matters course, the curriculum must be implemented without any substantial abridgements.”

(Source: Cooking Matters Satellite Partner Implementation Guidelines, pg. 16)

Materials

A list of needed materials for each demonstration can be found in the Facilitator Guide. A complete checklist of what you will need is provided for each demonstration.

Training

- ✓ Review curriculum overview.
- ✓ Review Instructor Guide and materials for the Cooking Matters curriculum you will use.
- ✓ Practice or talk through the lessons with another educator or your supervisor.
- ✓ Observe another educator teach a Cooking Matters in the Pantry lesson (if possible)

Recipes

Recipes are included for each activity. Educators are encouraged to use recipes that are provided in the curriculum. Recipes should always support core content of lessons. Other recommended recipes resources can be found at:

<https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes>

<http://growhappykids.org/>

<https://cfacaa.human.cornell.edu/dns.fnec/files/resources/4HRecipeBookFinal.pdf>

<http://www.foodhero.org/>

<https://spendsmart.extension.iastate.edu/recipes/>

Fidelity is...

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Using program materials
- Adhering to recommended pacing
- Keeping the program's instructional order
- Utilizing the program 'routines'
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

Making adjustments while delivering with fidelity

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities¹
- Modify an activity (e.g. having participants measure shortening onto paper plate rather than making "Blubber Burgers" with actual hamburger buns.)
- Provide participants with coaching, ongoing support, and individual instruction when needed
- Adjust group size
- Increase opportunity for participants to engage and ask questions, and provide answers

Evaluation

Check with your supervisor for required evaluation tool and current evaluation protocol.

Links to curriculum:

<https://cookingmatters.org/sites/cookingmatters.org/files/CMYFP.pdf>

¹ Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.