Welcome and thank you for joining!

- Please mute your microphone to eliminate background noise
- We will answer questions at the end of the webinar via chatbox
- We will be sending out survey links at the end of the session so please fill those out and let us know how we are doing

If you are interested in joining the Healthy Food Choices in Schools Community of Practice or have any questions, please contact Vanessa Spero, eXtension Healthy Food Choices in Schools Lead, Vspero@ufl.edu
WE ARE RECORDING

Please take note that this webinar is being recorded and will be used for future educational programming. If you have any concerns with being recorded or do not wish to be recorded, please be sure to keep your video camera off and your audio muted.
Who we are

- eXtension: https://impact.extension.org/
- UF/IFAS Extension: https://sfyl.ifas.ufl.edu/
- The Monday Campaigns: https://www.mondaycampaigns.org/
- ChopChop Family: https://www.chopchopfamily.org/
Introduction

Nara Sandberg, Cherry Dumaual (The Monday Campaigns)
Our Story

- Founded by former advertising executive Sid Lerner
- Began with Meatless Monday in 2003 in partnership with Johns Hopkins Bloomberg School of Public Health
- Expanded in 2006 in partnership with Syracuse and Columbia Universities
- Founded on public health communications research

The Kids Cook Monday

- Test piloted by Columbia University Teachers College in 2010

Two Goals:
- To equip children with essential culinary skills
- To encourage family dinners

Why Monday?

- Our research shows that people view Monday as a day for a fresh start and are more likely to start healthy activities
- People who start on Monday say they’re more likely to follow through on their health intentions the rest of the week
Ask the Expert

Stephanie Hurwitz, Test Kitchen Manager
How to teach kids to prepare healthy snacks?
Benefits of Healthy Snacking

- Snacking can be an important part of a balanced diet
- Benefits
  - Sustained energy
  - Portable
  - Physical and mental boost
  - Improved focus
  - It’s fun to snack
Introduce the Kitchen

- Fun and safe place
- Learning opportunity
- Help kids get to know each area of the kitchen
  - Refrigerator
  - Freezer
  - Stovetop
  - Oven
  - Sink
  - Drawers
Start Small - Food

- Use ingredients that kids already enjoy and expand:
  - Carrots and Hummus
  - Yogurt; try adding fruit or granola
  - Apples; cut and enjoy with nut or seed butter
  - Cheese; slice cucumbers and make a sandwich
Start Small - Skills

- As kids gain more skill in the kitchen introduce new tasks
  - Mashing
  - Stirring
  - Measuring
  - Cutting
  - Oven
  - Stove
Get Creative!

- Take a traditional snack and add a new variation
- Make a toast bar, each person can have an option that suits their taste
- Try these:
  - Hummus with cucumber
  - Cheddar and tomato
  - Avocado
  - Cream cheese and chives
  - Peanut butter and berries
Rethink Your Drink

- Add new options:
  - **Water**
    - Add sparkling water to fresh fruit juice
      - Grapefruit Sparkle
  - **Milk**
    - Old-Fashioned Eggless Cream
  - **Smoothie**
    - Add vegetables to smoothie to change the color
      - Green Monster Smoothie
Experiment

- Try an experiment
- Why does popcorn pop?
- Follow recipe, invite kids to watch and listen for the popcorn to pop
- Homemade Popcorn

KITCHEN SCIENCE

Why does popcorn pop?

BY VAYU MAINI REKDAL

The transformation of a seed into one of our most popular snacks—in the blink of an eye—is a remarkable process that hides a lot of interesting science. Whereas the kernel is hard, the popcorn is light, crunchy, and delightfully fluffy.

Like most seeds, the popcorn kernel houses the majority of the ingredients that the plant needs to start its journey toward a full-grown organism. These include starch and water, the two secret ingredients that make kernels pop.

Kernels contain as much as 15% water inside the hard shell. Heating them turns the water into steam. The steam dissolves the starch inside the kernel and forms a thick liquid. The steam and heat create lots of pressure, eventually cracking the shell and causing the popping.

Instead of splashing everywhere, the starchy water mixture cools down rapidly and instantly solidifies upon escaping the shell. This solidification is what makes the white, crunchy popcorn.

Now, do you think that any two popcorn pieces look exactly alike?
Make it Fun

- Try a taste test!
- Broccoli
  - Raw versus Cooked

Taste Test: Raw vs. Cooked

We want people who don't think they like Brussels sprouts to try them raw (page 10), because sometimes people like a vegetable raw but not cooked, or vice versa. This taste test is about that exact thing—the fact that vegetables taste really different when they're raw from how they taste when they're cooked. Do you like spinach? Do you know if you prefer it raw or cooked? Or if you don't like spinach, do you know if you've tasted it both ways before? Grab a friend, try this taste test, and learn more about what you like and why.

KITCHEN GEAR
Measuring spoons
Medium-sized pot with lid
Colander
Tongs
1 medium-sized bowl
1 large bowl

INGREDIENTS
1 16-ounce bag baby spinach
2 teaspoons olive oil
½ teaspoon salt
Lemon wedges

INSTRUCTIONS
1. Put an inch of water in the pot and put the pot on the stove. Cover the pot, turn the heat to high, and bring it to a boil (you'll know it's boiling when you see bubbles breaking at the surface).
2. Put ½ of the spinach in the pot, put the lid back on, and leave it to steam just until the leaves all collapse, about 2 minutes. Set the colander in the kitchen sink.
3. Drain the spinach in the colander, then use the tongs to put it in the medium-sized bowl. Sprinkle 1 teaspoon oil and ¼ teaspoon salt on the spinach and toss it with the tongs.
4. Put the remaining spinach from the bag in the large bowl. Sprinkle it with 1 teaspoon oil and ¼ teaspoon salt, and toss it with the tongs.
5. Taste each kind of spinach.
What are some of the differences you notice?
Which one do you like better?
What kinds of dishes or recipes would each type be good for?
6. Now squeeze a little lemon juice onto each kind and taste again. What do you think now?
Snacks for your Sweet Tooth

- Vanilla Applesauce
- Pumpkin Pie Smoothie
- Toasted Coconut Granola
- Apple-icious Oat Bars
- One-ingredient Banana Ice Cream
ChopChop Resources

- Visit our website for hundreds of free recipes, all tested by kids
  - [www.chopchopfamily.org](http://www.chopchopfamily.org)
- Sign up for our monthly Newsletter
- Interested in seeing our magazine in print?
  - Please email us at [info@chopchopfamily.org](mailto:info@chopchopfamily.org) and mention *Education Webinar Series* for a free magazine
- Interested in ordering?
  - Individual Subscription: Annual subscription (4 issues) $20.95 available in English or Spanish
  - Bulk Order
    - Please contact us at [info@chopchopfamily.org](mailto:info@chopchopfamily.org) to order
Helpful Tips and Demo

Vanessa Spero
Regional Specialized 4-H Extension Agent
TEACH, ENGAGE, & EXPERIENCE

UF IFAS Extension
UNIVERSITY of FLORIDA
FOOD SAFETY

<table>
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<tr>
<th>Teach</th>
<th>handwashing, hot surfaces, knife skills, using equipment properly</th>
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<td>Create</td>
<td>a safe space</td>
</tr>
<tr>
<td>Consider</td>
<td>the child’s age</td>
</tr>
<tr>
<td>Build</td>
<td>on skills that are learned</td>
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Food Safety Resources

- Fight Bac: https://www.fightbac.org/
- Kids in the Kitchen: https://www.nutrition.gov/topics/nutrition-age/children/kids-kitchen
• Handwashing the Gator way: https://youtu.be/yBvqJZvz0ow

• What not to do in the kitchen/health and safety - Jamie Oliver's Home Cooking Skills: https://youtu.be/IA8IW5abQTg

• Bacteria growth: https://youtu.be/gEwzDydciWc
TEACH ABOUT FOOD

Reading Nutrition Labels:
https://youtu.be/yIY0w04AAVk

Understanding MyPlate:
https://youtu.be/_Fpm3ZXGoW0

Go, Slow, Whoa Foods:
https://jmgkids.us/lgeg/

Rethink Your Drink:
http://blogs.cornell.edu/delawareesny/2014/06/17/rethink-your-drink/
Example: Rethink your Drink

ENGAGE & EXPERIENCE
TASTE TEST

https://jmgkids.us/lgeg/
NEW RECIPES

https://4-h.org/parents/healthy-living/cookbook/?utm_campaign=FreshChefs&utm_source=socialmedia&utm_medium=social_influencer&utm_content=&utm_term=&utm_variation=
- Go Shopping
- Garden
- Experiment
- Iowa State Extension 4-H: https://www.extension.iastate.edu/4h/projects/foodandnutrition

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WRAP UP

Remember the benefits
Teach the skills and the nutrition
Make it fun
Questions?
Thank you

We hope to see you next time!
Survey Link

https://ufl.qualtrics.com/jfe/form/SV_0NyVP8JGza9NXPD

Next Webinar

Simple Changes to Teach People How to Improve the Health of their Meals: Oct 19, 2020 01:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

https://ufl.zoom.us/meeting/register/tJApfuupqTluH9BD6YJD4VheCT4ChKnCph3x