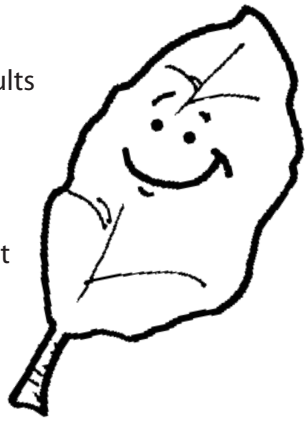
Green Leafy Vegetables

LESSON PLAN

Title: Cooking with Green Leafy Vegetables



Target Audience: Young adults, middle-aged adults with kids, older adults

Duration: 45 minutes

Materials:

PowerPoint presentation on CD; necessary computer equipment
Copies of Fact Sheet
Copies of Tip Sheet
Copies of Crossword Puzzle
Copies of Evaluation Form
Copies of Recipes
Recipe ingredients (including vegetable examples); necessary cooking equipment

General Objectives:

-To educate participants about the types, nutritional benefits, and proper storage and handling of green leafy vegetables.
-To help participants overcome perceived barriers by increasing confidence in ability to prepare meals that include green leafy vegetables.

Specific Outcomes:

-Participants will be able to identify various green leafy vegetables.
-Participants will be able to compare fresh and frozen green leafy vegetables.
-Participants will be able to state the benefits of consuming green leafy vegetables.
-Participants will be able to prepare 1 recipe based on green leafy vegetables.

Activities:

PowerPoint lecture
- Slides will cover identity, proper storing and handling, basic nutrition, and the differences between fresh and frozen vegetables

Discussion of Fact Sheet
- Fact sheet will include cancer statistics, information about phytochemicals and nutrition, some fun facts, and examples and serving sizes of these vegetables

Discussion of Tip Sheet
- Tip sheet will cover tips on how to introduce these vegetables to the family

Crossword Puzzle
- Uses information from the Fact Sheet and Tip Sheet

Cooking Demonstration
- Demo will include 2-3 easy, healthy recipes

Tasting and Judgment

Evaluation: Participants will fill out an evaluation form that includes goal-setting exercises

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Layout and Design by Dave Varley