

station

4

EAT SMART: HEALTHY STARTS AT HOME



chef instructors:

Each group will have 30 minutes at your station to complete one activity and conduct a taste testing:

- Take it or Make It
- Store bought vs. homemade taste test

The Station Leader will start off the activity arranging the families into small groups. The groups will examine the amount of fat, sugar, sodium and calories in common fast food orders. Then station leader will serve as the main "Game Show

Host" during the first activity. The remaining chef volunteers will be divided into the following roles:

- Keep score as families guess items.
- Reveal fat, salt and calorie content for items.
- Demonstrate the process for making the homemade version of citrus vinaigrette

This activity will reveal unneeded fat, sugar and salt found in common store bought items and demonstrate simple methods for making these at home.



fast food calculations

- Chef volunteers will work with families calculating out the amount of carbohydrates, sodium and fat in common fast food orders.
- Each volunteer will ask their group what they commonly order at fast food restaurants. Discuss the sizing

of the fries and sodas commonly ordered by families.

- Using the handouts find the fat, sodium, sugar and calorie counts on common orders at fast food restaurants. Include all side items ordered.
- Have family members measure out the amount of sugar, sodium and shorting for the meal into clear containers. Compare these containers to the recommended daily amounts.



take it or make it activity:

- This activity will be very similar to the price is right game show with families guessing the amount of fat and salt in certain items.
- The Station Leader explains the recommended daily amounts of fat

and salt. Show a visual of the amount of fat represented by shortening in a clear cup and salt in a clear salt shaker.

- The Station Leader will give an overview of common ways salt and fat sneak into everyday foods every day and refer to the Salt handout.
- Break families into small groups and have each group make a sign with their team name.

- Begin the "Take It or Make It" activity by
 - Show item #1 – ask each group to write down how many calories, grams of fat and how many mg of salt is in the item. Have each group hold up their sign to show their guesses. After each group has shown their guess, reveal the correct amount on the card and visually in a cup. The team closest to the right answer gets a point. Next show how much sodium, fat and calories would be in the item if it was made at home.
 - Repeat process for items 2 and on until all items have been shown.

station

4

EAT SMART: HEALTHY STARTS AT HOME



activity

3

store bought vs. homemade taste test

- Provide tasting samples for families of the homemade Easy Veggie Chili and the store bought Hormel Meatless Chili. Remind families of the difference in fat and sodium by making the meal at home.

- Demonstrate the method for making citrus vinaigrette for the families. Invite volunteers from the audience to help where appropriate. Discuss the ingredients used and how making it at home will reduce fat and sodium. Toss dressing into salad and serve.
- Remind families that the recipes for the demonstration will be in their gift bag they will receive at the end.