

# COOKING ACADEMY

A Supplement for Virtual Delivery

—  
University of California 4-H, Expanded Food  
and Nutrition Education Program, and  
CalFresh Healthy Living UC

Cooking Academy was created by the Yolo County team: Marcel Horowitz, MS, MCHES, Angela Asch, MA, Bailey Rose, BS & Lisa Gonzales, MPH

Virtual adaptations were made by Anne M Iaccopucci, EdD, Scott Mautte, and Keely Ahders



# Project Setup

This project can be delivered weekly, bi-monthly, or monthly. Plan on having eight meetings total (Orientation + seven recipes). Below is an outline to help you deliver the Cooking Academy Virtually. The Learning Management System, eXention, will be used to deliver this program. You will first need to create an eXention account and have all your members create one as well. This is where you will access all the materials and resources for virtual delivery.

eXention: <https://campus.extension.org/>

Course: UC Cooking Academy <https://campus.extension.org/course/view.php?id=1928>

Enrollment Key: You will use a specific enrollment key to access your course based on your program. Descriptions are below:

**4-H SNAC:** You are participating in a 4-H SNAC Club (Central Sierra, San Luis Obispo, Santa Barbara, University Nevada, Reno)

**CFHL:** You are a CalFresh Healthy Living, UC staff member and/or adult mentor and are offering this program outside of a 4-H SNAC Club

**CA EFNEP:** You are a EFNEP staff member and/or adult mentor and are offering this program as part of your youth and/or family education efforts

**UC 4-H:** You are a member of the UC 4-H program, not participating on 4-H SNAC or HHA

**HHA:** You are participating as part of the Healthy Habits Ambassador program (Central Sierra and Mariposa)

**National:** You are participating from a state other than California

# Program Timeline

Determine how frequent your project will meet. There should be at least eight virtual meetings that will be around 45 minutes each. Participants may also engage in cooking outside of the scheduled meetings. Here is an example of a project timeline:

Meeting	Date/Time/Link	Meeting Objectives	Activities
Orientation	11/5, 6pm, Zoom Link	Project Overview, Teambuilding, Technology Use	Access eXtension course, review project schedule, establish group agreements, review supplies needed, review kitchen safety/food safety
Lesson 1	11/12, 6pm, Zoom Link	Understand the importance of following rules and safety in the kitchen. Intro to kitchen tools/terminology. Learn how to read a recipe. Foundation. Students will learn about kitchen tools, kitchen terminology, how to read a recipe, and proper cooking set up and clean-up procedures.	Video Lesson #1: Healthy Snack Trail Mix Recipe  Online Games: Chef Prep Showdown, Cookology level 1 & 2
Lesson 2	11/19, 6pm, Zoom Link	Understand the MyPlate concept and practice preparing a MyPlate meal. Food Safety. We will introduce the basic principles of balanced meals. We will practice safe knife skills and prepare a recipe incorporating three different food groups.	Video Lesson #2: Black Bean & Vegetable Quesadilla Recipe
Lesson 3	12/3, 6pm, Zoom Link	Practice, prepare, and enjoy vegetables and new foods. Fruits and Vegetables. We will introduce a variety of fruits and vegetables, discuss the importance of eating fruits and vegetables, and prepare a colorful meal.	Video Lesson #3: Tofu & Vegetable Stir Fry Recipe  Online Game: Create MyPlate
Lesson 4	12/10, 6pm, Zoom Link	Understand the difference between whole grains and refined grains. Whole Grains. We will learn the difference between whole grains and refined grains, learn how to read a food label, and prepare a breakfast recipe rich in whole grains.	Video Lesson #4: Berry French Toast Recipe  Online Game: The Whole Grain Game
Lesson 5	12/17, 6pm, Zoom Link	Identify and learn to prepare healthy snacks and beverages at home and school. Smart Snacking. We will practice reading food labels, and prepare a healthy beverage and snack.	Video Lesson #5  Online Game: Sugar Shock
Lesson 6	1/7, 6pm, Zoom Link	Learn to choose healthy food and beverage choices when eating out. Fast Food Savvy. We will practice making smart choices when eating out and prepare a healthier version of a popular fast food item.	Video Lesson #6  Online Game: Restaurant Land
Lesson 7	1/14, 6pm, Zoom Link	Learn to prepare a healthy celebration food! Wrap up and Review. We will review what we have learned together, celebrate our success, and set goals to continue our learning and cooking!	Video Lesson #7  Celebration!

# Orientation Meeting

- Determine which virtual platform works best for your group. Zoom is popular, but it is recommended that you use the platform your members are most comfortable with, or the one that is used for their schoolwork.
- Engage members in a team builder activity where they can introduce themselves and share a little about themselves. You want to build community and relationships within the group. Some ideas might be to ask members why they joined the project, what they are most excited about, what their favorite foods are. Team builders that get members up and moving around are preferred.
  - Outline project objectives
  - Engage actively with food
  - Practice basic culinary techniques
  - Complete and taste healthy recipes
  - Empower chefs to cook healthy foods at home
- Overview of the program (seven sessions that will help build their cooking skills)
  - The Cooking Academy program contains seven hands-on lessons, each with a corresponding nutrition education component. Each lesson includes a supply checklist, recipe, cooking demonstration video, and nutrition education resources and activities. Once you complete the UC 4-H Cooking Academy, you will be awarded a Chef certificate that acknowledges your skills development in the culinary arts and nutrition.
- Establish group agreements (refer to the Cooking Academy ground rules).
- Share the eXtension link and make sure everyone can login and access the project materials. Walk through webpage with resources (eXtension course)
- Let the members know that they will be responsible for making each dish and (depending on how you decide) will either need to purchase the ingredients on their own or will receive a shipment kit from you.
  - General kitchen equipment needed
  - Shopping lists for each recipe
- Share the project format and schedule, describing what participants will do on their own and what they will do as a group.
- Review Kitchen Safety/Food Safety
- Self-guided, intended to be done with family member, adult mentor, or teen leader
- Link to pre survey

# Project Meetings

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

## **During Meeting**

Host a virtual meeting to discuss the key concepts cover in the recipe. For example, in the first lesson you may demonstrate proper use of the kitchen tools that were used (how to use a measuring cup). Provide members an opportunity to share how preparing the recipe went for them. Some prompting questions might be (several discussion questions are provided in each lesson of the Cooking Academy):

1. What did you learn from this cooking experience?
2. Was there anything challenging about preparing this recipe? Explain.
3. What was the most fun part of the cooking activity?
4. Did you have to make any substations?
5. Why is this a healthy meal?
6. How will you use these cooking and nutrition skills in the future?

## **Post Meeting**

Have members complete the online cooking games in eXtension.

\*Link to post survey during Lesson 7

# Lesson 1

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

## **During Meeting**

1. Welcome “chefs” to the Cooking Academy and provide an opportunity for each participant to introduce themselves.
2. Lead a team builder activity that allows for movement and fun.
3. Review the Ground Rules agreed upon during the orientation meeting.
4. Review how to read a recipe – note each section (ingredient list, measurements, serving size, and directions). Make sure you describe the importance of doing these steps in order. One fun way to do this is setup your work space with items needed to make a PB&J (or alternative for nut allergies) and ask the participants to tell you, step by step, how to make a PB&J sandwich.
5. Demonstrate how to use some of the kitchen equipment, like a measuring cup.
6. Ask participants about their experience cooking and lead them through the Taste Testing Tool Evaluation. You can use polls, verbal responses, or any other interactive way to encourage them to share.

## **Post Meeting**

Have members complete the online cooking games in eXtension.

# Lesson 2

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

## **During Meeting**

1. Lead a team builder activity that allows for movement and fun.
2. Review the prior lesson.
3. Ask participants questions about their experience cooking or lead a live cooking demonstration highlighting the cooking skills used and nutrition topics (new foods and whole wheat).
4. Lead participants through the Taste Testing Tool for either zucchini or whole wheat tortillas (which ever is least familiar to your group).
5. Share the MyPlate icon and describe each food group.

## **Post Meeting**

Have members complete the online cooking games in eXtension.

# Lesson 3

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

## **During Meeting**

1. Lead a team builder activity that allows for movement and fun.
2. Review prior lesson, including a recap of the MyPlate information. One way to review this information is to ask the participants what they remember from the last week.
3. Share the MyPlate icon and ask participants, using pen and paper, to create a healthy meal by drawing a food item for each food group. Have participants share the meals they created by giving each person time to discuss why they picked the items they did. As you discuss each food group provide information about the types of foods in each group and why they are important to a healthy plate.
4. Have the participants complete the Taste Testing Tool for tofu and discuss their experience with this food.

## **Post Meeting**

Have members complete the online cooking games in eXtension.

# Lesson 4

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

Ask participants to bring a wheat item to the upcoming meeting.

## **During Meeting**

1. Lead a team builder activity that allows for movement and fun.
2. Review prior lesson.
3. Have each participant share the item they brought (make sure you also have a supply of food labels or food items that are both whole wheat and non-whole wheat). As a group determine which items are whole wheat and which are not. Be sure to point out that ingredient list is where we find this information and help the participants look for key words like “whole grain” and “whole wheat.”
4. Explain the difference between whole grains and refined grains, be sure to explain the benefits of whole grains.
5. Ask participants about their experience making the berry toast. Discuss or demonstrate beating eggs, topping alternatives, and using a spatula.
6. End with the Taste Test Tool poll.

## **Post Meeting**

Have members complete the online cooking games in eXtension.

# Lesson 5

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

Have participants bring their favorite beverage to the upcoming meeting.

## **During Meeting**

1. Lead a team builder activity that allows for movement and fun.
2. Review prior lesson by highlighting the words used for whole wheat products.
3. Ask participants questions about their experience cooking or lead a live cooking demonstration highlighting the cooking skills used and nutrition topics (use of a box grater). Ask how the recipe could be modified.
4. Lead the participants in the Taste Testing Tool for radishes.
5. Have each participant review the nutrition label on their beverage. Have them locate the amount of sugar in their beverage (be mindful of serving size per container) and describe how to convert grams to teaspoons (4 grams equals 1 teaspoon). Display your favorite beverage, calculate the teaspoons of sugar, and then physically measure out each teaspoon of sugar into a glass for participants to view. As you're measuring be sure to demonstrate use of the measuring spoon.
6. Describe that too much sugar isn't good for us and let them know that water, milk, and 100% juice are healthier choices. Discuss how we can switch out some items for healthier choices to improve our health.

## **Post Meeting**

Have members complete the online cooking games in eXtension.

# Lesson 6

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

## **During Meeting**

1. Lead a team builder activity that allows for movement and fun.
2. Review prior lesson and invite participants to share their experiences cooking. Offer some open-ended questions to get them talking.
3. Discuss what made this macaroni and cheese healthier than traditional versions (whole wheat pasta and broccoli).
4. Lead participants through the Taste Testing Tool for broccoli.
5. Facilitate a discussion on finding healthier options at fast food restaurants. Provide participants with links to their favorite fast food restaurants: <https://fastfoodnutrition.org/fast-food-meal-calculator> and direct them to look up the calories of a typical order. Then, challenge them to find a meal order that would be a healthier option.

## **Post Meeting**

Have members complete the online cooking games in eXtension.

# Lesson 7

For each meeting use the Cooking Academy curriculum to deliver programming:

## **Pre-Meeting**

Send out supply kits or shopping lists to members.

Members will watch the cooking demonstration on their own and prepare the recipe with an adult at home. Alternatively, you can do the cooking demonstration live and share virtually. Another option is to have members sign up and rotate taking turns cooking in front of each other over Zoom or another virtual platform.

## **During Meeting**

1. Lead a team builder activity that allows for movement and fun.
2. Review prior lesson and invite participants to share their experiences cooking. Offer some open-ended questions to get them talking.
3. Discuss or demonstrate use of the vegetable peeler used in this recipe.
4. Invite all members to share photos of their cooking creations or share what they've learned, favorite parts of Cooking Academy, etc.
5. Complete the Taste Testing Tool for apples.
6. Congratulate everyone on completing the Cooking Academy and celebrate together!

## **Post Meeting**

Have members complete the online cooking games in eXtension.

\*Link to post survey during Lesson 7

# Additional Resources

Volunteer Resources: <http://4h.ucanr.edu/Resources/Volunteers/>

eXtension Resources: <http://4h.ucanr.edu/Resources/Learning-Development/>

4-H Virtual Toolbox: <https://ucanr.edu/sites/UC4-HResources/>

Virtual 4-H Resources: [http://4h.ucanr.edu/Resources/Learning-Development/Virtual 4-H Technology Tools and Tips/](http://4h.ucanr.edu/Resources/Learning-Development/Virtual_4-H_Technology_Tools_and_Tips/)

\*Evaluation link will be provided when available