

CULINARY ARTS - TAKING IT HOME COOKING FORM

TAKE-HOME LAB: HEALTHY CHOICES GUIDELINES

What makes my recipe “healthy”?

When you are trying to make an unhealthy recipe healthier, use this list as a guide to success. Flavor is important, so don't think that you need to strip every bit of it out of a recipe in your attempt to improve it. Make choices about what to change that will have the most beneficial effect, while retaining flavor in your food! Good Luck!

QUICKBREADS (muffins, breads, pancakes, etc)

- **REPLACE** 1/3 to 1/2 of all purpose flour with a whole grain or legume or nut flour.
- **REPLAC** butter (or part of it) with a natural substitute like Smart Balance (non-GMO version) or Earth Balance.
- **REPLACE** sour cream with non-fat Greek style yogurt.
- **REPLACE** cow's milk with unsweetened almond milk, coconut milk or non-fat, unsweetened soymilk.
- **CHOOSE** non or low-fat versions of dairy ingredients like yogurt, sour cream, cheeses and milk.
- **ADD** raw or toasted unsalted nuts and seeds either in or on baked goods. Chop large nuts into small pieces.
- **ADD** fruits or vegetables as a great source of moisture, flavor and nutrition. Generally speaking, you don't want to add more than a cup or cup & a half to bread and muffin recipes. ALSO - be sure that you cut any large pieces of fruit or berries into small pieces. IF you are using frozen fruit in your baked goods
- **CUT** sugar! You can cut up to 25% of the sugar in a recipe without a noticeable difference in taste. (If you cut the full 25%, you could add about 1 TBSP honey or maple syrup to give a little natural, nutritious boost of sweetness.

SAVORY DISHES

- **REPLACE butter with healthy oils** like olive, (non-GMO) canola, grapeseed oil, coconut oil, vegetable oil ... OR replace most of the butter with oil, adding a very small amount of butter at the END of your cooking process.
- **CHOOSE healthy cooking methods** like stir frying, roasting, grilling and steaming to minimize added fats and retain nutrients.
- **ADD lots of veggies** to your dishes.
- **REPLACE full fat dairy products with low or no-fat versions.** A NOTE: While most lower fat cheeses are fairly tasty, I don't advise the totally non-fat versions. The taste is just not even worth having it in the recipe. Try a combination of low fat cheeses with a bit of full fat. You could use the full fat cheeses, but cut the amount you use in half. Go for the flavor! ... good quality parmesan is a great choice to replace at least half of that mozzarella you want to pile on your pizza, for example. Hard aged cheeses like Parmesan, Asiago and Gruyere have very intense flavors, as do feta cheese and extra sharp cheddar cheese, so you can use less for more flavor.
- **CHOOSE whole grains** (or at least half & half) when making pasta, rice and other grains. Use the wonderful ancient grains that are available now (barley, freekeh, amaranth, quinoa, spelt, buckwheat and more!) in your soups, chilis and casseroles. AVOID quick cooking, processed versions and use the grains that haven't been “touched”.
- **USE leaner cuts of meat (chicken, turkey, some pork, buffalo, etc) and use as an accent.** Limiting the amount of meat you eat cuts calories and fat; your meal doesn't need to be all about the meat!

CULINARY ARTS

TAKING IT HOME COOKING FORM

TAKE-HOME LAB

TO EITHER MAKE UP A MISSED LAB CLASS OR AS A HOME COOKING ASSIGNMENT:
THIS IS: _____ **A HOME COOKING ASSIGNMENT** _____
_____ **A MISSED LAB MAKE-UP / OPTION CHOSEN:** _____

1. THE STUDENT WILL CHOOSE A RECIPE OR MEAL TO MAKE AT HOME WITH AN ADULT FAMILY MEMBER.
2. **RECIPE CHOICES** - RECIPES may be chosen from the class files, cookbooks, magazines or one of the following websites: www.allrecipes.com , www.about.com , www.cookery.com , www.livestrong.com/recipe/ , www.mayoclinic.com/health/healthyrecipe/recipeindex or www.epicurious.com . The student could also choose a family RECIPE/MENU, but **MUST** work from a printed RECIPE/MENU and the choice needs to be a healthy one.
3. PARENT/GUARDIAN WILL RESPOND TO THE QUESTIONS BELOW IF MAKING UP A MISSED LAB, OR ACCORDING TO INSTRUCTIONS ON THE ASSIGNMENT BEING COMPLETED, THEN SIGN THIS FORM FOR STUDENT TO TURN IN.

OPTION A: LAB MAKE-UP --- STUDENT WILL WRITE A BRIEF "REVIEW" OF THE RECIPE ITSELF AND OF THE FOOD, ANSWERING THESE QUESTIONS:

- ➔ What RECIPE did you make?
- ➔ Where is it from? (classroom files, cookbooks, magazines, online source)
- ➔ Was this RECIPE easy to follow? If not, what were the problems with it? (PLEASE BE SPECIFIC!)
- ➔ After you made this RECIPE, did you have any ideas for changes you might make to it, or did you like it the way it was?

OPTION B: - COOKING FOR SPECIFIC COOK-AT-HOME ASSIGNMENT OR AS A LAB MAKE UP:

• **SPECIFIC ASSIGNMENT:** _____ **DUE:** _____

• **MAKE-UP:** STUDENT CAN CHOOSE TO MAKE A (HEALTHY VERSION OF) A FAVORITE FAMILY RECIPE OR ANY OTHER RECIPE AND BRING IT IN TO CLASS ALONG WITH THIS COMPLETED FORM.

YOU MUST TURN IN YOUR RECIPE WITH THIS FORM NO MATTER WHICH OPTION YOU CHOOSE!

STUDENT'S NAME/CLASS YOU ARE IN: _____

PARENT/GUARDIAN/ADULT RELATIVE: _____

DATE PREPARED: _____ RECIPE(S) I/WE PREPARED: _____

I CHOSE THIS RECIPE/MEAL BECAUSE: _____

I LIKE THIS RECIPE/MENU BECAUSE: _____

MY PROCESS/CHALLENGES/PROBLEMS/ETC.: _____

THIS RECIPE/MENU IS A HEALTHY CHOICE BECAUSE: **SEE GUIDELINES SHEET!**

PARENT/GUARDIAN:

I WORKED WITH MY _____ TO MAKE THIS RECIPE/MENU.

MY _____ MADE THIS RECIPE/MENU ON HIS/HER OWN.

SIGNATURE OF PARENT/GUARDIAN OR ADULT FAMILY MEMBER _____ DATE _____

_____ YES, WE WASHED THOROUGHLY WITH HOT SOAPY WATER BEFORE WE STARTED COOKING AND CLEANED ALL TOOLS/UTENSILS, SURFACE, ETC THOROUGHLY WHEN WE FINISHED WORKING.

MY SON/DAUGHTER AND I FOLLOWED THE CHOSEN RECIPES. _____

WE DID _____ /DID NOT _____ HAVE ANY DIFFICULTY PREPARING THIS FOOD.

I THOUGHT THAT THE FOOD WE MADE WAS _____

ADDITIONAL COMMENTS:
