

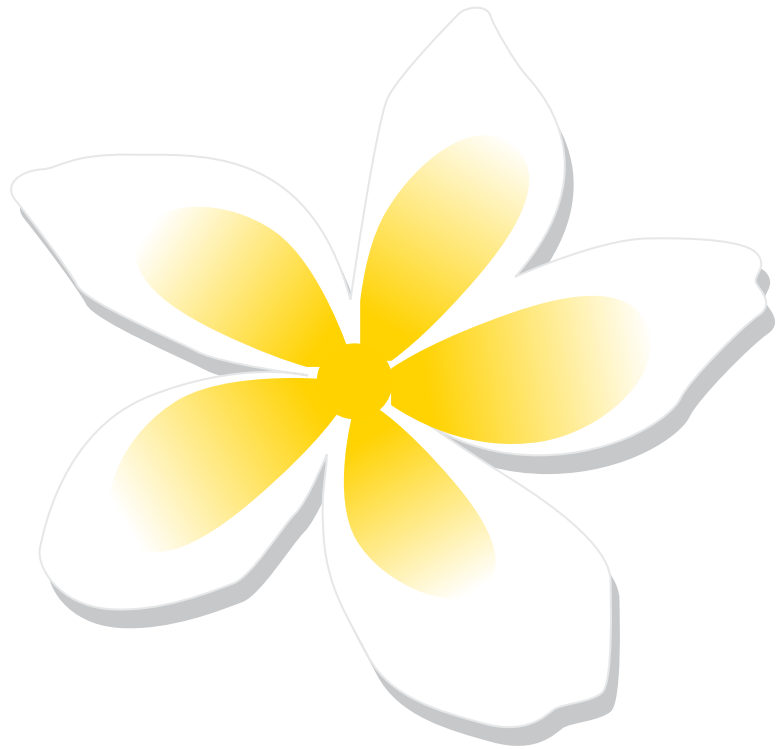


VIBRANT LIVING

BUILDING FAMILIES TODAY FOR TOMORROW

3

Healthy eating



Healthy Eating Healthy Action
Oranga Kai - Oranga Pumau



Waikato District Health Board



www.waikatodhb.govt.nz/HEHA





HEALTHY FOOD ON A BUDGET

Aim:

To equip participants with knowledge and skills that will enable them to be able to budget, plan and prepare low cost healthy meals for families.

Description:

Participants of this module will gain knowledge and skills to enable them to to budget, plan and prepare low cost healthy meals for families. The knowledge and skills will include food safety relating to preparation and storage, reading food labels, purchasing options, food preparation skills, recipe reading and ingredient measuring, menu planning, and cooking and serving healthy family meals.

Learning outcomes:

At the end of this module participants will be able to:

- demonstrate knowledge of basic safety for food preparation and storage
- demonstrate knowledge of food label reading components
- identify ways to purchase low cost healthy food options for families
- demonstrate knowledge and apply healthy family food preparation skills
- demonstrate knowledge of recipe reading and ingredient measuring techniques
- demonstrate and apply knowledge of menu planning for healthy low cost family meals
- apply practical knowledge of family meal cooking and serving.

Content:

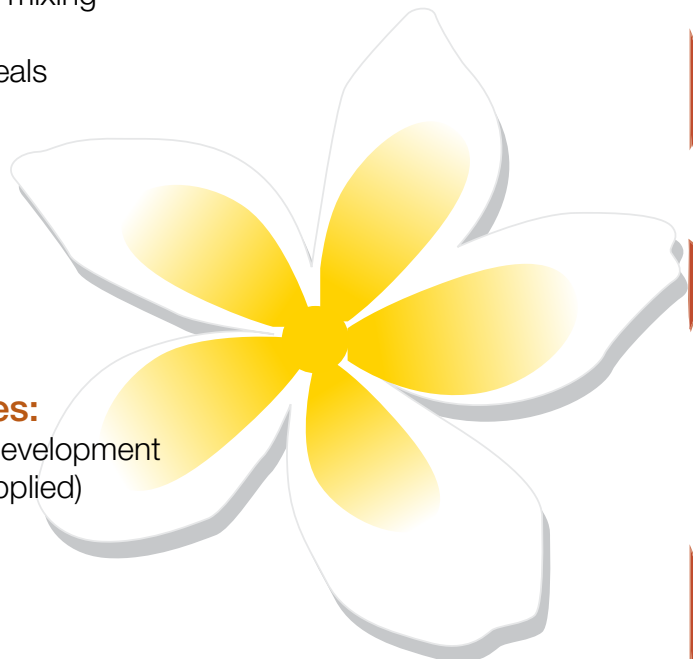
- Food safety relating to the preparation and storage of foods in the home and other community settings
- Reading food labels to determine fat, sugar and sodium content of foods
- Low cost food purchasing options
- Food preparation skills
- Recipe reading and ingredient measuring and mixing
- Weekly menu planning
- Cooking and serving healthy family friendly meals
- Portion sizes

Teaching learning methods:

- Tutorial
- Practical exercises and activities
- Demonstrations and presentations

Specific teaching and learning resources:

- Little Red Cookbook from Ministry of Social Development
- Ingredients for practical cooking sessions (supplied)





HEALTHY COOKING ON A BUDGET

Session one:

1. Food quiz (see resource section)
2. What do you use to cook with? (utensils and appliances) Ask how many cook with microwave, oven, cook top, deep fryer, electric frying pan, stovetop, Barbecue, other
3. Food groups (eat most, moderate and least) and serving sizes

Session two:

1. Menu planning
2. Comparing value for money activity plus bulk buying, in season buying, \$10 vege box
3. Label reading

