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*Watching Your Child's Weight Series:*

**LESSON WIC CF-000-08**

**Healthy and Tasty Cooking Demonstration for the Family**

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**OBJECTIVES** - Participants will be able to:

- Name or list ways to cut out fat in food preparation.
- Sample a low-fat pizza snack.

**MATERIALS FOR THE LESSON:**

- Clear storage bowls
- Spoons
- Small plastic spatula for spreading sauce
- Wide Teflon Spatula or tongs for picking up English muffins
- Broiler oven
- Hot pad
- Cooling rack
- Damp cloth
- Ice chest
- Platter/plate
- Small Baking tray (for broiler oven)
- Plastic wrap
- Trash bags

**Supplies For Sampling**

- Small paper plates
- Napkins
- Trash bags or paper bags

**Groceries**

- English muffins
- Pizza or spaghetti sauce in jars
- Grated skim mozzarella cheese
- Chopped green peppers
- Fresh sliced mushrooms
- Chopped onions

Handout (reproduce from master copies included at the end of the lesson): "Cut the Fat in Food Preparation"

*Note: If you do not have the equipment to cook the recipe and provide samples to participants, consider doing the demonstration by simply assembling the recipe and explaining how to cook it.*

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**DO AHEAD OF TIME:**

- Chop/slice all toppings and put in separate clear storage bowls. Buy either ready-to-use bags of grated skim mozzarella cheese or grate your own and store in a plastic bag. Separate English muffins and arrange on baking tray; cover with plastic wrap. Pack bowls of toppings into an ice chest for transportation to classroom and storage in-between classes.
- Set up demonstration table - position bowls of toppings, bags of English muffins, and jar of pizza sauce so that audience can see them.
- Set up demonstration to work right to left if you're right-handed, or left to right if you're left-handed. Do not cross over arms.
- Remember, reduce "clutter" as you proceed with demonstration so tray of English muffins is visible without distractions from used jars/bowls - put them out of sight as you finish with them. Keep area in front of you clear.

**OPENER:**

**Share with a partner the following questions:**

“What is your family's favorite meal?”

“Is there a way to make this meal more low-fat & healthy?”

**Let participants share ideas. Do not try to correct to misconceptions here.**

<b>WHAT YOU SAY:</b>	<b>ACTION:</b>
<p><b>SAY SOMETHING LIKE:</b> “How many of you have children that like to eat pizza?”</p> <p>“Its a fun food for kids, but many of the usual toppings for pizza are high-fat including sausage, pepperoni, whole-milk cheese, etc. Today I am going to demonstrate how you can make low-fat healthy pizzas.”</p>	<p>Pause for show of hands or comments.</p>

## WHAT YOU SAY:

**SAY SOMETHING LIKE:** “When you make pizza at home, there are several things you can do to make a pizza crust. You can buy a ready-made pizza crust, buy refrigerated pizza dough (found in section with refrigerated biscuit/cookie dough), buy dry pizza mix in a box, or make your own pizza crust from scratch.”

“As you know convenience foods are generally the most expensive, but many people don't have the time to make yeast dough from scratch. I have found that the freshest, best tasting is homemade, followed by refrigerated bread. Pizza crust made with whole wheat flour is very good also.”

“For today's demonstration, we are just going to use English muffins since we don't have a real kitchen to work with. These make great snacks for kids. You can use flour tortillas or bagels instead of English muffins.”

“Again you can make your own homemade pizza sauce - using tomato paste and seasonings. For convenience, you can use ready-made pizza or spaghetti sauce. There are a lot of brands and flavors of sauces in supermarkets - you can experiment with different kinds.”

“Mini-pizzas are easy to make. Just spoon on and spread pizza sauce on the English muffins.”

## ACTION:

**Optional:** You can show actual products of ready-made pizza crust, refrigerated pizza dough, pizza mix in a box, etc. You might want to write on a blackboard how much each costs and what size pizza crust it makes.

Spoon a small amount of pizza sauce onto English muffin. Spread with small spatula if needed.

**SAY SOMETHING LIKE:** “Add part-skim grated mozzarella cheese (low-fat is better for your health). It is more economical if you buy block cheese, and grate it yourself, instead of buying prepackaged, grated cheese. You can use a variety of vegetable toppings to pack in more nutrition - here, I have added green pepper, chopped onion, and sliced mushrooms. But you can try other ingredients - fresh spinach, fresh chopped tomatoes, -what else can you think of?”

“Sausage and pepperoni are high in fat. You can use low-fat meats like Canadian bacon or lean ham if you’d like, but it is more expensive. You can use cooked, hamburger meat - be sure to drain off all the fat.”

**SAY SOMETHING LIKE:** “If you're making regular pizza crust, you will want to bake it in the oven. Today we are just going to use a broiler oven to warm up our mini-pizza. A microwave will heat up pizza, but you won't get a brown crust unless you use a special browning pan.”

**SAY SOMETHING LIKE:** “You only want to bake the pizza long enough until the cheese melts.”

**SAY SOMETHING LIKE:** “What are some other ways that you can make your family meals lower in fat?”

Spoon on desired toppings - cheese, green pepper, chopped onions, sliced mushrooms, etc,

Pause for comments.

Put baking pan into preheated broiler. Broil about 5 minutes until cheese melts.

Remove baking pan from broiler and set on cooling rack. Remove English muffins with spatula or tongs to serving platter/plate. Have participants come up and serve themselves with paper plates and serving utensils.”

Pause for comments.

Handout: Cut the Fat in Food Preparation

# Cut the Fat In Food Preparation

1. Choose fish, chicken, and lean cuts of meat.
2. Trim off fat from meat before cooking.
3. Use water-packed tuna.
4. Bake, broil, or boil rather than fry.
5. Prepare vegetables without added fat or sauces.
6. Remove skin from chicken and turkey before cooking.
7. Use non-stick cooking sprays and non-stick pans to replace oil for sauteing or stir-frying.
8. Chill soups and stews and lift off congealed fat or use a strainer to pour off fat.
9. Make gravies with fat-free broth, skim milk and cornstarch.
10. Cook onions, green pepper and other vegetables in a little broth instead of sauteing them in fat. Add garlic powder and onion powder to enhance flavor.
11. Season vegetables with herbs and spices and unsalted chicken or beef broth rather than bacon, butter, ham hocks or salt pork.
12. Instead of sour cream or vegetable dips, use plain non-fat yogurt blended with non-fat cottage cheese and seasonings, or mix plain non-fat yogurt and a ranch dressing packet. Also use on baked potatoes and salads.
13. Use new fat-free sour cream and cream cheese products.
14. Replace oil in cake, brownie, and muffin recipes or packages mixes with an equal portion of applesauce or strained fruit (baby food), or non-fat yogurt or low-fat buttermilk.
15. In place of salt pork or ham hocks, try smoked turkey legs in soups and greens.



**NE CODE CF-000-08**

**Lesson Evaluation Form for Staff**

(Please complete this evaluation the first time you use this lesson)

Month/Year of lesson use: \_\_\_\_\_

1. Was the lesson easy to read and follow?  
a. yes                      b. no
  
2. Did you cook the recipe and provide samples or were you only able to demonstrate how to assemble the recipe?  
  
a. Cooked recipe and provided samples  
b. Was only able to demonstrate how to assemble recipe
  
3. Was participant feedback:  
a. positive  
b. negative  
c. indifferent
  
4. Was the Spanish translation of the handout appropriate for your participants?  
a. yes                      b. no                      c. did not use
  
5. Do you plan to use this lesson again?  
a. yes                      b. no

Comments: \_\_\_\_\_  
\_\_\_\_\_

6. What changes would you suggest for improving the lesson or handouts? \_\_\_\_\_  
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\_\_\_\_\_  
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*Thank you!*