Additional Nutrition Information

Many of these topics are woven throughout each session of Master Chefs. The information included in this document is meant as a resource guide for instructors. In addition, wherever possible, links have been provided to relevant Healthy Youth Program handouts.

Kitchen Safety

- Sanitation
  - Wash hands for 20 seconds before touching food
  - Wash hands if you have touched your face or hair, or picked something up off the floor
  - Wash hands twice after using the bathroom
  - Wash hands, equipment and surfaces twice that come into contact with eggs or meat to avoid cross-contamination

- Knife handling
  - Carry a knife pointing down at your side (next to your leg) while announcing to those around you that you are “Walking with a knife”
  - Washing a knife – Wash knives right away – do not leave them in the sink
  - If your cutting board does not have grip-corners or feet, place a wet cloth underneath to ensure that your board does not slip/move while chopping
  - Using a knife –
    - A sharp knife is safer than a dull knife
    - The hand holding the food that is being cut should have fingers curled under in a “claw” to help avoid cuts
    - When extra force is needed, use one hand to push on the top side of the knife
    - Cut all round things in half so you have a non-rolling target for cutting

- Stove and oven safety
  - Make sure you are turning on the correct burners
  - Ensure when done cooking that burners and oven are turned off
  - Have pot/pan handles facing inwards (not hanging off the edge of the range) to avoid accidents where handles get caught or nudged
  - Do not leave utensils in hot pots/pans
  - Open lids away from your face to avoid steam burns
  - Pour hot liquids away from you when straining to avoid steam burns
  - Use 2 oven mitts when putting dish in the oven and removing them
  - Ensure that you have a heat-safe place to put hot pots and pans when they are not on the stove or in the oven

- Safety with electrical equipment
  - Ensure that hands, workspace and cord areas are dry before using electrical equipment
  - Be careful when cleaning electrical equipment with blades
  - If using a blender, ensure lid is tightly in place before turning-on
Vitamins and Minerals (handout)

- Vitamins and minerals are found in almost all foods, particularly in fruits and vegetables, whole grains, nuts, proteins and dairy foods.
- While we eat them in small amounts, they are important for our health.
- Common vitamins/minerals and their functions –
  - **Vitamin C**
    - Found in citrus fruits, red peppers, many greens
    - Helps support immune system function
  - **Calcium**
    - Found in most dairy products
    - Supports bone and tooth growth/health
    - Important in muscle function (contraction/relaxation of muscles)
  - **Vitamin A**
    - Found in many orange and yellow fruits and vegetables
    - Very important for eye-function (especially night vision)
  - **Iron**
    - Found in meats, greens, legumes
    - Helps our body to carry oxygen in our blood
  - **Magnesium**
    - Found in most whole grains
    - Helps with nerve and muscle function, like keeping our heart beat steady.

Healthy Substitutions

- You may use substitutions when you run out of an ingredient or if you are trying to make a dish healthier or taste better.
- Introduce whole grains whenever possible. For example, use whole wheat flour instead of all-purpose flour.
- Oil, applesauce, or other fruit purees may replace butter in some baked goods. Avocado may be used in place of butter. Try it in frosting!

Nutrition Labels and Ingredient Lists (handout)

Balanced Meals (MyPlate) (handout)

- Review the MyPlate icon and discuss foods like nuts, avocados, stir-fry with rice & chicken & veggies, spaghetti with marinara, cheese pizza
- Look at the recipes you are preparing and talk about what could be served with this dish to make it a complete MyPlate meal.

Whole Grains (handout)

- Explain that whole grains have not been as processed and how they still contain the seed coat and germ (which include all the fiber and most of the nutrients)
- Use whole grain products or substitute half for whole wheat flour in baking.
Energy Balance (handout)

- Discuss eating the right amount of food for your body, age and energy expenditure.
- Discuss how your energy needs change depending on your activity level.