

## 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.