



Presenter Guide

<h3>Lesson 4</h3> <h2>Modifying Recipes, Meal Planning and Dining Out</h2>	
<p>Objectives: (Purpose of Lesson)</p>	<ul style="list-style-type: none"> ▪ Participants will learn to adjust recipes and/or menus to achieve certain goals, such as reduce calories, fat, sodium, etc., or increase nutrients and fiber. ▪ Participants will learn to plan menus and choose foods around MyPyramid and the Dietary Guidelines. ▪ Participants will increase healthy food choices when eating away from home.
<p>Materials: (All items needed to present the lesson including participant handouts)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> PowerPoint presentations and discussion: (included) <ul style="list-style-type: none"> “From Market to Table” “For Your Health....Modifying Recipes” “Meals Away From Home” <input type="checkbox"/> Fact sheet - Safe Home Food Storage, Texas Agricultural Extension Service (included) <input type="checkbox"/> Fact sheets from <i>Smart Portions</i> (Lesson 4 – <i>Smart Portions Made Tasty</i>) <ul style="list-style-type: none"> Kitchen Staples Shopping List (page 197) Menu Planner (page 188) Just for the health of it....Modify Recipes (pages 189-196) <input type="checkbox"/> Fact sheets from <i>Smart Choices</i> <ul style="list-style-type: none"> Low Fat Cooking Tips for Meat, LSU AgCenter pub. 2989 Low Fat Protein, LSU AgCenter pub. 2988 <input type="checkbox"/> Make It Fast Kitchen Tips, LSU AgCenter pub. 2891 <input type="checkbox"/> Fact sheet - Why Develop a Regular Eating Routine? (included) <input type="checkbox"/> Menu Planning Guide Adult Activity Sheet, LSU AgCenter pub. 2852efnep <input type="checkbox"/> Do You Have an Efficient Kitchen? Food and Health Communications (included) <input type="checkbox"/> Miscellaneous kitchen utensils and tools <input type="checkbox"/> Fast Food nutritional information: (some included) select fact sheets applicable to your area from:

	<p>http://www.bddiabetes.com/us/main.aspx?cat=1&id=3254</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fact Sheets from <i>Smart Portions</i> (Lesson 5 – <i>Smart Portions Away From Home</i>) <ul style="list-style-type: none"> Restaurant Dining Guide (page 230) Specialty Choices When Dining Out (page 231-232) Fast Food Restaurant Dining Guide (page 236-238) <input type="checkbox"/> Miscellaneous menus from local restaurants
Background Information (Supporting evidence, reading or viewing material)	<ul style="list-style-type: none"> ▪ Just for the health of it...Modify Recipes – Donna Montgomery ▪ <u>Nutrition for Life</u>, by Lisa Hark, PhD, RD and Darwin Deen, MD ▪ Basics About Beef – National Cattlemen’s Beef Association http://www.beefnutrition.org/uDocs/basicsaboutbeef.pdf
Total time required	3-4 hours
References	See background information
Lesson Guide Authors	Deborah S. Melvin, M.S., C.F.C.S. LSU AgCenter, Lafourche Parish Terri Crawford, M.S. LSU AgCenter, Northeast Region

Lesson Plan		
Desired Learning Outcomes	Instructor Activity	Student Activity
Lesson Content (Time required)	3 PowerPoint presentations with activities	
Evaluation	Pre- and post-tests or final exams for volunteers	
Participant Assignment (If needed)	At the end of Lesson 3, ask participants to bring recipes to Lesson 4 so group can discuss how to modify them for health.	<ol style="list-style-type: none"> 1. After slide 7 of “From Market to Table,” participants will plan menus for a week, make a grocery list and make a personal list of staple ingredients to have on hand at all times. 2. Have participants complete, “Do You

	<p>Collect menus from local restaurants and fast food establishments (some fast food nutritional information in pdfs included in lesson materials).</p>	<p>Have an Efficient Kitchen?”</p> <ol style="list-style-type: none">3. Following the PowerPoint on modifying recipes, ask participants to work in groups to alter their recipes by changing the ingredients or the preparation method. Use tips in PowerPoint as a guide.4. Following PowerPoint “Meals Away From Home,” give participants a restaurant menu and ask them to select an entrée and place an order, pretending you are the waiter. They should use the tips from the PowerPoint to make special requests, etc.
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