

# Cook It Healthy

## Lesson Plan for Instructor

### Objectives:

To recognize recipe substitutions – less fat, less Calories  
Recipe modification

### Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils  
Measuring spoons – Tablespoon, teaspoon  
Optional, if available – Food models of example servings of fat



### Handout(s):

What are the Types of Fat?  
Fat Out...Flavor In  
Recipe Smart Stand-Ins for Heart Healthy Cooking  
Spice It Up

### Suggested Format for Discussion:

- Ask participants if they prepare meals at home by show of hands. Ask how many have a spouse, partner, or family member who typically prepares meals by show of hands. This will help determine how to lead the class discussion.
- Explain that recipes and cooking methods can be modified to reduce both fat and Calories. Explain that reducing fat is a great way to cut Calories without reducing the amount of food that you can eat; sometimes, you can actually eat more.

1 gram of Carbohydrate or Protein has 4 Calories

1 gram of Fat has 9 Calories (more than twice the amount for carbohydrate/protein)

1 serving of fat = 1 teaspoon of oil or butter = 5 grams of fat = 45 Calories

1 Tablespoon of oil or butter = 135 Calories

- Ask participants about typical seasonings or additions to their food, i.e., fatback, ham hock, bacon grease, lard, butter, margarine, oil, etc. Talk about the natural flavor of foods, tasting food before you season it, and seasoning alternatives that are lower in fat/Calories.
- Ask participants to name some recipe substitutions they can make to reduce Calories and fat. Write the responses on the board.
- Explain the types of fat and which choices are better.
- Distribute the handout(s) and discuss any ideas not covered.
- Ask participants to select several recipes during the next week and make substitutions based on the discussion and the handouts.

