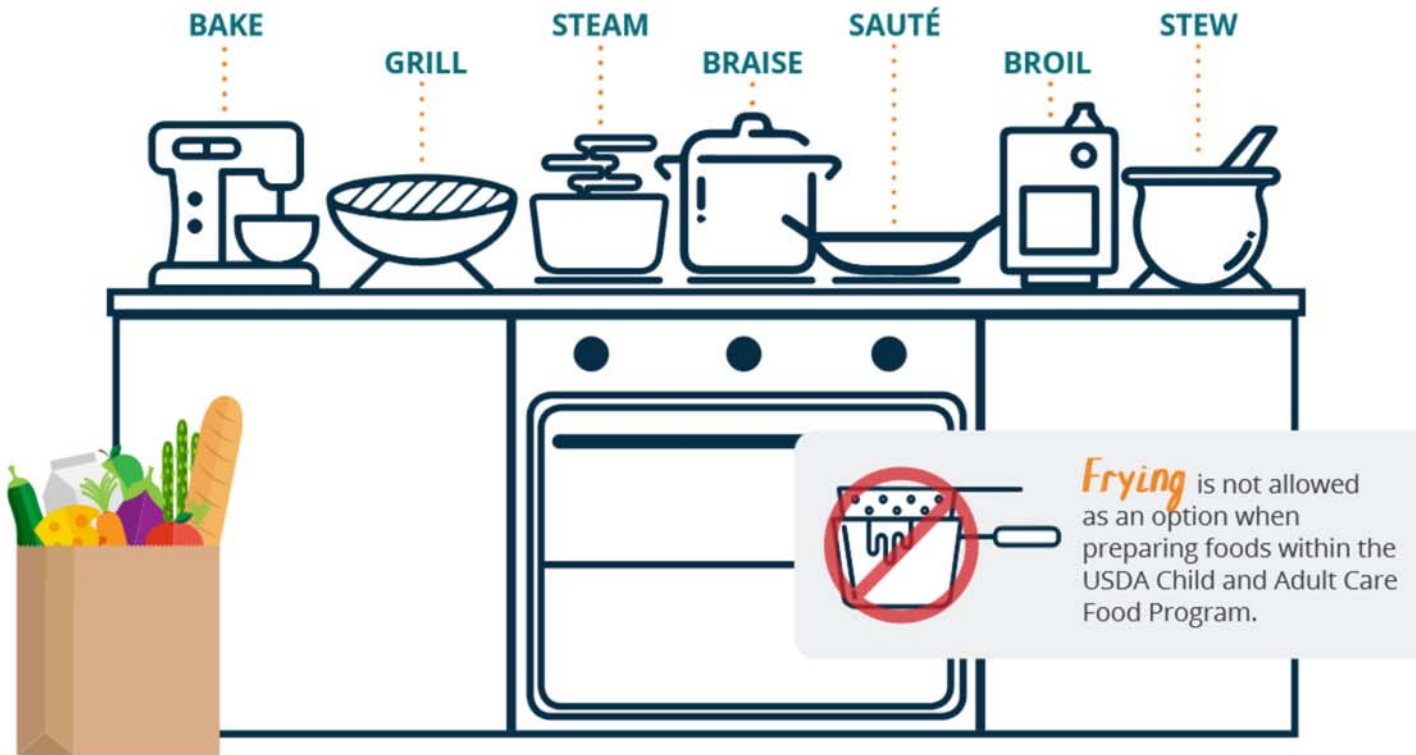


Healthy Cooking Methods

Experiment with new cooking methods that you may not be used to. Try chicken baked, roasted, stir fried, and grilled. Pay attention to what method the children like the best. It might even be that they find a new favorite dish when prepared a different way. Remember in your cooking to always keep a colorful plate in mind. Make sure the result features a dish from all the food groups: protein, fruit, vegetable, grain and dairy.

Healthy cooking methods include:



Skip the sweets

Healthy plates need not include a sugar filled dessert at the end. As CACFP providers, we need to teach children that desserts and sweet treats should only be eaten in limited moderation on special occasions. **Serve fruit instead of dessert** and water instead of juice. Little bodies do not need to process the added extra sugars.



Flakey Baked Chicken Strips

Ingredients

- Chicken breast, boneless, skinless
- Cornflake cereal
- Whole wheat flour
- Salt & Pepper
- Egg(s)
- Nonfat milk

Directions

1. Preheat oven to 375°F.
2. Trim any excess fat from chicken breasts and cut into 2.05 oz strips.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and pepper.
5. In a third medium bowl, add eggs, and milk. Beat with a fork until combined.
6. Dip each chicken strip into flour, then in the egg mixture, then in the cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with cooking spray. Place chicken strips on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until internal temperature reaches 165°F, about 20-25 minutes.

Serve with steamed green beans, red apples and a slice of cornbread for a colorful plate. Don't forget the glass of milk.





[Healthy Lifestyle](#)

[Nutrition and healthy eating](#)

Healthy-cooking techniques capture the flavor and nutrients of food without extra fat or salt.

[By Mayo Clinic Staff](#)

Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. You can use basic cooking techniques to prepare food in healthy ways.

By using healthy-cooking techniques, you can cut saturated fats. Consider, for instance, that many of the fats used for frying — such as butter and lard — are high in saturated fats.

Adults should limit calories from saturated fat to no more than 10 percent of total daily calories. For a 2,000-calorie diet, that means no more than 200 calories from saturated fat — about 22 grams of saturated fat — a day. By switching to roasting, you not only eliminate added fat but also allow any fat in the food to drip away.

The healthy-cooking methods described here best capture the flavor and retain the nutrients in foods without adding excessive amounts of fat or salt. Use them often to prepare your favorite dishes.

Besides breads and desserts, you can bake seafood, poultry, lean meat, vegetables and fruits. For baking, place food in a pan or dish, covered or uncovered. Baking generally doesn't require that you add fat to the food.

Braising

Braising involves browning the ingredient first in a pan on top of the stove, and then slowly cooking it partially covered with a small quantity of liquid, such as water or broth. In some recipes, the cooking liquid is used afterward to form a flavorful, nutrient-rich sauce.

Broiling and grilling

Broiling and grilling expose food to direct heat. Both methods allow fat to drip away from the food.

To grill outdoors, place the food on a grill rack above a bed of charcoal embers or gas-heated rocks. If you have an indoor grill, follow the manufacturer's directions. For smaller items, such

as chopped vegetables, use foil or a long-handled grill basket to prevent pieces from slipping through the rack.

To broil, place food on a broiler rack below a heat element.

Poaching

To poach foods, gently simmer ingredients in water or a flavorful liquid, such as broth or wine, until they're cooked through and tender. The food retains its shape during cooking. For stove-top poaching, choose a covered pan that best fits the size and shape of the food so that you can use a minimal amount of liquid.

Roasting

Like baking, but typically at higher temperatures, roasting uses an oven's dry heat to cook the food. You can roast foods on a baking sheet or in a roasting pan.

For poultry, seafood and meat, place a rack inside the roasting pan so that the fat in the food can drip away during cooking. To maintain moisture, cook foods until they reach a safe internal temperature but don't overcook them.

Sauteing

Sauteing quickly cooks relatively small or thin pieces of food. If you choose a good-quality nonstick pan, you can cook food without using fat. Depending on the recipe, use low-sodium broth, cooking spray or water in place of oil.

Searing quickly browns the surface of food at a high temperature, locking in flavor and adding a crusty texture to meats and other proteins. Heat a pan on high heat and use a small amount of oil for a golden crust. Finish cooking with another cooking method such as braising or roasting.

Steaming

One of the simplest cooking techniques is steaming food in a perforated basket suspended above simmering liquid. If you use a flavorful liquid or add seasonings to the water, you'll flavor the food as it cooks.

Stir-frying

A traditional Asian method, stir-frying quickly cooks small, uniform-sized pieces of food while they're rapidly stirred in a wok or large nonstick frying pan. You need only a small amount of oil or cooking spray for this cooking method.

Using herbs and spices

Creating meals with herbs, spices and other natural flavorings is one of the best ways to add color, taste and aroma to foods without adding salt or fat. Healthy flavor boosts include:

- **Fresh herbs.** Choose herbs that look bright and aren't wilted, and add them toward the end of cooking.
- **Dried herbs.** Add pinches of dried herbs in the earlier stages of cooking. But avoid prepackaged seasoning mixes because they often contain a lot of salt.
- **Dried mustard.** Used sparingly, dried mustard adds a zesty flavor while cooking.
- **Vinegar or citrus juices.** Add them at the last moment. Vinegar is great on vegetables, and citrus works well on fruit such as melons.
- **Marinades.** Try a low-fat marinade for foods that you broil, grill or roast. To make your own marinade, use 1 part oil to 2 parts vinegar or citrus juice, and add herbs and spices as desired.
- **Fresh hot peppers.** Remove the membranes and seeds first, and then finely chop the peppers. A small amount goes a long way.
- **Dried vegetables and fruits.** Some vegetables and fruits — such as mushrooms, tomatoes, chilies, cherries, cranberries and currants — have a more intense flavor when dried than when fresh. Add them when you want a burst of flavor.

Original article: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-cooking/art-20049346>

Healthy Cooking/Nutrition and Healthy Eating

Post Test – December 2018

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

1. Remember in your cooking to always keep a _____plate in mind.
2. _____ is not allowed as an option when preparing foods within the USDA Child and Adult Care Food Program(CACFP).
3. As a best practice in your day care home, serve fruit instead of dessert and water instead of juice.
True or False?
4. By using healthy cooking techniques, you can cut _____ fats.
5. Baking generally requires that you add a lot of saturated fat to the food.
True or False?
6. _____ and _____ expose food to direct heat. Both methods allow fat to drip away from the food.
7. To maintain moisture, cook foods until they reach a safe internal _____ but don't overcook them.
8. One of the hardest cooking techniques is steaming food in a perforated basket suspended above simmering liquid.
True or False?
9. Avoid prepackaged seasoning mixes because they often contain a lot of _____.
10. Dried vegetables and fruits like mushrooms, tomatoes, chilies, cherries, cranberries and currants have a more intense than when they are fresh.
True or False?

Nov Quiz Answers: 1. Healthy Habits 2. Vocabulary 3. False 4. Pride 5. True 6. False 7. Motor Skills 8. Role Models 9. Components 10. True



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

December 2018: Healthy Cooking/Nutrition and Healthy Eating

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Elizabeth Curtis
Training Coordinator
Southwest Human Development Services