

“Healthy Cooking Class for Busy Moms”

Tuesday, April 30, 2013

Early Childhood Learning Center, Sulphur Springs, TX

Welcome & introductions

Hand & Kitchen Hygiene – Jelly Bean Game & Hand-washing demo

Following a recipe/proper measuring techniques demo

Hands-on Food Preparation

* Group #1 – Honey Roasted Pork - 2 batches (main dish)

* Group #2 – Double Cornbread Muffins – 2 batches (bread)
* Group #3 – Magical Fruit Salad (dessert)

Glazed Carrots - 2 batches (side dish)

* Group #4 – Easy Cheesy Squash – 2 batches (side dish)

Tortilla roll-ups (appetizer)

Enjoy the meal!

Discuss recipes and where they fit into MyPlate.

Wrap-up and questions