

LESSON 5: GET SAVVY IN THE SUPERMARKET

Lesson Objectives:

- 1. Practice shopping tools and chef's tips in menu planning and grocery list preparation.
- 2. Review food product labels and nutrition facts panels.





Trans Fat:
% Daily Value:
Serving Sizes:
Calorie:
Total Fat:
Cholesterol:
Sodium:
Ingredient List:

Final Notes and Thoughts:





Shopping Tools & Tips

Nutrition Labels

Nutrition labels can be a great tool in choosing healthy foods. Here is some basic information that can be found on nutrition labels.

- Serving sizes are based on the amount typically eaten of that particular food. Remember, there is a different between the serving size and servings per container. For example, a can of soup may provide 2 servings per container, but the serving size is 1 cup.
- · Calories tell you the number of calories in a single serving.
- Total fat provides the breakdown of various fats, including saturated fat, trans fat, polyunsaturated fat, and monounsaturated fat.
- · Cholesterol tells you the amount of cholesterol per serving.
- · Sodium tells you the amount of sodium per serving.
- % Daily Value helps you determine if a serving of a single food is high or low in a nutrient.
- The ingredient list is required on packaged foods containing more than one ingredient. The ingredients are listed in order by weight from most to least. This is particularly important for people who have food allergies.



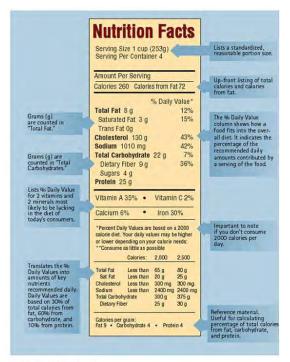


Nutrition at Your Fingertips

Everything you've ever wanted to know about nutrition in the supermarket is right at your fingertips. Most packaged foods have a Nutrition Facts label. Use this tool to make smart food choices quickly and easily. The Nutrition Facts panel can help you compare the nutrition content of various food products.

Use the Nutrition Facts label to:

- See whether a product contains certain nutrients you are tying to eat less of, such as saturated fat, cholesterol, or sodium.
- See whether a product contains certain nutrients you are trying to eat more of, such as dietary fiber, calcium, potassium, or vitamins A and C.



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Grocery List			
Meat/Seafood	Produce	Dairy	
Natural/Organic	Canned	Frozen	
Spices/Condiments	Povoragos	Pet Food	
spices/condiments	Beverages		
Household Items	Pharmacy	Personal Hygiene	
Cereal/Grain/Pasta	Snacks	Other	



Key Points

Lesson 1: Make Menu Planning Easy

- Practice planning healthy meals with balance, variety, contrast and eye appeal.
- Practice basic cooking techniques and knife skills.
- Review 5 flavore sensations.
- Use special considerations in menu planning, such as food prepferences, holidays, climate and seasonality of foods, and produce availability.

Lesson 2: Color Your Plate with Vegetables and Fruit

- Review basic cooking terms covered in CWC lessons.
- Review reasons to eat more vegeatables and fruits.
- Demonstration of simple ways to serve more vegetables and fruits at home for meals and snacks as well as how to pack in a cooler for away from home meals.
- · Review the different color categories of vegetables
- Guide yourself through the produce aisle.

Lesson 3: Vegetables and Fruits for a Week

- Categorize the list of vegetables for a week's menu.
- Create your own menu.
- Design a plan to stock your pantry and refrigerator.
- Plan a menu to include vegetables and fruits that meets your needs for a week.

Lesson 4: Flavor & Nutrition on the Menu

- Review culinary nutrition techniques for 2010 Dietary Guidelines and MyPlate.
- Practice the technique of flavor additions with vegetables and fruits.
- Add whole grains to menus.
- Prepare spice blend.

Lesson 5: Get Savvy in the Supermarket

- Practice shopping tools and chef's tips in menu planning and grocery list preparation.
- Review food product labels and nutrition facts panels.





Cooking with a Chef References

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