



Cooking Matters

for Teens

PROGRAM OVERVIEW

1

Teens Cook

GOAL

Introduce teens to basic principles of safe cooking and healthy eating.

recipes 

- Black Bean and Vegetable Quesadillas
- Hearty Egg Burritos
- Northwest Apple Salad
- The Works Pizza



2

Fabulous Fruits and Veggies

GOAL

Encourage teens to eat more fruits and vegetables and choose healthy beverages.

recipes 

- Chinese Veggies and Rice
- Fruit Salad
- Turkey Chili With Veggies
- Veggie Wraps



3

Whole Grain Goodness

GOAL

Encourage teens to choose whole grains and to eat breakfast more often.

recipes 

- Banana Quesadillas
- Chocolate Strawberry French Toast
- Orange Oatmeal Pancakes
- Yogurt Parfaits



4

You're the Chef

GOAL

Encourage teens to prepare more meals and snacks at home.

recipes 

- Baked Flaked Chicken
- Sautéed Greens
- Stove Top Macaroni and Cheese
- Turkey Tacos



5

Store Wars

GOAL

Encourage teens to make smart choices when food shopping.

grocery store tour

- Compare unit prices
- Identify healthier food choices



6

Extreme Food Makeover

GOAL

Encourage teens to use what they've learned to prepare healthy homemade meals, drinks, and snacks.

take the challenge!

- Prepare healthier versions of favorite meals
- Set goals to continue a healthy lifestyle

