**Cooking for a Healthy Lifestyle**

*Consuming homemade food, as opposed to store-bought or pre-packaged meals, is one critical step towards maintaining a healthy lifestyle. However, preparing one’s own food is often limited to do finances, time, and know-how. In this activity, you will learn how to prepare one food item that is nutritious, while also being inexpensive and easy to prepare.*

**Objective:** To develop healthy eating habits by selecting and creating a nutritious, convenient, and affordable food item.

**Directions:**

1. Identify a nutritious and affordable food item that meets the requirements as described below.
2. Prepare the food item.
3. Share the food item with the class.
4. Identify the nutritional components of the prepared food item.
5. Complete the written response.

**Food Item Requirements:**

* Affordable – cost of all ingredients must not exceed $5.
* Convenient – food preparation time must not exceed 30 minutes.
* Nutritious – food item must be well balanced, include all macromolecules, and be low in sugar, saturated fat, and salt.

**Nutritional Components:**

*Identify the nutritional items, their respective amounts found within the prepared food item, and the benefits they serve in the body.*

|  |  |  |
| --- | --- | --- |
| **Nutritional Component** | **Amount in Food** | **Purpose in Body** |
| Carbohydrate - starch |  |  |
| Carbohydrate - sugar |  |  |
| Fat - saturated |  |  |
| Fat – Unsaturated |  |  |
| Protein |  |  |
| Salt |  |  |
| Other notable vitamins |  |  |
| Other notable minerals |  |  |

**Written Response:**

*Reflect upon this cooking experience. Do you think you could maintain these eating habits when living independently (adulting…)? What do you think you need to continue preparing nutritious meals? What are your greatest strengths in maintaining a healthy lifestyle?*