



Seniors Taking Charge of Your Health!

Lesson 5: Healthy Cooking for Healthy Living

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Module B with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part II (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
5. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Balls for chair exercises (foam will not bounce as much as air-filled, so foam balls may be a better choice). Optional: step counters to replace those that are lost or broken.
4. Hot plate and/or blender for food preparation demonstration (depends on recipe you choose).
5. Play "Bingo for Better Health." Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants

1. Learn the 4 FightBAC principles of food safety.
2. Learn how to make your old recipes new and healthy.
3. Do chair exercises, complete physical activity charts, and set new physical activity goals.

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Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- Menu Make-overs. University of Georgia Cooperative Extension Services. Bulletin #FDNSE 89 15. March 2003, <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-15a.pdf>.
- Food Safety. Centers for Disease Control and Prevention, <http://www.cdc.gov/communication/tips/foodborne.htm>.
- Foodborne Illness. Centers for Disease Control and Prevention, http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm.
- Fight BAC! Four Steps-Clean, Separate, Cook and Chill. Partnership for Food Safety and Education, <http://www.fightbac.org/foursteps.cfm>.

Script

*Give participants their handouts.
Remember to take attendance.*

Introduction

Welcome back to Seniors Taking Charge! I am so glad that you are able to join us today! Let's look at our handout called "*Seniors Taking Charge of Your Health!*" and talk about what you eat to stay healthy. *Wait for responses.* What are some things you do to stay physically and mentally active? *Wait for responses.* What are some things that help you be positive and help cheer you up? *Wait for responses.* Wonderful ideas! What are some check-ups we need? Right! Checking your feet daily is especially important for those with diabetes. Ask your doctor how often your blood pressure, blood cholesterol, blood sugar, and body weight should be checked. If you have high blood pressure, high blood cholesterol, or diabetes, then you will need these checked more often. Vision and hearing check-ups are also important. Having your doctor or pharmacist review your medications will help you avoid medication problems. Another important part of good health is washing your hands for at least 20 seconds before preparing foods and after using the bathroom. Proper hand washing helps decrease the risk of foodborne illness, colds, and the flu, especially in the winter season.

Today we are going to discuss healthy cooking, especially how to use more plant foods, such as fruits, vegetables, and whole grains, and we'll find ways to eat less fat and less salt or sodium. We will talk about food safety, and the four principles to fight bacteria. Lastly, we will learn how to turn some of your old recipes into new and healthy versions.

Food Safety

I know all of you have a lifetime of experience shopping and safely preparing food. In fact, older adults often do a better job of handling food safely than any other group. Even so, when it comes to your health and safety, you can never know too much. Although we have one of the safest and most healthy supplies of food in the world, a lot has changed in your lifetime – from where food is produced to the way it is prepared and eaten.

Older people and young children are most at risk for illness from bacteria (or germs) in food, mainly because of low immunity. Foodborne illnesses are caused by harmful bacteria in our food. We can't see, smell or taste these bacteria, but they can make people violently sick within 20 minutes or up to six weeks of eating them, depending on the type of bacteria. *How many of you have gotten sick from a foodborne illness?* The Center for Disease Control and Prevention (CDC) estimates that 76 million Americans get sick, more than 325,000 are hospitalized, and 5,000 die each year from illnesses caused by contaminated foods or beverages. If you get a foodborne illness, you might be sick to your stomach, vomit, or have diarrhea. Or, you could have flu-like symptoms with a fever and headache, and body aches. The best thing to do is call your doctor if you become ill.

Why Are Older Adults More Susceptible to Foodborne Illnesses?

Everyone's ability to fight off disease is different, but older people have a greater risk of getting sick from harmful bacteria in food. Our immune systems weaken as we age, making it easier to get sick in our later years. Also, as we get older, our stomach produces less acid, which is needed to help kill the bacteria in our intestines. With less stomach acid, we have an increased risk for getting sick from harmful bacteria. Also, illnesses associated with advanced age, such as diabetes, cancer, and kidney disease, increase our risk for foodborne illness.

Foodborne illnesses can be dangerous, especially for older people, but it's not that hard to prevent. By following the basic rules of food safety, we can prevent foodborne illness for ourselves and others. We are going to go over four basic rules for food safety – **Clean, Separate, Cook and Chill**. *Ask participants to refer to their handout "Four Steps to Food Safety" for a summary of these rules and carefully review all the points on the handout.*

Cooking foods to the right temperature is also important. So the next time you make a roast or other meat or other food listed on the chart "*Safe-Cooking Temperature Chart*," use a thermometer to be sure the food is cooked to the right internal temperature.

Making Your Old Recipes New and Healthy

Now that you know how to prepare your food safely, let's talk about preparing them healthfully. We all have favorite foods and favorite recipes that we have been enjoying for years. *Ask participants to list some of their favorite recipes.* While some of these favorite recipes may be comforting, they may also be unhealthy. The good news is that there are ways to update some of your favorite recipes to make them both good and good for you. *Carefully review "Recipe Redo" handout with participants.*

Healthy Cooking Demo

This is a cooking demonstration of safe and healthy cooking. If you have a hot plate, then follow the "Simple Salmon Cakes" recipe. If you have a blender, then follow the "Pumpkin Pie Smoothie" recipe.

Pumpkin Pie Smoothie

Now that you know some ways to make a recipe healthier, let's make a healthy low-fat recipe for "Pumpkin Pie Smoothies." *Ask participants to refer to their "Pumpkin Pie Smoothie" recipe.* The first thing that you need to do is get your ingredients together. *Educator should already have ingredients out or should put them out at this time.* Pour the pumpkin puree, milk, spices, and vanilla extract into a blender and blend until smooth. Pour into glasses and enjoy. *Give participants a sample to try.*

Simple Salmon Cakes

Now that you know some ways to make a recipe healthier, let's try preparing today's healthy low-sodium recipe for "Simple Salmon Cakes." *Ask participants to refer to their "Simple Salmon Cakes" recipe.* The first thing that you need to do is get your ingredients together. *The educator should already have ingredients out or should put them out at this time.* You may want to sweat the onions and the peppers for about 5 minutes in a pan sprayed with cooking spray for extra tenderness. Once you have your ingredients together, then mix the salmon, pepper, onion, egg substitute, breadcrumbs, and garlic powder in a medium bowl. Once it is well mixed, form the salmon mixture into a medium-sized cake, about the size of the palm of your hand. If the mixture is not staying together, you may need to add some more breadcrumbs. *Demonstrate cake formation.* While you are forming your cakes, you should add the oil to a nonstick pan and heat it over medium heat, so it is ready when the cakes are formed. Once the oil is heated and the cakes are formed, you should add the cakes to the pan and cook until golden brown on each side, about 30 seconds to one minute per side. Once they are done, you should remove them from the pan, serve warm, and enjoy!

Menu and Recipe

I hope you'll try these easy recipes at home. Pumpkin is a good source of vitamin C, which is good for your immunity, while salmon and other fish are lean sources of protein that provide healthy fats. There are other ideas for healthy meals and snacks on your handout titled "*Sample Menu #5.*" This menu has about 1,800 calories. Baked or grilled skinless chicken breast is on our menu, which is another low-fat source of protein. This chicken breast can be seasoned simply by using a salt-free seasoning blend that you enjoy. Remember to handle foods like chicken safely by thawing properly, cooking to proper internal temperatures (use a meat thermometer), and avoiding cross contamination by washing your hands, utensils, and work surfaces. Be sure to wash your hands thoroughly, for 20 seconds, before and after handling fish, poultry, and meats, as well as other foods.

Be sure to keep your fruits and vegetables separate from raw meats when preparing your meals, too. Does anyone remember how many fruits and vegetables we should be aiming to get everyday? *Wait for responses.* Right! The goal for most older adults is 7 to 10 servings daily, which are in our sample menu. Do you see any of your favorite fruits or vegetables on today's menu? *Invite participants to share some of their favorites.* Our menu also includes at least three servings of whole grain foods, such as the whole wheat toast instead of white bread at breakfast. Don't forget that making your typical meals and snacks healthier can start with just one small substitution. Three servings of low-fat milk products are also included, such as reduced-fat cheese and 1% milk. Be creative with your dairy choices, too. For example, layering yogurt with whole grain cereal and fruit makes a delicious parfait that tastes like a dessert. Can you think of other ideas for enjoying the foods you love in healthy ways, like you see on our sample menu? *Invite participants to share their ideas.* Great! It sounds like you've got a lot of creative ideas.

Along with healthy eating, who's ready to talk about physical activity?

Be Physically Active Everyday!

Does anyone remember what our goal for physical activity should be? Right! Thirty minutes of moderate physical activity most, and preferably all, days is recommended. Activities such as brisk walking, biking, hiking, and gardening can all count toward moderate activity goals. *Have participants take a look at their physical activity calendars.* Has anyone reached the goal of 30 minutes daily on their calendar? Great! If you haven't, then keep trying. Even small increases in activity can be big steps toward being more physically active.

While moderate activities such as walking are great for our heart, lungs, and blood vessels, don't forget that strength, flexibility, and balance activities are also important for strong muscles and bones, and to help prevent falls. To help us improve our strength and flexibility, is anyone ready for fun chair exercises using balls? Great! *Start the exercise session with a five to ten minute warm-up. Then, begin Exercise Module B (balls) or Tufts/CDC Growing Stronger, Part II.*

NOTE: *For groups using step counters:* Have you been using your step counter to increase your walking? *Wait for responses.* If so, then have you been writing down your step counts on the Physical Activity Chart? *Wait for a show of hands.* Has anyone increased their number of steps since the last time we met? *Wait for responses and invite participants to share ways they've found to increase their number of steps.* You should feel very proud of yourself! The step counter helps us to see our improvements, and it is a big accomplishment to reach a personal goal. Does anyone need help with their step counter or need a new Physical Activity Chart? *Respond as needed and tell these participants that you will help them at the end of the lesson.*

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

Seniors Taking Charge of Your Health! (Lesson 5)

Eat Healthy

What are some foods you eat to help you stay healthy?

Today we will talk about turning your favorite recipes into newer, healthy versions.



Be Active

What are some activities you do to stay physically and mentally active?

Today we will talk about being mentally active by updating old recipes.



Be Positive

What are some things that cheer you up and help you enjoy life?

Today we will talk about enjoying the recipes that you love by making them healthier.



Get Checked

What are some check-ups we need?

Today we will talk about checking the temperatures of your foods and refrigerators.



Four Steps to Food Safety

1. Clean:

- Wash your hands, utensils, and all surfaces with hot soapy water, before and after preparing food.
- Wash cutting boards with hot, soapy water after each use.
- Use paper towels or cloth towels to clean kitchen surfaces. Be sure to wash cloth towels often in the hot cycle of your washing machine.
- Wash all fruits and vegetables well under running water.



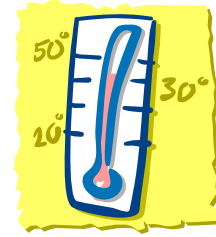
2. Separate:

- Wash hands, cutting boards, dishes, and utensils with hot, soapy water after they touch any raw meat, poultry, or seafood.
- Use one cutting board for fresh produce and another for raw meats.
- Never place cooked food back on the same plate that previously held raw food.
- Separate and keep sealed all raw meats from other foods in your grocery cart and refrigerator.
- Do not reuse marinades that were used for raw meat, poultry or seafood, unless it is boiled before reusing.



3. Cook:

- Use a food thermometer to measure the food's internal cooking temperature to ensure safe cooking.
- Use the Safe Cooking Food Chart to determine safe internal temperatures.
- When using a microwave, cover, stir, and rotate food during cooking.
- Throw away leftovers that have been reheated once already.



4. Chill:

- Refrigerate or freeze perishables within 2 hours.
- Thaw foods in the refrigerator, in cold water, or in the microwave, if you are cooking it immediately.
- Separate large amounts of leftovers into small, shallow containers.
- Don't overstuff the refrigerator.
- Keep foods out of the Temperature Danger Zone, between 40°F and 140°F, where bacteria grow rapidly.
- Throw out foods that spoil easily, such as meat and dairy, that are left out at room temperature for more than 2 hours.



Safe-Cooking Temperature Chart

Beef/Pork

Beef roasts and steaks	145°F for medium rare, 160°F for medium
Ground beef	At least 160°F
Raw sausages	160°F
Ready-to-eat sausages	165°F
Pork roasts and chops	160°F for medium, 170°F for well-done
Ground patties	160°F for medium, 170°F for well-done

Poultry

Whole poultry	180°F
Chicken breasts	170°F
Stuffing	165°F

Eggs

Whole eggs	Until the yolks & whites are firm
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Fish

Fish fillets	Until it's opaque & flakes easily with a fork
Oysters or shellfish	Avoid eating uncooked

Leftovers

Reheat thoroughly to at least 165°F

Sauces, soups & gravies

Bring to rolling boil when reheating



Recipe Redo

Less Fat:

- Instead you using a whole egg, try $\frac{1}{4}$ cup egg substitute or 2 egg whites.
- Use non-stick vegetable sprays instead of butter.
- Use low-fat cheeses and other low-fat or fat free dairy products.
- Use oil instead of shortening, butter, or margarine.
- Use reduced-fat condensed soups.
- Substitute vegetables or beans for meat, poultry or fish in recipes.

Less Salt:

- Just leave out or lessen the salt.
- Use products that say “low-sodium.”
- Season your meals with herbs and spices instead of salt.
- Lemon juice is also a great low-sodium seasoning.

Less Sugar:

- You can cut the sugar in baked goods down by $\frac{1}{4}$ or $\frac{1}{2}$, but you cannot do this for cakes or yeast breads.
- Read the labels of canned fruits, and look for ones that have been packed in their own juices.
- Add vanilla or cinnamon when sugar has been cut to keep foods sweet and interesting.
- You can use artificial sweeteners in place of all or some of the sugar.

More Fiber:

- Replace half of the white flour with whole wheat flour.
- Use brown rice instead of white rice.
- Use beans and vegetables instead of meats, poultry, and fish.
- Add oatmeal or other whole grains to breads.
- Add fruits for a sweet treat.
- Add more vegetables to your favorite dishes.



Pumpkin Pie Smoothie

1 can (15 oz) canned pumpkin	¼ cup brown sugar
1 cup skim milk	¼ tsp cinnamon
1 cup (8 oz) lowfat vanilla yogurt	¼ tsp nutmeg, optional
	1 tsp vanilla extract

1. Chill canned pumpkin and evaporated milk in refrigerator for 1 – 2 hours before making smoothies.
 2. Pour pumpkin puree, milk, spices and vanilla extract into a blender container and blend until smooth.
 3. Pour into glasses and enjoy. Top with 2 tablespoons whipped topping, if desired. Makes 4 servings. Refrigerate any leftovers.
- *Best served cold or with crushed ice.

Nutrition Facts per serving	Serving size: ¼ recipe (about 1 ½ cups)
Total calories	98
Total fat	1 g
Total carbohydrate	16 g

Adapted from VeryBestBaking.com at www.verybestbaking.com/recipe_template.



Sample Menu #5

Breakfast

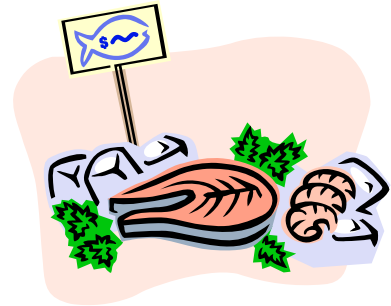
Peanut butter toast, made with 2 slices whole wheat bread and 2 tablespoons peanut butter
Banana, 1 small or ½ large
Milk, 1%, 1 cup

Snack

Frozen yogurt, low-fat, ½ cup
Whole grain, ready-to-eat, unsweetened cereal, fortified, such as Cheerios®, ¼ cup (sprinkle on frozen yogurt for crunch)

Lunch

Simple Salmon Cakes (recipe provided)
Peas, green, fresh or frozen, boiled, ½ cup
Grapes, red or green, 15 small
Milk, 1%, 1 cup



Snack

Carrots, thinly sliced to make “chips,” raw or steamed, ½ cup
Cottage cheese, low-fat, calcium-fortified, ¼ cup

Evening meal

Chicken breast tenders, skinless, grilled or baked with salt-free seasoning, 3 ounces
Kidney beans, canned, rinsed and drained, heated, ½ cup
Collard greens, steamed or boiled, ½ cup, with 1 teaspoon canola oil
Brown rice, cooked, ⅔ cup, with 2 teaspoons soft tub margarine

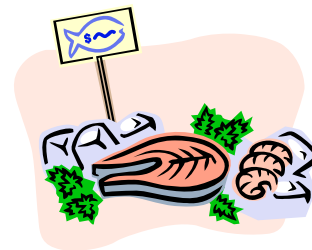
Snack

Granola bar, low-fat, 1 small
Orange juice, calcium- and vitamin D-fortified, ½ cup

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

Simple Salmon Cakes

Serves 4 (1 cake per serving)



Ingredients:

- 1 (6 ounce) can pink salmon in water (low-sodium preferred), drained
- ½ small red bell pepper and ½ small sweet onion, diced*
- ¼ cup egg substitute (or 2 egg whites)
- ⅓ cup plain bread crumbs
- ¼ teaspoon garlic powder (optional)
- 1 tablespoon canola oil

*Sweat onions and peppers for about 5 minutes in a pan sprayed with cooking spray before mixing with other ingredients for extra tenderness.

Directions:

1. In a medium bowl, mix together salmon, pepper, onion, egg substitute, bread crumbs, and garlic powder.
2. Form the mixture into medium-sized cakes, about the size of the palm of your hand (note: if the mixture does not hold together well enough, you may need to add more bread crumbs).
3. In a medium pan (preferably nonstick), add the oil and place over medium/medium-high heat.
4. Add the cakes to the pan and cook until golden brown on each side, about 3 to 5 minutes per side.
5. Remove from pan and serve warm.



Try this!

Use canned salmon in pasta salad or turn the salmon cakes into burgers instead of a traditional ground beef burger. You can also use tuna to make this recipe, if preferred.

Estimated Nutrition Facts per serving:

150 calories
7 g total fat
1 g saturated fat
9 g carbohydrate
12 g protein
1 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.