Healthy Cooking Across America – Southwest Cuisine

Post-Viewing Discussion Guide

After viewing *Cooks for Kids: Healthy Cooking Across America – Southwest Cuisine* participants will be able to:

1. Describe techniques used by culinary professionals to produce high-quality Southwestern regional dishes that are flavorful, nutritious, and appealing.

2. Demonstrate tactics used by school nutrition personnel in incorporating regional cuisine as part of healthy school meals.

3. Demonstrate tactics used to increase the consumption healthier foods by students.

Discussion Questions:

1. What ingredients were used by culinary professionals in the school and in the recipe demonstrations to prepare healthful Southwestern foods.

2. What techniques did the chef use to enhance the flavors and nutritive value of the foods prepared?

3. How could you use these techniques to make meals more nutritious and appealing to students at your school?

4. What are some ways to use more beans and bean products in your school menus and food preparation?

5. Why should schools include more fish, beans, vegetables, whole grain products, and fruits in the school menus?

6. What are some ways that you could involve parents and teachers in emphasizing the importance of healthy eating with children?

7. After viewing this training program how will you use the techniques presented to improve the quality of foods served in your school?