

LESSON 4: MINDFUL EATING

Recipes for Health

Prepared by Common Threads

ABOUT THIS LESSON

In this lesson, participants will explore the concept of mindfulness and have the opportunity to participate in a mindful eating activity. Participants learn about food cues and the importance of keeping track of intake with food logs as recommended by their medical team in order to practice the lesson and connect physical, emotional, and mental well-being while increasing awareness of the social and environmental factors influencing eating habits.

KEY UNDERSTANDINGS

Nutrition

- Participants will be able to (PWBAT) define and discuss various food cues
- PWBAT maintain a daily food log documenting food intake
- PWBAT list tools for making healthy recipe choices (AND, USDA, CB, AHA)

Culinary

- PWBAT properly set-up an oven and baking tray
- PWBAT properly measure ingredients
- PWBAT operate a blender and make a smoothie
- PWBAT demonstrate safe and accurate knife skills
- PWBAT list the five tastes
- PWBAT Recognize the five taste sensations (saltiness, sweetness, bitterness, sourness, and umami) and how they can be applied to cooking

MATERIALS NEEDED

- Printed recipes for each participant
- Food Log template (1 printed copy per participant)
- Ingredients
- Cooking equipment
- Cooking For Life Handbooks (1 per participant, ordered through your CT Program Manager)
- Lesson Canva Slide Deck

BEFOREHAND

Steps to successfully set up your classroom for learning:

- Set up the mise en place to organize recipe ingredients so they are ready for participants to use (e.g. wash produce, divide up ingredients for each group)
- Have participants wash their hands

LESSON PLAN

DURATION - 120 minutes

- 20 min Nutrition (Presented by Registered Dietitian or Nutritionist)
- 75 min Cooking + Cleaning (Conducted by Chef Instructor)
- 15 min Eating + Goal Setting
- 10 min Conclusion

MENU - American breakfast

- Breakfast Burrito (no oven alternative)
- Pico de Gallo
- Sneaky Green Smoothie

BACKGROUND INFORMATION

- Introduce vocabulary:
 - Food Cues - seeing or smelling of food stimuli such as advertisements or situations associated with food-related memories like the smell of freshly baked bread.
 - Hunger - a feeling of discomfort, uneasy sensation or a weakened state caused by lack of food, along with a desire to eat.
 - Satiety - after being fed a feeling of fullness, gratified by eating food.
- Present concepts and functions:
 - o Food Log - used as a way to gain insight into overlooked dietary habits which can then be modified. Once the diet has been analyzed, food logs are no longer necessary, but they can be continued if it helps with maintaining healthy food habits.
 - Serves as a tool to track food and beverages consumed to ascertain the nutrient composition of one's daily intake.
 - Creates accountability for all foods consumed, especially those consumed outside of meal periods. Excess calories from unplanned snacks add up quick! (Yes- that handful of chocolate from the candy bowl DOES count!)
 - Creates an opportunity to identify habits to maintain and address others that may need modification (high protein snack in the afternoon versus a late-night snack binge)
 - o Healthy Breakfast:
 - Studies support that eating breakfast is associated with weight control.

- Transition into the focus of today's lesson- Getting your day started right with a well-balanced breakfast!
- Introduce the five tastes:
 - Sweet is found in fruits, some vegetables and in other, more obviously sweet foods like sugar, maple syrup, agave syrup and molasses. Sweet is one of the easiest tastes for people to discern and classify. Because refined white sugar is just “sweet” – it does not have a flavor or aroma (i.e. it is processed specifically to be absent of aroma, and flavor and to be neutral), whereas agave or maple syrups have definitive flavor and sweetness.
 - Sour is associated with acidic foods like citrus and vinegar, but also with fruits like tamarind. Fermented foods can be sour, too. Under-ripe fruit often tastes sour due to organic acids and starch which has not been converted into simple sugars.
 - Bitter is found in many leafy green vegetables (e.g, arugula and escarole), some herbs and spices (e.g., fenugreek and black pepper), and other foods like hops, coffee and horseradish.
 - Salt comes from the presence of sodium in food. Sea salt and mineral salt are the most common culinary sources of salt, but you can also find saltiness in an array of condiments and foods that are preserved with salt, such as tamari, shoyu, miso and some pickles. Salt is not a flavor in itself, but rather it enhances and supports the expression of flavors.
 - Umami is a recent addition to the list of basic flavors and is well known in eastern cuisines. It refers to a sense of savoriness commonly found in mushrooms and soy foods like miso. Monosodium glutamate is the molecule responsible for the taste of umami.

INTRODUCTION - 20 MINUTES

Nutrition Presentation

1. Introduce participants to the class topic: Mindful Eating
2. Food Cues
 - Why are you eating? (Are you hungry? bored? happy? sad? celebrating? socializing?)
3. Engage class participants around the following topics:
 - What do you think about what you are eating? (How it tastes? What nutrients you are getting? What food groups are you including?)
 - What food cues trigger their eating when not hungry? [Please see reference article](#)
 - The role of the brain, ‘food cues,’ in overeating
 - Smells (Popcorn @ movie theater, hotdogs at baseball game)
 - Visuals (Commercials on TV, Restaurant signs)
 - Emotional (bored, happy, sad)
 - Taste (I want something sweet)
4. Introduce Food Logs
 - Keeping track of intake with food logs
 - Introduce the concept of food logs/diaries.
 - Present the benefits of using a food log/diary
 - Announce different applications that can help
 - MyFitnessPal

o American Heart Association template

5. Practice tracking a meal

- o Using the Sneaky Green Smoothie recipe, have participants work in small groups to enter the recipe into a food log. This could be with My Fitness Pal or the American Heart Association template. Review the food log and as a class discuss what are the benefits of keeping a food log.

6. Discuss the importance of a healthy breakfast

- o Today's menu demonstrates the concepts presented today:
- o Highlight the benefits and nutrition profile of the breakfast recipes
 - 100% Whole Wheat Tortilla- Source of carbohydrate giving you energy to start your day
 - Eggs- Source of protein to keep you going until lunch
 - Veggies - get those vitamins and minerals by adding colorful veggies to your burrito
 - Salsa- get those vitamins and minerals by adding colorful fruits, vegetables and herbs to your burrito

7. Present the individual nutrition labels for each recipe below.

Nutrition Labels:

Breakfast Burrito	Pico de Gallo	Sneaky Green Smoothie
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Nutrition Facts</p> <p>6 servings per container</p> <p>Serving size</p> <hr/> <p>Amount Per Serving</p> <p style="text-align: right;">Calories 320</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 12g 16%</p> <p style="padding-left: 20px;">Saturated Fat 4g 20%</p> <p style="padding-left: 20px;"><i>Trans Fat</i> 0g</p> <p>Cholesterol 105mg 35%</p> <p>Sodium 560mg 24%</p> <p>Total Carbohydrate 32g 12%</p> <p style="padding-left: 20px;">Dietary Fiber 4g 13%</p> <p style="padding-left: 20px;">Total Sugars 6g</p> <p style="padding-left: 40px;">Includes 0g Added Sugars 0%</p> <p>Protein 22g 44%</p> <hr/> <p><small>Not a significant source of vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Nutrition Facts</p> <p>6 servings per container</p> <p>Serving size</p> <hr/> <p>Amount Per Serving</p> <p style="text-align: right;">Calories 25</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0.5g 1%</p> <p style="padding-left: 20px;">Saturated Fat 0g 0%</p> <p style="padding-left: 20px;"><i>Trans Fat</i> 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 0mg 0%</p> <p>Total Carbohydrate 3g 1%</p> <p style="padding-left: 20px;">Dietary Fiber < 1g 3%</p> <p style="padding-left: 20px;">Total Sugars 1g</p> <p style="padding-left: 40px;">Includes 0g Added Sugars 0%</p> <p>Protein < 1g 2%</p> <hr/> <p><small>Not a significant source of vitamin D, calcium, iron, and potassium</small></p> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Nutrition Facts</p> <p>servings per container</p> <p>Serving size (150g)</p> <hr/> <p>Amount per serving</p> <p style="text-align: right;">Calories 60</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0g 0%</p> <p style="padding-left: 20px;">Saturated Fat 0g 0%</p> <p style="padding-left: 20px;"><i>Trans Fat</i> 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 25mg 1%</p> <p>Total Carbohydrate 14g 5%</p> <p style="padding-left: 20px;">Dietary Fiber 2g 7%</p> <p style="padding-left: 20px;">Total Sugars 10g</p> <p style="padding-left: 40px;">Includes 0g Added Sugars 0%</p> <p>Protein 1g</p> <hr/> <p>Vitamin D 0mcg 0%</p> <p>Calcium 42mg 4%</p> <p>Iron 1mg 6%</p> <p>Potassium 92mg 2%</p> <hr/> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> </div>

<i>For one serving of each recipe</i>	
<i>Calories</i>	<i>405</i>
<i>Total fat</i>	<i>12.5 g</i>
<i>Total Carbohydrate</i>	<i>49 g</i>
<i>Total Fiber</i>	<i>7 g</i>
<i>Sodium</i>	<i>585 mg</i>
<i>Protein</i>	<i>24 g</i>

- **Nutritional Fact:** Eggs are a highly bioavailable (ease at which your body digests and utilizes the food) source of complete protein, meaning they contain all 9 of the essential amino acids. Did you know that the main protein in egg whites is ovalbumin? The color of the yolk reflects what the chicken ate to produce the egg. The more orange the yolk the more carotenoids from grass and plants the chicken ate.
- **Cultural Fact:** Breakfast burrito is a traditional northern Mexican food

CLASSROOM COOKING + CLEANING - 75 MINUTES

1. Have participants put on aprons, hats/hair nets, and wash hands.
2. Review recipes and demo:
 - Knife skills
 - Measurement and how to crack the eggs
 - Safely using the blender
3. Introduce the five tastes: saltiness, sweetness, bitterness, sourness, and umami
4. Discuss which of the tastes today's ingredients provide and point out that a balanced meal or dish has all five tastes.
5. Work in groups of 3-4, have each group prepare the following recipes. The recommended order is:
 - Pico de Gallo
 - Breakfast Burritos
 - Sneaky Green Smoothie (so it can be served cold)

EATING AND GOAL SETTING - 15 MINUTES

1. Participants gather to enjoy the meal together.
2. As a group or in pairs, discuss what was learned in class today and have participants set simple and realistic goals about what they can incorporate from today's class into the coming week.

CONCLUSION - 10 MINUTES

1. Pass out the *Cooking for Life Handbook* to participants and highlight the meal plan and healthy substitutions pages.
2. Answer any remaining questions.
3. Review the Key Understandings for this lesson.
4. Clean-up dining area.

RECIPES:

Breakfast Burritos

Yields 6 servings

Ingredients:

- 3 large eggs
- 3 large egg whites
- ¼ C low-fat milk (or water)
- ¼ t salt
- ¼ t ground black pepper

Veggie Toppings (can be mixed-up based on availability)

- 5 oz. fresh baby spinach, lightly sautéed
- ¼ bell pepper, brunoise
- ½ C mushrooms, thinly sliced
- 2 t olive oil, divided

Toppings

- 6 whole wheat tortillas, 10-12" size
- 2 T cheddar cheese (reduced-fat optional), shredded
- 2 T non-fat Greek yogurt
- 2 T Pico de Gallo (see recipe below or use jarred salsa)

Directions:

1. Mise en Place

- Wash, dry, and chop spinach, bell pepper, and mushrooms.
- Crack 3 eggs, separating the yolk from the whites.
- Place the egg whites into a medium bowl and set aside.
- Crack 3 additional whole eggs into the bowl with the egg whites.
- Measure out the ingredients.

2. Prepare the Scramble Eggs

- In a large bowl, add the eggs, milk, salt, and pepper.
- Whisk together with a whisk or fork until well combined.
- Heat 1 tsp oil in a medium skillet over medium heat.
- Add the eggs.
- As the curds form, gently use a spatula to mix the eggs.
- Cook thoroughly until the eggs are no longer runny.

3. Prepare the Veggie Toppings

- Heat ½ tsp of oil in a medium skillet over medium heat.
- Add the mushrooms and sauté until slightly browned. Place in a bowl and remove any liquid from the pan.
- To the empty skillet add ½ tsp of oil and then add the bell pepper. Sauté until slightly browned.
- Add the spinach to the pepper and sauté until spinach wilts.
- Remove from heat and set aside.

4. Prepare the Breakfast Burrito

- Fill each tortilla with $\frac{1}{6}$ of the eggs, vegetables, and cheese.
- Roll and top with yogurt and pico de gallo.

Pico de Gallo

Yields 6 servings $\frac{3}{4}$ to 1 cup

Ingredients:

- $\frac{1}{2}$ red onion, brunoise
- 3 fresh roma tomatoes, small dice
- $\frac{1}{2}$ C fresh cilantro leaves, rough chop
- $\frac{1}{4}$ jalapeno, minced
- $\frac{1}{2}$ lime, juiced
- Salt and Pepper to taste

Directions:

1. Mise en Place

- Dice tomato and onion.
- Seed and mince the jalapeno.
- Chop cilantro.

2. Prepare the Pico de Gallo

- Add jalapeno and onion to a medium bowl with tomatoes.
- Squeeze juice from lime over the bowl.
- Add salt and pepper to taste.
- Garnish with cilantro.

Sneaky Green Smoothie

Yields 4 servings

Ingredients:

- 1 C grapes
- $\frac{1}{2}$ C pineapple, chunks
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ C water
- $\frac{1}{2}$ C ice cubes
- 2 C spinach, packed

Directions:

1. Mise en Place

- Wash and dry grapes.
- Remove grapes from stems.
- Cut pineapple into chunks.
- Peel and chop banana.
- Measure out the ingredients.

2. Blend Ingredients

- Place all ingredients into a blender or food processor.
- Turn on and slowly increase speed to high.
- Blend for 45 seconds or until desired consistency is reached.

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