

LESSON 3: READ IT BEFORE YOU EAT IT

Recipes for Health
Prepared by Common Threads

ABOUT THIS LESSON

In this lesson, participants will learn how to read the nutrition label on a product before eating it. Participants will explore what to look for on labels, how to interpret serving size, and what calories mean. Participants will be able to compare and contrast the nutritional benefits of cooking at home vs eating out. Also, they will learn to make decisions focused on reducing sodium, saturated fats, and added sugars considering the nutrition label information.

KEY UNDERSTANDINGS

Nutrition

- Participants will be able to (PWBAT) use a standard nutrition fact panel and identify the following values:
 - Serving Size
 - Calories
 - Fat
 - Carbohydrates (total, fiber and added sugars)
 - Sodium
 - Protein
- PWBAT compare and contrast the nutritional benefits of cooking at home versus eating out

Culinary

- PWBAT make whole wheat dough
- PWBAT properly measure ingredients
- PWBAT properly set-up an oven and baking tray
- PWBAT demonstrate safe and accurate knife skills
- PWBAT make vinaigrette dressing

MATERIALS NEEDED

- Printed recipes for each participant
- Printed copies of nutrition fact panels (1 per participant)
- Produce Guides (1 per participant)
 - [English](#)
 - [Spanish](#)
- Standard Cooking Equipment
- [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
- *Make pizza dough so it can rise*

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 – Cuisine Type

- Whole wheat pizza dough
- Veggie pizza
- Simple salad with balsamic vinaigrette (no oven alternative)
- Ricotta e Fragole Dolce

BACKGROUND INFORMATION

- Introduce vocabulary: Nutrition Fact Panel, Whole Wheat, Dough
- Review and discuss the following information:
 - How to read labels
 - What to look for on labels
 - Serving Size is important – Look at how much a serving is and how many servings are in a container – serving is how to know you are getting the nutrients on the

label in the amounts they say – eating the entire container is not necessarily one serving – it may be excess calories, fat, sodium, etc.

- What do calories mean – energy – calorie needs vary by individual. 2000 calories/day used as an average for America
 - Where to find fats – types of fats (saturated/monounsaturated/polyunsaturated/trans). How do these classification differ – what should you limit
 - Protein – approximately 7g protein = 1 ounce serving of meat, eggs, poultry, fish. Complete (all 9 essential amino acids) vs incomplete protein
 - Fiber – benefits – how much you should try to include (daily females 21-25g, males 30-38g)
 - Carbohydrates/sugars – better to have complex carbs – moderation on added sugars
 - Sodium – risk of eating too much – discussion of foods high in sodium (ultra processed foods, UPF) – show how sodium can add up – give tips to limit excess sodium intake. RDI 2300 mg
 - Vitamins and minerals – vitamin D, iron, potassium, calcium. Discuss the importance of getting a variety of vitamins and minerals to keep body functioning well
- o Discuss how these are the most important areas to look at on a label – can look at before you buy foods at a store to plan ahead – and be sure to read labels before you start eating something
 - o Look at first few ingredients – they are what is in the product in the highest amount – explain what to look for
 - o Go over common nutrition claims¹– Introduce the terms *low*, *reduced*, *free*, *high* and *good source* which are based on reference amounts customarily consumed (RACC)
 - Each different nutrient or mineral will have a specific definition for what is considered *low*, *reduced*, etc. This is because we need different amounts of each macro and micronutrient.
 - The terms *reduced or less* are based upon a reference meal or original recipe, whereas *low* is a specific quantity per serving of the given food.
 - The terms *high* and *good source* are based upon RACC for a particular nutrient. *High* indicates 20% or greater of the nutrient in the RACC and *good source* indicates 10-19% in a RACC. Note, different foods will have different RACC.
 - *Free* doesn't necessarily mean zero, but rather below a certain amount for that nutrient.
 - All definitions of nutrient content claims are listed in the footnoted reference. It's a little more complicated than it appears.
 - o (Slide 2) Discussion activity comparing labels of old and new version of the food label – helpful handout: Academy of Nutrition and Dietetics – Get the Facts on the New Food Label

¹<https://www.ncbi.nlm.nih.gov/books/NBK209851/>

- <http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/shopsmartgetthefactsonfoodlabels.ashx>

INTRODUCTION - 20 MINUTES

Nutrition Presentation

1. Introduce participants to the lesson and outline the class objectives.
2. Discuss label information
 - Check the ingredients list of the nutrition fact label
 - Compare homemade pizza label to restaurant ordered pizza label
3. Practice label reading
 - Provide printed copies of two labels
 - Highlight the difference between the two pizzas compare equal serving sizes
 - Calorie difference (60 calories less per serving for homemade version)
 - Saturated Fat (1.5 g less per serving for homemade version)
 - Cholesterol (5 mg less per serving for homemade version)
 - Sodium (140 mg less per serving for homemade version)
 - Fiber (1 gram more per serving for homemade version)
 - Note benefits of whole grains
 - Compare making something with different types of flours (whole wheat vs enriched flour)
 - Highlight how making foods at home/chef can control nutrition quality more Ingredient choice and quantity, cooking method, substitution of more healthful ingredients and cost benefit. More cost effective to prepare meals at home

Nutrition Labels:

| Homemade Whole Wheat Veggie Pizza* 1 Slice (1/8 of 12" Pizza) | Restaurant Veggie Pizza 1 Slice (1/8 of 12" Pizza) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--|--------------|----------|---------------------------|--|-----------------|------------|----------------|--|--------------|----|------------------|-----|--------------|--|------------------|----|--------------|-----|------------------------|-----|------------------|-----|-----------------|--|--------------------------|----|------------|-----|---|--|--|--|--|------------------------|--|--------------|----------|---------------------------|--|-----------------|------------|----------------|--|--------------|-----|--------------------|-----|--------------|--|------------------|----|--------------|-----|------------------------|-----|------------------|----|-----------------|--|--------------------------|----|------------|-----|---|--|--|--|
| <table border="1"> <tr> <td colspan="2">Nutrition Facts</td> </tr> <tr> <td>Serving size</td> <td>1 (107g)</td> </tr> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td>Calories</td> <td>170</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 4g</td> <td>5%</td> </tr> <tr> <td> Saturated Fat 2g</td> <td>10%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 10mg</td> <td>3%</td> </tr> <tr> <td>Sodium 360mg</td> <td>16%</td> </tr> <tr> <td>Total Carbohydrate 27g</td> <td>10%</td> </tr> <tr> <td> Dietary Fiber 3g</td> <td>11%</td> </tr> <tr> <td> Total Sugars 1g</td> <td></td> </tr> <tr> <td> Includes 0g Added Sugars</td> <td>0%</td> </tr> <tr> <td>Protein 8g</td> <td>16%</td> </tr> <tr> <td colspan="2">Not a significant source of vitamin D, calcium, iron, and potassium</td> </tr> <tr> <td colspan="2">*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.</td> </tr> </table> | Nutrition Facts | | Serving size | 1 (107g) | Amount Per Serving | | Calories | 170 | % Daily Value* | | Total Fat 4g | 5% | Saturated Fat 2g | 10% | Trans Fat 0g | | Cholesterol 10mg | 3% | Sodium 360mg | 16% | Total Carbohydrate 27g | 10% | Dietary Fiber 3g | 11% | Total Sugars 1g | | Includes 0g Added Sugars | 0% | Protein 8g | 16% | Not a significant source of vitamin D, calcium, iron, and potassium | | *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. | | <table border="1"> <tr> <td colspan="2">Nutrition Facts</td> </tr> <tr> <td>Serving size</td> <td>1 (107g)</td> </tr> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td>Calories</td> <td>230</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 9g</td> <td>12%</td> </tr> <tr> <td> Saturated Fat 3.5g</td> <td>18%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 15mg</td> <td>5%</td> </tr> <tr> <td>Sodium 500mg</td> <td>22%</td> </tr> <tr> <td>Total Carbohydrate 28g</td> <td>10%</td> </tr> <tr> <td> Dietary Fiber 2g</td> <td>7%</td> </tr> <tr> <td> Total Sugars 3g</td> <td></td> </tr> <tr> <td> Includes 0g Added Sugars</td> <td>0%</td> </tr> <tr> <td>Protein 9g</td> <td>18%</td> </tr> <tr> <td colspan="2">Not a significant source of vitamin D, calcium, iron, and potassium</td> </tr> <tr> <td colspan="2">*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.</td> </tr> </table> | Nutrition Facts | | Serving size | 1 (107g) | Amount Per Serving | | Calories | 230 | % Daily Value* | | Total Fat 9g | 12% | Saturated Fat 3.5g | 18% | Trans Fat 0g | | Cholesterol 15mg | 5% | Sodium 500mg | 22% | Total Carbohydrate 28g | 10% | Dietary Fiber 2g | 7% | Total Sugars 3g | | Includes 0g Added Sugars | 0% | Protein 9g | 18% | Not a significant source of vitamin D, calcium, iron, and potassium | | *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. | |
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| Serving size | 1 (107g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amount Per Serving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 170 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| % Daily Value* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 4g | 5% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 2g | 10% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Trans Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol 10mg | 3% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 360mg | 16% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 27g | 10% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 3g | 11% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Sugars 1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Includes 0g Added Sugars | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 8g | 16% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Not a significant source of vitamin D, calcium, iron, and potassium | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Nutrition Facts | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Serving size | 1 (107g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amount Per Serving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 230 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| % Daily Value* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 9g | 12% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 3.5g | 18% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Trans Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol 15mg | 5% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 500mg | 22% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 28g | 10% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 2g | 7% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Sugars 3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Includes 0g Added Sugars | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 9g | 18% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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* Recipe used Spinach, Mushrooms, Green Peppers

Though meat is an optional ingredient in the recipe, no meat was included in the Homemade Pizza Recipe Analysis for comparison to a Restaurant Veggie Pizza

| For one serving of Homemade Whole Wheat Veggie Pizza | |
|--|--------|
| Calories | 170 |
| Total fat | 4 g |
| Total Carbohydrate | 27 g |
| Total Fiber | 3 g |
| Sodium | 360 mg |
| Protein | 8 g |

* Recipe used Spinach, Mushrooms, Green Peppers

Though meat is an optional ingredient in the recipe, no meat was included in the Homemade Pizza Recipe Analysis for comparison to a Restaurant Veggie Pizza

- Nutritional Fact:** Any whole grain is a good source of fiber because it includes not only the starch rich endosperm, but also the germ and the bran which are fiber rich. Whole wheat is a whole grain and is a good source of fiber, essential vitamins, and minerals.

- **Cultural Fact:** Whole wheat was first used in West Asia but now it is used globally as an essential ingredient for bread

CLASSROOM COOKING + CLEANING - 75 MINUTES

1. Before the class - Pre-make dough for class participants. Prepare one dough during class for demo purposes and engage participants in kneading, etc.
2. Have participants put on aprons, hats/hair nets, and wash hands.
3. Review recipes and demo:
 - Knife skills
 - Measurement and how to make dough
 - (Show dough video: [How to Make Dough](#))
4. Discuss topping choices you provided today (can vary)
 - Highlight nutrients of these vegetables - add info based on veggie choice
 - Discuss participants favorite topping combinations
 - Discuss the flavor profiles of the combinations
 - Hand out Produce Guides (see links in Materials section)
 - Discuss seasonality of produce
 - Be "region" specific with what's in season
 - Display on Screen: [South Florida Harvest Calendar](#)
<https://www.grownyc.org/greenmarket/whatsavailable>
5. Working in groups of 3-4, have each group prepare the following recipe. The recommended order is:
 - Whole Wheat Pizza Dough (using demo dough)
 - *Chef Tip: Have participants use dough made ahead of time by the instructor and then reserve some ingredients to be able to demo how to make the dough. This allows participants to see how to make the dough but use adequately risen dough during the class.*
 - Make Pizzas (using Chef Instructor pre-made dough)
 - Simple Salad and Balsamic Vinaigrette

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. Answer any remaining questions.
2. Clean-up dining area.

RECIPES:

Whole Wheat Pizza Crust

Yields 6 servings – 1 family size pizza

Ingredients:

- ½ package of dry yeast
- ½ C + 2 T lukewarm water
- ½ C + 2 T whole wheat flour
- 1 C all-purpose flour
- 2 t olive oil
- 1 t honey
- ¼ t salt

Directions:

1. Mise en place

- Measure out all ingredients
- Combine yeast and lukewarm water in a measuring cup- this activates the yeast and allows them to proof

2. Prepare the dough

- Combine both flours and the salt in a large bowl
- Make a well in the center and add the proofed yeast, oil, and honey
- Knead the dough until a ball is formed.
- Continue to knead the dough until it is uniform and pliable.
- Remove the dough and transfer to a smaller lightly oiled bowl
- Cover with plastic wrap or a kitchen towel and let rise in a warm place for 45 minutes, or until the dough has doubled in size

3. Prepare the pizza crust

- Punch down the dough and transfer to a floured board and knead briefly
- Roll and stretch the dough into a 12-inch circle
- Place on a pizza pan or piece of parchment paper and top as desired using the Whole Wheat Pizza recipe

Whole Wheat Pizzas

Yields 1 12-inch pizza

Ingredients:

- 1 recipe Whole Wheat Pizza Dough
- 4 oz. canned crushed tomatoes (tomato puree)
- 2-3 vegetable toppings
- ½ oz. meat topping (optional)
- 8 oz. shredded mozzarella cheese (or other cheese)
- Whole wheat flour, as needed

Directions:

1. Preheat oven to 450°F.
2. Sprinkle the flour onto a clean surface where you will be stretching the Whole Wheat Pizza Dough.
3. Stretch the dough into a 12-inch disc, rotating after each stretch. Toss the dough in the air, if you dare. Using your hands, form a lip around the edges of the pizza. Transfer the stretched crust to a parchment lined baking tray.
4. Top the pizza with Pizza Sauce, cheese, vegetables, and meat if using. Bake the pizza immediately or allow it to sit for up to 30 minutes.
5. Bake for 7-12 minutes, or until bubbly and golden brown. Rest for 3 minutes before slicing.

Simple Salad and Balsamic Vinaigrette

Yields 4 servings; Serving Size: ½ cup

Ingredients:

- 1 C fresh spinach
- 1 head romaine lettuce, chopped (or other leafy green)
- ½ C canned navy, garbanzo, or cannellini beans, drained and rinsed (any kind of canned beans will work)
- Extra leftover veggie toppings from Whole Wheat Pizzas (optional)

Balsamic Dressing:

- 1 T balsamic vinegar
- ¼ t salt
- ¼ t ground black pepper
- 2 T olive oil

Directions:

1. Combine the spinach, lettuce, drained beans, and left over extra veggies.
2. In a small bowl or jar, combine the dressing ingredients and whisk or shake together.
3. Toss the dressing with the salad ingredients just before serving.

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Ricotta e Fragole Dolce

Yields 6 servings

Ingredients:

- 2 T honey
- 1 C ricotta cheese, or plain yogurt
- 1-pint strawberries, sliced
- pinch salt (only if using yogurt)

Directions:

1. Mise en Place

- Wash and dry the strawberries.
- Remove leaves and hull from the strawberries and quarter them.
- Measure out all the ingredients.

2. Prepare

- Beat the ricotta cheese or yogurt in a bowl with the honey and pinch of salt until smooth.
- Scoop the strawberries into a separate bowl.
- Chill the ricotta/yogurt mixture and the strawberries until ready to serve.

3. Serve

- Divide the strawberries into 4 small dishes and top with a portion of the ricotta/yogurt mixture.

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