



COOKING CLASS TOPICS

TOPIC	CLASS OBJECTIVE
Comfort Foods—New Ideas for the New Year	To discuss the role of “comfort foods” in health and healing. To prepare and taste new versions of old favorites – especially some to warm you on cool winter evenings.
Mood Foods	To explore ways in which what we eat affects how we feel and to taste several low-fat recipes featuring treats for Valentine’s Day.
Beyond Bran to Fabulous Fiber	To try a variety of whole grains and high-fiber vegetables by giving them the opportunity to help prepare and taste several low-fat, high-fiber recipes.
Stealth Health—Recipes with Surprise Ingredients	To learn some tips on how to reduce fat and add vegetables and fruits to dishes without sacrificing flavor or texture.
The Big Frame-up—Confused About Calcium?	To learn the latest information about calcium requirements, which foods are the best sources of calcium, how to determine if you are getting enough of this important mineral, and some general guidelines about calcium supplementation.
Healing Foods—Phytochemicals	To learn about phytochemicals, how they help to protect and heal the body, and which foods are rich sources.
Summer Celebration—Picnic Parties and Grilling Guidelines	To learn about alternatives to traditional high-fat picnic and barbecue foods, as well as low-fat grilling tips and summer food safety guidelines.
What’s For Lunch? Eating on the Run	To learn about nutritious alternatives to traditional lunch-time fare, with emphasis on quickly prepared spreads.
Dinner’s On! Meals in Minutes	To learn how to create meals quickly that are as satisfying to the eye and taste, as they are nourishing.
Trick or Treat? Label Reading & Trick Ingredients	To prepare and sample several recipes with “trick” ingredients that are nutritional and taste “treats.” To learn how to use food labels to determine if a food is a “trick” or a “treat.”
Healthier Holiday Favorites—Dining In or Out	To prepare and sample several healthier versions of traditional holiday recipes and to learn strategies for dining out.
Celebrating with BIG Color & BIG Flavor	To prepare and share holiday potluck and party recipes, while learning more about winter fruits and vegetables. To review the latest information on the importance of exercise in slowing the aging process.