



This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation@ in Princeton, New Jersey.

# Whisking your way to Health



## Lesson 5- Grocery store tour and Graduation

### Objectives

- Identify three non-starchy vegetables not usually a part of the participants meal plan
- Describe ways to include the new non-starchy vegetables in the meal plan
- Compare the nutritional information and prices of a dietetic food and a similar non dietetic food
- Determine best value (price and quality) of a fruit and/or a vegetable
- Determine which canned vegetables have lowest sodium content
- Determine which canned fruit has the lowest carbohydrate content
- Select a meat and determine how many portions it will serve

### Learning Method

- Grocery store tour and Worksheet

### Handouts

- Grocery Store Tour Worksheet
- Class evaluations

# Whisking your way to Health

<b>Activities</b>		
<input type="radio"/>	Grocery store Tour	
<input type="radio"/>	Graduation/certificates	
<b>Food Preparation</b>		
<b>Item</b>	<b>Comments</b>	<b>Groceries</b>
<input type="radio"/>	Lime-Cilantro Pork tacos	4ounces of pork tenderloin per person (3 Lb), olive oil, 6 large onions, 4 small jalapeños, 2 C sodium free chicken broth, 2 cup plum tomatoes, 1 cup cilantro, 6 limes, 24 tortillas
<input type="radio"/>	Black bean salad with bell pepper and onions	2 (15 ounce) cans black beans, 2 cup red bell pepper, 1 red onion, ½ cup parsley, red wine vinegar, olive oil, 2 garlic cloves

# Whisking your way to Health

<input type="checkbox"/> Lettuce and tomatoes		Lettuce (leaf), tomatoes, dressing
<input type="checkbox"/> Flan		Follow package directions
<input type="checkbox"/> Lemonade		
<b>Cooking Utensils</b>		
<input type="checkbox"/> Knives (paring and Chef) <input type="checkbox"/> Dry & Liquid measuring cup & spoons <input type="checkbox"/> Can opener <input type="checkbox"/> Cutting board <input type="checkbox"/> Custard cups <input type="checkbox"/> Colander/strainer <input type="checkbox"/> Large skillet, non-stick	<input type="checkbox"/> Mixing bowls <input type="checkbox"/> Spatula <input type="checkbox"/> Whisk <input type="checkbox"/> Serving dish <input type="checkbox"/> 2 Serving plate (meat & lettuce & tomato) <input type="checkbox"/> Juicer	
	<input type="checkbox"/>	
<b>Cooking Plan</b>		
<b>Group 1</b>	<b>Group 2</b>	
<input type="checkbox"/> Prepare Lime-cilantro pork <input type="checkbox"/>	<input type="checkbox"/> Prepare flan <input type="checkbox"/> Prepare lettuce & tomatoes	

# Whisking Your Way to Health

<p><b>Set Goal and talk about using the goal setting process in every day life</b></p>		
<p><b>Homework</b></p>		
<p><input type="radio"/> Use the new ideas and skills when planning and cooking meals</p>		

Black Bean salad with bell pepper and onion

Serves 4

Combine

- 1 (15 ounce) can rinsed and drained black beans
- 1 cup chopped red bell pepper
- ½ cup chopped red onion
- ¼ cup chopped fresh parsley
- 1 ½ tablespoons red wine vinegar
- 1 tablespoon olive oil
- ¼ teaspoon black pepper
- 1/8 teaspoon salt
- 1 garlic clove, minced

Serve at room temperature



# Whisking your way to Health



Lime-cilantro pork tacos

Serves 4

- 1 pound pork tenderloin, trimmed and cut into thin strips
- ¼ teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1 ½ cups thinly sliced onion
- 1 small jalapeño pepper, seeded and chopped
- ½ cup less sodium chicken broth
- ½ cup plum tomatoes, chopped
- 3 tablespoons chopped cilantro
- 2 ½ tablespoons lime juice
- 8 (6 inch) tortillas

1. Heat large non-stick skillet over medium high heat. Sprinkle pork with salt and pepper. Add oil to pan. Add pork, and sauté 4 minutes or until browned. Remove pork from pan, place in a bowl.

Add onion and jalapeño to pan and sauté for 5 minutes or until tender.

Add broth and reduce the heat, simmer for 1 minute, scraping pan to loosen brown bits.

Stir in tomatoes and simmer for 2 minutes.

2. Return pork and accumulated juices to the pan. Stir in the cilantro and lime juice; cook 1 minute or until pork is done.

3. Heat tortillas according to package directions.

4. Spoon ½ cup pork mixture on each tortilla and roll up.

# Shopping List



## Lesson 5

Pork tenderloin	3 pounds	\$10.00
Onions	5 onions	\$1.99
Jalapeno peppers	3 peppers	\$1.19
Chicken broth low sodium*	1 can	\$0.66
Plum tomatoes	6	\$2.00
Cilantro fresh	1 bunch	\$0.50
Lime	9 limes, small	\$1.50
Tortillas	24	\$2.09
Black Beans*	2 - 15 ounce cans	\$1.00
Red bell peppers	2	\$2.00
Red onion	1 large	\$0.99
Parsley fresh	1 bunch	\$0.50
Lettuce, green leaf	2 bunches	\$2.80
Tomatoes	4 medium	\$2.00
Low fat salad dressing*		\$2.00
Goya Flan*	3 packages	\$2.10
Milk, Skim	2 quart	\$1.79
Real lemon	1 bottle	\$1.95
Lemons	1 lemon	\$1.00
	Total	\$38.06

\*Items in staples - Total less these items \$34.30

## Staples

Olive oil*	1 bottle	\$3.79
Red wine vinegar*	1 bottle	\$1.50
	Total	\$5.29

\*Items in staples - Total less these items \$0.00



## Grocery Store Tour

List three non-starchy vegetables you have not previously eaten

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe how you would include the above listed vegetables in your meal plan

Compare the price by weight of the following:

	Fresh	Canned	Frozen
Green beans	_____	_____	_____
Peaches	_____	_____	_____
Okra	_____	_____	_____

Select a cut of meat and determine how many serving are in it

Meat \_\_\_\_\_ Weight \_\_\_\_\_ Servings \_\_\_\_\_

Select a food labeled as "Diabetic" and a similar food, not labeled as "diabetic"

Compare:

"Diabetic" food \_\_\_\_\_ Regular food \_\_\_\_\_

	"Diabetic"	Regular
Serving size	_____	_____
Weight in grams	_____	_____
# Carbohydrates	_____	_____
Price by weight	_____	_____

### Bacon versus Turkey bacon

	Serving size	Grams of fat	Cost/pound
Regular bacon	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Select a canned vegetable and a No- added salt of the same vegetable and compare grams of sodium

Vegetable \_\_\_\_\_  
Regular \_\_\_\_\_ grams of sodium  
No-added salt \_\_\_\_\_ grams of sodium

Select a canned fruit and a "Lite" or in juice of the same fruit and compare grams of carbohydrate

Fruit \_\_\_\_\_  
Regular \_\_\_\_\_ grams of sodium  
"Lite"/juice \_\_\_\_\_ grams of sodium

Interesting things I learned:

The grocery store tour was helpful.  
\_\_\_ I agree \_\_\_ I disagree \_\_\_ no opinion





*Lime-cilantro pork tacos*

Serves 4

- 1 pound pork tenderloin, trimmed and cut into thin strips
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- $1\frac{1}{2}$  cups thinly sliced onion
- 1 small jalapeño pepper, seeded and chopped
- $\frac{1}{2}$  cup less sodium chicken broth
- $\frac{1}{2}$  cup plum tomatoes, chopped
- 3 tablespoons chopped cilantro
- $2\frac{1}{2}$  tablespoons lime juice
- 8 (6 inch) tortillas

## Lesson 5

- 
- 
1. Heat large non-stick skillet over medium high heat. Sprinkle pork with salt and pepper. Add oil to pan. Add pork, and sauté 4 minutes or until browned. Remove pork from pan, place in a bowl.



Add onion and jalapeño to pan and sauté for 5 minutes or until tender.

Add broth and reduce the heat, simmer for 1 minute, scraping pan to loosen brown bits.

Stir in tomatoes and simmer for 2 minutes

2. Return pork and accumulated juices to the pan. Stir in the cilantro and lime juice; cook 1 minute or until pork is done.

3. Heat tortillas according to package directions.

4. Spoon  $\frac{1}{2}$  cup pork mixture on each tortilla and roll up
- 
- 

## Lesson 5

### *Black Bean salad with Bell Pepper and Onion*

Serves 4

Combine

- 1 (15 ounce) can rinsed and drained black beans
- 1 cup chopped red bell pepper
- $\frac{1}{2}$  cup chopped red onion
- $\frac{1}{4}$  cup chopped fresh parsley
- $1\frac{1}{2}$  tablespoons red wine vinegar
- 1 tablespoon olive oil
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{8}$  teaspoon salt
- 1 garlic clove, minced

Serve at room temperature