



Nut Ed
by email

Level 4: Recipe Modification Hands on Nutrition Workshops

Hands on Nutrition Workshops are half day workshops that are run by Country Kitchens facilitators with a group of up to 12 participants from the community. The recipe modification version of this workshop is perfect to run with groups who have basic cooking skill and are interested in learning how to make healthier meals for themselves or their families.

If you have previously run a standard HONW, you might like to consider a recipe modification HONW as an alternative. The recipe modification HONW follows the same structure as the standard HONW though the education component is slightly different. The education is designed to highlight how recipes can be easily modified by following the five steps to health-a-size a recipe.

The workshop structure is as follows:

- Healthy recipe demonstration
- Nutrition education
- Hands on cooking activity

The team has developed resources for Hands on Nutrition Workshops. We will go through how the recipe modification version fits in with these.

Recipe Demonstration

Hands on Nutrition Workshops usually start with a recipe demonstration. During the demonstration, participants are shown how to make a delicious, healthy Country Kitchens recipe that they will get to try later in the session. This is a great way to engage your audience right from the start and an opportunity to share knife skills with participants before they undertake the hands-on cooking activity. The recommended demonstration recipe is the rainbow frittata muffin recipe because it allows you to demonstrate knife skills using a variety of vegetables. If you would like to choose a different recipe to demonstrate, check with your CK buddy that your chosen recipe is suitable for a live demo.

Nutrition Education

Following the demo, nutrition education is delivered using the Nutrition Education Flipbook. The A3 flipbook has two sides and sits on an A frame on a desk. The front side of the flipbook is what participants will see and the back contains talking points to be covered by the facilitator. The notes can be read to the participants word for word or they can be used as a prompt before you change the information into your own words. The recipe modification HONW flipbook pages provide basic information about the Country Kitchens program and the five key messages before delving further into the five steps to health-a-size a recipe. This includes tips to increase fruit, vegetable, and fibre content of recipes, reduce sugar and salt and reduce or swap fat sources to make the dish healthier.



Below is an example of one of the recipe modification flipbook pages. The 'participant side' shows what your audience will see and the 'facilitator side' is what you as the presenter will see.



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Fruit and Vegetables

Increasing fruit and vegetables

- ↑ plant food
- ↑ vitamins and minerals
- ↑ phytochemicals and antioxidants
- ↑ dietary fibre

- Grate vegetables into meat dishes
- Add fruit or vegetables to baking
- Use canned legumes or beans
- Add a side salad
- Choose tomato-based pasta sauces
- Prepare vegetables in new ways

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Participant Side

Fruit and Vegetables

Regularly eating a range of fruits and vegetables can help reduce your risk of developing chronic diseases such as heart disease, type 2 diabetes and some cancers.

Fruits and vegetables are a good source of dietary fibre and contain many vitamins and minerals that are good for your health.

Modify your recipes to include more fruits and vegetables by:

- Grating vegetables such as sweet potato, carrot and zucchini into meat dishes
- Add fruits or vegetables when baking cakes or muffins
- Use canned legumes or beans in dishes as a substitute for meat
- Add a side salad or side of cooked vegetables to dishes
- Choose tomato based sauces when preparing pasta dishes
- Use equipment such as a spiralizer or a peeler to prepare vegetables in different ways
- Experiment with different fruits and vegetables in salads e.g. asparagus, mango

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Facilitator Side

Hands on Cooking Activity

The final section of a Recipe Modification HONW is the hands-on cooking activity. This is a core component of HONW's and is an opportunity for you to directly teach cooking skills to your participant group. During this activity, participants will split into groups of two or three and make a Country Kitchens recipe together whilst you facilitate the session. We recommend choosing three recipes from the HONW Recipe Booklet or chat to your buddy about appropriate recipes.

Benefits of Running a Healthy Lunchbox HONW

There are a range of benefits to running a Hands on Nutrition Workshop including:

- **To you:** an opportunity to improve public speaking and group facilitation skills.
- **To your branch:** an opportunity to showcase your branch to the general public and potentially increase membership. HONW's can also help to fundraise money for your branch as it's recommended participants are charged between \$10-\$20 to attend a workshop.
- **To your community:** an opportunity to learn practical, hands-on skills that will enable them to lead healthier lifestyles and put the 5 key messages into practice.

The recipe modification HONW is a great opportunity to educate members of your community on how to prepare and modify home cooked meals to make them healthier whilst also showing them that healthy eating can be delicious and fun.

Encouraging participants to cook more at home will save them money, get families involved in meal preparation and also give them control over the ingredients they are putting into their meals, thus, increasing the chance of healthy eating at home.