



SCHOOL  
FOOD HANDLER

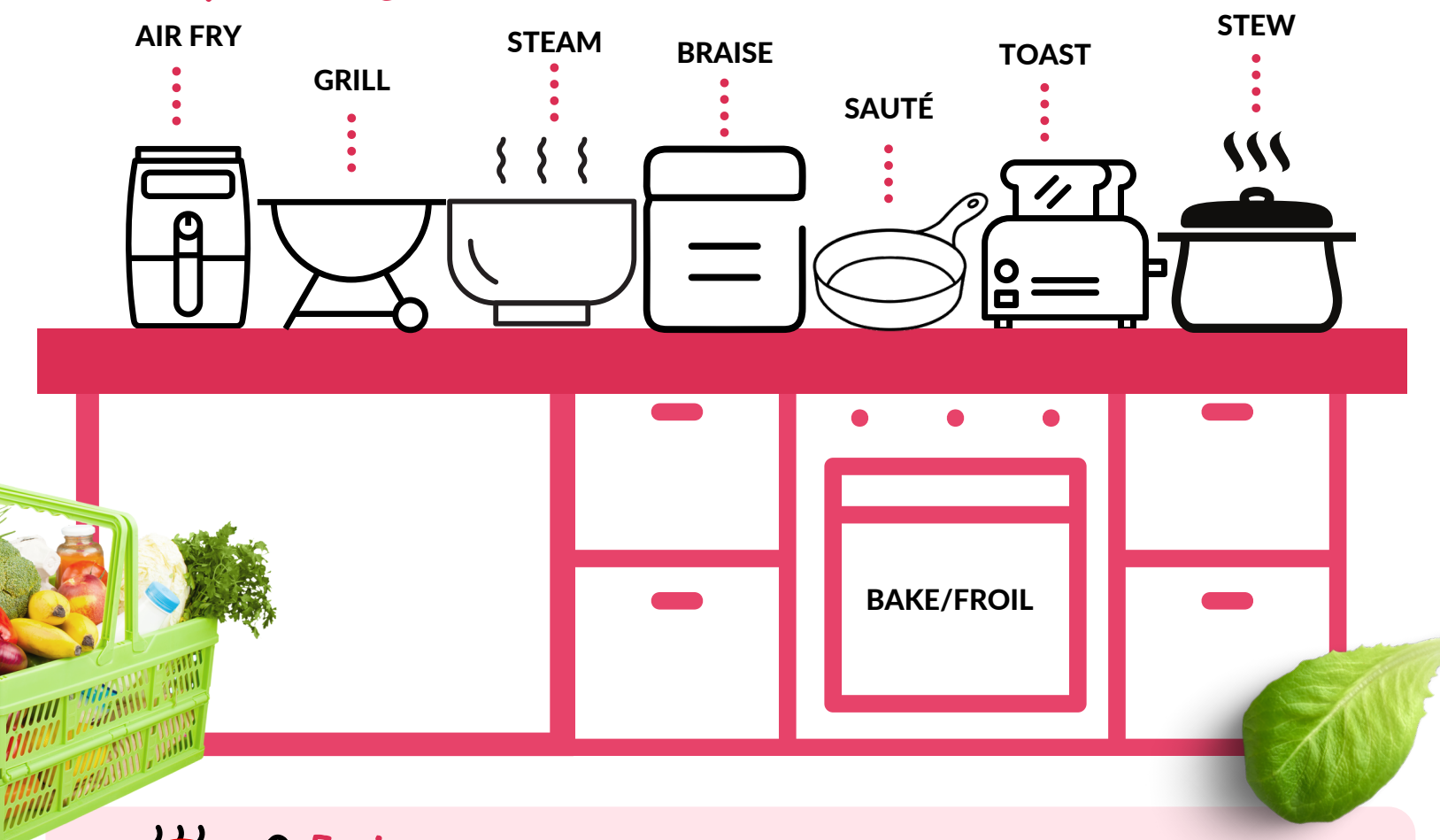
# Healthy Cooking Methods



## Experiment with new cooking methods that you may not be used to.

- Try chicken baked, roasted, stir-fried, and grilled. Pay attention to what method the children like the best.
- It might even be that they find a new favorite dish when prepared a different way.
- Remember in your cooking to always keep a colorful plate in mind. Make sure the result features a dish from all the food groups: protein, fruit, vegetable, grain and dairy.

## Healthy cooking methods include:



### Frying

- is not allowed as an option when preparing foods within the USDA Child and Adult Care Food Program.



### Skip the Sweets

- Healthy plates need not include a sugar filled dessert at the end. We need to teach children that desserts and sweet treats should only be eaten in limited moderation on special occasions.
- Serve fruit instead of dessert and water instead of juice. Little bodies do not need to process the added extra sugars.