



Get Savvy in the Supermarket

Cooking with a Chef

LESSON 5: GET SAVVY IN THE SUPERMARKET

Lesson Objectives:

1. Practice shopping tools and chef's tips in menu planning and grocery list preparation.
2. Review food product labels and nutrition facts panels.





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Culinary and Nutrition Terms

Trans Fat:

% Daily Value:

Serving Sizes:

Calorie:

Total Fat:

Cholesterol:

Sodium:

Ingredient List:

Final Notes and Thoughts:



Shopping Tools & Tips

Nutrition Labels

Nutrition labels can be a great tool in choosing healthy foods. Here is some basic information that can be found on nutrition labels.

- Serving sizes are based on the amount typically eaten of that particular food. Remember, there is a difference between the serving size and servings per container. For example, a can of soup may provide 2 servings per container, but the serving size is 1 cup.
- Calories tell you the number of calories in a single serving.
- Total fat provides the breakdown of various fats, including saturated fat, trans fat, polyunsaturated fat, and monounsaturated fat.
- Cholesterol tells you the amount of cholesterol per serving.
- Sodium tells you the amount of sodium per serving.
- % Daily Value helps you determine if a serving of a single food is high or low in a nutrient.
- The ingredient list is required on packaged foods containing more than one ingredient. The ingredients are listed in order by weight from most to least. This is particularly important for people who have food allergies.



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Nutrition at Your Fingertips

Everything you've ever wanted to know about nutrition in the supermarket is right at your fingertips. Most packaged foods have a Nutrition Facts label. Use this tool to make smart food choices quickly and easily. The Nutrition Facts panel can help you compare the nutrition content of various food products.

Use the Nutrition Facts label to:

- See whether a product contains certain nutrients you are trying to eat less of, such as saturated fat, cholesterol, or sodium.
- See whether a product contains certain nutrients you are trying to eat more of, such as dietary fiber, calcium, potassium, or vitamins A and C.

Nutrition Facts

Serving Size 1 cup (253g)
Serving Per Container 4

Amount Per Serving
Calories 260 Calories from Fat 72

		% Daily Value*
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0g	
Cholesterol	130 g	43%
Sodium	1010 mg	42%
Total Carbohydrate	22 g	7%
Dietary Fiber	9 g	36%
Sugars	4 g	
Protein	25 g	

Vitamin A 35% • Vitamin C 2%
Calcium 6% • Iron 30%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
**Consume as little as possible

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Callout boxes explain: Serving size, total calories, grams in total fat, grams in total carbohydrates, % Daily Value for vitamins/minerals, percent daily values based on diet, and reference material for calculating percentages.

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Key Points

Lesson 1: Make Menu Planning Easy

- Practice planning healthy meals with balance, variety, contrast and eye appeal.
- Practice basic cooking techniques and knife skills.
- Review 5 flavor sensations.
- Use special considerations in menu planning, such as food preferences, holidays, climate and seasonality of foods, and produce availability.

Lesson 2: Color Your Plate with Vegetables and Fruit

- Review basic cooking terms covered in CWC lessons.
- Review reasons to eat more vegetables and fruits.
- Demonstration of simple ways to serve more vegetables and fruits at home for meals and snacks as well as how to pack in a cooler for away from home meals.
- Review the different color categories of vegetables
- Guide yourself through the produce aisle.

Lesson 3: Vegetables and Fruits for a Week

- Categorize the list of vegetables for a week's menu.
- Create your own menu.
- Design a plan to stock your pantry and refrigerator.
- Plan a menu to include vegetables and fruits that meets your needs for a week.

Lesson 4: Flavor & Nutrition on the Menu

- Review culinary nutrition techniques for 2010 Dietary Guidelines and MyPlate.
- Practice the technique of flavor additions with vegetables and fruits.
- Add whole grains to menus.
- Prepare spice blend.

Lesson 5: Get Savvy in the Supermarket

- Practice shopping tools and chef's tips in menu planning and grocery list preparation.
- Review food product labels and nutrition facts panels.





Cooking with a Chef References

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