

# Metabolic Magic Mini-Interventions

## Dinners To-Go

*(Suggested usage: After Case Study 2)*

Students will select 3-6 nutritious main course recipes from a cookbook focused on healthy meals. Students will also select complimentary side dishes for each main course prepared.

### Pre-Activity discussion questions:

- What qualifies as a healthy meal?
- What are the biggest challenges to preparing and packaging meals?
- Can budget friendly meals also be healthy?
- When preparing meals, how will work areas be kept clean and sanitary?

### Guidelines:

Depending on the number of students in a class, they will divide into teams.

Each team will be given a budget to follow.

Each team will select a main dish and side dish to prepare.

Teams will divide up assignments (prep, cook, package, clean up) for the meal.

- Once recipes are chosen, a grocery list will be made and items priced out according to the budget.
- Teams will decide how they will package their meals.
- A trip to the grocery store will be made by the teacher or facilitator.
- If possible, students may also make a trip to the grocery store to select the food for the recipes.
- If students are in a school with a food lab, preparation for each meal will take place there.
- If possible, students without access to a school foods lab, will be able to use the school cafeteria to prepare and package their meals.
- If students need to prepare meals at home, they can take photos or make a video of the preparation and packaging for their meals.
- An ingredient list, nutrition label cooking instructions will also be included with each meal.

### Community engagement:

Students research and reach out to professionals in the community such as food companies, restaurants or grocery stores. Students can create a presentation of their project and present to a local food proprietor who can provide feedback and advise students on next steps.