

Teen Cuisine



 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University



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FAMILY & CONSUMER SCIENCES
U|REXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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What is Teen Cuisine?

Teen Cuisine is a series of six hands-on cooking and nutrition lessons for youth grades 6-12. Teens will prepare recipes in class and build new skills each week in addition to learning how to select nutritious foods, plan meals, apply safe food-handling practices, exercise kitchen safety and increase physical activity.

Teen Cuisine can be taught in a variety of settings such as schools, after-school programs and summer camps. Extension educators provide the student workbooks, ingredients and cooking equipment. The curriculum is appropriate for middle school and high school students.



Why Teen Cuisine?

Research shows that Americans spend nearly half of their food dollars on foods outside the home, a trend that has increased over the past few decades. Foods prepared outside the home tend to be higher in calories and saturated fats and lower in essential nutrients. Teaching teens basic cooking skills early in life can help teens make healthier food choices by preparing meals and snacks at home.

In addition, Teen Cuisine teaches meal planning, label reading and tips to increase physical activity to equip teens to make healthy choices, save money on food and prevent chronic disease later in life.



Teen Cuisine was created by Virginia Cooperative Extension and is offered through a partnership with University of Tennessee Extension.

What are EFNEP and UT SNAP-ED: TNCEP?

The University of Tennessee Extension Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture. This program provides nutrition education to families and individuals receiving or eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) to provide nutrition education with a hands-on approach for families and youth with limited resources.

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.eatsmartmovemoreva.org

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This institution is an equal opportunity provider

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.