

# Independent Living Skills Module I

## FOOD MANAGEMENT

### SKILL ASSESSMENT

The following questions will help you identify food management skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
1. Can prepare a simple meal for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Know which foods are nutritious/healthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Can shop for items on a grocery list using coupons and checking for sales.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Know how to cook and bake using the right cooking utensils and appliances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know how to store food to prevent its spoiling and can identify food that has spoiled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know how to check packaged food for freshness and to check for the date of expiration.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know how to prepare packaged, frozen, or canned foods according to the directions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Use good consumer skills in grocery shopping. Choose fruit and vegetables for freshness and check freshness dates on dairy and meat products.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Using a food budget, can plan a menu of nutritious meals for a week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Am able to cook nutritious meals for a week using a planned menu.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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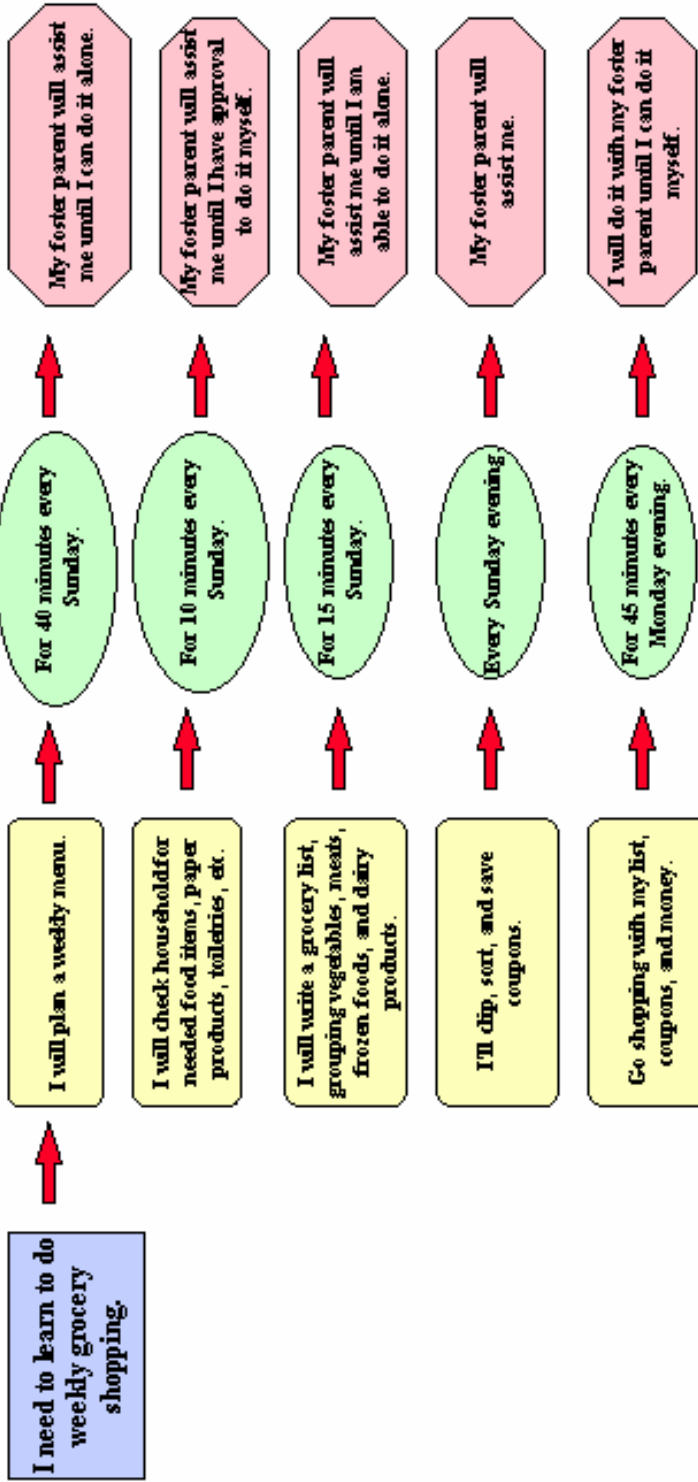
	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
<b>11.</b> Can cook using recipes from a cookbook and know how to increase or decrease the ingredients to feed more or fewer people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>12.</b> Can shop for the ingredients and prepare a traditional dish from my own cultural background.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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You have now completed the assessment section and identified those skills in food management that you would like to strengthen in order to be better able to do things on your own. The following guide can help you in planning how you can learn about and practice these skills. Choose a few skills that you want to develop, and with your team, write down your plan of action. Remember, once you accomplish these goals you can go back to your assessment tool and select new goals to build on your new skills.

### EXAMPLE GOAL: TO IMPROVE FOOD MANAGEMENT SKILLS

State Skill 1:



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### GOAL: TO IMPROVE FOOD MANAGEMENT SKILLS

**State Skill 1:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?



**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?



**Who:**  
will assist you?

**State Skill 2:**  
to be developed  
and/or improved



**Plan:**  
how do you plan to learn,  
develop and improve this skill?



**When:**  
when, where, and how often will you  
work on this skill and by when will you  
have mastered this?

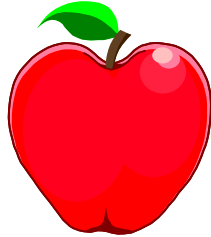


**Who:**  
will assist you?

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## FOOD MANAGEMENT

We have already worked on some food management skills in the budgeting section. However, in these following exercises we will work on food management in depth, with particular focus on meal planning and nutrition.



Eating nutritional foods and following a well-balanced diet is important in keeping healthy and fit.

Name some healthy foods.

What are some “not-so-healthy” foods?

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### ACTIVITY

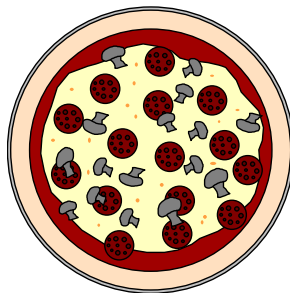
From the groups provided below, circle the more healthful food:

1.	Pear	Bag of Potato Chips
2.	Non-Fat Frozen Yogurt	Ice Cream Cone
3.	Glass of Milk	Chocolate Chip Cookies
4.	Cheese and Crackers	Strawberry Shake
5.	Apple	Chocolate Pudding
6.	Canned Fruit Cocktail	Fresh Peaches
7.	Non-Fat Yogurt	Bagel and Cream Cheese
8.	Carrot Sticks	Granola Bar
9.	Cream of Wheat	Sugar Frosted Flakes
10.	Peanut Butter Sandwich	Hot Dog
11.	Canned Green Beans	Fresh Garden Salad
12.	French Fries	Baked Potato
13.	Hot Chocolate	Cottage Cheese with Fresh Fruit
14.	An Orange	Bag of Cheese Curls
15.	Pizza	Fluffer Nutter Sandwich

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## ANSWERS:

1. **Pear** A pear has fewer calories and more nutritional value than a bag of chips.
2. **Non-Fat Frozen Yogurt** This is your best choice for nutrition and weight watching.
3. **Glass of Milk** Milk has more nutritional value.
4. **Cheese and Crackers** You get calcium and protein without the sugar.
5. **Apple** Fruits are a necessary staple in your diet.
6. **Fresh Peaches** Always choose fresh fruits and vegetables when you can. They have no preservatives and no artificial ingredients.
7. **Non-Fat Yogurt** A healthy way to get part of your daily requirements for calcium.
8. **Carrot Sticks** An alternative health food to junk food.
9. **Cream of Wheat** Cream of wheat has less sugar and more vitamins.
10. **Peanut Butter Sandwich** A peanut butter sandwich has more protein, less salt, and if you use a multi-grain bread, more fiber.
11. **Fresh Garden Salad** A fresh garden salad with oil and vinegar dressing is lower in sodium, has fewer calories, and more nutritional value. Canned foods are generally high in sodium.
12. **Baked Potato** Better to get your carbohydrates without extra fat.
13. **Cottage Cheese with Fresh Fruit** Cottage cheese with fresh fruit has a better variety of nutrients.
14. **An Orange** An orange is a good source of Vitamin C as opposed to the “empty calories” of cheese curls.
15. **Pizza** Pizza gives you selections from 3 of the 4 food groups.



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## Nutrition Quiz:

a) There are four major food groups. Can you name them?

_____	_____
_____	_____

b) Under what food group would you put:

1. Cookies? \_\_\_\_\_
2. Broccoli? \_\_\_\_\_
3. A cheese pizza? \_\_\_\_\_
4. Ketchup? \_\_\_\_\_
5. Peanuts? \_\_\_\_\_
6. Chicken? \_\_\_\_\_
7. Mayonnaise? \_\_\_\_\_
8. Spaghetti? \_\_\_\_\_

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To make sure that you get all the nutrients your body needs, it is important to eat a variety of foods. Look over the following facts about nutrients to learn which foods contain essential protein, fat, carbohydrates, vitamins and minerals.

## Facts About Nutrients

### Protein

Protein is needed for growth of new tissue and for repair of body cells. Proteins come from animal sources, such as meat, fish, chicken, turkey, eggs, milk, and cheese; or vegetable sources, such as cooked dried beans, peas, nuts, and peanut butter.

### Fats

Foods that contain fats are high in calories. Fats supply energy and make foods taste good. In addition, some fats provide Vitamins A, D, E, and K and other essentials for good health.

Fats from vegetable sources include cooking and salad oils, margarine, and vegetable shortenings; butter, bacon, and lard are major sources of animal fats. Meats, poultry, fish, whole milk, and cheese contain smaller amounts of fat.

### Carbohydrates

Carbohydrates include both sugars and starches, which the body changes into energy. Some starches contain minerals, vitamins, and small amounts of protein. Carbohydrates are found in breads and cereals, dried beans and peas, rice, flour, sugars and other sweets, and fruits and vegetables.

### Minerals

Many minerals are needed to maintain good health. Here are some of them: **Iron** is used for building blood. Foods that are good sources of iron and other minerals include lean meat, liver, dried peas, dried beans, dark green leafy vegetables, enriched bread and cereals, and dried fruits such as prunes and raisins.

**Calcium** and **phosphorus** are needed for the development of bones and teeth. Milk and milk products such as cheese are major sources of calcium and phosphorus, along with other minerals.

### Vitamins

Vitamins are nutrients that are needed in very small amounts to help the body cells work. Each vitamin plays a different role. When daily meals do not contain enough vitamins, body cells do not develop and work properly.

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**Vitamin A** must be present in the foods you eat for normal growth and normal vision. It is mainly found in dark green leafy and yellow vegetables.

**Vitamin C** is needed for healthy gums, bones, and teeth. It is found in oranges, tangerines, grapefruit, tomatoes, and dark green leafy vegetables.

**Vitamin D** works with calcium and phosphorus to develop bones and teeth and keep them healthy.

**Thiamin, riboflavin, and niacin** are B complex vitamins needed for healthy cells. Thiamin is found in whole-grain and enriched breads and cereals, meat, poultry, and eggs. Milk and cheese are particularly rich sources of riboflavin. Meat, poultry, and cooked dried beans and peas are good sources of niacin.

**Folic acid** helps protect the body against anemia. It is found in dark green leafy vegetables, liver, and many other foods.

For good health, your body needs small amounts of other vitamins and minerals. These are supplied by the foods that make up balanced meals.

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### ACTIVITY

Listed below are some ideas for simple and nutritious meals. Describe in the spaces designed how you would prepare them.

#### *Spaghetti with meat sauce and a fresh garden salad.*

Spaghetti	Meat Sauce	Garden Salad
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#### *Steak, baked potato, green beans*

Steak	Baked Potato	Green Beans
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#### *Filet of cod, rice, carrots*

Filet of Cod	Rice	Carrots
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It is helpful to remember that the way you cook something can change it from being healthy and low in fat to not so healthy and higher in fat. For example, filet of cod is healthier baked rather than fried. You even have to watch those garden salads since added ingredients like bacon bits, cheese and salad dressings may add fat and calories.

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Some meals you can probably cook without following a recipe. For others, particularly dishes and meals that are new to you, you might want to follow written directions. In order to be able to follow recipes, you will need to be familiar with weights and measurements. Utilize the following exercise to test your knowledge.

1. There are \_\_\_\_\_ quarts (qts.) in a gallon (gal.).
2. One pint (pt.) contains \_\_\_\_\_ cups.
3. One quart contains \_\_\_\_\_ pints.
4. There are \_\_\_\_\_ tablespoons in one cup.
5. One tablespoon is equal to \_\_\_\_\_ teaspoons.
6. There are \_\_\_\_\_ cups in one quart.
7. "Tsp." is an abbreviation for \_\_\_\_\_.
8. "Tbs." is an abbreviation for \_\_\_\_\_.
9. One pound (lb.) equals \_\_\_\_\_ ounces (oz.).
10. If a soup recipe calls for one-half liter of milk and you have a quart of milk, do you have enough milk to make the soup? \_\_\_\_\_.

### ANSWERS:

1. Four
2. Two
3. Two
4. Sixteen
5. Three
6. Four
7. Teaspoon
8. Tablespoon
9. Sixteen
10. Yes

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### Optional Activity

Bake the Chocolate Cookies featured in the recipe below.

### **Chocolate Refrigerator Cookies**

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- 1  $\frac{2}{3}$  cups all-purpose flour
- $\frac{1}{3}$  cup cocoa
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup (1 stick) margarine, softened
- 1 tablespoon skim milk
- 1 egg
- $\frac{3}{4}$  cup ground walnuts

In a small bowl, combine flour, cocoa, baking powder, and cinnamon; set aside.

In a large mixing bowl, beat sugar and margarine until creamy. Beat in milk and egg. Gradually beat in flour mixture. Stir in walnuts. On waxed paper, shape dough into 1½-inch diameter log; roll in waxed paper. Refrigerate 2 to 3 hours or overnight.

Preheat oven to 350°F. Cut log into ¼-inch thick slices. Place on ungreased cookie sheets. Bake 10 minutes. Let stand on cookie sheet 2 minutes. Remove from cookie sheet; cool completely on wire racks.

*Makes about 4 dozen cookies.*

Recipe Source: Family Classics

***Practice following recipes by continuing to plan and cook nutritious meals with your foster parent or group care staff.***

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## ACTIVITY

Now that you are aware of your budget, nutritional requirements and have practiced how to prepare meals, you are ready to use the following meal-planning sheets to develop a menu for one week.

### Day One:

*Breakfast:* \_\_\_\_\_  
\_\_\_\_\_

*Lunch:* \_\_\_\_\_  
\_\_\_\_\_

*Dinner:* \_\_\_\_\_  
\_\_\_\_\_

*Snack:* \_\_\_\_\_



### Day Two:

*Breakfast:* \_\_\_\_\_  
\_\_\_\_\_

*Lunch:* \_\_\_\_\_  
\_\_\_\_\_

*Dinner:* \_\_\_\_\_  
\_\_\_\_\_

*Snack:* \_\_\_\_\_

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## Day Three:

*Breakfast:* \_\_\_\_\_

\_\_\_\_\_

*Lunch:* \_\_\_\_\_

\_\_\_\_\_

*Dinner:* \_\_\_\_\_

\_\_\_\_\_

*Snack:* \_\_\_\_\_



## Day Four:

*Breakfast:* \_\_\_\_\_

\_\_\_\_\_

*Lunch:* \_\_\_\_\_

\_\_\_\_\_

*Dinner:* \_\_\_\_\_

\_\_\_\_\_

*Snack:* \_\_\_\_\_

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## Day Five:

*Breakfast:* \_\_\_\_\_

\_\_\_\_\_

*Lunch:* \_\_\_\_\_

\_\_\_\_\_

*Dinner:* \_\_\_\_\_

\_\_\_\_\_

*Snack:* \_\_\_\_\_



## Day Six:

*Breakfast:* \_\_\_\_\_

\_\_\_\_\_

*Lunch:* \_\_\_\_\_

\_\_\_\_\_

*Dinner:* \_\_\_\_\_

\_\_\_\_\_

*Snack:* \_\_\_\_\_

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## Day Seven:

*Breakfast:* \_\_\_\_\_

\_\_\_\_\_

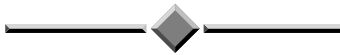
*Lunch:* \_\_\_\_\_

\_\_\_\_\_

*Dinner:* \_\_\_\_\_

\_\_\_\_\_

*Snack:* \_\_\_\_\_



### **ACTIVITY**

Develop a grocery shopping list according to your planned menu.



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### ACTIVITY

In order to keep your food fresh and prevent spoiling, you will need to store it in the right places.  
*Describe where you would store the following items.*

#### WHERE?

Potatoes	_____
Milk	_____
Open Box of Rice	_____
Jelly	_____
Bread	_____
Onions	_____
Butter	_____
Tomato	_____
Banana	_____
Lettuce	_____

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### Grocery Shopping Hints

- Plan your menu for the week, and check your refrigerator and cupboards for the food items you'll need for the meals.
- Check the newspapers/store flyers for sales
- Always make a shopping list and buy only what is on your list.
- Shopping at a large grocery store will be less expensive than at a convenience store, small neighborhood store, or specialty store.
- Look for coupons in magazines and newspapers. Use them only to buy items you normally buy. If you use a coupon to buy something you don't really need, you are not saving any money.
- Don't feel you have to buy only the items you see advertised on television and in magazines. These are brand name items and usually more expensive. Cheaper brands may be just as good and save you money.
- Check the items marked "For Quick Sale." Bread and pastry that are still properly packaged and just one or two days old may be a good buy. Canned foods that are dented are generally not. Remember to consider the quality of the food along with the price.
- It's best not to go grocery shopping when you are hungry. Chances are you will buy a lot more than what is on your list.
- Check items to see if they are dated. Some foods, like milk, meat, bread, and cheese, have expiration dates so you'll know when they're fresh.
- Most items will have a "unit price" listed for each brand of that item. Compare these unit prices to see which brand and which size is the better buy for you.