8.NPA.4.2 (Part 2) Differentiate methods of food preparation in terms of their health and safety.
In light of the growing obesity epidemic, it is important that you know how to prepare or choose meals and snacks that limit your intake of excess fat and sugar, since both contribute to the problem. By the end of the lesson, you will be able to create snacks that are more nutritious.
The link between diet and health is so important.
Good eating habits include knowing how to prepare and select foods according to the Dietary Guidelines.
Today we will examine how food can be prepared so that you can cut the fat and sugar.
FAT FORMS:

- Saturated fats
  - (found in foods of animal origin, also coconut or palm oil)
- Monounsaturated fats
  - (vegetable oils like olive oil, canola, margarines and oil from nuts, some meats and poultry)
- Polyunsaturated fats
  - (liquid vegetable oils such as safflower, sunflower, corn, soybean)
FAT FUNCTIONS:

- Fat provides flavor and richness
- Improves texture and tenderness when baking
- Promotes flakiness and lightness
- Provides smoothness and creaminess
- Assists the metabolism of some vitamins
The following changes will reduce the fat in baked goods:

- Recipe calls for one cup shortening (saturated or hydrogenated), use only 2/3 cup another type of oil
- Replace half of the fat with prune puree, low fat yogurt, or unsweetened applesauce. (You may want to decrease the sugar by ¼ to compensate.)

For meats or vegetables:

- Adding fat to brown meat is not needed; it has its own fat. Use nonstick pans or cooking spray.
- Sauté or stir-fry veggies with less of oil or use water or non-fat broth.
- Trim any visible fat from meats, and remove skin from poultry.
Other ways to trim the fat:

- Choose low fat salad dressings or make your own by mixing herbs and spices with low-fat yogurt, buttermilk or cottage cheese instead of sour cream or mayonnaise.
- Choose low fat cheese (feta, Neufchatel, mozzarella) and limit amount.
- Use skim or low fat milk. For extra richness try evaporated skim milk.
- Use two egg whites in place of one whole egg.
- Use margarine with liquid vegetable oil listed as first ingredient.
SUGAR SIGNS
Sounds Sweet:

Sugars also take a variety of forms:

- white sugar, brown sugar, honey, corn syrup, molasses, and maple syrup. In processed foods you will also see dextrose, sucrose, malodextrin, and galactose.
Sugar Serves to:

- Provide flavor, volume and texture
- Increase tenderness and browning in baked goods
- Act as a preservative in jam and jelly
- Act as food for yeast
Ways to Reduce Sugar:

- Reduce sugar by \( \frac{1}{4} \) to \( \frac{1}{3} \) in baked goods or desserts recipes (quick breads, pie fillings, puddings, cookies).
- For cookies, bars, and cakes, replace \( \frac{1}{4} \) of sugar with nonfat dry milk – reduces calories, increases calcium, protein and riboflavin.
- Be careful about using non-sugar sweeteners to replace sugar in recipes. It is better to choose recipes designed to use these sweeteners.
- Choose fruit juices, club soda or skim milk instead of soft drinks. Make your own juice coolers, with fruit juice and club soda.
Stir-fry

- fry (meat, fish, or vegetables) rapidly over a high heat while stirring briskly.
  - "stir-fried beef"
Bake

- cook (food) by dry heat without direct exposure to a flame, typically in an oven or on a hot surface.
Broil

cook (meat or fish) by exposure to direct, intense radiant heat.
Poach

cook (an egg), without its shell, in or over boiling water.
Grill

1. a metal framework used for cooking food over an open fire; a gridiron.

verb

1. cook (something) using a grill.
Steam

cook (food) by heating it in steam from boiling water.
Saute fried quickly in a little hot fat.
Have students visit the following websites and compare recipes for lower-fat and lower-sugar recipes:

- www.Myeatsmartmovemore.com/recipes.html
- www.myeatsmartmovemore.com/interactive.html

- Ask students for examples of ways the recipes are different.
Today you discovered some new and different ways to prepare or select some of your favorite snacks and dishes and make them healthier by reducing the fat or sugar. This is an important step on your way to developing better nutritional habits that you can continue as an adult. Bon appetit!