



PROGRAMME OUTLINE

JUST COOK Healthy Ageing Programme Outline

The JUST COOK Healthy Ageing Programme is a 4 week programme for older people who want to be inspired to cook healthy, simple meals for 1 or 2 people. The programme focuses on building cooking skills and motivation to cook.

The 3-hour class includes

- nutrition education
- cooking and sharing a meal together
- socialisation

Week	Topic	Cooking
1	Eat well Age well <ul style="list-style-type: none"> • Food Myths associated with Ageing • Changes associated with ageing • Food and Nutrition Guidelines for older people. Four main food groups • Ready Steady Cook, Cookery terms • Sustainable food practices 	Tuna & Vegetable Frittata (demonstration) Savoury Muffin Quiches with Seasonal Salad
2	Planning Delicious Healthy Meals <ul style="list-style-type: none"> • What should a healthy meal plate look like? • Portion Size guide • Healthy ingredient swaps 	Chilli Con Carne with Mexican Salsa Salad and Rice Chicken stir fry with basmati rice (demonstration)
3	Smart Shopping, clever cooking <ul style="list-style-type: none"> • Tips to stretch your food budget • Making meat go further • Sprucing up the staples • Meal planning • Food storage 	Thai Kumara & Pumpkin Lentil Soup with Croutons/toasted Pita Bread (demonstration) Potato Topped Tuna mini pies with frozen steamed beans
4	Making sense of food labels; increasing your motivation to cook <ul style="list-style-type: none"> • What to look for on food labels • Tools to guide healthy food choices • Tips for increasing motivation to cook 	Mushroom, Tomato and Cheese Omelette Fruit Crumble, yogurt/ custard