


The background of the slide features two grey, semi-transparent forks crossed at their handles, forming an 'X' shape. The forks are positioned diagonally, with the tines pointing towards the top corners of the frame.

MODULE 8

GETTING TO THE FOOD



Putting it together

The whole point is:

With this foundation,
you can cook freely, effortlessly and

HAVE FUN!



Here's what you're going to learn

How to create a balanced plate or menu

The building blocks –

proteins, carbs and veggies

Variety is the spice of life

A Balanced Plate



IT'S EASY...JUST ONE OF EACH

PROTEIN (MEAT OR MEATLESS)

CARBOHYDRATE (STARCH)

VEGGIES

(GREEN, YELLOW, ORANGE/RED)



Proteins

Start here...it's easier

Choices

How to cook it

Protein Choices



The background of the slide features two grey, semi-transparent forks crossed at their handles, forming an 'X' shape. The word 'Carbs' is written in red at the top center, and a list of food items is written in white on the left side.

Carbs

They are your friends but moderation

Potatoes

Rice

Pasta

Other grains and beans

Complex carbs



The background of the slide features two grey, stylized forks crossed at their handles, forming an 'X' shape. The word 'Vegetables' is written in red, cursive-style font at the top center, overlapping the upper part of the forks.

Vegetables

Critical to a healthy, balanced diet

Cook them right!

so they taste good!

Eat your veggies!



The background of the slide features two grey, semi-transparent forks crossed at their handles, forming an 'X' shape. The text is overlaid on this graphic.

What do you need to know?

NOT EVERYTHING!

GENERAL GUIDELINES

AND YOU HAVE TO START
SOMEWHERE

A graphic of two crossed forks, one in front of the other, rendered in a light gray color against a dark background. The forks are positioned diagonally, with their handles pointing towards the bottom corners and their heads pointing towards the top corners.

IN THE NEXT MODULE

THE COOKING PART BEGINS...

STOCKS, SOUPS AND SAUCES

IT REALLY IS WHERE TO START