



## Nurture – Example Adult Program Curriculum Overview

Nurture equipment taught: Rice cooker

Class Date	Lesson	Food Group	Handouts (Other than recipes)	Recipes
	The importance of a balanced breakfast	Whole grains (steel cut oats and millet)	-how to use your rice cooker -the importance of breakfast	-Tropical Breakfast Bowl -Muesli
	The importance of balanced meals (lunch and dinner)	Whole grains (Barley and quinoa)	-fiber is your friend	-Beans and Rice/using Quinoa -Barley sweet potato
	The importance of fruits and veggies	Lentils, fruits and veggies	-eat more fruits and vegetables	-Lentil salad -Lentils crostini
	Conclusion Program Evaluation	Split peas, fruits and veggies		- Dhal -Bulgur salad

**Easy fitness tips will be woven throughout each class**