



Resources Related to Executive Order 509

Audio and Video Clips for Preparing Healthy Meals

Video/Audio	Link	Length	Description
10 Healthy Cooking Tips	http://www.youtube.com/watch?v=2RqJvHNzNOo&feature=related	9:20	<ul style="list-style-type: none"> 10 easy tips to modify recipes for better health
How to Look at a Nutrition Label Effectively	Part 1: http://www.youtube.com/watch?v=lswhmS4J5ac Part 2: http://www.youtube.com/watch?v=WQWMMxFJ2BU&feature=related	Part 1: 10:40 Part 2: 10:20	<ul style="list-style-type: none"> A comprehensive step by step explanation of everything on a nutrition label
How to read a Nutrition Label	http://www.mayoclinic.com/health/medical/FS00008	N/A	<ul style="list-style-type: none"> An interactive web tool from the Mayo Clinic to decipher the complexity of a food label
Choose My Plate Dietary Guidelines	http://www.youtube.com/watch?v=-J1hmmY1OB4	3:03	<ul style="list-style-type: none"> An explanation of MyPlate and advice on how to apply MyPlate principles in meal planning

Making Healthy Changes in Your Establishment

Executive Order 509 is part of the **Mass in Motion** statewide initiative. Materials were developed by the Nutrition and Physical Activity Obesity Initiative, Bureau of Community Health Access and Promotion, MA Department of Public Health. July 2011

Videos demonstrating how and why to make healthy, long lasting changes in your work environment.

Video/Audio	Link	Length	Description
Healthy Cafeteria Menus	http://www.cbsnews.com/video/watch/?id=6050936n&tag=mncol;lst;1	2:49	<ul style="list-style-type: none"> A CBS news clip of the actions Somerville public schools are making in preventing childhood obesity
Michelle Obama on Healthy Living	http://www.youtube.com/watch?v=Pw1V-jNfzil	3:18	<ul style="list-style-type: none"> A GMA news clip with Michelle Obama speaking about the importance of making changes and the impact it will have on the Nation
Cutting back on Salt in Your Family's Diet	http://www.eatright.org/kids/video.aspx?id=6442459740	2:04	<ul style="list-style-type: none"> Suggestions for reducing sodium that apply to home cooked meals or food service operations
Don't Blame the Salt Shaker	http://www.youtube.com/watch?v=kHNtPdTkazc	0:30	<ul style="list-style-type: none"> A brief video with information on the salt contents of popular restaurant and packaged foods and tips for reducing sodium
Tasty Tricks to Lower Sodium	http://www.youtube.com/watch?NR=1&v=yU9hnFq6pYg&feature=endscreen	3:35	<ul style="list-style-type: none">

Culinary Techniques

Cooking a healthy nutritious meal is an art and a science. The more practiced your cooking skills, the better the final product will be. Here are some Internet resources showing culinary techniques that can help improve the skills of your foodservice staff and help them learn how to cook healthier meals.

Video/Audio	Link	Length	Description
Cooking Class: Fundamental Techniques	http://www.cookinglight.com/cooking-101/techniques/cooking-class-fundamental-techniques-index-main-00400000032930/	3:00 - 4:00	<ul style="list-style-type: none"> Several video demonstrations featuring various cooking techniques for preparing healthy meals

Video/Audio	Link	Length	Description
Blanch, Boil, and Simmer	http://www.youtube.com/watch?v=jLCefMBX20g&feature=related	1:53	<ul style="list-style-type: none"> A short demonstration of different cooking techniques for vegetables
Tips for Fresh Produce Safety	http://www.foodsafety.gov/keep/types/fruits/tipsfreshprodsafety.html	3:54	<ul style="list-style-type: none"> Advice on purchasing, storing, and preparing raw vegetables
Playing it Safe with Eggs	http://www.youtube.com/watch?v=8yWLJI3fp1o&feature=player_embedded	2:50	<ul style="list-style-type: none"> Tips for safe preparation of eggs to avoid foodborne illnesses
How do I...Drain Tofu?	http://www.eatright.org/Public/content.aspx?id=6442471125	0:30	<ul style="list-style-type: none"> The basics of draining tofu to so its flavor is enhanced in cooking
Culinary Techniques for Healthy School Meals: Seasoning	http://nfsmi.org/DocumentSearch.aspx?type=advance&title=Enhancing%20Flavors&number=&keywords=&from=&to=&category=&subject=0&audience=0&course=0&media=0&language=0	4:30	<ul style="list-style-type: none"> Describes ways to enhance flavoring without salt in large scale food service operations
Alia's Tips: Freezing Fruits	http://www.youtube.com/watch?v=Q7-taHxtepY	2:35	<ul style="list-style-type: none"> Advice for freezing apples, apricots, nectarines, peaches, and strawberries

Preparing Vegetables

Vegetables are packed with vitamins and minerals and are naturally a low-calorie (kcal) food. Here are some video resources demonstrating how to prepare vegetables.

Video/Audio	Link	Length	Description
How to Cook Vegetables: Preparing Asparagus for Healthy Cooking Recipes	http://www.youtube.com/watch?v=af75YFOS5uk	2:21	<ul style="list-style-type: none"> A short video clip on how asparagus should be prepped prior to cooking

How to Cook Vegetables: Preparing to Cook Brussels Sprouts	http://www.youtube.com/watch?v=NI6vfcB_wYc	3:10	<ul style="list-style-type: none"> • A short video clip on how Brussels sprouts should be prepped prior to cooking
Preparing Root Vegetables - Jicama	http://www.youtube.com/watch?v=0vAyWt3Cenk	2:07	<ul style="list-style-type: none"> • A short video clip on how Jicama should be prepped and served
Cooking Tips: How to Remove Artichoke Hearts	http://www.youtube.com/watch?v=ZV7iU0NoYSs	1:28	<ul style="list-style-type: none"> • A brief video clip demonstrating how to remove an artichoke heart from a fresh artichoke
Cooking class: How to Cook an Artichoke	http://www.youtube.com/watch?v=i0q_cFo6Cxc	1:32	<ul style="list-style-type: none"> • A brief video clip showing how to prep and cook an artichoke
Mashed Cauliflower	http://www.youtube.com/watch?v=D44Uwkh908w&NR=1	3:28	<ul style="list-style-type: none"> • A quick and easy recipe swap for classic mashed potatoes

Healthier Recipe & Cooking Techniques

Here are some video clips featuring more healthy recipes and preparation techniques.

Video/Audio	Link	Length	Description
Hearty Turkey Chili	http://www.mayoclinic.com/health/turkey-chili/MM00768	2:30	<ul style="list-style-type: none">• An easy chili recipe using leftover turkey.
Mediterranean Cod Pouches	http://www.youtube.com/user/danispies#p/a/f/0/1ItJTJHQ0v4	3:59	<ul style="list-style-type: none">• A simple, healthy meal with a creative cooking technique
How To: Kick up a Can of Soup!	http://www.youtube.com/watch?v=vNz9c3Kt2rk	3:08	<ul style="list-style-type: none">• An easy demonstration of how to improve a canned soup with fresh, flavorful ingredients
Quinoa: 101	http://www.youtube.com/watch?v=F7uvygmifwfo&feature=fvw	3:52	<ul style="list-style-type: none">• Describes the health benefits and cooking techniques of quinoa
Making Healthy Turkey & Gravy	http://www.mayoclinic.com/health/turkey-gravy/MM00720	6:00	<ul style="list-style-type: none">• A low fat, low sodium version of a classic turkey and roast turkey