

Pao Art Center Cooking Class: In the Nutrition Kitchen At home (Season 1) Schedule

Time	topic	Brief Introduction
5/26/2021 Wednesday 2:15pm-3:00pm	Session 0: Welcome to the “In the Nutrition Kitchen At Home “(Mandarin) With Cantonese Video Recording	Introduction to planning, course content, course form, curriculum. Introduce the nutrition related programs available in Massachusetts. Describes MyPlate for older people and how to arrange the percentage of calories in your daily diet (approximately 30min). Introduction of the National Research Program (approx. 15min). Optional break, question time (5 min)
6/2/2021 Wednesday 2:15pm-3:00pm	Session 1: How to shop in an American Supermarket (Mandarin) With Cantonese Video Recording	Provide tips in how to shop in an American Supermarket, how to read the labels and find the valuable food (approx. 35 min) Optional break, question time (10 min)
6/9/2021 Wednesday 2:15pm-3:00pm	Session 2: Happy Dragon Boat Festival (Mandarin) With Cantonese Video Recording	Introduces Dragon Boat Festival customs, Dragon Boat Festival traditional food and its nutritional value Introduce the Chinese Supermarket nearby (with transportation methods) (approx. 30 min) Introduce of Healthy Recipe: Sweet hazelnuts, salted hazelnuts (approx. 5min). Optional break, question time(10min).
6/16/2021 Wednesday 2:15pm-3:00pm	Session 3: Calcium-filled (Mandarin) With Cantonese Video Recording	Introduction to the relationship between calcium and vitamin D and bone health, Bone Health Tips, introduction to common supplement of bone health (approx. 30min). Introduce of healthy Recipe: tofu mackerel soup, soybean stew pig's hoof, sesame sauce mixed rape (approx. 10min)/ cheese broccoli (optional Westernized food) Optional break, question time (5 min)
6/23/2021 Wednesday 2:15pm-3:00 TBA	Session 4 : Meet the Summer Solstice (Mandarin) With Cantonese Video Recording	Introduces the key points of dietary adjustment during the season change, introduce how to reduce the heat at the same time to supplement nutrition,

(Might be a combined session)		summer fruit consumption recommendations (approx. 30 min). Introduce of healthy Recipe: Pea cake, red bean soup, cold noodles (about 30min)/ cucumber tomato avocado chicken breast sandwich (optional Western). Optional break, question time (10 min)
6/30/2021 Wednesday 2:15pm-3:00pm	Session 5: Built up Good Relationship with Iron (Mandarin) With Cantonese Video Recording	Introduces the importance of iron and blood health to the elderly and how to replenish iron. Introduce the importance of red meat and how to buy meat in the supermarket. Introduce how to buy iron rich food, as well as iron supplement (approx. 30min). Introduce of healthy receipt: radish stewed oxen, leek fried pig waist, tomato purple cabbage egg broth (about 30min)/ lemon juice grilled salmon (optional Western). (approx. 5min) Optional break, question time (10min).
7/7/2021 Wednesday 2:15pm-3:00pm	Session 6: Seafood and Zinc (Mandarin) With Cantonese Video Recording	Introduces the importance of zinc to brain and neurohydrology in the elderly and how to scientifically replenish zinc. How to buy the seafood with English. (approx. 30 min) Introduce of healthy receipt: Delicious Oyster Soup, Crab Porridge / Swallow fish cream pasta (optional Western). (approx. 5 min) Optional break, question time (10min).
7/14/2021 Wednesday 2:15pm-3:00pm	Session 7: Gastric Tips (Mandarin) With Cantonese Video Recording	Introduces the nutritional value of vitamin B and whole grains, as well as food recommendations to prevent constipation from drying out (approx. 30 min) Introduce of healthy receipt: melon millet porridge, northeast yellow rice, lily soup (approx. 5min)

		Optional break, question time (10min).
7/21/2021 Wednesday 2:15pm-3:00 TBA (Might be a combined session)	Session 8: Farmer's Market (Mandarin) With Cantonese Video Recording	Introduces the nutritional value of Boston Farmer's Market and common fruits and vegetables. (approx. 30min). Introduce of healthy receipt: Fruit and vegetable soup, garlic roasted/Caesar salad (optional Western) (5 min) Optional break, question time (10 min).

*All of Us Research Program is a national health research project supported by the National Institutes of Health to collect health information on minorities, such as Asians, and to improve the existing experimental database of medical research in order to advance precision medicine (customized health care programs).