



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System



Cook Smart | Eat Smart

The Cook Smart, Eat Smart Cooking School will teach you how to prepare simple, healthy and delicious food for you and your family. Cook Smart, Eat Smart keeps it simple—simple healthy preparation techniques, simple ingredients and simple equipment.

Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. Cook Smart, Eat Smart also provides tips for stretching your food dollar while still eating healthy.



SESSION ONE

COOKING TECHNIQUES

- Roasting
- Marinades
- Stir Frying
- Rice

Also included

- 10 keys to cooking smart
- Food safety



SESSION TWO

COOKING TECHNIQUES

- Grilling
- Crock Pot
- One-Pot Meals
- Baking

Also included

- Shopping
- Unit pricing
- Nutrition label
- Buying meat



SESSION THREE

COOKING TECHNIQUES

- Steaming
- Soup
- Packet Cooking
- Sautéing

Also included

- Family favorites
- Perfect pantry
- Portion control
- Knives



SESSION FOUR

COOKING TECHNIQUES

- Simple appetizers
- Salad and salad dressing
- Quick breads
- Pasta
- Eggs

Also included

- Eating together as a family
- Setting the table
- Entertaining

For more information regarding Cook Smart, Eat Smart contact your local county Extension FCS agent. [Click Here](#) to find your local county Extension Service.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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