

University of Arkansas System



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.



COOKING TECHNIQUES

Roasting Marinades Stir Frying Rice

Also included

10 keys to cooking smart Food safety



COOKING TECHNIQUES

Grilling Crock Pot One-Pot Meals Baking

Also included

Shopping
Unit pricing
Nutrition label
Buying meat



COOKING TECHNIQUES

Steaming Soup Packet Cooking Sautéing

Also included

Family favorites Perfect pantry Portion control Knives



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.