



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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Soyfoods at school . . . Soy good for you, soy easy!

Fall is here and school is in full swing. The Michigan Soybean Promotion Committee and Michigan State University Extension are doing their part to help with health and nutrition education by providing the "Soyfoods . . . Soy Good for You, Soy Easy!" lesson plan.

"The lesson plan was initially developed with Michigan's high school career and technical programs hospitality track in mind," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. However, after more than a full year of use, we have found it to be a wonderful resource for a variety of school and public audiences interested in learning more about why and how to cook soyfoods," adds Hofing.

Forty Michigan schools have requested the lesson plan for use with more than 3,100 students. Teachers that used the lesson plan completed an on-line survey about their experiences with the materials. Results indicate that more than 90 percent of teachers have personally eaten more soyfoods since using the materials, while the same percent generally agree that the soyfoods lesson plan brought value to their curriculum. Only 20 percent of teacher respondents indicated they did cooking and sampling of soyfoods prior to the lesson plan. Teachers generally agree that this new resource helped to increase their confidence in teaching lessons on protein and answering questions about non-dairy and non-peanut food options.

Teachers using the lesson plan had the following comments:

- "This material was lacking in our course. The students really connected to the concept, and they realize that everyone should consider this as a valuable recipe ingredient. Soy is not just for vegans. Soy is a major agricultural crop in Michigan."
- "The materials were interesting and mostly new to me. I am retiring and wish I would have had more time to teach this material."
- "As I become more confident with using soy, it will be easier to pass the information along to my students. The CD was essential in being able to begin this new material."

The lesson plan consists of a guide for how to use the included resources and activities, a PowerPoint presentation on the composition of soybeans, a chart of additional soyfood resources, a comparison of soyfoods and their traditional counterparts, a guide to modifying recipes, a sensory tasting activity and a set of 11 recipes. After going through the lesson, students should be able to summarize the health

benefits of soyfoods and discuss how soyfoods fit into the United States Department of Agriculture's MyPyramid. They should understand the uses and functionality of soyfoods in cooking and have had the opportunity to experience cooking and tasting a variety of soyfoods and soyfoods applications. For more information on "Soyfoods . . . Soy Good for You, Soy Easy!" and to order this free resource, visit www.michigansoybean.org, and click on "Soy and Health" and then "Soyfoods Lesson Plans."

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents soybean producers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org. For information on MSU Extension programs, visit www.msue.msu.edu.

Here is a sample of one of the easy recipes provided with "Soyfoods . . . Soy Good for You, Soy Easy!" Look for more soyfoods recipes at www.soyconnection.com.

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TROPICAL SHAKE

10.5-ounce package soft silken tofu

1 medium banana

½ can (12 ounces) unsweetened orange-pineapple juice, chilled

8-ounce can unsweetened crushed pineapple, chilled

In a blender, mix all ingredients until thoroughly smooth. Shake well before serving. Serve immediately or refrigerate.

Yield: 5 cups

Nutrition information per serving: 176 calories, 3 g fat (0.1 g saturated fat), 0 mg cholesterol, 6 mg sodium, 35 g carbohydrate, 5.1 g protein (2.9 g soy protein), 1.4 g dietary fiber.

(Recipe from 2007 Soyfoods Guide)