



YOUTH & FAMILY
SERVICES

Creative Nutrition Experiences for Children



Classroom Nutrition Experiences for Young Children



Choose to Move Wellmark Grant
I Am Moving, I Am Learning



YOUTH & FAMILY
SERVICES

Youth & Family Services
2011



YOUTH & FAMILY
SERVICES

Choose to Move Nutritional Experiences for the Classroom

Question: Children are active and busy all the time; does it really matter what we offer them for snacks or teaching kitchen experiences?

Answer: Yes, it does matter as each meal, snack event or teaching kitchen experience provides role-modeling adults with the opportunities to intentionally promote wise food choices in young children that are developing food preferences for life.

Youth & Family Services believe in the promotion of healthy practices by providing healthy food choices and teaching good nutrition everyday. Meals and snacks offered to young children should be healthy, delicious and follow the meal pattern guidelines of the Child and Adult Nutrition Program. For children, snack times are little meals that provide key nutrition for growing bodies. In addition, classroom time intentionally dedicated to teaching children about how to choose healthy foods increases their awareness of wise food choices for healthy bodies. The top three actions that adults can provide to promote healthy futures and help prevent excess weight in children are:

- child participation in food preparation
- parental involvement in nutrition education
- knowledge about healthy food portions and food choices

This compilation of activities is for our teachers who have requested ideas on how to promote nutrition education in the classroom setting. There are many excellent resources available on the topic from teaching curriculums to cookbooks to internet sites. We hope the ideas included in this book will make it easy to intentionally provide creative, nutritious and delicious food experiences on a month-to-month basis within your budget.

Patty Cresalia RD, LN
Julie Larson RN
Darcie Decker, Nutrition Director
Youth & Family Services, Rapid City SD
605-341-7200

May 2011

Order of Contents

Introduction

Food focus of the Month

January	Winter Fruit
February	Healthy Drinks, Healthy Teeth
March	Healthy Snacks for Growing Kids
April	Gardens, Greens and Sprouts
May	Grains & Bread Around the World
June	Dairy Delicious
July	Vegetable Garden Treasures
August	Summer Fruit & Breakfast
September	Harvest time & Family Meals
October	Yellow & Orange Vegetables
November	Harvest Time Potatoes
December	Beans & Eggs for Protein

Nutrition activities using food pictures

Recipes



January: Winter Fruit



Nutrition Message: What are “not so healthy foods?”

“Junk foods” are foods that contribute lots of extra calories for our bodies, but little nutrition. Some example of low nutrition foods include soda, candy, chips, cookies, fruit drinks and regular salad dressing like Ranch dressing. These “not so healthy foods” can replace more nutritious foods in the diet. Choose to eat foods like winter fruits to provide good nutrition for your body.

Winter Fruits: pineapple, oranges, grapefruit, kiwi, bananas

January food celebrations include National Soup Month, National Pizza Week, National Popcorn Day (Jan 19)

Recipes or suggested food experiences:

- Compare wedges of grapefruit and oranges for taste differences
- Making orange juice from squeezing a fresh orange wedge in Ziploc plastic bag
- Carve a fresh pineapple Compare fresh pineapple and canned pineapple
- Experience kiwi by cutting a kiwi in half and scooping out with a spoon
- Make Banana Bread (see recipe)
- Make a favorite food collage
- Appreciate your cooks this month!



Suggested children’s books:



From Oranges to Orange Juice by Kirstin Thoennes Keller
Blueberries for Sal by Robert McCloskey
Too Many Pears by Bruce Whatley
The Five Senses (set) by Mari Ruis
What’s for Lunch? Banana Pam Robson

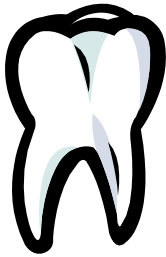


Choosy’s Nutrition Messages for Kids

- Choose to eat juicy fruits!
- I choose healthy foods for my healthy body!
- Crave colorful fruits!

February: Healthy Drinks, Healthy Teeth

Nutrition Message: Taking Care of My Teeth and Gums



Have you ever had a toothache? If so, you know that aching teeth and gums make it hard to chew healthy foods such as cereal, nuts, fresh fruits and vegetables. Good Nutrition is one of the keys to keeping teeth and gums healthy and also provides resistance to disease. Dental care should start in infancy and parent supervision with dental care should continue through the preschool years. Children that snack frequently on sweet drinks have a tendency towards tooth decay and childhood weight concerns. This month talk to your children about keeping their teeth healthy with good tooth brushing and by choosing to drink healthy drinks. This month also has a theme of healthy hearts so don't forget to bring out the "Heart Power Kits".

Healthy Drinks: low-fat milk, water, small amounts of fruit juice

Food Celebrations this month include National Pancake Week, Potato Lover's Month

Recipes or suggested food experiences:

- Fruit smoothies recipe # 19
- Learn about cows and milk processing
- Chart how much milk your kids drink for a week
- Discuss the importance of water as healthy drink for your body
- Demonstrate how much sugar is in sweet drinks
- Healthy heart "Heart Power Kits" listen to our hearts



Suggested children's books:

[The Milk Makers](#) by Gail Gibbons

[From Milk to Ice Cream](#) by Kristin Thoennes Keller

[Extra Cheese Please! Mozzarella's Journey from Cow to Pizza](#) by Chris Peterson

[Food for Healthy Teeth](#) by Helen Frost

[Cow's In the Kitchen](#) by June Crebbin

Choosy's Nutrition Messages for Kids

- I take care of my teeth by brushing well and choosing healthy foods to eat.
- Water is a terrific drink, water me often!



March: Healthy Snacks for Growing Kids

Nutrition Message: My Healthy Plate

There is an old saying that goes “a picture is worth a thousand words” In the 1990’s, the US Department of Agriculture introduced the first Food Guide Pyramid. Over the years the graphic has changed to provide an easier message to consumers about healthy eating. The new icon, called “My Plate” was introduced in 2011. The four sections of “My Plate,” include:



- Red for fruits
- Green for vegetables
- Orange for grains
- Purple for protein

A separate blue section for dairy is on the side. The five color guideline makes it clear that fruits and veggies should make up half of your meal and protein foods are the smallest part of the plate. The grain portion offers the advice to “make half your grains whole. To find out more about nutrition and wise food choices check out website www.MyPyramid.gov. The month of March is identified as National Nutrition Month in the United States

Recipes or food experiences:

- Pyramid Pizza with English Muffins recipe # 29, includes all food groups
- Cottage cheese dip with assorted fresh vegetables recipe # 45
- National Nutrition Month promotion, design a bulletin board for your classroom
- Introduce the Healthy Plate model for healthy eating.
- Make a chart of healthy foods and not so healthy foods using pictures.
- Grocery store ads and magazines are great sources for pictures or words.
- Create a placemat and then use food pictures or play food to plan a healthy meal
- Fishing for Healthy Foods activity
- Perfect Pairs or Match Game activity

Suggested children’s books:

Oliver’s Vegetables by Vivian French
Oliver’s Fruit Salad by Vivian French
Tops & Bottoms by Janet Stevens



Choosy’s Nutrition Message

- Healthy snacks give me energy to play hard
- Build a healthy plate with healthy foods everyday



Youth & Family Services Nutrition Program Choose to Move Wellmark Grant
PO Box 2813 Rapid City, SD 57709 Phone: 605-341-7203

April: Gardens, Greens & Sprouts

Nutrition Message: Water



Water is often called the “forgotten nutrient” because people do not think of it as an essential part of the diet. But, consider this: people can survive for weeks without food, but only a few days without water. Teach and encourage children about the importance of drinking water. Water is a healthy drink, juice and soda are not so healthy. Use time this month to also talk about :

- seeds and plants
- where our food comes from
- green vegetables from the garden

Food focus: green vegetables including green peppers, celery, broccoli, spinach and cabbage



April is National Garden Month, Earth Day (April 22) and National Arbor Day

Recipes or food experiences:

- Cucumber salad recipe #14
- Veggie dip with Broccoli Trees recipe # 45
- Lets make Coleslaw! Recipe # 12
- Strawberries and Spinach Salad recipe # 41
- Sprout and grow dried beans
- Seeds, leaves, roots or stems – discuss plant parts we eat



Suggested children’s books:

Tops and Bottoms by Janet Stevens

Flowers, Roots, Seeds, and Fruits by Vijaya Bodach

Oliver’s Vegetables by Vivian French

Dinner From Dirt by Emily Scott

Get Growing! Exciting Indoor Plant Projects for Kids by Lois Walker

Choosy’s Nutrition Message:

- Drink more water
- Drink less sugar
- Kids needs water to grow just like plants!



May: Grains & Bread Around the World

Nutrition Message: **Fiber, foods of the field**

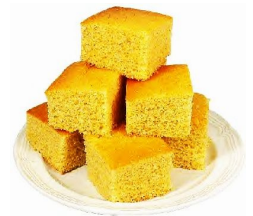


Grains are a healthy kind of carbohydrate. Whole grains contain fiber that is not digested by the body. This indigestible fiber is important for the body. Fiber acts like a sponge and absorbs water as it passes through the digestive tract. This extra bulk reduces constipation and is preventative for some kinds of cancers. The other benefit of eating foods high in fiber is the feeling of fullness it provides. This fullness is helpful in preventing over eating and thus obesity. Many children do not get enough fiber and water in their diets. Highly processed foods such as white bread, regular pasta and refined cereal do not contain significant fiber. Teach child about the importance of choosing healthy foods such as whole grain bread, fruits and vegetables for their growing bodies. When reading food labels, look for higher fiber foods that provide at least 3-4 grams of fiber per serving. Also remind children about drinking more water.

Focus Foods: grains, rice, cereal and promote breads around the world

Recipes or food experiences:

- Quick breads: whole wheat pancakes recipes # 28
- Make pretzels – use biscuit dough or frozen bread dough recipe #33
- Cheese quesadillas # 38
- Sweet couscous with raisins recipe #43
- Compare grains (bags available in nutrition office)
- Check out food labels on bread and cereal for fiber
- Create a favorite food collage or bulletin board



Suggested children's books:

- Pancakes, Pancakes by Erick Carle
- The Little Red Hen by Paul Galdone
- Bread is for Eating by David Gershator
- Pancakes for Breakfast by Tomie de Paola
- Bread and Jam for Francis by Russell Hoban
- From Wheat to Bread by Kristin Keller
- The Wheat We Eat by Allan Fowler
- Wheat, (A True Book) by Elaine Landau
- Everybody Bakes Bread by Norah Dooley



Choosey's Nutrition Message:

- Brown bread and healthy cereal is good for my body
- Reading Food Labels helps me make smart choices

Youth & Family Services Nutrition Program Choose to Move Wellmark Grant
PO Box 2813 Rapid City, SD 57709 Phone: 605-341-7203



June: Dairy Delicious

Nutrition Message: **Vitamin D and Calcium.**

The dairy group is important because it provides protein, vitamins and minerals. Many nutrients rely on each other to do their jobs inside our bodies. Milk is fortified with both vitamin D and vitamin A and is a great source of riboflavin. These valuable nutrients enhance the absorption of the minerals calcium and phosphorous which are necessary for building strong bones. In children, too little vitamin D can lead to the childhood disease of rickets—which causes soft bones. Milk and milk products such as yogurt and cheese provide over 70 percent of calcium in the American Diet. Other foods that contain calcium include edible fish bones, fortified soymilk, fortified orange juice and some leafy green vegetables. Children need about 800mg of calcium per day. This is the amount of calcium found in about 3 servings of milk.



Focus Foods: low fat milk, cottage cheese, yogurt, cheese
June is National Fruit and Vegetable Month as well as National Dairy Month

Recipes or food experiences:

- Fresh Fruit Smoothie recipe #19
- Fresh Fruit Sundae recipe #20
- Cheese Quesadillas recipe #38
- Taste test a variety of cheese (mozzarella, cheddar, Swiss)
- Schedule a trip to supermarket for a tour
- Track how much milk the class drinks for a day or a week



Suggested children's books:

Milk by Donalk Carrick

Curious George and the Pizza, by Margret and H.A. Rey



Choosy's Nutrition Message:

- Milk and foods made from milk are healthy for strong bones and teeth.
- My heart says THANKS when I run and play!

July: Vegetable Garden Treasures

Nutrition Message: **Choosy Snacks**

Snacks are just as important for growing children as meals. Small children have great nutrition needs compared to their size. Use snack time to introduce fruit or vegetable experiences. When you do a classroom food experience, talk to children about the activity and broaden their vocabulary skills. Demonstrate what your words mean such as pounding, stirring and chopping. When you work with vegetables from the garden remind your children it is important to wash them before eating.



Focus Foods: spinach, Romaine lettuce, celery, rhubarb, broccoli, green peppers, zucchini, turnip greens

Food Celebrations: National Picnic Month, National Blueberry Month

Recipes or food experiences: (also refer to April monthly suggestions)

- Make a salad using all green vegetables
- Strawberries and spinach salad recipe # 41
- Rhubarb Sauce -a South Dakota native food– recipe #39
- Compare zucchini and cucumbers slices
- Stir-fry green vegetable assortment
- Zucchini Bread recipe #10
- Delicious Dinosaur Dip with broccoli trees recipe # 46
- Comparing Fresh, Frozen and Canned Foods (beans or peas or carrots)
- Plan a trip to the farmers market
- Plan a trip to the supermarket



Suggested children's books:

Oliver's Vegetables by Vivian French
What's for Lunch? Corn by Pam Robson



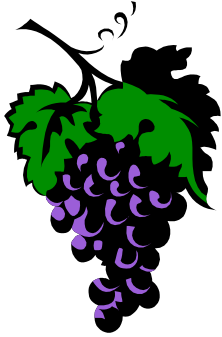
Choosy's Nutrition Message For Kids:

- Be Choosy and Chose healthy foods for snacks
- If you are thirsty, drink water.

Youth & Family Services Nutrition Program Choose to Move Wellmark Grant
PO Box 2813 Rapid City, SD 57709 Phone: 605-341-7203



August: Summer Fruit & Breakfast



Nutrition Message: Breakfast

When you choose to eat breakfast you are choosing to wake up your brain and your body. When you pick healthy foods to eat like cereal, milk and fruit for breakfast, you are picking great foods for your body. Talk to your children about what their favorite foods are for breakfast. Read them a story about what foods people eat for breakfast in other countries. Offer children a chance to try different summer fruits. Also try a recipe that experiments with breakfast foods involving eggs this month.

Focus Foods: watermelon, cantaloupe, cherries, plums nectarines, eggs

Food Celebrations: National Sandwich Month. National Peach Day (Aug 24), National Watermelon Day (August 3)

Recipes or food experiences:

Fruit Kabobs

Quiche squares recipe #17

Scrambled and hard cooked eggs recipe # 15

Fresh fruit sundae recipe #20

Breakfast is Important! Talk about healthy breakfast choices

Food safety lesson – why we wash fruit and vegetables

Let's try a sample of a summer fruit

Compare breakfast cereal labels for fiber and sugar



Suggested children's books:

Oliver's Fruit by Vivian French

The Very Hungry Caterpillar by Eric Carle

Watermelon Life Cycles by Julie Murray



Choosy's Nutrition Message

- Choose to eat breakfast every day with healthy foods
- Wash your fruit before you enjoy it.

Youth & Family Services Nutrition Program Choose to Move Wellmark Grant
PO Box 2813 Rapid City, SD 57709 Phone: 605-341-7203

September: Harvest Time & Family Meals

Nutrition Message: Hand washing and Family Mealtimes



When we sit around a table with young children for a meal or snack we are providing an opportunity to teach meal time behaviors. The key message from IMIL (I Am Moving, I Am Learning) is to “Chat and Chew”. Use this time to talk about food with your children. Adults also have the opportunity to role model pleasant conversation and appropriate table manners. They can help children with using food utensils and can demonstrate by example how to pour and serve from family style bowls. This is also an important time to turn off distractions and focus on the meal.

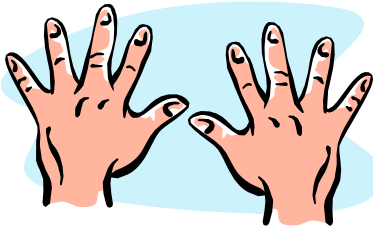
Focus Foods: corn, tomatoes, melon, squash, apples
September is also Food Safety Month, Johnny Appleseed’s Birthday (Sept 26) and National Eat Together Week.

Recipes or food experiences:

- Compare apples of different colors
- YFS kitchen tour
- Homemade applesauce recipe # 4
- Corn on the cob recipe # 13
- Apple crisp recipe # 2
- Zucchini bread recipe #10
- Taste testing cherry tomatoes
- Teach good hand washing practices



Suggested children’s books:



Those Mean Nasty Dirty Downright Disgusting but ... Invisible Germs by Judith Anne Rice
A Visit to the Dentist Office by Patricia Murphy
Finn Cooks by Birte Muller
I Like Me by Nancy Garlson



Choosy’s Nutrition Message

- Washing hands is good for me!
- “Slow down, taste your foods and chew your food well!”
- Make peace at mealtimes

October: Yellow & Orange Vegetables

Nutrition Message: **Vitamin A**



Vitamins and minerals are essential nutrients that our bodies need in very small amounts. Vitamins pair up with other nutrients to help build, repair and maintain our body. There are 13 vitamins that our body needs on a regular basis. The WIC program focuses in on three specific nutrients: vitamin A, vitamin C and Folic Acid. These are crucial for growth and healthy tissue. The major functions of vitamin A include providing resistance to infection, keeping eyes and skin moist as well as helping us to see in dim light. The term retinols (animal) and Carotinoids (yellow pigment plants) are also associated with vitamin A.

Foods high in vitamin A: sweet potatoes, carrots, pumpkins, broccoli, spinach, eggs and fortified milk.

Food celebrations this month include: National Pasta Month and Cookbook month



Recipes or food experiences:

- Pumpkin muffins recipe # 35
- Pumpkin pudding recipe # 36
- Compare fresh, frozen and canned carrots
- Bake and taste an acorn squash recipe #1
- Roasted pumpkin seeds recipe #37
- “Stone Soup “ activities using real vegetables
- Have children look through cookbooks

Suggested children’s books:

The Carrot Seed by Ruth Krauss
Stone Soup by Marcia Brown
Pumpkin, Pumpkin by Jeanne Titherigton
Pumpkin Town by Katie McKy



Choosy’s Nutrition Message

- Orange vegetables make my eyes strong and healthy.
- “Crave your F.A.V.’S—Fruits and vegetables.

Youth & Family Services Nutrition Program Chose to Move Wellmark Grant
PO Box 2813 Rapid City, SD 57709 Phone: 605-341-7203

November: Harvest Time Potatoes!

Nutrition Message: **Think Tiny Tummies**

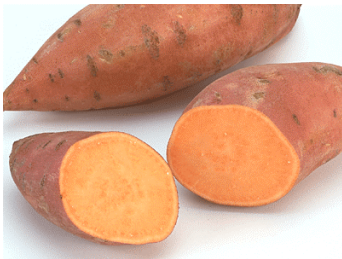


When we “Eat Smart and Play Hard” our body seeks to achieve a balance with calories in and energy burned in activity. In children and in adults when the balance scale is overwhelmed by too many calories or too little physical activity, we gain weight. In the past twenty years, our American culture has become more sedentary because of added conveniences and our food choices. Drive through windows (fast foods, banks), more processed foods, and increased consumption of sweet drinks are some examples. In order to be healthy we need to be wise about our food and activity habits. When talking with children around the meal snack table watch for child size portions. If you have a child that seems very hungry, encourage them to slow down and enjoy their food. When you do this, you are teaching children about satiety. When your tummy is full, stop eating.

Food Focus: potatoes of all kinds!

This month is also Homemade Bread Day and Clean Out Your Fridge Day

Recipes or food experiences:



- Baked sweet potato fries recipe #32
- Let's make mashed potatoes – learning how to scrub vegetables
- Seeing food with your hands using touch and feel bags
- Food picture matching game activity
- Spud soup recipe #30
- Roasted root vegetables recipe #40



Suggested children's books:

The Enormous Potato by Aubrey Davis

The Ugly Vegetables by Grace Lin

Oliver's Vegetables by Vivian French

Tops & Bottoms by Janet Stevens

Oh, the THINGS you can DO that are GOOD for You! By Tish Rabe (Dr. Seuss style)

Stone Soup by Marcie Brown



Choosy's Nutrition Message

- “Eat Smart and Play Hard”
- “Slow down when you eat so your tummy will know when it is full”.

Youth & Family Services Nutrition Program Choose to Move Wellmark Grant
PO Box 2813 Rapid City, SD 57709 Phone: 605-341-7203

December: Beans & Eggs For Protein

Nutrition Message: Iron



When they are growing, children have higher needs for the important mineral iron. Our body only requires a small amount of iron each day, but it can be challenging to meet this need especially during times of growth. Iron also helps to prevent iron deficiency anemia, prevents infections and promotes learning. Iron helps in the formation of hemoglobin, a protein in the blood. Hemoglobin's job is to pick up oxygen and takes it to all parts of the body. If you do not get enough iron in the foods you eat you can develop anemia.

In a child, iron deficiency can present itself as tiredness, poor attention span, poor appetite and lowered ability for physical activity. Some food sources of iron include chicken, beef, pork, fish, fortified cereals and bread, molasses.

Foods Focus: eggs, different kinds of beans, canned and dried ,including chickpeas, black beans, pinto beans.

Food celebrations this month include: National Cookie Cutter week and National Cocoa Day

Recipes or nutrition experiences:

- Party Eggs recipe # 16
- Hummus or Black Bean Dip #6
- Gingerbread recipe # 25
- Lets make scrambled eggs recipe #18
- Placemat art activity
- Sprouting dried beans



Suggested children's books:

Gregory the Terrible Eater by Mitchell Sharmat
Berenstain Bears: Too Much Junk Food by Sam Berenstain
Green Eggs and Ham by Dr. Seuss (will also read in March)
Hamster Camp, How Harry Got Fit by Teresa Bateman
Good For Me and You by Mercer Mayer



Choosy's Nutrition Message For Kids:

- Healthy foods give me energy to learn and to play
- Turn off the TV and go play hard

Nutrition Activities Using Food Pictures



Favorite Foods Collage

Use pictures of food extend your discussion about healthy food choices.

What to Do:

1. Collect food pictures from magazines, newspaper advertisements and seed catalogs.
2. Give each child a blank piece of paper.
3. Allow the children to picture out pictures to glue onto their paper.
4. Talk with the children about the foods as they work.
5. See what the children know about how the food taste and look when they are eaten.
6. Add information about how healthy foods help us grow strong.

Favorite Foods Paper Plates

Use pictures of food to extend your discussion about healthy food choices.

What to Do:

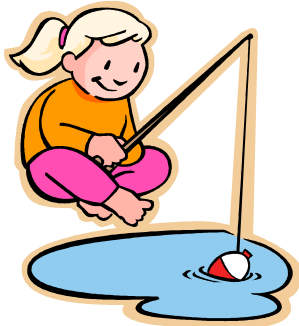
1. Collect food pictures from magazines, newspaper advertisements and seed catalogs.
2. Give each child a white paper plate.
3. Encourage the children to make pretend meals.
4. If the child wishes, you can write the name of the food beside the picture.



Fishing for Favorite Foods Game

Children can go “fishing” for food pictures using a magnet on a “fishing pole”.

What to Do:



1. Prepare a variety of food pictures by for this fishing game by attaching metal paper clips to the back of the food picture.
2. Attach a string to a wooden dowel. At the end of the string, attach a magnet.
3. Spread the food pictures on the floor, on a rug or on a blue piece of paper
4. Encourage the child to fish for foods.
5. When a child has “caught” a food picture, ask them to name the food.

Variation: When preparing food pictures, only put paper clips on healthy foods. This way the child will only be able to catch healthy foods!

Food Texture: baby foods



Why not let preschoolers taste baby foods and compared them to what they eat now? Using small jars of baby food such as peas, peaches and pears, compare them to regular foods. As the children, how do baby peas taste and feel compared with whole peas? Talk about why babies need baby food. Ask if babies can eat whole peas. Why not? Talk about the texture and smell of the foods.

Food Variety Jar: Naming and Counting Foods

Children will practice identifying and sorting foods from a container. They will also practice counting skills by removing, counting and replacing the food pictures into the container.

What to Do:

1. Place food items (food pictures or plastic food models) into a large container.
2. Ask the children to:
 - a. Name all the foods they see.
 - b. Name the red / yellow / orange / green / brown foods that they see.
 - c. Name the round foods (potatoes / oranges / apples)
 - d. Name the square foods (bread/crackers)
3. Take the food out of the containers. Have the children:
 - a. Count all the foods.
 - b. Count all the red . . . green. . orange foods
 - c. Count all the round foods.



Fruit Fly Game



What to Do:

Designate one child to be the Fruit Fly. Pass out different food models, one to all children participating. Have each child hide her food behind her back. The Fruit Fly then walks up to any child and asks, “Are you a fruit?” The child show the Fruit Fly his food and answers “Yes” or “No! Go Fly, Fruit, Fly”. If the child is holding a fruit the Fruit Fly must correctly identify the fruit. If successful, the child who held the fruit become the new Fruit Fly and everybody also exchanges their foods. If unsuccessful, the child should say ‘No! Go Fly, Fruit Fly.’” The Fly continues playing until he or she correctly identifies a fruit.

Placemat Art

Children can create their own placemat. Explain to the children why we use a placemat as a place to put your dishes and utensils, to help keep the table clean and to show where you are supposed to sit.

What to Do:

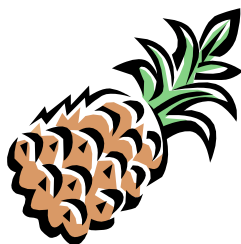
1. give each child a plain piece of white paper.
2. provide drawing material such as crayons, watercolors and markers
3. Encourage the children to decorate their mats.
4. show them example of different kinds of decorated mats.
5. put children's name on each mat
6. Use their placemat for snack time.

Variation:

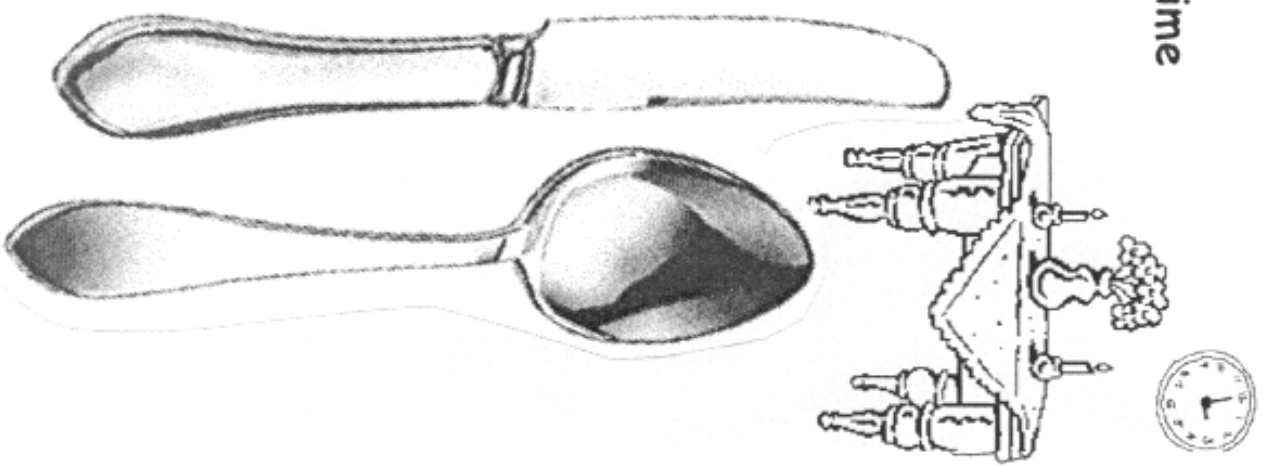
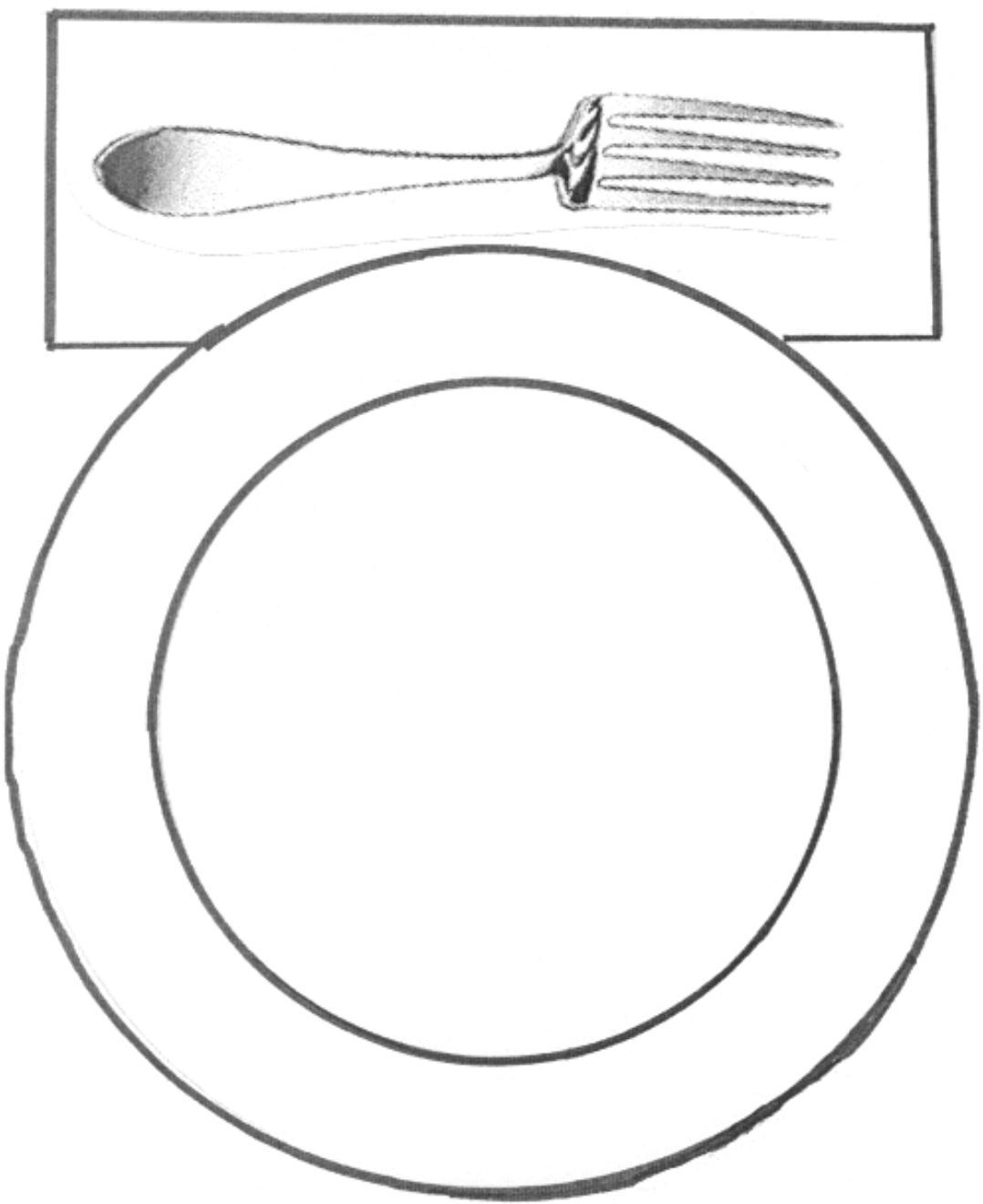
- On special days provide plain placemats to children and have them decorate with paper shapes such as pumpkins, snowflakes or flowers. An 11 x 17 sheet of paper can be used as a beginning placemat.
- You can also take a picture of the child and have the placemats laminated to make them more durable.
- Show the children how to make leaf rubbings for a placemat. Secure the paper to the table with masking tape so that it will not move. Preschoolers need to be reminded that they have to press down hard on the crayons to get a good print.

Setting a table for a meal

Mealtimes should take place at a pleasant gathering spot. Prepare cheerful table decorations to go with the theme of the week or set a small vase with flower on the table. If you are eating in your classroom, children can help prepare the table for a meal. Use a place setting guideline and help them use it as a guide to place plates, spoons, napkins on the table. Consider putting on enjoyable music for meal or snack time.



Setting the table for mealtime





Using food pictures in the classroom

1. Perfect Food Picture Matching Game. Make two sets of copy-ready food picture. Have children make match sets and talk about the food item.
2. Use food pictures to play “name that food”. Talk about the food by color, taste, texture and how the food is prepared.
3. Provide a “grocery store” center in your classroom. Select 5-10 food picture items and use them to create a visual shopping list. The shopping list might include apples, potatoes, bread, cereal, milk. Have these items available for the children as play food to look for in the "grocery store".
4. Using the “placemat setting” diagram, have the children select foods for a pretend meal. Discuss healthy and not so healthy food choices.
5. Use the food pictures to talk about the difference between food groups such as fruit and vegetables, foods from animals versus food from the garden.
6. Use the food pictures to begin to introduce the concept of food groups. Use color coded pieces of paper and have the children sort the pictures.
 - Green - vegetables
 - Purple - meat and beans
 - Blue - dairy
 - Orange - bread and grains
 - Red - fruit
7. Use the food picture cards to talk about where food comes from such as milk from cows, flour from wheat, eggs from chicken and juice from oranges.

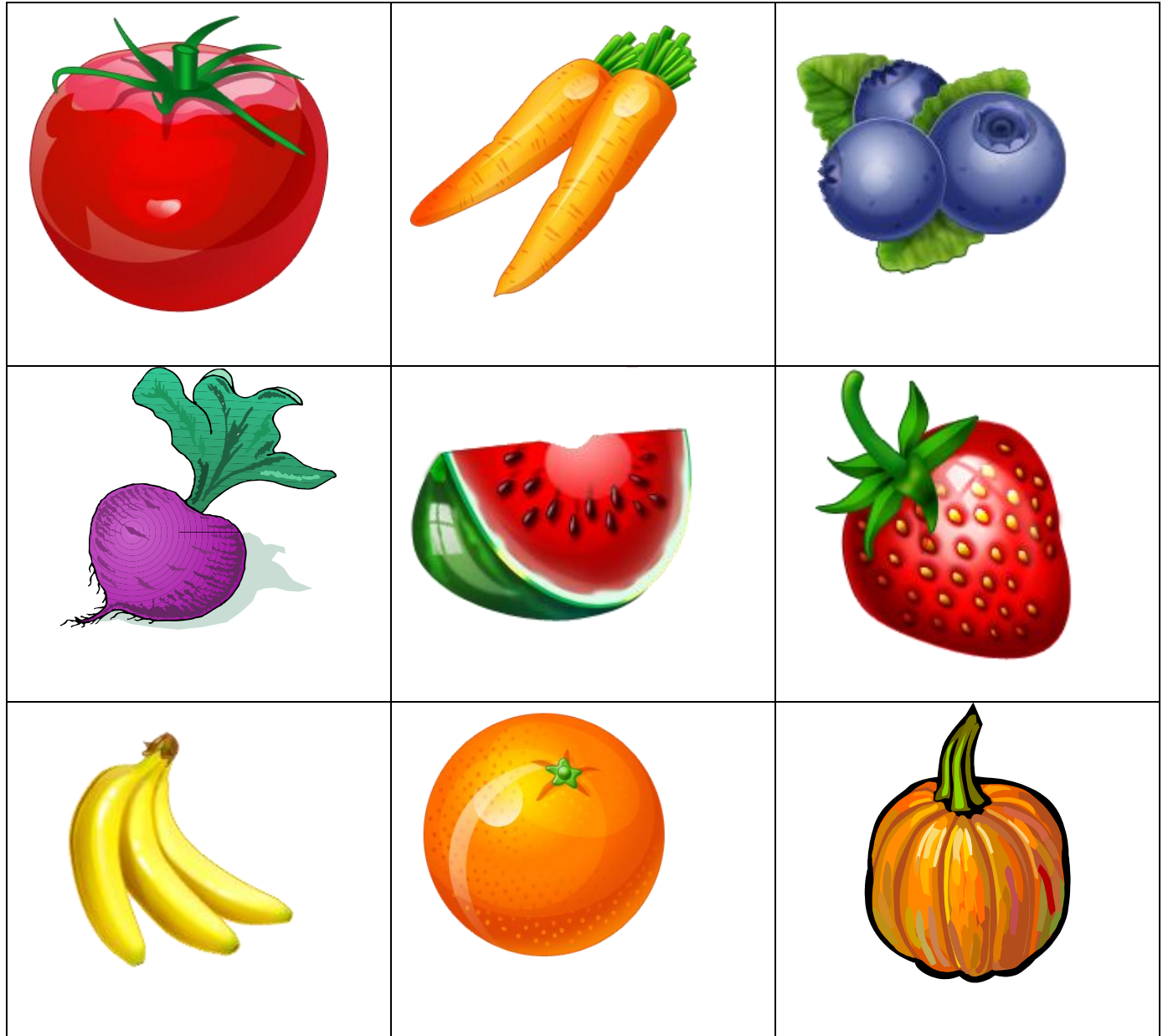
Food Matching Activity

Make two copies of this page. Turn pictures face down. Have children try to “match” pictures. Use only appropriate number of pictures for age of child.



Fruit & Vegetable Food Matching Activity

Make two copies of this page. Turn pictures face down. Have children try to “match” pictures. Use only appropriate number of pictures for age of child.



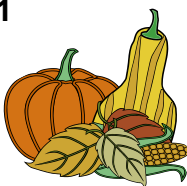
Recipes for Classroom Nutrition Experiences

1	Acorn Squash	29	Pizza, Individual English Muffin
2	Apple Crisp	30	Potato, Spud Soup
3	Apples: Taste the Difference	31	Potatoes, Microwave & Baked
4	Applesauce: Home-style Slow Cooker	32	Potatoes, Sweet Roasted
5	Beans, Garbanzo Roasted	33	Pretzels, Soft
6	Beans, Hummus	34	Pudding with Fruit
7	Bread in a Bag	35	Pumpkin Muffins
8	Bread, Banana	36	Pumpkin Pudding
9	Bread Pudding	37	Pumpkin Seeds- Roasted
10	Bread, Zucchini	38	Quesadilla, Cheese
11	Carrots, Dilled with Pea Pods	39	Rhubarb Sauce
12	Coleslaw	40	Roasted Root Vegetables
13	Corn on the Cob - How to Cook	41	Spinach & Strawberry Salad
14	Cucumber Salad	42	Spinach Tasting
15	Eggs, Hard Cooked	43	Sweet Couscous with Raisins
16	Eggs, Party	44	Veggie dip, Ranch
17	Eggs, Quiche Squares	45	Veggie dip with cottage cheese
18	Eggs, Scrambled	46	Veggie Dip Dinosaur
19	Fresh Fruit Smoothies	47	Veggies & Shells
20	Fresh Fruit Sundaes		
21	Fruit Kabobs		
22	Fun Recipe: Bubbles		
23	Fun Recipe: Cornstarch Clay		
24	Fun Recipe: Goop		
25	Gingerbread		
26	Irish Soda Bread		
27	Orange Juice from Oranges		
28	Pancakes - Whole Wheat Flapjacks		

Recipes for Classroom Nutrition Experiences

Acorn or Baked Squash #1

Buy: 1-1/2 to 2 pounds for 4 full servings or 10 tasting samples. Look for hard, tough rind with no soft spots. Squash should feel heavy for size.



Prepare: Wash Squash. Cut in half lengthwise using a cutting board and a sharp knife. Scrape out the seed and fibers with a sturdy spoon.

Oven Baking: Heat the oven to 400 degrees. Place squash cut side up in a baking dish. Sprinkle with salt and pepper and place small dabs of butter or margarine on the cut surface. Pour water into baking dish until it is 1/4 inch deep. Cover with foil. Bake 30-40 minutes or until tender when pierced with a fork. Scrape the squash out of the shell or cut into small pieces and sample.

Microwave alternative: Pierce whole squash with tip of sharp knife in several places to allow steam to escape. Microwave on high 4 to 6 minutes or until squash is hot and rind is firm but easy to cut; cool slightly. Carefully cut in half and remove seeds. Arrange halves, cut side down on a microwaveable plate. Cover with microwaveable plastic film, folding back one side to help release steam. Microwave on high 5-8 minutes or until squash is tender when pierced with a knife.

Apple Crisp #2

Ingredients/ Supplies:
8-10 apples (5 cups prepared)
1 Tablespoon lemon juice
1 tablespoon water
3/4 cup brown sugar
1/2 cup flour
1/2 cup rolled oats
1 teaspoon cinnamon
1/3 cup margarine
Cutting board, knife and peelers
9x13 inch pan or casserole dish



Directions/Activity

1. Heat oven to 375 degrees
2. Prepare apples by washing, peeling and slicing. Involve children as much as possible.
3. Place apples into cooking dish.

4. Sprinkle with lemon juice and water
5. In a small bowl, combine remaining ingredients (sugar, flour, oats, cinnamon). Work margarine into flour mixture with a fork.
6. Sprinkle mixture over apples.
7. Bake in the oven for 40 minutes or until apples are fork tender.
8. Serve 1/4 cup serving size for 20 servings.

Apples: Taste the Difference #3

Ingredients/ Supplies:

3 different colors or varieties of apples such as Royal Gala, Yellow Delicious, or Granny Smith.
Cutting Board and Knife

Directions/Activity:

1. Talk to children about apples
 - Color
 - Taste
 - Sounds they make
 - Where they grow
 - Foods made from apples
2. Give each child an apple slice from the different variety and ask the children which is their favorite one.
3. Extend the activity by making baked apples, applesauce, or reading about Johnny Appleseed.

Applesauce: Slow Cooker #4

Ingredients/ Supplies:

10 apples
1/2 cup water
3/4 cup sugar
cinnamon
cutting board, knife and peelers

Directions/Activity:

1. Wash, peel and core apples
2. Have children cut apples into smaller pieces
4. Place apples and water into a slow cooker, cover and cook on low for 4-6 hours or until apples feel soft when pierced by a fork. Add sugar and half way through cooking.
5. Sprinkle with cinnamon at time of serving. Makes about 5 cups or 20 servings of 1/4 cup each.

Recipes for Classroom Nutrition Experiences

Beans, Garbanzo Roasted #5

These crispy snacks are sold by street vendors in Trinidad and Guyana. The crispy snacks are usually seasoned with cayenne pepper. This recipe has a milder flavor.

Ingredients:

2 cans garbanzo beans, drained
2 tablespoons olive or vegetable oil
Salt and paprika



Directions:

1. Set oven to broil setting.
2. Toss beans with oil
3. Spread out the beans in a single layer on a cookie sheet
4. Broil about 2 minutes and stir. Continue broiling until the beans are browned and crunchy, about 5 minutes total.
5. Sprinkle with salt and paprika before serving. You can also season with garlic, curry or soy.
6. Serve.

Beans, Hummus #6

Garbanzo beans, also known as chickpeas, have a delicious nutlike taste and buttery texture. They provide a good source of protein and fiber and are available either dried or canned. A very versatile legume, garbanzo beans are a noted ingredient in many Middle Eastern and Indian dishes such as hummus, falafels and curries. While many people think of garbanzos as being beige in color, there are different varieties of other colors including: black, green, red and brown beans.

Ingredients for about 20 servings (1-2 Tbls):

2-3 cans (16 ounces) Garbanzo beans
2 cloves of garlic, chopped
Juice of one lemon
2 tablespoon Sesame seeds (if available)

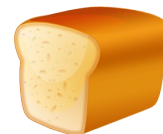
Directions:

1. Drain garbanzo beans, reserve liquid.
2. Combine all ingredient plus 2 tablespoons of bean liquid in a blender
3. Process mixture until smooth. Add more liquid if necessary. If a blender is not available, children can help mash the beans with a fork.
4. Serve with bread, crackers or vegetables.
5. Plan a serving size for tasting of 1- 2 tablespoon per child.

Bread in a bag #7

Ingredients:

2 cups all purpose flour
1 package Rapid rise yeast
3 tablespoons sugar
3 tablespoons nonfat dry milk
1 teaspoon salt
1 cup hot water
3 tablespoons oil
1 cup whole-wheat flour
1 gallon sized heavy duty Ziploc type bag



Directions

1. Combine 1 cup all purpose flour, yeast sugar, dry milk and salt in the Ziploc bag. Shake to blend all ingredients
2. Add hot water and oil to dry ingredients. Reseal bag
3. Mix by working the dough together with your fingers.
4. Add whole wheat flour and mix thoroughly
5. Knead for 2-4 minutes then let dough rest 10 minutes.
7. Place approximately 3 tablespoons into 5 oz Dixie Cup and let raise 20 minutes
9. Bake in pre-heated, dry, electric skillet at 375 degree for 15 minutes.

Bread, Banana #8

Ingredients for two loaves or 24 slices

3 ripe bananas, mashed to equal 1- 1/2 cups
1 1/4 cups white sugar
1/2 cup margarine (1 stick) softened
2 large eggs
1/2 cup buttermilk
1 teaspoon vanilla
2 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt

Directions:

1. Heat oven to 350 degrees
2. Spray the bottom of two 8 x 4 inch loaf pans with cooking spray.
3. In a large bowl, stir together the sugar and butter or margarine. Stir in the eggs until smooth.



(Continued on next page)

Recipes for Classroom Nutrition Experiences

4. In a separate bowl, mix the flour, baking soda and salt. Combine the flour with the sugar mixture, and blend just until moistened.
5. Divide the batter evenly between the two pans.
6. Bake about 1 hour, but check at 50 minutes and test for doneness.
7. Let bread cool in pans ten minutes before removing. Cool completely before serving for easier slicing. Serve.

Bread, Pudding #9

Ingredients

6 slices of bread torn into chunks
2 cups of milk
¼ cup sugar
3 tablespoons butter
¼ teaspoons salt
3 eggs
1 teaspoon vanilla
½ teaspoon nutmeg or cinnamon
9 x 9 inch baking pan or casserole dish

Directions:

1. Place bread in a buttered baking dish.
2. Heat the milk
3. Add butter, sugar and salt to milk.
4. In a separate bowl, beat the eggs.
5. Add the eggs to the warm milk mixture and combine with a whisk.
6. Add vanilla
7. Pour mixture over bread
8. Bake at 350 degrees for 45 -60 minutes.

Bread, Zucchini #10

Ingredients for one loaf

3 eggs
2 cups sugar
2 cups of zucchini
¾ cup oil
2 cups flour
¼ teaspoon baking soda
¼ teaspoon baking powder
1 teaspoon salt
2 teaspoons cinnamon



Directions/Activity

1. Preheat oven to 350 degrees.
2. Prepare zucchini for recipe by washing and grating the vegetable. Do not peel.
3. Squeeze the zucchini to draw out the excess liquid.
4. Combine the dry ingredients (flour, baking soda, baking powder, salt and cinnamon) in a separate bowl and mix together.
5. In a different bowl, beat the eggs together.
6. Add the sugar, grated zucchini and oil to the eggs.
7. Carefully mix all the dry ingredients with the "wet" zucchini/ eggs mixture.
8. Pour into greased loaf pans – either two small or one large loaf.
9. Bake at 350 degrees for 45-60 minutes.

Bread is done when center is cooked and tested with a toothpick that comes out clean. Cool before removing from pan. Enjoy!

Carrots, Dilled with Pea Pods #11

Ingredients:

1 1/2 cups fresh snow pea pods or 6 oz frozen pea pods (thawed)
1 1/2 cups of baby carrots (small package)
1 teaspoon butter or margarine
2 teaspoons chopped fresh or 1/2 teaspoon dried dill weed
1/8 teaspoon salt

Directions:

1. Wash the pea pods and snap off the stem end of each one. To remove the strings from the pea pods, start at the stem end and pull the string along the straight edge of the each pea pod.
2. Add 1 inch of water to a 2 quart sauce pan. Heat to boiling and add the carrots. Cover.
3. Cook carrots covered about 4 minutes. Do not drain water.
4. Add the pea pods to the carrots. Heat uncovered to boiling 203 minutes. Pea pods cook quickly, so be careful not to overcook them. Drain the vegetables and return to the saucepan.
5. Stir the butter dill weed and slat into carrots and pea pods.
6. Serve.

Recipes for Classroom Nutrition Experiences

Coleslaw for a Group #12

Ingredients

4 carrots
1 head of cabbage
4 tablespoons plain yogurt
2 tablespoon lemon juice or red wine vinegar
1/4 cup light mayonnaise or light salad dressing
Pinch of sugar to taste



Utensils: grater, knife for chopping, chopping board, tablespoon.

Directions

1. Wash and grate the carrots
2. Slice the cabbage into half and then wedges
3. Continue to “chop” the cabbage into narrow strips.
4. Combine yogurt, lemon juice, and mayonnaise
5. Mix the dressing with the carrots and cabbage.
6. Serve.

Corn on the Cob #13

Ingredients:

Plan 1/2 to one ear of corn per child



Purchasing and preparing corn:

Look for bright green, tight fitting husks with fresh looking silk and kernels.

Prepare the corn by pulling the green husks of the ears and removing the silk. Discard the husks into the garbage can — never a food disposal system.

Break off any long stems so the corn will easily fit into your pot. Break the corn cobs in half if desired.

Directions:

1. Fill a large pot about half full of water. Add 1/2 Tablespoon sugar. Do not add salt or it can toughen the corn.
2. Cover the pot with a lid; heat the water to boiling. Once the water is boiling, carefully add the corn and return to a boil. Cook 5 to 10 minutes or until tender when pierced with a fork. If the corn is extremely fresh, you may just place it into the hot water for a few minutes.
3. Lift corn from water with tongs and serve immediately.

Cucumber Salad #14

During this activity talk to the children about both cucumbers and onions. Compare the texture and smell. Ask if onions have seeds like cucumbers.

Ingredients/Supplies

2 cucumbers
1 sweet onion (1/2 cup)
1/4 cup water
2 tablespoons sugar
1/2 cup white vinegar
Salt to taste



Cutting board, knife and vegetable peeler

Directions: / Activity

1. Prepare the cucumber by washing and peeling with vegetable peeler. You can also chose to leave the skin on.
2. Adults can then slice the cucumber lengthwise halve and let children make slices with the flat side down, using a dull knife.
3. Prepare the onion by thinly slicing.
4. Mix the cucumbers and sweet onions together and lightly salt the mixture.
5. In a separate bowl, combine the water, sugar and vinegar.
6. Pour this mixture over the cucumber and onions. Covers and refrigerate.

To serve, lift the cucumbers and onions out the marinade and give each child a sample serving.

Eggs, Hard Cooked #15

Directions

1. Place eggs into a saucepan and cover with cold water.
2. Heat water to boiling; reduce heat and allow to barely simmer about 12-15 minutes for hard yolks.
3. Cool eggs under cold water for a few seconds to stop the cooking process and to make the eggs easier to peel.
4. Enjoy with crackers and a dash of pepper.



Recipes for Classroom Nutrition Experiences

Eggs, Party #16

Recipe yields 24 egg halves

Ingredients:

12 hard cooked eggs (can be prepared ahead of time using instruction from above)
½ cup mayonnaise or plain yogurt
1 teaspoon yellow mustard or
½ teaspoon ground mustard
¼ teaspoon salt
¼ teaspoon pepper
1 Tablespoon milk



Directions/Activity

1. Peel eggs.
2. Cut lengthwise and carefully remove the yolks.
3. In a small bowl mash yolks with a fork.
4. Add the rest of the ingredients and mix gently together.
5. Fill each egg white half with a small amount of yolk mixture.
6. Serve.

If eggs peel poorly, chop them up and add to yolk filling mixture.

Egg mixture can also be served with crackers

Eggs, Quiche Squares #17

Ingredients:

6 slices bread
2 cups shredded cheddar or mozzarella cheese
1-1/2 cups milk
6 eggs
1 teaspoon dry mustard

Directions

1. Grease 9 x 13 inch baking dish
2. Tear bread into small pieces and arrange in the bottom of the dish
3. Sprinkle cheese over bread
4. Beat together milk, eggs and mustard in a medium bowl. Pour egg mixture over bread and cheese.
5. Bake at 350 degrees for 35-40 minutes.
6. Cool 10 minutes and serve warm.

Variation: Add 1/2 cup of chopped vegetables to dish before baking. Dish can also be served with salsa.

Eggs, Scrambled #18

Plan to prepare about one egg per child. They can mix their own egg in a small cup and then combine in a large bowl. Plan to cook only one-half of total egg mixture at a time.

Ingredients:

18-20 eggs one per child
1 cup of water or low fat milk: approximately 1/2 tablespoon per child
1 teaspoon pepper or a dash per child
1/2 teaspoon salt or dash per child
1 tablespoon butter or margarine

Directions

1. In a medium bowl, or individual cup, beat the eggs, milk, salt and pepper with a fork or wire whisk until well mixed. Combine all eggs together to cook.
2. In a 10-inch skillet or electric frying pan, heat the butter over medium heat just until it begins to sizzle.
3. Pour half of the egg mixture into skillet. The eggs will become firm at the bottom and side very quickly
4. Gently move the cooked portion of eggs away from the edges of the pan using a spatula. Let the uncooked portion flow to the bottom of the skillet.
5. Avoid constant stirring because the eggs will become dry and rubbery rather than light, and fluffy.
6. Cook 3-4 minutes or until eggs thicken throughout but are still moist.
7. Serve immediately. Plan about ¼ cup per child.

Fresh Fruit Smoothies for One #19

Ingredients/Supplies for each child:

1 cup low fat or fat free milk or yogurt
½ cup fruit—fresh or canned
Ice
Cutting board, knife and blender

Directions/Activity:

Put all the ingredients in a blender and swirl until smooth.

Fruit Variations:

Banana / Strawberries
Cantaloupe
Mango / peaches

continued on next page

Recipes for Classroom Nutrition Experiences

Peaches, canned
Pineapple
Apple, orange or grape juice



Source: Power of Choice

Fruit Smoothies for a Group #19

Ingredients/Supplies for class:

½ gallon of milk
2 cartons or low fat or fat free yogurt, any flavor to equal 16 ounces total
2 cups of fruit or 4-5 ripe bananas
Ice
Cutting board, knife and blender
Cups and napkins

Directions/Activity

When making for a group, prepare the smoothie with half the ingredients at a time. The blender should handle about 4 cups of liquids + ice and function without overflowing – this is about half of the ingredient amounts listed. Serve 1/2 cup serving per child. Recipe makes enough for twenty samples.

Fresh Fruit Sundaes, Individual #20

Ingredients/Supplies for each child:

2 graham crackers squares
¼ cup low fat vanilla or fruited yogurt or 2 oz each per child
2 tablespoons berries or other fresh or canned fruit (bananas, chopped apples, strawberries, peaches or pineapple)
Cutting board, knife and sandwich bags

Directions/Activity:

1. Crush graham crackers by placing inside a plastic baggie and mashing them.
2. Pour graham crackers in the bottom of a cup.
3. Top with yogurt and fruit. Serve.

To estimate total for a class of 20 children plan on purchasing: ½ box grahams and two 2 large cartons of yogurt. Each container will provide about 16 servings. Fruit approximately ½ banana per child or about 4 cups of canned fruit.

Fruit Kabobs #21

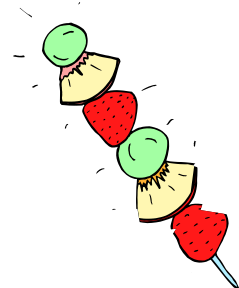
Ingredients:

Assorted fresh and canned fruit such as: apples, bananas, grapes, kiwi, pineapple or strawberries..

Plastic drinking straws
or coffee stirrers.

Directions:

Have each child build a kabob. They can follow a pattern if desired such as: grape, strawberry, banana slice, repeat.



Fun Recipes

Here are some great recipes to get your hands into. Using household ingredients show your kids some kitchen science as your mixtures transform into a different finished product!

Fun Recipe: Bubbles #22

Ingredients

6 cups water
¾ cup corn syrup
2 cups dishwashing liquid

Directions

Mix together and let set until bubbles have settled out. Use fly swatters that have been cut into designs to make bubbles. Encourage children to chase the bubbles.



Fun Recipe: Cornstarch Clay #23

Ingredients

1 cup cornstarch
1 1/3 cup cold water
2 cups salt

Directions

Put salt and 2/3 cup water in a pan and bring to a boil. Mix cornstarch with 2/3 cup water and mix well. Blend the two mixtures together and knead into clay. Makes about 3 cups. This clay can be air dried and then painted. Store used clay in an air tight container in the refrigerator.



Recipes for Classroom Nutrition Experiences

Fun Recipe: Goop #24

Ingredients:

1 part corn starch
1 part water
food coloring, optional

Directions

Watch a liquid become a solid. Place these ingredients on a cookie sheet and "play".

Ginger bread #25

Ingredients:

½ cup molasses
1 cup sugar
5 tablespoons melted butter
½ teaspoon cinnamon
½ teaspoon ginger
1 teaspoon salt
1 teaspoon baking soda
1 egg
2 1/2 cups flour
1 cup hot water

Directions

1. Preheat oven to 350 degrees
2. Measure molasses in a bowl and add sugar, melted butter, cinnamon and ginger.
3. Add soda and salt to hot water and then blend with molasses mixture
4. Add flour and then eggs and mix well.
5. Pour mixture in a 9 x 13 inch prepared pan.
6. Bake 25-30 min.

Source: www.apples4theteacher.com

Irish Soda Bread (20 servings) #26

This simple, delicious low sugar bread is a traditional food of Ireland. Instead of yeast, baking soda is used as the leavening agent to make the bread rise.

Ingredients:

4 cups all purpose flour
6 teaspoons of baking soda
1 teaspoon salt
½ cup margarine
2 cups low fat milk
1 cup raisins

Directions:

1. Preheat oven to 350 degrees.
2. Mix flour, baking soda, and salt in a large bowl. Use your fingers to work the margarine into the flour mix.
3. Stir in milk and add raisins
4. Knead dough briefly and divide into two portions.
5. Shape into round flat loaves and place into greased pie pans.
6. Bake 15-20 minutes.

Cut each bread round into 8-10 wedges for serving. Serve warm with milk or juice.

Orange juice in a baggie # 27

Ingredients/Supplies

½ orange per child
Cutting board/ knife
Ziploc sandwich bag



Directions/ Activity:

1. Talk to children about food safety and using knives.
2. Cut each orange in half.
3. Have the children place an orange half in a Ziploc bag
4. Have the children squeeze the baggie and make juice.
5. Talk to the children about where and how oranges grow. Show them a picture of oranges growing on a tree
6. Taste the juice. You can use a coffee stirrer as a straw or pour into a cup.
7. Serve orange slices and saltines for snack. Compare the flavors.

Pancakes, Wheat Flap Jacks #28

Ingredients:

1-1/2 cup all-purpose flour
1 cup whole wheat flour
3 tablespoons brown sugar
2 teaspoons baking powder
1 teaspoon salt
2-1/2 cup low fat milk
2 tablespoon butter, melted
2 large egg, beaten lightly



(Continued on next page)

Recipes for Classroom Nutrition Experiences

Directions: (for Whole Wheat Flapjacks)

1. Lightly spoon flour into a measuring cup, and level with a knife. Combine flours, sugar, baking powder and salt in a large bowl.
2. Combine milk, butter and eggs in a different bowl.
3. Add milk mixture to flour mixture, stirring with a whisk until smooth.
4. Pour about ¼ cup batter for each pancake into a hot griddle or electric skillet.
5. Cook until the tops of the pancakes are covered with bubbles and edges look cooked.
6. Carefully flip the pancake over and finish cooking.

The pancakes are done when the bottoms are lightly browned.

Yield: about 20 pancakes

Healthy tip: Skip the syrup, and serve plain with a cup of cold milk, or dip the pancakes in applesauce.

Source: Cooking Light annual recipes 2007

Pizza, Individual English Muffin #29

This is a great recipe that can include all food groups when served with milk to drink.

Ingredients: for class of 18

English Muffins 1 dozen (plan ½ per child)

Mozzarella cheese 1 pound, shredded
(plan 1 oz per child)

Tomato/pizza sauce, 26 oz jar

Optional pizza toppings:
diced tomatoes, green
peppers, mushrooms,
olives, onions.



Directions/tips:

1. Split the English muffins and place on a foil or parchment covered cookie sheet.
2. Spread 2-3 tablespoons of tomato/pizza sauce on each half of muffin.
3. Sprinkle with shredded mozzarella cheese.
4. Top with additional toppings if desired.
5. Bake 350 degrees for 5-10 minutes.
6. Serve warm.

Potatoes, Spud Soup #30

This recipe includes peeling, slicing and dicing and is appropriate for older children with some established kitchen skills.

Ingredients:

2 1/2 pounds of potatoes

1 can chicken broth (49 oz)

1/2 cup sliced celery

1/2 cup sliced onion

1/4 teaspoon dried thyme or oregano leaves

Salt and pepper

1 packages frozen mixed vegetables (10 oz)

1 cup cooked chicken, turkey– chopped
(optional)



Directions:

1. Scrub the potatoes under cold running water
2. Peel the potatoes if desired, you can also leave the skin on.
3. Using a sharp knife and a cutting board, cut the potatoes into one inch pieces.
4. Prepare the soup by adding diced potatoes, chicken broth, celery, onions and seasonings to a large soup pot.
5. Heat the mixture on the stove to boiling, then turn the heat down to medium low.
6. Cover the pot and simmer for 30 minutes.
7. Using pot holders to remove the lid, check the potatoes for tenderness by poking with a long fork.
8. When the potatoes are done, add the frozen vegetable and meat (if desired).
9. Cook 10 minutes more.
10. Enjoy!

Potatoes, Micro-waved or Baked #31

For baking potatoes, choose the big brown ob-long one called russets. Food heat quickly in the microwave so be sure follow these directions and use pot holders when working with hot potatoes.

Directions:

1. Scrub potatoes under cold running water.
2. Cook no more than 4 potatoes at a time.
3. Poke the potatoes several times with a fork to allow steam to escape during baking.
4. Put the potatoes in the microwave.
5. Set of HIGH for 8 minutes

(Continued on next page)

Recipes for Classroom Nutrition Experiences

6. Half way through the cooking time, turn the potatoes over using potholders.
7. Continue cooking until potatoes are tender.
8. Remember potatoes are hot and will continue to cook a bit after the microwave time is up.
9. Enjoy your potatoes plain or with a topping such as cheese, light sour cream, chili or salsa.

Potatoes, Sweet Roasted #32

Ingredients:

- 2 teaspoons ground ginger
- 1 teaspoon salt
- ¼ teaspoon garlic
- ½ teaspoon Mrs. Dash (optional)
- 2 tablespoons oil
- 4 large sweet potatoes

Directions/Activity

1. Heat oven to 400 degrees
2. Line a large baking sheet with foil and coat with non-stick cooking spray.
3. In a large bowl, combine ginger, salt, Mrs. Dash and garlic powder.
4. Scrub potatoes with warm water.
5. Cut each potato into six or seven wedges. The thinner the slices, the faster the potatoes will cook. Toss the potatoes with the oil and spices until well coated.
6. Arrange in a single layer on pan. Roast until tender and brown, about 20 minutes.

Serve one wedge to each child. Talk about different kinds of potatoes and different ways to serve them. Show a picture of a growing potato plant.



Pretzels, Soft (20 servings) #33

Ingredients:

- ½-cup warm water
- 1 package active dry yeast
- 1-cup warm milk
- 2 tablespoons vegetable oil
- 2 tablespoons sugar
- 1-1/2 teaspoon salt
- 4 to 4 -1/2 cups all purpose flour or use half-whole wheat
- 1 egg, lightly beaten with 1 tablespoon water



Directions :

1. Place the warm water in large warm bowl. Sprinkle in yeast and stir until dissolved.
2. To the yeast mixture, add milk, oil, sugar, salt and 1-1/2 cups of flour. Blend well. Add additional flour to make soft dough.
3. Knead on lightly floured surface until smooth and elastic, about 5 minutes.
4. Place dough in greased bowl. Cover and let rise until doubled in size, about 30 minutes.
5. Punch dough down and divide into 24 pieces. Roll each piece to a 16-inch rope.
6. To make pretzel, curve ends of each rope to make a circle then cross end at the top.
7. Place pretzels on a greased baking sheet. Cover and let rest for 5-10 minutes.
8. Preheat oven to 350 degrees. Brush pretzels with a beaten egg and sprinkle lightly with desired topping such as garlic salt, parmesan cheese or coarse salt.

Bake at 350 degrees for 35 minutes or until golden. Serve.

Source: www.homebaking.org

Pudding with fruit for a group #34

Ingredients/Supplies for group of 20

- ½ gallon of low fat milk (1/3 cup each)
- 4 small boxes of vanilla instant pudding
- 10 bananas
- Ziploc bag or small drinking cup – 8 oz

Directions/Activity

1. Hand out one cup for each child.
2. Measure 1/3 cup of milk into each cup.
3. Add 1 tablespoon of dry pudding mix
4. Have the child mix the pudding with a spoon.
5. When pudding is thickened. Have child add ½ of a sliced banana on top.
6. Enjoy.

This activity teaches sequencing and measuring.

Recipes for Classroom Nutrition Experiences

Pumpkin Muffins #35

Ingredients:

- 2 ¼-cup flour
- 2 teaspoons pumpkin pie spice
- 1-1/2 teaspoon baking soda
- 1-teaspoon ginger
- ¼-teaspoon salt
- 1 cup raisins
- 1 cup packed brown sugar
- 1-cup pumpkin
- 1/3 cup buttermilk or milk
- 1/3 cup oil
- 1-teaspoon vanilla
- 2 large eggs



Directions:

1. Combine first five ingredients.
2. Mix in the raisins.
3. Make a well in center of mixture.
4. Combine together in a separate bowl: brown sugar, pumpkin, butter milk or milk, oil, vanilla and eggs.
5. Stir just until moist.
6. Spoon batter into 18 muffin cups coated with cooking spray.
7. Sprinkle with sugar.
8. Bake 400 degrees for 15 minutes or until a wooden pick inserted in center comes out clean. Recipe make about 18 muffins

Source: Cooking Light annual recipes 2007

Pumpkin Pudding for a classroom #36

Ingredients/Supplies for classroom of 20:

- 2 packages instant vanilla pudding
- 2 cups canned or mashed pumpkin
- 3 cups skim milk
- 1/2-teaspoon ground cinnamon

Directions:

Beat pudding mix and milk together until well blended, about 2 minutes. Stir in pumpkin and cinnamon. Portion into small cups (1/4 cup sample size) chill and serve. The pudding will thicken as it chills.

Pumpkin Seeds, Roasted #37

Pumpkin seeds are very popular in Mexican cooking. They make a nourishing, chewy snack for older children. If you are planning harvest pumpkin projects, make pumpkin seeds a nutrition experience!



Ingredients:

- Pumpkin Seeds
- Vegetable oil
- Salt, if desired

Directions:

1. Scoop out pumpkin seeds from a fresh picked pumpkin
2. wash the seed under running water.
3. Spray a baking sheet with non-stick cooking spray. Spread seeds out on the baking sheet in a single layer. Lightly oil the seeds. Bake in a slow oven at 250 degrees, for about an hour. Move the seeds around during the baking time to help dry out the seeds. Turn up the heat for the last 5 minutes at the end of cooking to brown the seeds.
4. Serve, lightly salted if desired.

Source: the Fannie Farmer Cookbook, by Marion Cunningham Alfred Knopf, New York 1990

Quesadilla, Cheese #38

Ingredients/Supplies for each child:

- 1 flour tortilla
- 1/4 cup grated cheese (1 ounce)

- Cookie sheet
- Oven or skillet
- Cheese grater

Ingredients/Supplies for classroom of 20:

- 1-2 packages of tortillas (20 total)
- 2 pounds of cheese

- Cookie sheet
- Oven or skillet
- Cheese grater

(Continued on next page)

Recipes for Classroom Nutrition Experiences

Directions:

1. Spray cookie sheet with non-stick spray or line with parchment paper.
2. Place tortilla on baking sheet, sprinkle with cheese.
3. Bake at 350 degrees until cheese is melted, about 5 minutes.
4. Immediately fold and cut into triangles.
5. Serve warm.

Extend the activity by having the child grate the cheese. Quesadillas can be prepared in the oven, on the stovetop or in the microwave. Serve with mild salsa for dipping if desired.

Rhubarb Sauce #39

Rhubarb is a native food of South Dakota. The red part of the stalk is sour. The leaf should not be eaten as they are toxic.



Ingredients:

- 2 tablespoon butter or margarine
- 4 cups thinly sliced rhubarb stalks
- ½ cup sugar

Directions/Activity

1. Show children a picture or an actual stalk of rhubarb.
2. Tell children that the leaf is poisonous, but the stalk is edible. Let children have a taste of fresh rhubarb before it cooked and after it is cooked.
3. Wash rhubarb and slice into ½-inch pieces.
4. In a large pot, melt the butter or margarine over medium heat.
5. Stir in the rhubarb and sugar and continue to cook, stirring constantly, about 10 minutes. Rhubarb is cooked when fork tender.
6. Serve as a sauce, warm or cold with bread or crackers.

(Source: allrecipes.com)

Roasted Root Vegetables # 40

Gather two of each of any combinations of root vegetables such as turnips, parsnips, carrots, potato, sweet potato or rutabagas.

Leave one of each vegetable whole to show the children.

Directions/Activity

1. Peel and pre-cut the other vegetables into ½ inch cubes or small “French fries”.
2. Lightly toss pre-cut vegetables in olive oil in a mixing bowl.
3. Spread in a single layer on a baking sheet and sprinkle with salt.
4. Bake at 400 degrees for about 20 minutes or until crisp and done.
5. Let cool and enjoy!

Spinach & Strawberry Salad #41

Ingredients:

- One to two pounds of fresh spinach
- one pint strawberries
- 2 tablespoons sugar
- 1/3 cup vegetable or olive oil
- 1/3 cup white vinegar
- 1 tablespoon poppy seeds (optional)



Directions/Activity

1. Wash spinach thoroughly discarding any broken stems or bruised leaves.
2. Pat dry with paper towels.
3. Prepare strawberries by removing the top and slicing
4. In a separate bowl, blend oil, vinegar, sugar and salt.
5. In a large bowl gently mix spinach and strawberries.
6. Pour dressing over salad and toss gently.

Serve immediately.

Spinach Tasting #42

Directions/Activity

Prepare a small bowl of washed spinach greens. Encourage children to sample the greens. Talk about vegetables, gardens and animals that eat green vegetables

This is simple an inexpensive activity that can build on a young child’s knowledge base about animal eating habits.

Idea suggestion contributed from the Bears Classroom. They also tried eating canned salmon and berries when they did a lesson on bears.

Recipes for Classroom Nutrition Experiences

Sweet Couscous with Raisins #43

Couscous is a staple food of North Africa. It is made from a special type of wheat. This quick cooking pasta can be found in stews, salads, and sweet desserts like pudding.

Ingredients: for 16-20 sample size servings

1 pound couscous
1 cup raisins
2 tablespoons butter
1/2 cup sugar
1/2 teaspoon vanilla
1-1/2 cup hot milk

Directions:

1. Prepare couscous according to the package directions.
2. Spoon hot couscous into a bowl and stir in raisins, butter, sugar and vanilla.
3. Spoon mixture into individual serving bowls and top with hot milk. Serve.

Veggie Ranch Dip, Low fat #44

Ingredients:

1/2 cup low-fat mayonnaise
1-cup buttermilk
1/2 teaspoon dried chives
1/2teaspoon dried parsley
1/4teaspoon dill (optional)
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/8 teaspoon salt and ground pepper



Directions:

In large bowl, whisk all ingredients together. Cover and refrigerate for 30 minutes before serving to allow flavors to develop.

Source: www.lowfatlifestyle.com

Veggie Dip with Cottage Cheese #45

Ingredients:

2 cups low fat cottage cheese
1/2 cup cheddar cheese, shredded
1-teaspoon dill weed
1 teaspoon Worcestershire

Directions/Activity

Mix cottage cheese and cheddar cheese together. Add dill and Worcestershire. Serve 2 tablespoons with crackers or veggies. Recipe makes enough for about 18- servings.

Veggie Dinosaur Dip #46

Ingredients:

1 cup lite sour cream
1 cup plain yogurt
1 package dry ranch dressing mix



Directions:

1. Mix ingredients together.
2. Refrigerate for 1/2 hour
3. Serve with fresh vegetables such as celery, zucchini, cucumbers and jicama.

Veggies and Shells #47

This is a recipe where you can add what you want and leave out what you do not want.

Ingredients:

1 box (8oz) of small shell macaroni
1 small onion or 2-3 green onions
3 tablespoons olive or vegetable oil
2 tablespoons flavored or plain vinegar
1-teaspoon mustard
3/4 cup mayo or non-fat plain yogurt
2 small zucchini, sliced thin
1 red bell pepper cut in thin strips
1-2 carrots, peeled and cut into coins
Salt and pepper to taste
Optional garnish: olives and parmesan cheese

Directions/Activity

1. Prepare pasta according to package directions.
2. While waiting for water to boil. wash and prepare the salad vegetable.
3. Have the children touch, smell and talk about the food.
4. Prepare pasta according to package directions. Drain. Save a few pieces of dried pasta to compare to cooked pasta.
5. Add onions and oil to drained pasta. Mix thoroughly and set aside to cool.
6. Add remaining vegetables and toss.
7. Whisk together vinegar, mustard and mayonnaise or yogurt in a small bowl.
8. Pour over salad and toss.
9. Taste and add salt and pepper if necessary. If it is too vinegary for your taste, add a pinch of sugar. Chill before serving. Recipe makes a large bowl of Salad.

Recipes for Classroom Nutrition Experiences

My Favorite Classroom Recipes:

Resource List

Health Professional Resources

American Academy of Pediatrics
www.aap.org

American Dietetic Association
www.eatright.org

“The American Dietetic Association’s Complete Food & Nutrition Guide” (1998) R. Larson Duyff, Minneapolis, MN: Chronimed Publishing

American Cancer Society
www.cancer.org

American Heart Association
www.amhrt.org

American School Food Service Association
www.asfsa.org

Center for Disease Control and Prevention
www.cdc.gov

Food and Nutrition Information Center. U.S. Department of Agriculture
www.usda.gov/tn

National Institutes of Health
www.nin.gov/health

Nutrition Curriculum Resources for Teachers

“Awesome Foods for Active Kids”
Anita Bean, Hunter House books, 2006

“Early Sprouts”
Karrie Kalich, Dottie Bauer, Deirdre McPartlin
Redleaf Press 2009

“Grow It, Cook It”
www.dk.com, DK Publishing 2008

“Grow It, Try It, Like It”
TEAM Nutrition, 2009

“How to Teach Nutrition to Kids”
Connie Evers, 24 Carrot Press 2006

“More Than Mud Pies”
National Food Service Management Institute,
University of Mississippi, 1998

“Nibbles for Health”, TEAM Nutrition, 2002

“Play Hard, Eat Right”
Debbi Sowell Jennings, M.S., R.D.
Suzanne Nelson Steen, D.Sc. R.D.
1995

“Child of Mine”, (1991) Ellyn Satter
Feeding with Love and Good Sense
California: Bull Publishing Company

Consumer Friendly Web Sites

American Egg Board
www.aeb.org

Bright Futures: www.brightfutures.org

Family Food Zone
www.familyfoodzone.com

Fit for a Kid: www.fitforakid.org

5-A-Day for Better Health
www.dole5aday.org

Food Guide Pyramid for Children
<http://www.mypyramid.gov/>

Healthy South Dakota
<http://www.healthysd.gov/>

Midwest Dairy Association
www.midwestdairy.com

National Cattlemen’s Beef Association
www.cowtown.org

National Pasta Association
www.ilovepasta.org

Produce Marketing Association
www.aboutproduce.com

<http://teamnutrition.usda.gov/kids-pyramid.html>

USDA Meat & Poultry Hotline
1-800-535-4555

Zero to Three
www.zerotothreee.org