

# Super Snacking



*A 4-H Food and Nutrition Curriculum*



**BE BOLD.** Shape the Future.  
**College of Agricultural, Consumer  
and Environmental Sciences**



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## Acknowledgments

Additions and Revisions by Tamara Schubert–  
Family & Consumer Science/4-H Extension Agent Chaves County

Original Curriculum written by Jana Duran- NMSU ACES Agriculture and Extension  
Education Graduate Student

The New Mexico 4-H Curriculum Review Committee reviewed this project in 2022.

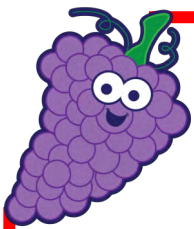
Committee Members include:

Desaree Jimenez – Family & Consumer Sciences/4 H Extension Agent Los Alamos County

Joy Czmyrid – Family & Consumer Sciences/4 H Extension Agent Rio Arriba County

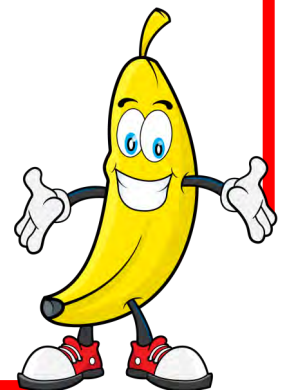
Kelly Knight – Family & Consumer Sciences/4 H Extension Agent Otero County

Layout by Sue Miller – Graphic Designer State 4 H Office

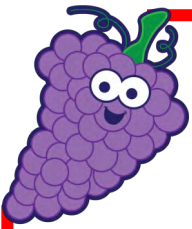


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## Message to Members

Do you have a hard time making it from breakfast to lunch because your stomach is growling? Are you starving when you get home from school? The right snack at the right time may be just what you need to hold you until the next meal. Being hungry can cause you to be tired, cranky, and even affect your concentration. Your stomach may need to refill several times a day.... That's where Super Snacking comes to the rescue.

You may have heard “no snacking between meals” or “don't spoil your dinner”. Some people think snacks are not nutritious or good for them. But, by following the guidelines laid out in this curriculum, snacking can be a part of a very healthy diet and can give you the energy, nutrition, and fiber you need. Between-meal snacks can be a great way to balance your nutrition. This project is organized to cover 1 section or topic at each club/project meeting. You will learn the basics of snacking by participating in activities, completing the project book, and making some nutritious snacks along the way.

You will learn:

- About MyPlate and how it applies to each of the food groups
- What's in a recipe?
- The importance of hand washing
- Proper measuring techniques
- Kitchen safety
- Exercise: when, what, and why
- What's calcium?
- What's in a food label?
- Easy and nutritious snack recipes



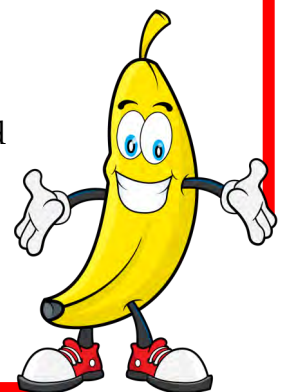
You should:

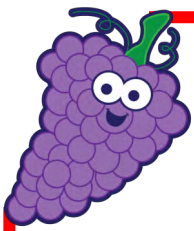
- Learn to select healthy snacks.
- Attend 4-H club meetings and project meetings as available.
- Give demonstrations teaching others about MyPlate and snacking.
- Keep a record of your work on this project.
- Participate in leadership and citizenship activities.

To complete this project, you will: exhibit any of the following items at your County Fair or Achievement Day, which are also eligible to qualify for the New Mexico State Fair and regional fairs. If you choose, you may enter up to all of the eligible categories for exhibition.

Eligible items for exhibition include:

- MyPlate Exhibit
- Snack Attack Recipe Box (15 recipes with all 5 parts of the recipe)
- Weekly Snack Record (including 7 days worth of snacks, serving size, and appropriate food group mounted on an 8.5 X 11 inch paper)
- Super Snacking exhibit
- Self- Determined Foods and Nutrition exhibit including Self Determined Record sheets





# Introduction

To snack or not to snack.... that is the question. Or rather, are snacks good or bad for you? Snacking so much that you are not hungry for meals; or snacking on the wrong foods may not be so good for you. A snack is generally defined as any food eaten between main meals. Research has found various motivations for snacking: hunger, social/food culture, distracted eating, boredom, indulgence, and food insecurity.

What foods do you consider snack foods?

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Why do you snack?

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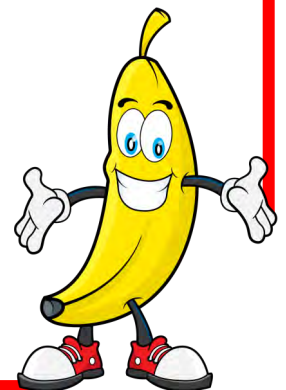
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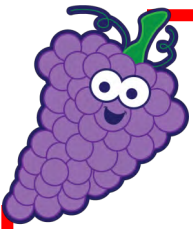
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Snacking makes up about 27% of your daily calorie intake. Therefore, it's important to make wise choices when deciding what to snack on. A piece of fresh fruit or a bowl of cereal and milk will give you a quick pick up of energy. A bag of potato chips and a soda are full of calories and fat that you may not really need. Whole grain foods help you feel fuller longer and contain fiber that is good for you. A whole-grain snack will stay with you longer than a sweet snack like a candy bar. Although, an occasional treat is ok, you should try to choose more nutritious snacks on a regular basis.

In the U.S., the most common snack choices are fruit, cookies, chips, ice cream, candy, popcorn, soft drinks, crackers, cake, milk, nuts and seeds, tea, and yogurt. Snacks have been associated with both weight gain and maintaining weight, as well as with a lower or higher diet quality. Depending on what you choose to snack on, snacks can be a regular part of a healthy diet, or they can also lead to health problems. It all depends on:

- what you snack on
- why you snack
- frequency of snacking
- how snacks fit into your overall eating plan





Limit: snacks that offer little nutrition, but are high in saturated fat, sugar, and sodium

Choose: nutrient-dense snacks, such as raw vegetables, fresh fruit, nuts, and plain yogurt. You can learn more about these later in this project.

Benefits of snacking:

- Provides a boost of energy between meals and blood glucose levels drop.
- Helps curb your appetite to prevent overeating at the next meal.
- Provides extra nutrients.
- Helps maintain adequate nutrition if you cannot eat full meals, such as due to an illness.



Cons of snacking:

- Unwanted weight gain if portions or frequency of snacking is too much.
- Reduce hunger at mealtimes.
- Increased craving for salt, sugar, and fats.



The same concept of meal planning that our parents or guardians use can be applied to our snack planning as well. Take some time to work through the following questions to help ensure that your snacks are working for you and not against you.

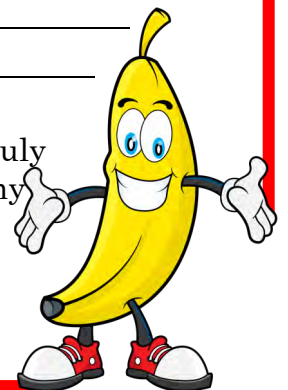
Ask yourself:

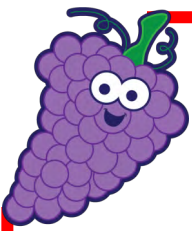
1. **WHEN:** On a typical day, what hours of the day might you feel hungry or tend to grab a snack?  
\_\_\_\_\_
2. **WHY:** Determine if you are truly hungry or eating because of an emotion (bored, stressed, tired, angry, etc.). If you are hungry, go to the next step. If you realize you are eating from emotion, consider using mindfulness strategies before snacking.  
\_\_\_\_\_
3. **WHAT:** Decide which snack choice will satisfy you. A satisfying snack will alleviate hunger, be enjoyable, and help you to forget about food until your next meal!

Think about the last snack you ate—did you still feel hungry or want to keep eating shortly after finishing one portion of the snack?

\_\_\_\_\_  
\_\_\_\_\_

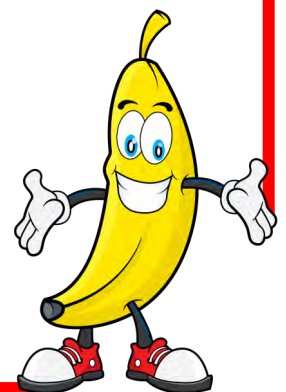
It's important to pause before making a snack choice to consider what will truly satisfy: if you choose an apple when you really want salty popcorn or a creamy yogurt, you may feel unsatisfied and want more.



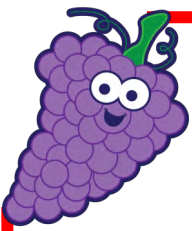


Things to keep in mind:

- ◆ No Craving: Choose a snack that is high in fiber and water that will fill your stomach quickly.
  - ◆ Crunchy Craving—raw vegetable sticks, nuts, seeds, whole grain crackers, apple
  - ◆ Creamy Craving—cottage cheese, yogurt, hummus, avocado
  - ◆ Sweet Craving—chopped fresh fruit, dark chocolate
  - ◆ Savory/Salty Craving—cube or slice of cheese, roasted chickpeas, handful of nuts, nut butter
4. **HOW MUCH:** A snack portion should be enough to satisfy, but not so much that it interferes with your appetite for a meal or adds too many calories. A general rule of thumb is to aim for about 150-250 calories per snack. If choosing a packaged snack such as chips, dried fruit, or nuts, read the Nutrition Facts Label to learn what is one serving. You can learn more about the label later in this project. Keep in mind that it is easy to eat two or three portions of some types of snacks depending on how they are packaged.







## Section I: Choosing My Plate

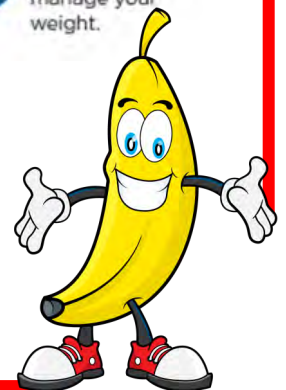
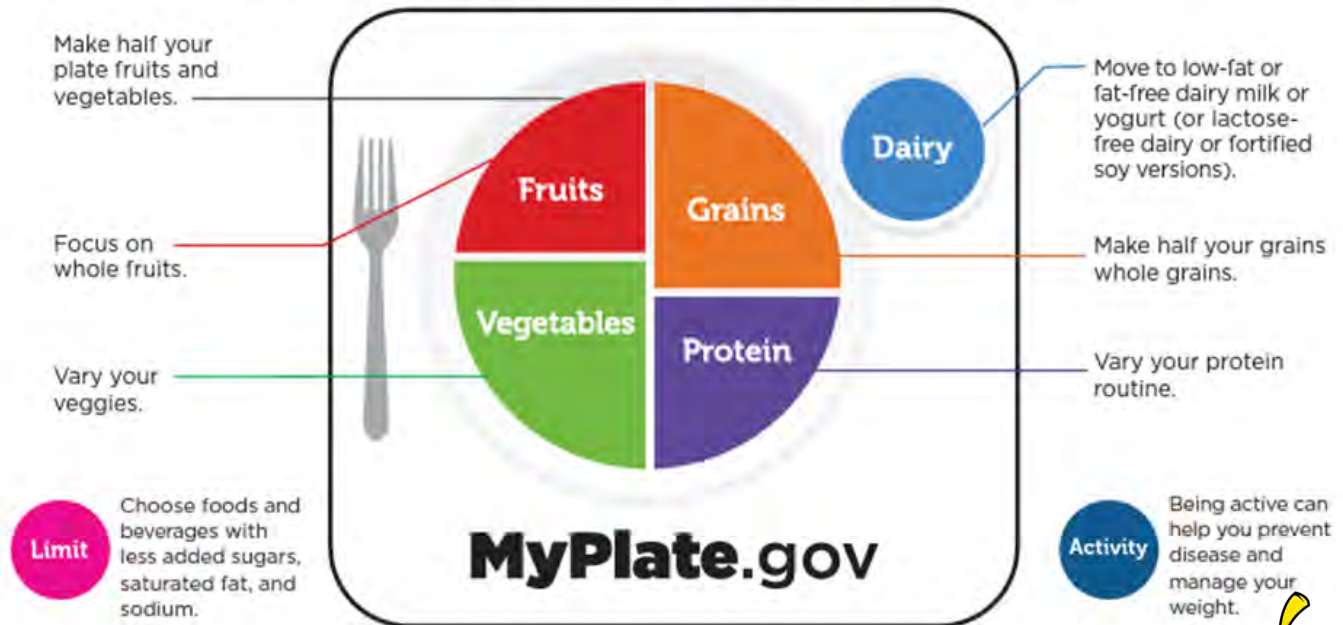
A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and make every bite count. This is where The US Department of Agriculture (USDA) MyPlate comes into play; it's a good way to help you understand how to eat healthy.

Dietary Guidelines for Americans suggest 4 steps to a healthy diet.

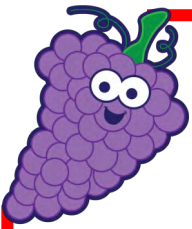
1. Follow a healthy dietary pattern at every life stage—it is never too early or too late to eat healthy.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium.

## Start simple with MyPlate

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.







### **Fruit Group: Focus on whole Fruits**

Fruits are nature's treat- sweet and delicious. Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, pureed, or cooked. At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice.

### **Vegetable Group: Very Your Veggies**

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Based on their nutrient content, vegetables are organized into 5 subgroups: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.

### **Grains Group: Make Half Your Grains Whole**

Start smart with breakfast, look for whole-grain cereals. Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" such as "whole wheat". Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

### **Protein Group: Vary Your Protein Routine**

Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried. All foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products are part of the Protein Group.

### **Dairy Group: Move to low-fat or fat-free dairy milk or yogurt**

Move to the milk group to get your calcium. Calcium builds strong bones. Look at the carton or container to make sure your milk, yogurt, or cheese is low-fat or fat-free. The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little calcium and a high fat content, such as cream cheese, sour cream, cream, and butter.

How does MyPlate help us get all the nutrients our bodies need?

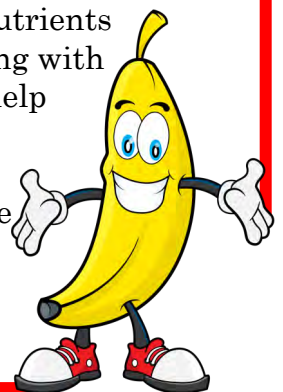
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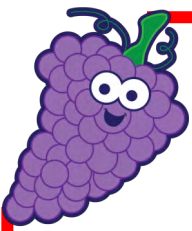
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All foods contain nutrients that are needed by our bodies to stay healthy. The nutrients that provide calories are carbohydrates, proteins, and fats. These nutrients, along with vitamins and minerals, are in many different foods. Eating a wide variety will help you get enough of each one.

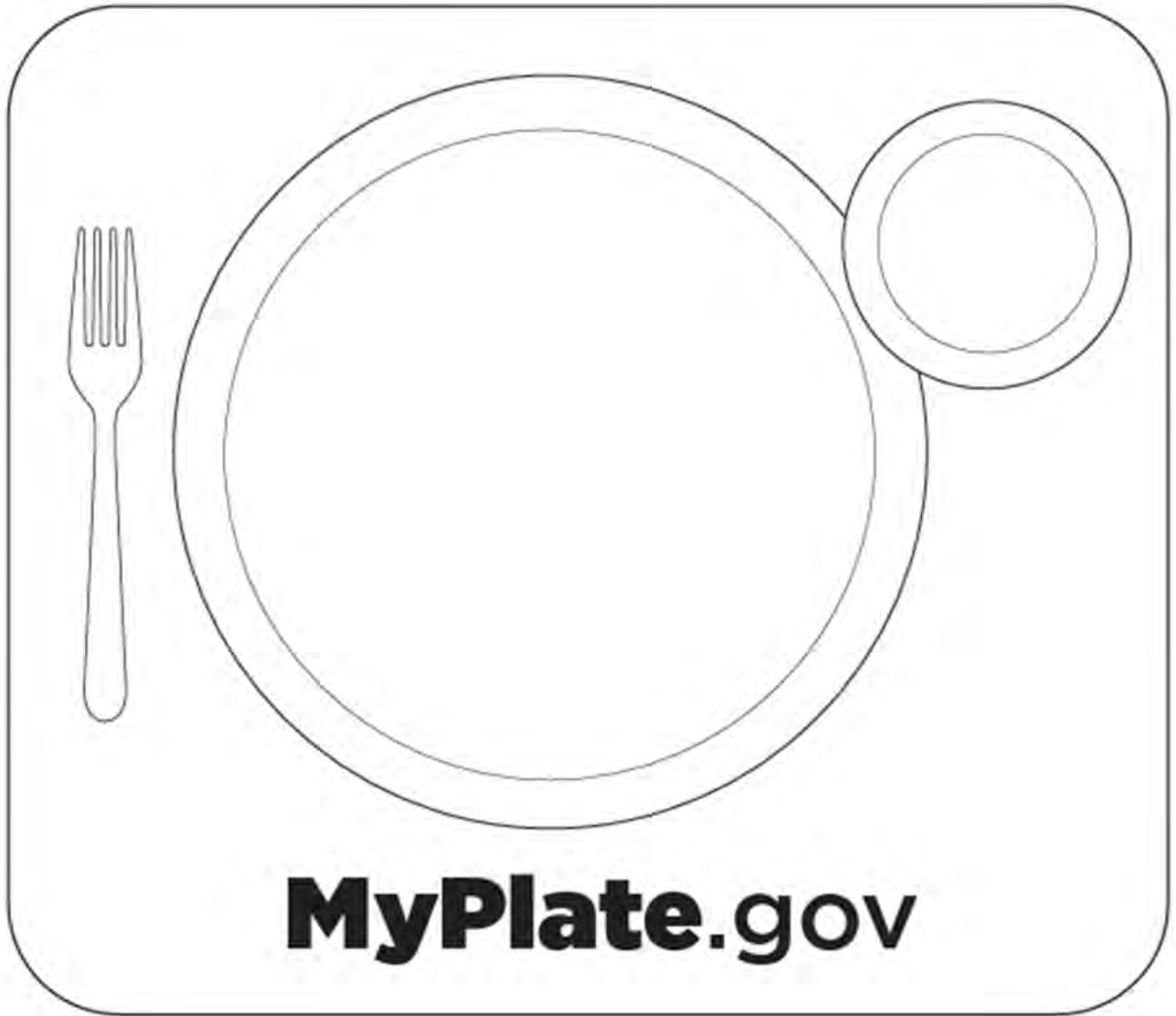
The MyPlate website can give you personalized recommendations about the type and amounts of food you need to eat. All you need is your age, gender, and activity level for a quick estimate of what and how much you need to eat.





## Time to Get to Work

1. Color the MyPlate below to match the USDA MyPlate.



2. Draw or attach a picture of at least 1 food that belongs in each food group.

3. Why did you choose the foods you did?

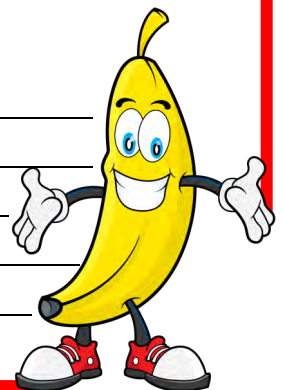
a. Fruits: \_\_\_\_\_

b. Veggies: \_\_\_\_\_

c. Grains: \_\_\_\_\_

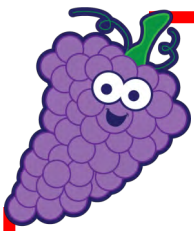
d. Proteins: \_\_\_\_\_

e. Dairy: \_\_\_\_\_









## Section I: Vary Your Veggies

Eating vegetables provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

- Most vegetables are naturally low in fat and calories.
- Vegetables are important sources of many nutrients including potassium, dietary fiber, folate, vitamin A and vitamin C.
- Many vegetables are good sources of potassium which may help maintain healthy blood pressure.
- Dietary fiber from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C heals cuts and wounds and keeps teeth and gums healthy. It also helps your body absorb iron.

### What do I need???

Daily Recommendation*		
Children	2-4 years	1 to 2 cups
	5-8 years	1 ½ to 2 ½ cups
Girls	9-13 years	1 ½ to 3 cups
	14-18 years	2 ½ to 3 cups
Boys	9-13 years	2 to 3 ½ cups
	14-18 years	2 ½ to 4 cups

### What counts as a serving?

#### Dark Green Vegetables:

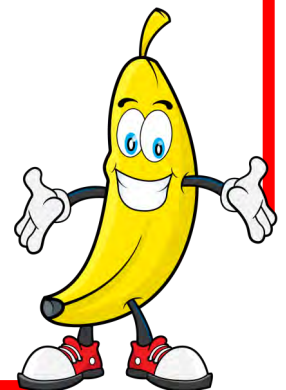
- 1 cup of cooked: Broccoli, bitter melon leaves, chrysanthemum leaves, escarole, lambsquarters, nettles, poke greens, taro leaves, or turnip greens
- 2 cups fresh: Amaranth leaves, beet greens, bok choy, broccoli raab (rapini), chard, collards (collard greens), cress, dandelion greens, kale, mustard greens, spinach, Swiss chard, watercress or raw leafy greens like arugula (rocket), basil, cilantro, dark green leafy lettuce, endive, escarole, mixed greens, mesclun, and/or romaine

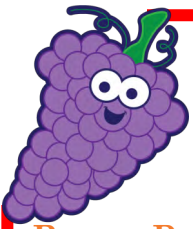
#### Red and Orange Vegetables:

- ¼ cup red chili peppers
- 1 cup carrots, pimento, pumpkin, calabaza, bell peppers, sweet potato, tomatoes, 100% vegetable juice, winter squash

#### Starchy Vegetables:

- ¼ cup of cassava or plantains
- 1 cup of corn, peas, hominy, or white potatoes
- 1 ½ cups of breadfruit





**Beans, Peas, and Lentils:**

- 1 cup dry beans, peas and lentils (such as bayo, black, brown, fava, garbanzo, kidney, lima, mung, navy, pigeon, pink, pinto, soy, or white beans, or black-eyed peas (cow peas) or split peas, and red, brown, and green lentils

**Other Vegetables:**

- 1 cup avocado, bamboo shoots, bean sprouts, cabbage, cactus pads, cauliflower, celery, cucumbers, green beans, green bell peppers, mushrooms, okra, onions, or summer squash
- 2 cups iceberg or head lettuce

What is your favorite vegetable? \_\_\_\_\_

How do you like it cooked? \_\_\_\_\_

Research 2 vegetables you don't know about and tell about them below.

Vegetable 1: \_\_\_\_\_

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Vegetable 2: \_\_\_\_\_

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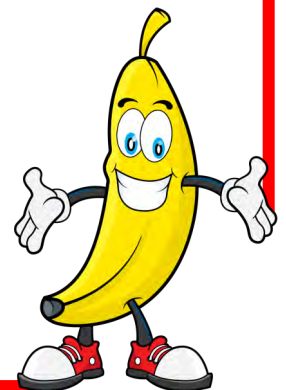
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# KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

<b>TOTAL SCORE</b>	<input type="text"/>
	<input type="text"/>
<b>Serve it again?</b>	<b>YES NO</b>

Visual Appeal

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Smell

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Taste

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Texture

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**TOTAL:**



**FOR EXTRA FUN:**

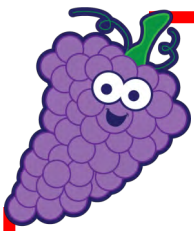
- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.



August 2016  
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## Section I: Quick and Easy Veggies

Snacks are a good way to get the energy needed throughout the day. Snack foods should be just as nutritious as meal-time foods. Try to select a snack from at least 2 food groups. Below are some tasty recipes you can try from the vegetable group

### Recipe: Veggie Dip

#### Ingredients:

- 1 cup low-fat sour cream
- 1 package ranch style dip mix
- Raw veggies for dipping

Serves: 8

Serving Size: 2 Tablespoons

Time: 5 minutes



#### Directions:

1. Mix ingredients. Chill in refrigerator. Serve as dip for cut vegetables.

### Recipe: Ants on a Log

#### Ingredients:

- 2 celery stalks, cut into 3 pieces
- Peanut Butter spread
- 1 box of raisins

Serves: 3

Serving Size: 2 logs

Time: 5 minutes



#### Directions:

1. Fill celery sticks with peanut butter and spread evenly.
2. Top with "ants". Serve.

### Recipe: Mini Eggplant Pizzas

#### Ingredients:

- 1 eggplant
- ½ cup shredded pizza cheese
- 1 cup cherry tomatoes, sliced

Serves: 7

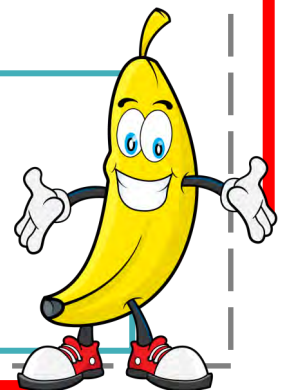
Serving Size: 2 pizzas

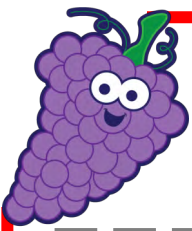
Time: 15 minutes



#### Directions:

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Cut the eggplant crossways into 1cm-thick slices. Place on the lined tray. Spray with olive oil spray.
3. Top the eggplant slices with cheese and tomato. Bake for 10 mins or until the cheese melts and is golden brown.





## Recipe: Veggie Bugs

### Ingredients:

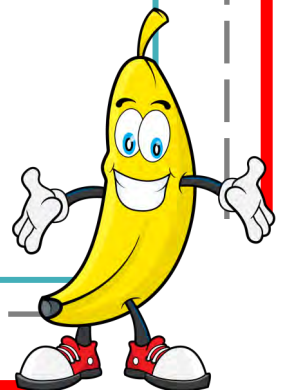
- 2-3 Celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- ½ cup cream cheese
- 10 cucumber slices
- 1 cup cherry and/or grape tomatoes (various colors)
- 1 bunch chives, cut into 1" lengths
- 5-7 black olives
- 10 whole cashews

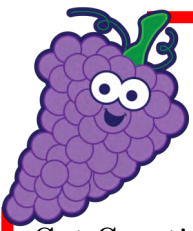


Serves: 3-4  
Serving Size: 2 sticks  
Time: 15 minutes

### Directions:

1. Begin by preparing the googly eyes for your vegetable bugs.
  - Use a straw to cut out black olive pupils. Alternatively, you can chop black olives into small pieces and use those for the pupils instead. Pipe small dots of cream cheese onto a plate and top with black olive pupils. After assembling the eyes, place them in the freezer to chill for easier assembly later on.
  - TIP: If you don't have piping bags, sandwich bags with the tip of the corner cut off will work well for piping eyes.
2. Prepare vegetables. Refer to preparation photos for a visual guide showing the many ways you can prepare the ingredients.
  - Scoop seeds from mini cucumbers. Help your bugs stand upright by slicing a flat edge on the bottoms of mini cucumbers and celery sticks.
  - Fill celery stalks and/or mini cucumbers with cream cheese, using a piping bag or spoon.
3. Unleash the imagination! Use the reference photos for inspiration to make snails, caterpillars, dragonflies, and butterflies. Or get creative and invent your own bugs!
  - Snails: Start with a fruit or vegetable round for the shell. Stick chilled googly eyes onto the tomato, cashew, or grape "heads". Insert chives or thin-sliced apples (with skins on) for antennae.
  - Caterpillars: Stick chilled googly eyes onto cherry tomato or grape "heads". Add chive or apple antennae. Make the body with a line of cherry tomatoes, grapes, blueberries, or cereal.
  - Dragonflies and butterflies: Stick chilled googly eyes onto grape or tomato "heads". Add chive or apple antennae. Use sliced strawberries or halved cucumber slices for wings. Use cereal, blueberries, grapes, or cherry tomatoes for the body.





Get Creative. Use the recipe template below to create your own recipe from the vegetable group.

*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

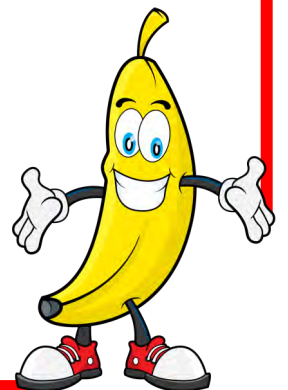
*Directions:*

*Recipe:*

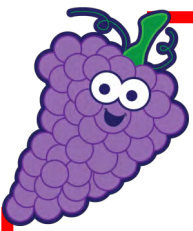
*Ingredients:*

Serves:  
Serving Size:  
Time:

*Directions:*







## Section II: What's in a Recipe

Reading a recipe isn't like reading a book. It doesn't take as long! A recipe is a set of instructions for preparing a food or drink. Once you know how to follow a recipe, you can get cooking! There are 5 basic parts of any recipe (although you will find some recipes that may be missing some of their parts).

### Part 1: Recipe Name

The recipe name tells you what you'll be making. Some recipes also give a few words of description about the food or drink. For example, it might say, "Tropical Fruit Smoothie — a healthy and refreshing summer drink." Some recipes also include a picture or drawing to show you what the food or drink will look like when it's done.

### Part 2: Servings

The number of servings is important because you probably want to know how much the recipe will make. What happens if you need to make something for the entire class, but the recipe only makes 10? Most kids' recipes make just a few servings because it's easier for kids to work with smaller amounts of food. But it's easy to make more (a double or triple batch) or to make less (cut the recipe in half). Ask an adult to help you figure out how much of each ingredient you'll need.

### Part 3: Time

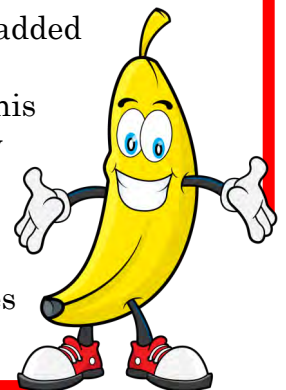
Time tells you about how long it will take to prepare the recipe. This is good to know because then you'll know how much time you'll need. And, if you're in a hurry to get to school or practice, you'll know if you have time to make it. Most recipes for kids don't take a lot of time to prepare. Some recipes will have the time divided into two parts: prep time and cooking time.

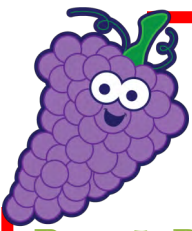
- Prep (short for "preparation") time is when you'll be busy in the kitchen. You'll be mixing, mashing, stirring, and doing whatever else the recipe's instructions say to do.
- Cooking time is when the food is in the oven or on the stove top. With some recipes, you don't need to do anything during the cooking time. This is a great time to clean the kitchen and start washing those dishes. But with other recipes, you might need to stir or check on something during the cook time.

### Part 4: Ingredients

This is a list of all the items you'll need to make the recipe. Most ingredient lists in kids' recipes are easy to follow. Some even have drawings, so there might be a picture showing exactly how many cups of flour or eggs you will need. Sometimes a recipe will also include special ingredient information like:

- Optional ingredients. These aren't critical for the recipe but can be used for added flavor or to make the recipe a little bit different.
- Ingredients without a specific measurement. It might say, "Salt, to taste." This means you can add as much or little as you like to the recipe. A little usually goes a long way.
- Some recipes may suggest ways that you can change the recipe by using different ingredients. This can be helpful if you're out of an ingredient or you're allergic to an ingredient (a kid who is allergic to nuts can make cookies with raisins in them instead, for example).





## Part 5: Directions

The directions tell you the steps you need to take to make the recipe. Always read the directions first, from start to finish. Doing this will tell you:

- If you need your adult assistant's help
- If there's anything you don't understand
- If you need any special equipment

Preheating the oven is an important first step. In many recipes, the directions are numbered or written on separate lines to make them easier to understand and follow. Some kids' recipes will have drawings here, too. For example, these drawings may show you how to roll out dough, grease a pan, or mix batter.

**Let's Practice:** Use the template and pictures below to create a recipe for making a Peanut Butter and Jelly Sandwich.

*Recipe:*

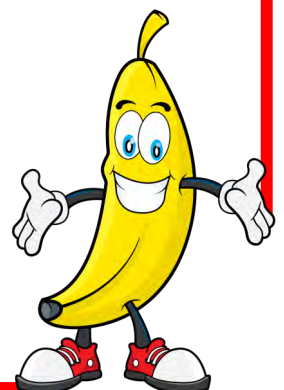
*Ingredients:*

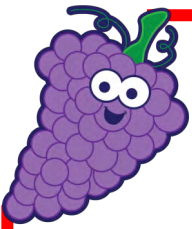
Serves:  
Serving Size:  
Time:

*Directions:*



You can use any of the recipes you create in this project book in your Snack Attack Box to exhibit. Your Snack Attack Box should contain at least 15 recipes and include all 5 parts of a recipe.





## Section II: Hand Washing

Our hands are covered with millions of germs and some of them can make us sick. So, before handling any food, it is important to wash our hands. It's simple to wash your hands the right way and it usually takes no more than a minute.

### WHEN TO WASH YOUR HANDS

- Before, during, and after preparing food
- Before and after eating food
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, handling pet food or pet treats
- After touching garbage



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can help stop germs from spreading from one person to another and in our communities.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

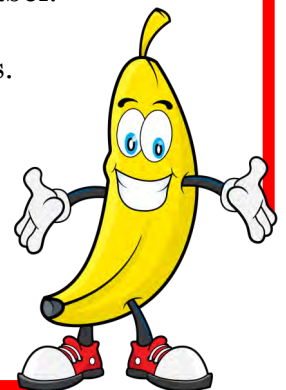
### Use Hand Sanitizer When You Can't Use Soap and Water



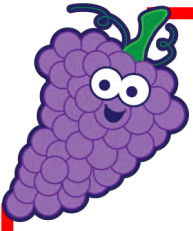
You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

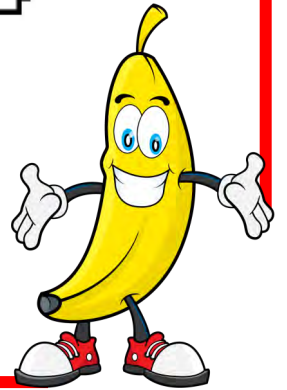
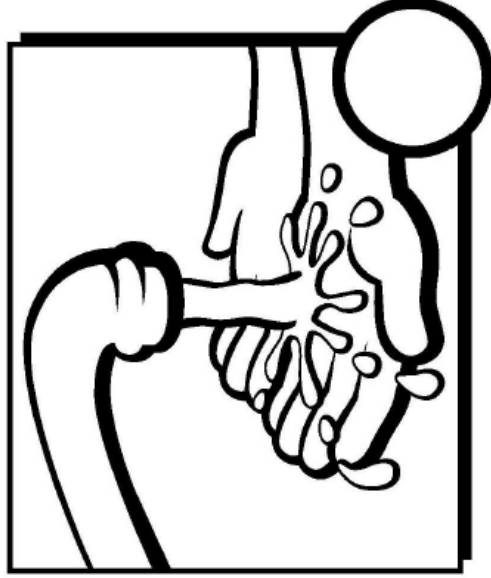
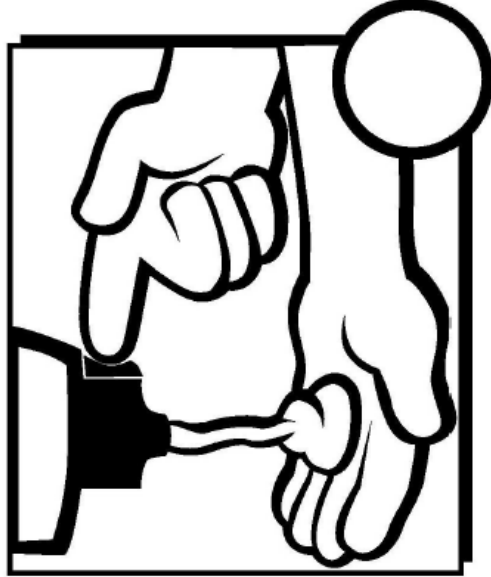
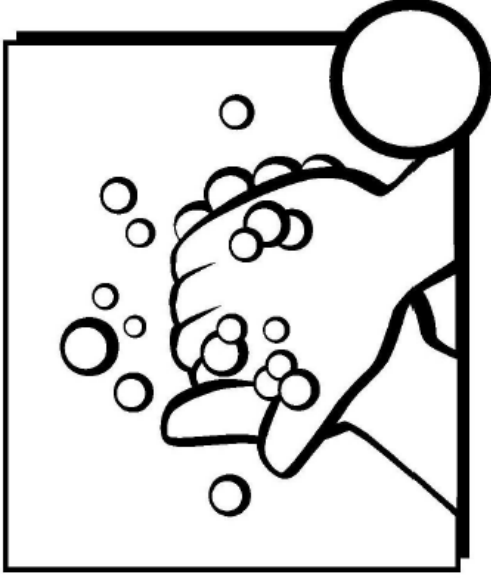
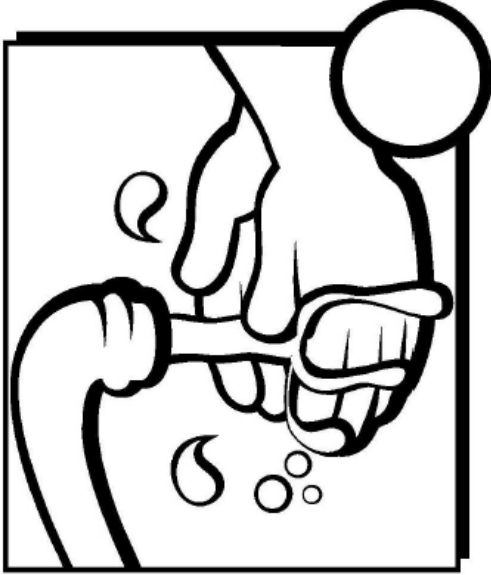
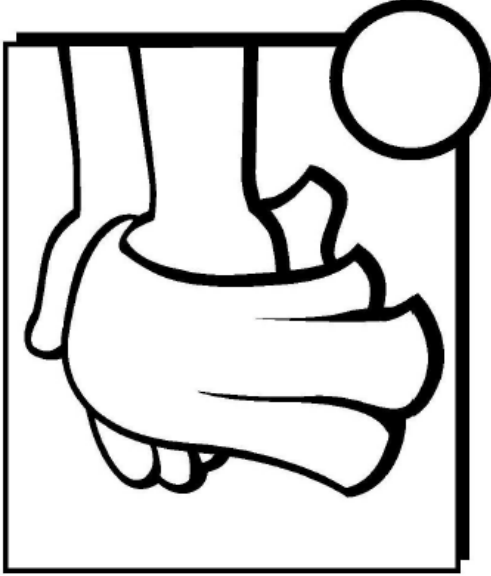


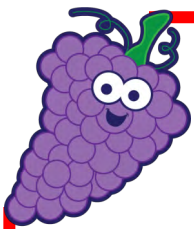




# How to Wash My Hands

Instructions: Color the pictures and number each one so they're in the right order.





## Section II: Focus on Fruits

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, pureed, or cooked. At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice. Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

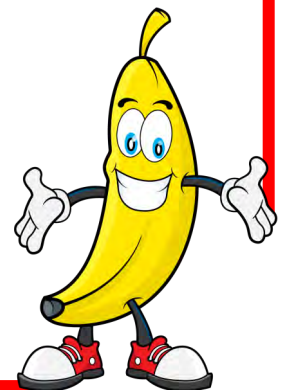
- Most fruits are naturally low in fat, sodium, and calories. None have Cholesterol.
- Fruits are sources of many essential nutrients that many people don't get enough of including potassium, dietary fiber, vitamin C, and folate.
- Diets rich in potassium may help to maintain healthy blood pressure.
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower the risk of heart disease.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Vitamin C helps your body absorb iron more easily.

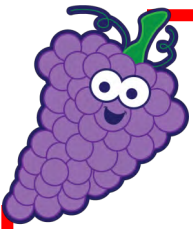
### What do I need???

Daily Recommendation*		
Children	2-4 years	1 to 1 ½ cups
	5-8 years	1 to 2 cups
Girls	9-13 years	1 ½ to 2 cups
	14-18 years	1 ½ to 2 cups
Boys	9-13 years	1 ½ to 2 cups
	14-18 years	2 to 2 ½ cups

### What counts as a serving?

- ½ cup: dates and dried fruit
- 1 cup: Apple, apple sauce, banana, blueberries, cantaloupe, casaba melon, grapes, grapefruit, guava, kiwi, kumquats, mango, fruit cocktail, orange, papaya, peach, pear, pineapple, plum, strawberries, watermelon, and 100% fruit juice





What is your favorite fruit? \_\_\_\_\_

How do you like it prepared? \_\_\_\_\_

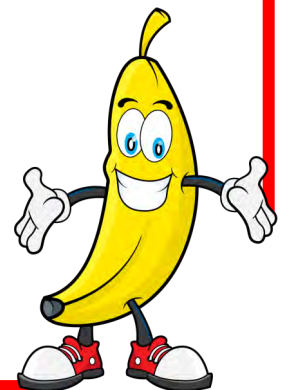
Research 2 fruits you don't know about and tell about them below.

Fruit 1: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fruit 2: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

- Find:**
- Apple
  - Banana
  - Broccoli
  - Carrots
  - Celery
  - Eggplant
  - Grapes
  - Kiwi
  - Orange
  - Papaya
  - Pear
  - Peas
  - Squash
  - Yams



## Fruit and Vegetable Goals

Name a fruit you would like to try:

---



---



---

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

---



---



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Name a vegetable you would like to try:

---



---



---

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

---



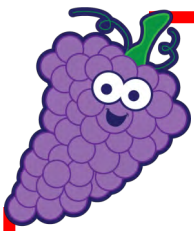
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## Section II: Quick and Easy Fruits

Try these fun recipes as an option when including fruit in your snacks.

### Recipe: Fruit Salad

#### Ingredients:

- 1 banana
- 1 apple
- 1 orange
- 1 – 6 oz container nonfat yogurt

Serves: 3  
Serving Size: 1 cup  
Time: 5 minutes



#### Directions:

1. Chop Fruit into bite sized pieces.
2. Mix yogurt into fruit.
3. Serve Immediately.

### Recipe: Fantastic Fruit Smoothie

#### Ingredients:

- 1 banana
- ½ c orange juice
- ½ c nonfat yogurt
- ¼ cup frozen berries

Serves: 2-3  
Serving Size: 1 cup  
Time: 5 minutes



#### Directions:

1. Peel banana.
2. Combine all ingredients in a blender.
3. Cover with a lid and blend until smooth.
4. Pour into a pretty glass and serve with a fun straw.

### Recipe: Fruit Lollies

#### Ingredients:

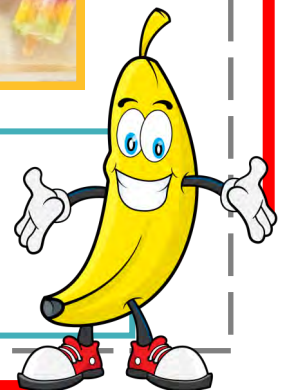
- Selection of your favorite fruit
- Lemonade or Coconut water

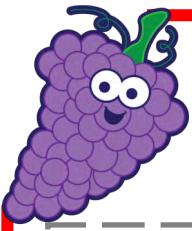
Serves: varies  
Serving Size: 1 Lolly  
Time: 3-4 hours



#### Directions:

1. Chop fruit into bite size pieces.
2. Place fruit into popsicle molds and top off with Lemonade or coconut water.
3. Place Popsicle stick or mold bottom into place and freeze until frozen.





## Recipe: Apple Smiles

### Ingredients:

- 2 green apples, each quartered
- Peanut butter
- Sunflower seeds or marshmallows
- 2–3 strawberries, sliced
- 1–2 homemade googly eyes per apple bite

Serves: 4  
Serving Size: 2 smiles  
Time: 15 minutes



### Directions:

1. Quarter each apple. Cut the middles out of each quarter of the apple to create a mouth.
2. Coat the inside of the cut gap with a filling of peanut butter.
3. Place 4 sunflower seeds on the top of the "mouth" for the teeth. (or marshmallows)
4. Place 1 sliced strawberry inside the mouth for the tongue.
5. Serve with a smile.

## Recipe: Rice Cake Owls

### Ingredients:

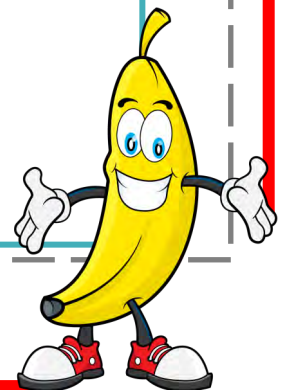
- 4 rice cakes
- 1 medium banana
- 4 tablespoon peanut butter, all-natural
- 1 cup blueberries
- 1 medium apple
- 1 medium carrot
- 1 cup cereal, Cheerios

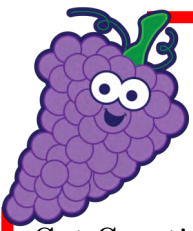
Serves: 4  
Serving Size: 1 Owl  
Time: 15 minutes



### Directions:

1. Lay out rice cakes.
2. Spread peanut butter over top of each rice cake.
3. Place 2 slices of banana towards the upper part of each of the rice cakes. Dab a small amount of peanut butter on the center of the slice and add a blueberry for the pupil to make an eye.
4. Slice thin wedges of apple. Place 2 onto each rice cake, (peel side outward) to serve as the owl's wings.
5. Peel carrot and slice thinly. Using 4 slices, cut into triangles for the nose.
6. Finally, add some cheerios for feathers between the wings.





Get Creative! Use the recipe template below to create your own recipe from the fruit group.

*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

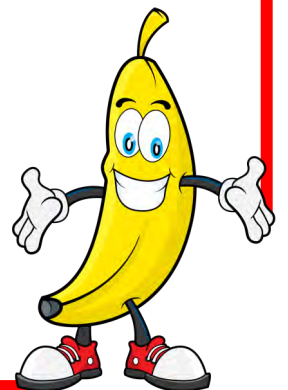
*Directions:*

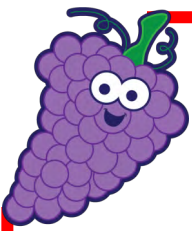
*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

*Directions:*





## Section III: Measure Away

All jobs require certain tools. For example, a construction worker needs hammers, nails, and saws to build a house. As you prepare foods and snacks you will need special tools as well. As with any tool, it's important to understand how to use them correctly. Recipes need to be followed carefully to prepare them correctly. Measuring is very important to the success of a recipe. There are special utensils to use to help measure ingredients. It's easy to measure correctly if standard tools are used.

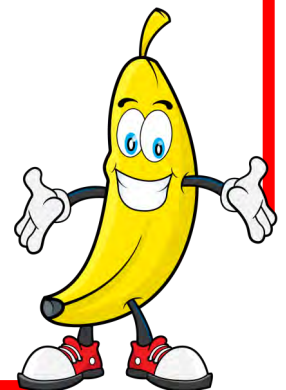
### Measuring Equipment

- **Dry Measuring Cups:** These cups usually come in a set of four and include a  $\frac{1}{4}$  cup,  $\frac{1}{3}$  cup,  $\frac{1}{2}$  cup, and a 1 cup. Some sets include additional sizes.
- **Liquid Measuring Cups:** Liquid measuring cups have a pour spout and a space above the last measuring line, so liquids don't spill during measuring and pouring.
- **Measuring Spoons:** These are used for measuring small amounts of both liquid and dry ingredients. It's convenient to have two sets to eliminate the need to rewash them in the middle of food preparation.

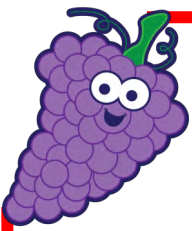


### How to Measure Correctly

- **Dry Ingredients:** Spoon the ingredient (sugar, oatmeal, nuts, etc.) into a dry measuring cup or spoons to overflowing. Use a straight edge such as a knife or metal spatula to level off the top. Always measure over an empty spare bowl to prevent spilling into other ingredients. It's important not to tap down or pack down ingredients. In doing so, you can end up adding too much of the ingredient to the recipe, which will affect the final product.
  - ◊ **Exceptions Include:**
    - **Brown Sugar:** Break up any clumps in the brown sugar. Spoon into a dry measuring cup and pack down firmly with the back of the spoon until overflowing, then use a straight edge to level off.
    - **Shortening:** Spoon small amounts of shortening into a dry measuring cup that has been rinsed with hot water. Using a rubber spatula, pack firmly until it is overflowing. Level off with a straight edge.
- **Butter or Margarine:** Cut using the measurement marks on the wrapper as a guide.
- **Liquids:** Put the liquid measuring cup on the counter or table. Fill the desired liquid to the amount needed as shown on the side of the cup. For complete accuracy you will need to be eye level with the appropriate mark. Use measuring spoons to measure amounts less than  $\frac{1}{4}$  cup.
  - **Liquid Extracts and Juices:** Pour the amount needed into the measuring spoon. Hold the measuring spoon over an empty bowl to catch any spills. Never measure over the mixing bowl or pan.







Some recipes you use will need to be adjusted depending on the amount you want to make. Below are some frequent conversions that may be helpful when adjusting recipes.



Let's try it? Below is a recipe for Chocolate Cupcakes. Can you convert the recipe to make 24 cupcakes. Remember proper measurements play a big part in the final product.

### Recipe: Chocolate Cupcakes

Serves: 6  
Serving Size: 1 cupcake  
Time: 30 minutes

#### Ingredients:

- 1 egg
- 3/4 c all purpose flour
- 1/2 c white sugar
- 1/4 c milk
- 1/4 c melted butter
- 2 T cocoa powder
- 2 t vanilla extract
- 1 t baking powder

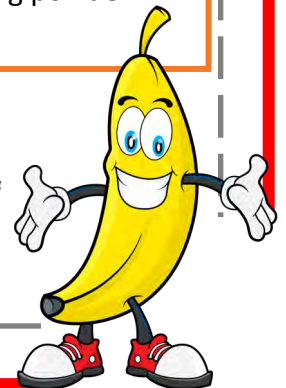


### Recipe: Chocolate Cupcakes

Serves: 24  
Serving Size: 1 cupcake  
Time: 30 minutes

#### Ingredients:

- \_\_\_\_\_ Egg(s)
- \_\_\_\_\_ cup(s) all purpose flour
- \_\_\_\_\_ cup(s) white sugar
- \_\_\_\_\_ cup(s) milk
- \_\_\_\_\_ cup(s) melted butter
- \_\_\_\_\_ cup(s) cocoa powder
- \_\_\_\_\_ T(s) & \_\_\_\_\_ t(s) vanilla extract
- \_\_\_\_\_ T(s) & \_\_\_\_\_ t(s) baking powder





## Section III: Make Half Your Grains Whole

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

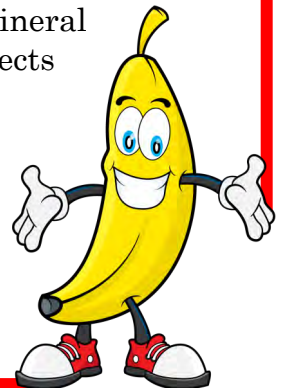
Grains are divided into 2 subgroups: Whole Grains and Refined Grains.

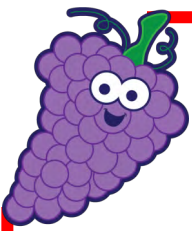
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole grain cornmeal, and brown rice.
- Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, corn grits, white bread, and white rice.

Refined grain choices should be enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains. Only foods that are made with 100% whole grains are considered a whole grain food.

Most Americans eat enough total grain foods, but few eat enough whole grains. At least half of the grains you eat should be whole grains. Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

- Grains are important sources of many nutrients including complex carbohydrates, dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism- they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system.
- Iron is used to carry oxygen in the blood. Fortified whole and refined grain products, including many ready-to-eat cereals, are major sources of non-heme iron in American diets.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.





## What do I need???

Daily Recommendation*		
Children	2-4 years	3-5 oz equivalents
	5-8 years	4-6 oz equivalents
Girls	9-13 years	5-7 oz equivalents
	14-18 years	6-8 oz equivalents
Boys	9-13 years	5-9 oz equivalents
	14-18 years	6-10 oz equivalents

## What counts as an ounce?

- ½- English muffin
- 1- 2” mini bagel, small biscuit, slice of bread, slice challah bread, small chapati, piece of cornbread, small muffin, pancake, small tortilla, and corn tortilla
- 1/3 cup- pita chips
- ½ cup- barley, buck wheat, bulgur, couscous, oatmeal, pasta, quinoa, and rice
- 1 cup- ready to eat cereal
- 3 cups- popcorn
- 5 – whole wheat crackers

What is your favorite grain? \_\_\_\_\_

How do you like it prepared? \_\_\_\_\_

Research 2 grains you don't know about and tell about them below.

Grain 1: \_\_\_\_\_

\_\_\_\_\_

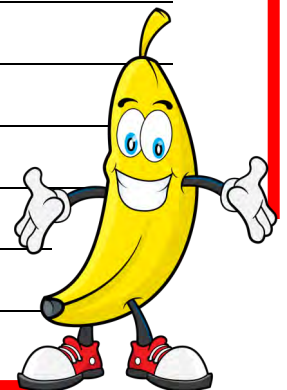
\_\_\_\_\_

Grain 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# WORD SCRAMBLE--WHOLE GRAINS

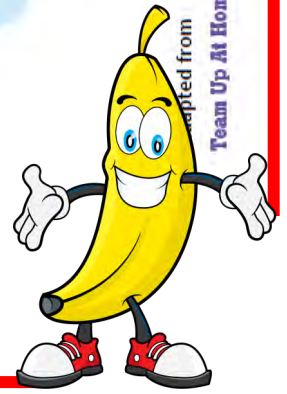
## Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes at the bottom of the page with the same number to boxes. Copy the letters from the numbered boxes into the decode the hidden message.

<b>PCNROPO</b>	<input type="text"/>	<b>10</b>	<input type="text"/>				
<b>NRBOW ICER</b>	<input type="text"/>	<b>13</b>	<input type="text"/>				
<b>LEISUM</b>	<input type="text"/>	<b>14</b>	<input type="text"/>				
<b>EKAWTBHCU</b>	<input type="text"/>	<b>2</b>	<input type="text"/>				
<b>HOEWL TEWAH ABDER</b>	<input type="text"/>	<b>4</b>	<input type="text"/>	<b>11</b>	<input type="text"/>		
<b>TEAMALO</b>	<input type="text"/>	<b>6</b>	<input type="text"/>	<b>7</b>	<input type="text"/>		
<b>LEWOH NIAGR YABELR</b>	<input type="text"/>	<b>5</b>	<input type="text"/>	<b>9</b>	<input type="text"/>	<b>1</b>	<input type="text"/>

<input type="text"/>													
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>

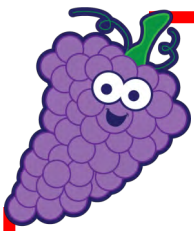


Adapted from  
Team Up At Home Team Nutrition Activity Book



Answer key: popcorn, brown rice, muesli, buckwheat  
whole wheat bread, oatmeal, whole grain barley





## Section III: Quick and Easy Grains

Try these fun recipes as an option when including grains in your snacks.

### Recipe: Animal Face Toast

#### Ingredients:

- 1 slice of bread
- ½ banana
- 3 blueberries
- 1 Tablespoon peanut butter

Serves: 1  
Serving Size: 1 slice  
Time: 5 minutes



#### Directions:

1. Toast bread in the toaster. For Bear:
2. Spread peanut butter on toast.
3. Slice bananas into 3 slices. Place 2 towards the top of the toast as ears and 1 in the middle as a nose.
4. Place 2 blueberries below the ears and above the nose as eyes. Use a small dab of peanut butter to attach the 3rd blueberry to the center of the nose.
5. Enjoy. What other animals can you make?

### Recipe: Cheesy Ranch Chex Mix

#### Ingredients:

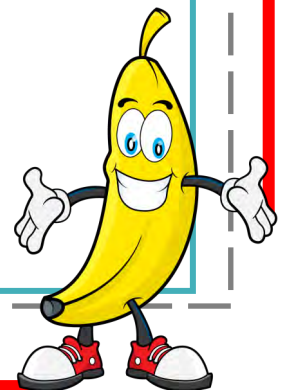
- 9 cups Corn Chex®, Rice Chex® or Wheat Chex® cereal (or combination)
- 2 cups whole grain oat cereal
- 2 cups bite-sized whole grain goldfish crackers
- 3 Tbsp. butter
- 1 (1 oz.) package ranch dressing and seasoning mix
- ½ cup Parmesan cheese

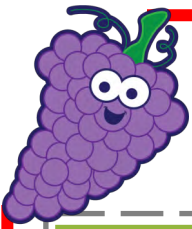


Serves: 13  
Serving Size: 1 cup  
Time: 20 minutes

#### Directions:

1. In large microwavable bowl, microwave butter uncovered on High about 30 seconds or until melted.
2. Stir in cereal, pretzels, and crackers until evenly coated.
3. Stir in dressing mix and cheese until evenly coated.
4. Microwave uncovered on High 3 minutes, stirring each minute. Spread on waxed paper or foil to cool, about 15 minutes. Store in airtight container.





## Recipe: No Bake Cereal Bars

### Ingredients:

- 1 ½ cups puffed rice cereal
- 1 ½ cups whole grain O's cereal
- ½ cup honey
- ½ cup peanut butter
- big pinch of coarse sea salt (optional)

Serves: 9  
Serving Size: 1 bar  
Time: 30 minutes



### Directions:

1. Line a 9" square cake pan with 2 pieces of parchment paper (one going each way).
2. In a large mixing bowl, combine puffed rice and whole grain O's. Toss to combine.
3. In a small pot over medium heat, combine honey and peanut butter. Stir continuously until mixture is smooth.
4. Pour honey/peanut butter over the mixed cereal. Stir. Make sure that all cereal is coated evenly. It will be very sticky.
5. Transfer the mixture to the prepared baking pan, using a wet rubber spatula to spread it out into an even layer. Lightly wet your hands and press down on the mixture to even it out. Use the wet rubber spatula to press the mixture firmly into the pan. Pay particular attention to the edges and corners.
6. Place the pan in the freezer for about 20 minutes or until firm.
7. Lift the bars from the pan, using the parchment paper and place them on a cutting board. With a sharp knife or pizza cutter, slice the bars into your desired size and shape.
8. Wrap the bars individually in plastic wrap. Store in an airtight container or baggie in the freezer for up to a month.

## Recipe: Lemon-Parmesan Popcorn

### Ingredients:

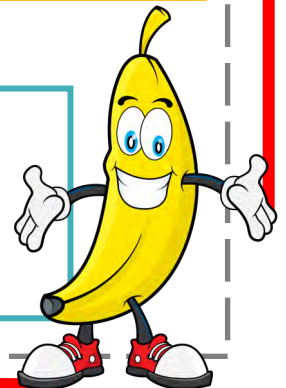
- 3 cups air-popped popcorn
- 2 tsp olive oil
- ½ tsp. lemon pepper
- Pinch of salt
- 1 Tbsp. Grated Parmesan cheese

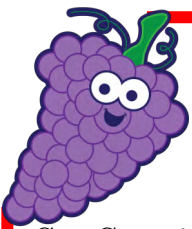
Serves: 3  
Serving Size: 1 cup  
Time: 10 minutes



### Directions:

1. Pop popcorn.
2. Whisk oil, lemon pepper, and salt in a small bowl.
3. Drizzle over popcorn and toss to coat.
4. Sprinkle with Parmesan and serve immediately.





Get Creative! Use the recipe template below to create your own recipe from the grains group.

*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

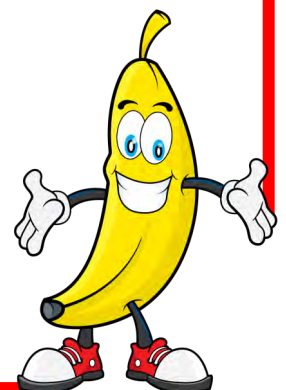
*Directions:*

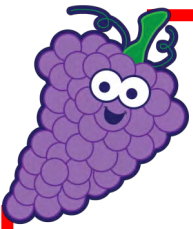
*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

*Directions:*

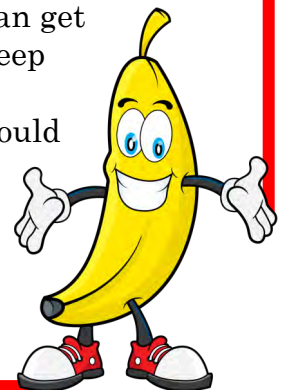




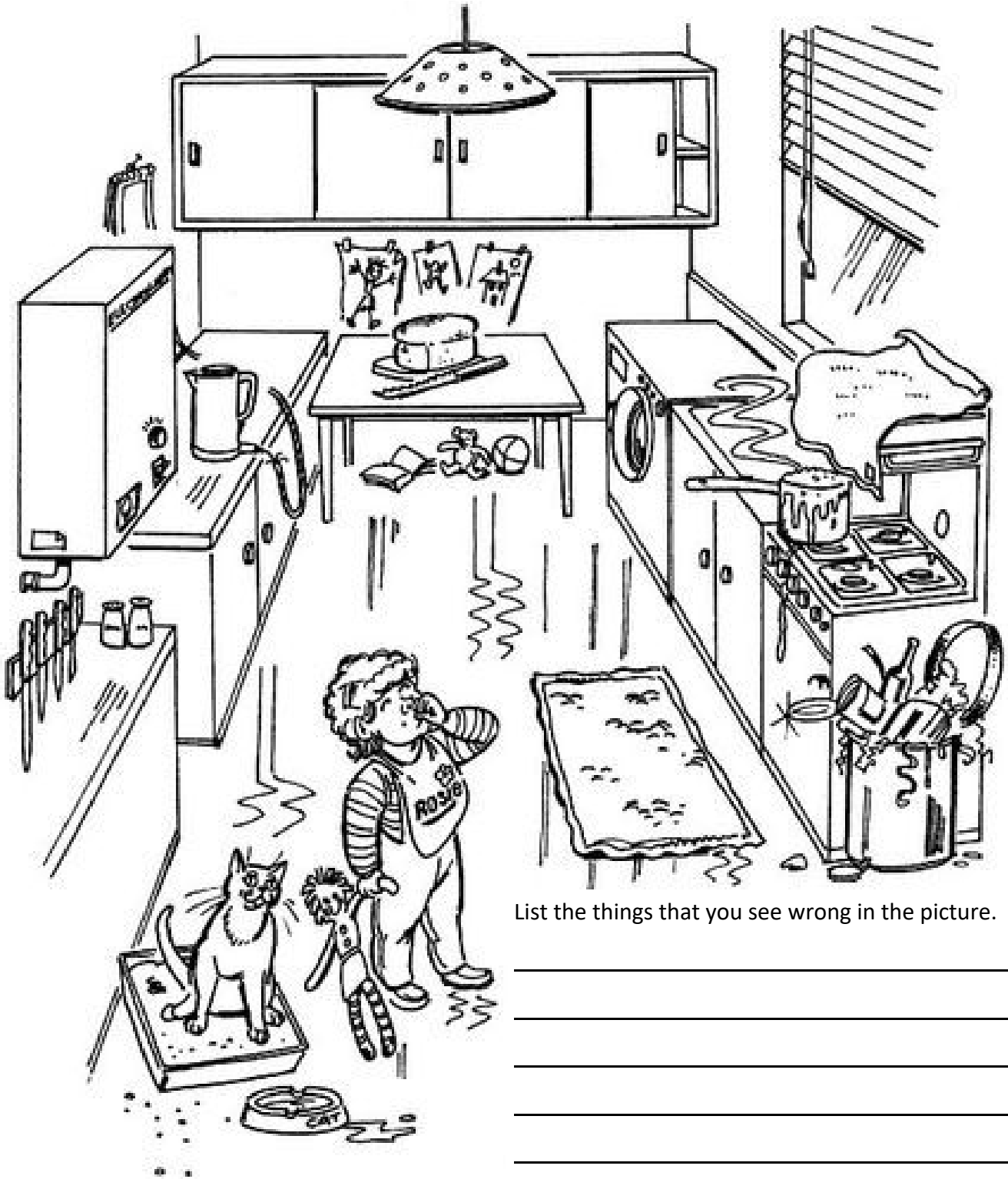
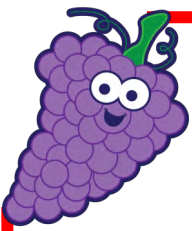
## Section IV: Kitchen Safety

Cooking and baking are both fun activities. Before proceeding, it is important know some do's and don't to help ensure safety in the kitchen. Keep these 8 basic rules in mind when using the kitchen.

1. Ensure that there's adult supervision around. It only takes a few seconds for there to be a kitchen accident. Therefore, it's important that an adult be around to aid and supervise as needed. Be sure to get adult permission before you start to work in the kitchen.
2. Wash your Hands. This is very basic. Germs are all over the kitchen even if you clean it all the time. See page 20 for more information about washing your hands.
3. Use caution with knives. There's no specific age when you can say that it's safe to handle knives. Here's a few guidelines to keep in mind:
  - Always use a cutting board. It is safer to cut on a board and better for the counter tops! Use a large board to allow more space. Place things on a cutting board to cut! Do not cut in your hand.
  - Use a good sharp knife. Dull knives are more likely to cause an injury.
  - Curl your fingers under and tuck them in when you are holding whatever you are cutting.
  - Be careful when carrying a knife! Always carry it point down.
  - If a knife falls, step back and let it fall. Don't try to catch it!
4. Place pots and pans on top of the stove in such a way that the handle is facing away. This can help avoid accidents. If the handle is facing outwards towards you, you can easily bump into the handle, and this can lead to a disaster.
5. Cross Contamination: most cases of food poisoning are caused by bacteria from raw food coming into contact with food that is ready to eat. Follow these five rules to prevent it from happening in your kitchen.
  - Wash your hands well after handling raw meat or poultry.
  - Handle raw meat packaging just as carefully as the meat itself.
  - Don't assume that your work surfaces are bacteria free, just because they look clean.
  - Wash your kitchen utensils after each use.
  - Don't use dishcloths for more than two days in a row.
6. Always use a potholder. Things can get hot in the kitchen. Ensure that you always use a potholder when handling hot pots and pans. Rags and dish towels are not the same as potholders. To avoid accidental fires, you should never place a hot pad, rag, or cloth on top of a hot stove or inside an oven.
7. Learn how to use appliances and kitchen gadgets. Using the different appliances in the kitchen can be a lot of fun. However, if we don't know how to use them, we can get hurt. It's important to not touch appliances when your hands are wet and keep them away from water.
8. Eliminate all distractions. Unless you are looking at a recipe, the kitchen should be a phone free zone. Eliminating distractions in the kitchen keeps your focus on the task at hand and that means eliminating the tv as well.







List the things that you see wrong in the picture.

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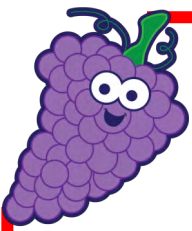
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## Section IV: Vary Your Protein Routine

All foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products are part of the Protein Foods Group. Beans, peas, and lentils are also part of the Vegetable Group. For more information on beans, peas, and lentils see Beans, Peas, and Lentils are Unique Foods.

Select a wide variety of protein foods to get more of the nutrients your body needs and for health benefits. Meat and poultry choices should be lean or low-fat, like 93% lean ground beef, pork loin, and skinless chicken breasts. Choose seafood options that are higher in beneficial fatty acids (omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout. The advice to consume lean or low-fat meat and poultry and a variety of seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans, peas, and lentils, nuts, seeds, and soy products.

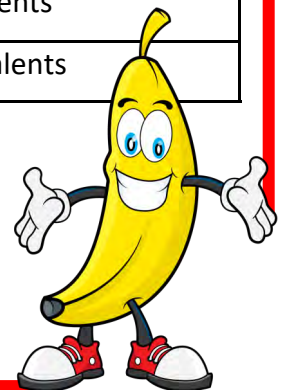
Many Americans meet the protein recommendations for meat, poultry, and eggs, but do not meet the recommendations for seafood or nuts, seeds, and soy products. Meeting the recommendations for these Protein Foods subgroups can help increase intake of important nutrients.

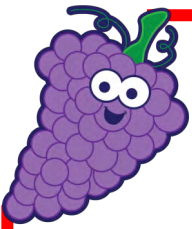
- Meat, poultry, seafood, beans, peas, and lentils, eggs, and nuts, seeds, and soy products supply many nutrients. These include protein. B vitamins, vitamin E, iron, zinc, and magnesium.

Some food choices in the Protein Group are high in saturated fat. These include fatty cuts of beef, pork, and lamb; regular ground beef, sausages, hot dogs, and bacon; some lunch meats such as bologna and salami; and some poultry such as duck. To help keep saturated fat intake below 10% of daily calories, limit the amount of these foods you eat.

Daily Recommendation*		
Children	2-4 years	2-5 oz equivalents
	5-8 years	3- 5 ½ oz equivalents
Girls	9-13 years	4-6 oz equivalents
	14-18 years	5-6 ½ oz equivalents
Boys	9-13 years	5-6 ½ oz equivalents
	14-18 years	5 ½ - 7 oz equivalents

What do I need???





## What counts as an ounce?

- ½ ounce- nuts or seeds
- ¼ cup- cooked beans, peas, lentils, or soybeans
- 1- egg or falafel patty
- 1 Tablespoon- almond, cashew, peanut, or sunflower butter
- 1 ounce- cooked lean beef, goat, ham, lamb, pork, deli meat, game meat, chicken, ostrich, turkey, fin fish, shellfish, canned fish, or tempeh
- 2 ounce- Cornish hen, duck, goose, pheasant, or quail
- 6 tablespoons- hummus

What is your favorite protein? \_\_\_\_\_

How do you like it prepared? \_\_\_\_\_

Research 2 proteins you don't know about and tell about them below.

Protein 1: \_\_\_\_\_

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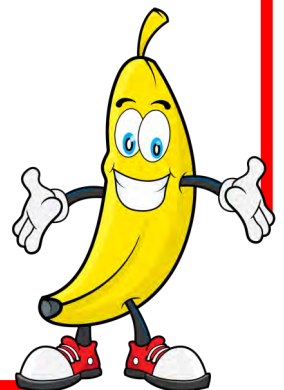
Protein 2: \_\_\_\_\_

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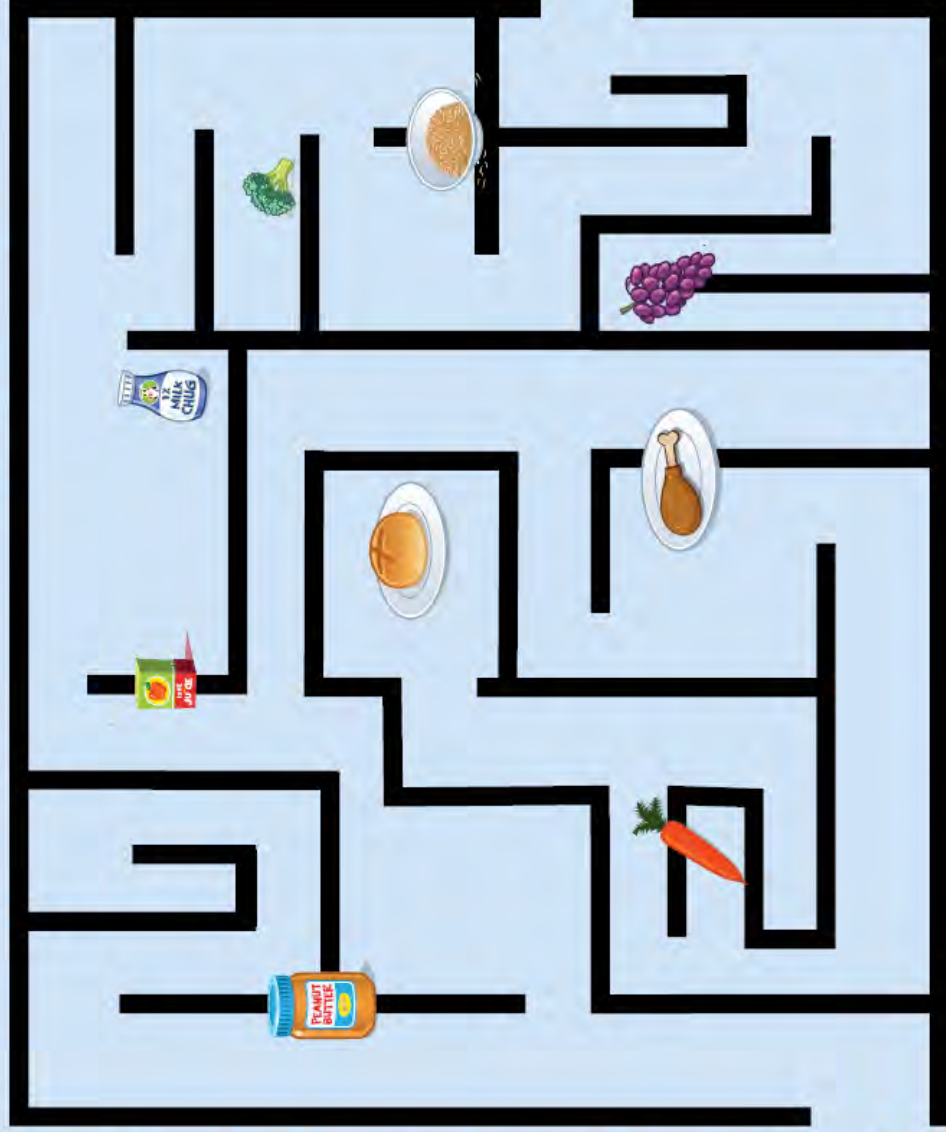
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# MyPlate Maze

and help her find foods from each food group on the way to



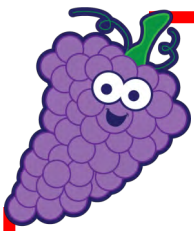
Lead the pal from MyPlate through the maze



MyPlate.gov







## Section IV: Quick and Easy Proteins

Try these fun recipes as an option when including protein in your snacks.

### Recipe: Hummus

#### Ingredients:

- 2 cans chickpeas, drained
- 1 clove garlic or 1 tsp garlic powder
- 2-3 TBSP olive oil
- Up to ½ c water
- ½ tsp salt

Serves: 6

Serving Size: 1/4 cup

Time: 10 minutes



#### Directions:

1. Remove the skins from the chickpeas by gently pinching them until the skin comes off. Discard the skins and reserve the chickpeas.
2. Place de-skinned chickpeas in a blender or food processor with garlic, olive oil, ¼ cup water, and salt. Blend or puree until very smooth, adding the remaining water 1 Tbsp. at a time if the mixture is too sticky to move through the blender.
3. Once the mixture is going, you can add in a little more olive oil to help achieve a super creamy texture.
4. Serve on pitas, crackers, veggies, or sandwiches.

### Recipe: Deviled Eggs

#### Ingredients:

- 6 hard-boiled eggs
- 2 tbsp mayonnaise
- 1 tsp mustard
- Salt to taste
- Pepper to taste
- Paprika for garnish
- 2 bell peppers, chopped

Serves: 6

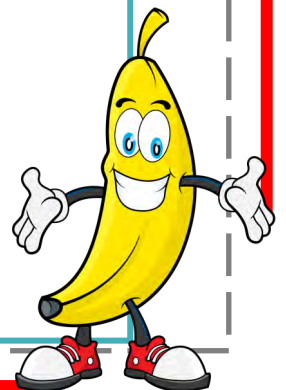
Serving Size: 1 egg

Time: 20 minutes



#### Directions:

1. Hard boil the eggs and place them in cold water.
2. Once they are cold, peel and cut them into halves.
3. Scoop out the yolks into a bowl and set aside the egg whites.
4. Mash the yolks, add all the other ingredients, and mix until it forms a smooth paste.
5. Transfer back the yolk mixture into each of the egg whites, sprinkle with some paprika and serve.



## Recipe: Peanut Butter Banana Yogurt Parfait

### Ingredients:

- 1 cup vanilla yogurt
- 1 medium banana, sliced
- 2 tbsp peanut butter
- 2 tbsp cacao nibs

Serves: 2  
Serving Size: 1/2 cup  
Time: 10 minutes



### Directions:

1. Heat the peanut butter until it is thin and easy to pour.
2. Take a long glass and add yogurt up to half of the glass, then add the banana slices, drizzle with half of the peanut butter and top it with cacao nibs.
3. Chill and serve.

## Recipe: Spicy Trail Mix

### Ingredients:

- 2 tbsp olive oil
- 1 cup almonds
- 1/3 cup pumpkin seeds
- 1/3 cup sunflower seeds
- 1 tbsp ground cumin or fennel seeds
- 1/2 tbsp chili paste
- 1/2 tsp salt

Serves: 7  
Serving Size: 1/4 cup  
Time: 10 minutes



### Directions:

1. In a frying pan, pour in the olive oil and add the chili paste.
2. Add the almonds and the seeds and mix well.
3. Sauté the seeds and add salt, be careful not to burn the seeds.
4. Let it cool down and then store in a glass jar.

## Recipe: Almond Joy Protein Balls

### Ingredients:

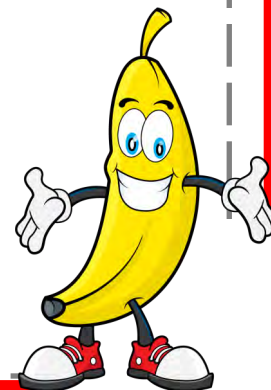
- 1 1/2 cups old fashioned rolled oats
- 1 cup natural almond butter
- 1/4 cup honey or maple syrup
- 2 scoops, about 50-60 grams chocolate protein powder
- 1-2 Tablespoons unsweetened shredded coconut

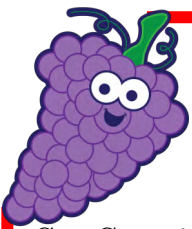
Serves: 24  
Serving Size: 1 ball  
Time: 10 minutes



### Directions:

1. Place oats, almond butter, honey, protein powder and shredded coconut in a large bowl and stir to combine.
2. Once combined, use a small cookie scoop to scoop and form the dough into balls. Store in a covered container in the fridge or freezer.





Get Creative! Use the recipe template below to create your own recipe from the protein group.

*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

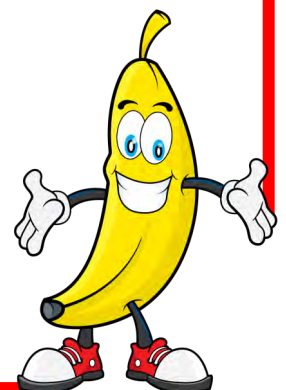
*Directions:*

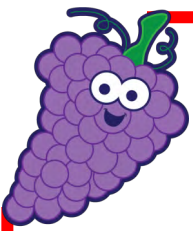
*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

*Directions:*





## Section V: Exercise Your Way

Exercise is one of the most important ways to stay healthy. Youth are advised to have at least 1 hour of exercise each day. Exercise is important for bone health! Not only do we need healthy bones to be able to exercise, we need exercise to keep healthy bones! When we perform exercise, it sends messages to our bones that they need to stay strong and healthy, and in response, they absorb more calcium from our diet!

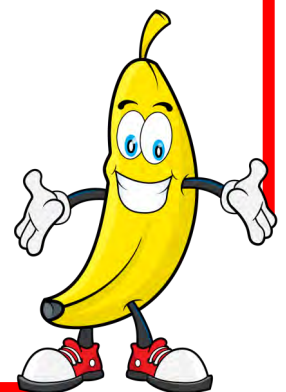
- **Aerobic activity:** Aerobic activities are one way to improve your heart health or strengthen your heart. Aerobic means “with air,” therefore aerobic exercises are anything that causes you to breathe faster and your heart to beat faster. Most of the daily 60 minutes should include activities like walking, running, or anything that makes their hearts beat faster. At least 3 days a week should include vigorous-intensity activities.

What’s Vigorous? On a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6. When you do moderate-intensity activity, your heart beats faster, and you breathe much harder than when you are at rest or sitting. Vigorous-intensity activity is a level 7 or 8. When you do vigorous-intensity activity, your heart beats much faster than normal, and you breathe much harder than normal.

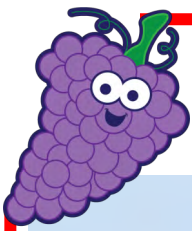
- **Muscle-strengthening:** Includes activities like climbing or doing push-ups; at least 3 days per week.

Some physical activity is better-suited for children than adolescents. For example, younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym, or climb trees. Children do not usually need formal muscle-strengthening programs, such as lifting weights. As children grow older and become adolescents, they may start structured weight lifting programs. They may do these types of programs along with their sports team practices.

- **Bone-strengthening:** Includes activities such as jumping or running; at least 3 days per week.







# Health Benefits of Physical Activity

## FOR CHILDREN

### Academic Performance

Improves attention and memory



### Brain Health

Reduces risk of depression

### Muscular Fitness

Builds strong muscles and endurance



### Heart and Lung Health

Improves blood pressure and aerobic fitness

### Cardiometabolic Health

Helps maintain normal blood sugar levels



### Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity

### Bone Strength

Strengthens bones



### Healthy Weight

Helps regulate body weight and reduce body fat

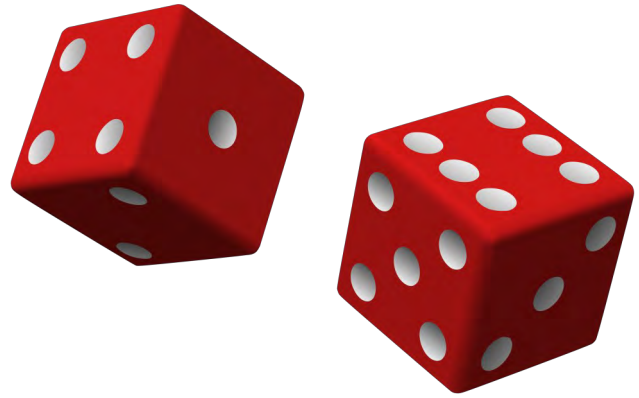




## Roll for Fitness

Directions: Roll two dice and add the number together. The sum of the dice determine the exercise movement.

- Roll a 2 - 5 pushups
- Roll a 3 - 15 sit-ups
- Roll a 4 - 15 squats
- Roll a 5 - 20 mountain climbers
- Roll a 6 - 10 burpees
- Roll a 7 - 25 jumps
- Roll a 8 - 20 lunges
- Roll a 9 - 30 side jumps
- Roll a 10 - 20 plank shoulder touches
- Roll an 11 - 50 jumping jacks
- Roll a 12 - 30 high knees



Groups of 2: Each partner tosses a die in the air, then catches it. Add the number facing up.

Groups of 4: Two group members, each holding a die, stand facing the other two group members. The two holding the dice toss them to the members who are not holding the dice. After catching the dice, add the two numbers facing up.

Record your rolls below.

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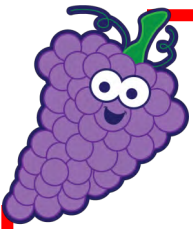
How do snacking and exercise fit together?

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## Section V: What's Calcium

Dairy foods provide calcium which helps our bones and teeth to stay strong. Calcium is a mineral that builds strong bones. Strong bones are important to stay healthy and also help us when we exercise. It helps the body in lots of other ways too. Calcium keeps the nerves and muscles working. It also plays a role in keeping the heart healthy. It is important that we get at least three servings of dairy products each day.

We only get one chance to build strong bones — when we're kids and teens. Children who get enough calcium start their adult lives with the strongest bones possible. That protects them against bone loss later in life.

Calcium is found in food. Some foods are very high in calcium. Dairy foods like these are among the best natural sources of calcium:

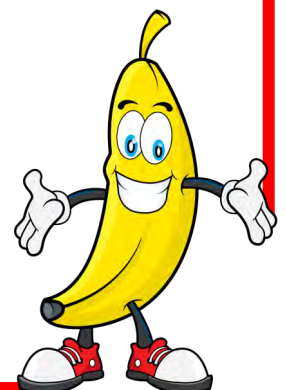
- milk
- yogurt
- hard cheeses, like cheddar

The percentage of fat in milk and other dairy foods doesn't affect their calcium content — non-fat, 1%, 2%, or whole milk all have about the same amount of calcium.

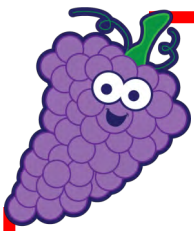
Some kids can't eat dairy. They must get calcium from other foods, such as:

- calcium-set tofu
- calcium-fortified soy drinks
- edamame (soybeans)
- broccoli, collard greens, kale, chard, Chinese cabbage, and other leafy greens
- almonds and sesame seeds
- white beans, red beans, and chickpeas
- oranges, figs, and prunes

Because calcium is so important, food companies often add it to cereal, bread, juice, and other kid-friendly foods.







## I Spy Strong Bones

Calcium is great for our bones and teeth! Scan the page for some of the best calcium rich foods. How many of each do you find? Add these foods to your next meal to support bone health.

Kale



Milk



Yogurt



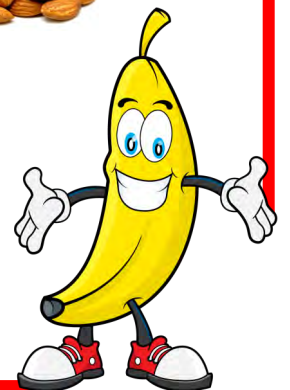
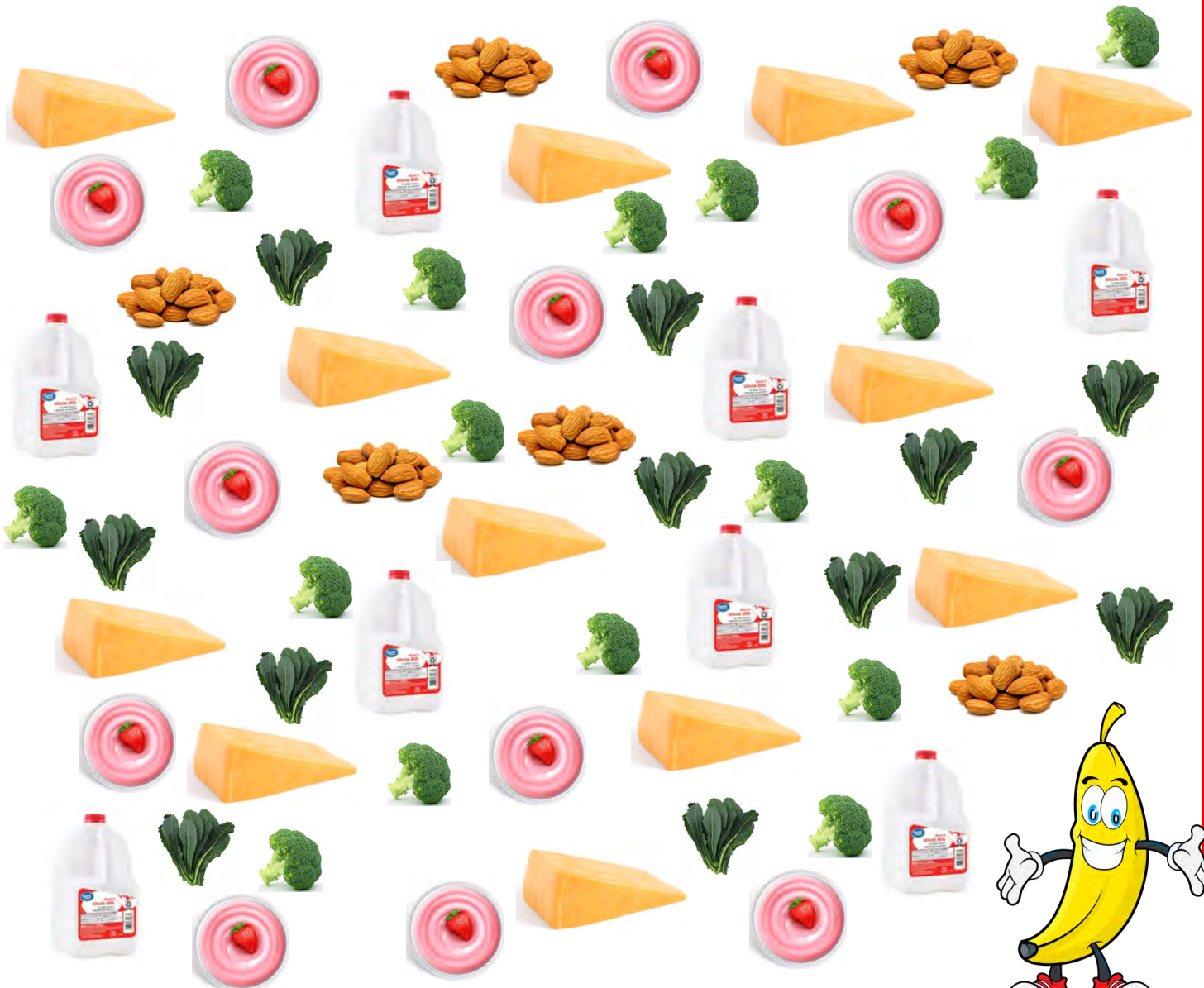
Cheese



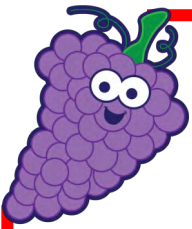
Almonds



Broccoli







## Section V: Move to Low-fat and Fat-Free

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little calcium and a high fat content, such as cream cheese, sour cream, cream, and butter. About 90% of Americans do not get enough dairy, therefore most individuals would benefit by increasing intake of fat-free or low-fat dairy, whether from milk (including lactose-free milk), yogurt, and cheese, or from fortified soy milk or yogurt.

Consuming dairy products provides health benefits — especially building and maintaining strong bones. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

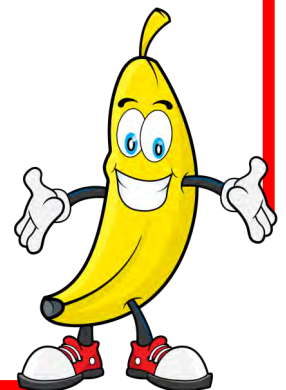
- The Dairy Group provides many nutrients including calcium, phosphorus, vitamin A, vitamin D, riboflavin, vitamin B12, protein, potassium, zinc, choline, magnesium, and selenium.
- Diets rich in potassium may help maintain healthy blood pressure. Dairy products, especially dairy milk and yogurt, and fortified soy milk, provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorus, thereby helping to build and maintain bones. Milk and soy milk that are fortified with vitamin D are good sources of this nutrient. Other sources include some fish such as salmon and other foods fortified with Vitamin D.
- Milk products that are consumed in their low-fat or fat-free forms provide very little saturated fat.

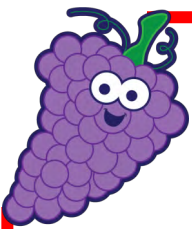
### What do I need???

Daily Recommendation*		
Children	2-4 years	2-2 ½ cups
	5-8 years	2 ½ cups
Girls	9-13 years	3 cups
	14-18 years	3 cups
Boys	9-13 years	3 cups
	14-18 years	cups

### What counts as an ounce?

- 1/3 cup shredded cheese
- ½ cup- evaporated milk, ricotta cheese
- 1 cup- milk, calcium fortified soy milk, yogurt
- 1 ounce- processed cheese
- 1 ½ ounces- hard cheese
- 2 cups cottage cheese
- 2 ounces Queso Fresco





What is your favorite dairy item? \_\_\_\_\_

How do you like it prepared? \_\_\_\_\_

Research 2 dairy group items you don't know about and tell about them below.

Dairy 1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

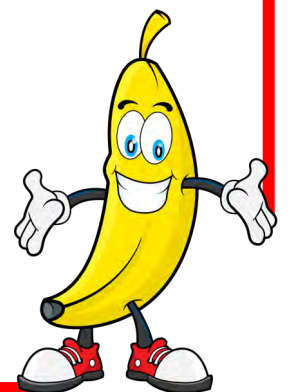
Dairy 2: \_\_\_\_\_

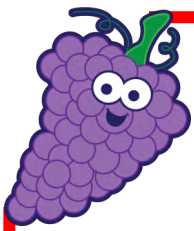
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## Section V: Quick and Easy Dairy

Try these fun recipes as an option when including dairy in your snacks.

### Recipe: Mango Frozen Yogurt

#### Ingredients:

- 4 ½ cups diced frozen mango, not thawed
- 1 ½ cups nonfat vanilla, plain or Greek yogurt

Serves: 8

Serving Size: ¾ cup

Time: 10 minutes



#### Directions:

1. Combine mango and yogurt in a food processor or blender. Process until smooth.

### Recipe: Strawberry Yogurt Bark

#### Ingredients:

- strawberries
- nonfat vanilla, plain or Greek yogurt
- nuts

Serves: 8

Serving Size: 2 in

Time: 4 ½ hours



#### Directions:

1. Line a flat pan with sides with parchment paper and spread yogurt 3/8 inch thick, make sure it's not too thin so that it breaks easily.
2. Sprinkle with your fruit and nuts.
3. Freeze for 2-4 hours until completely frozen (it will depend on the size of pan). Remove frozen yogurt from the pan and peel off the parchment paper. Break into pieces.

### Recipe: Cinna Crunch Smoothie

#### Ingredients:

- ½ cup plain Greek yogurt
- 1 medium frozen banana
- ¼ cup peanut butter or nut butter of choice
- ½ cup Cinnamon Toast Crunch cereal
- 1 cup milk

Serves: 2

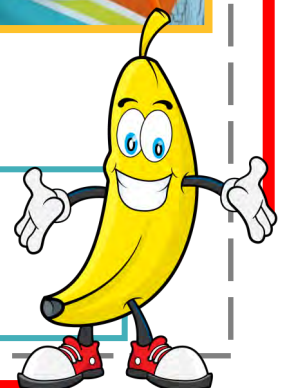
Serving Size: 1 cup

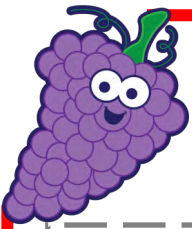
Time: 5 minutes



#### Directions:

1. Add all ingredients in a blender and blend until smooth. Top with some extra cereal squares and serve.





## Recipe: Froyo Monkey Tails

### Ingredients:

- 2—3.5oz Kids Chobani Greek yogurt pouches
- 1/2 cup Rice Krispies cereal
- 3 ripe bananas
- 1 Tbsp unsweetened cocoa powder (optional)
- 6 Wooden popsicle sticks

Serves: 6

Serving Size: 1/2 banana

Time: 4 hours



### Directions:

1. Prep the ingredients by squeezing yogurt into a small Mason jar or cup. Pour Rice Krispies on a plate and spread out evenly.
2. Peel and slice bananas in half crosswise. Place wooden popsicle stick into the sliced end of the banana. Stick should go halfway into the banana.
3. Dip the banana into the yogurt, covering the banana up to the popsicle stick. Pull banana out of the yogurt and let the excess drip off. Set yogurt-covered banana on plate of Rice Krispie's and slowly roll the banana around until all sides are covered with it. Sprinkle each with cocoa powder if desired.
4. Place on wax paper. Repeat until all bananas are covered. Place uncovered in the freezer for 2 to 4 hours before serving. Serve and enjoy!

## Recipe: Mousse a la Banana

### Ingredients:

- 2 tbsp Low fat (1%) milk
- 4 tsp Sugar
- 1 tsp Vanilla
- 1 medium Banana, cut in quarters
- 1 cup Plain non-fat yogurt (can also use vanilla yogurt and omit vanilla extract)
- 8—1/2 inch Banana slices

Serves: 4

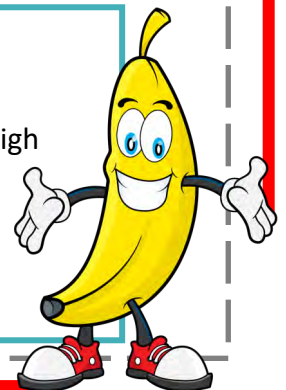
Serving Size: 1/2 cup

Time: 10 minutes

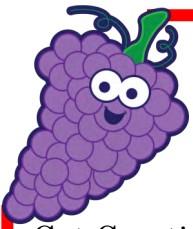


### Directions:

1. Cut one banana into 8—1/2 inch slices and the other banana into quarters.
2. Place milk, sugar, vanilla, and banana in blender or food processor. Process at high speed until smooth, about 15 seconds.
3. Pour mixture into a small bowl; fold in yogurt. Chill.
4. Spoon into 4 dessert dishes; garnish each with 2 banana slices just before serving







Get Creative! Use the recipe template below to create your own recipe from the dairy group.

*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

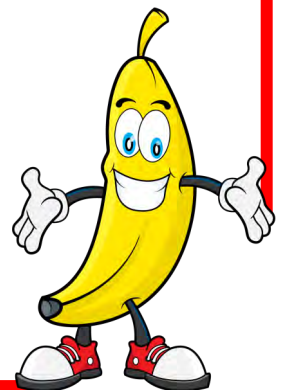
*Directions:*

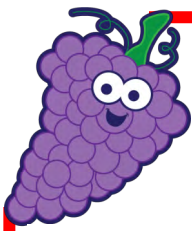
*Recipe:*

*Ingredients:*

Serves:  
Serving Size:  
Time:

*Directions:*





## Section VI: What's in a Label

# Using the Nutrition Facts Label

Look for the **Nutrition Facts** label on food and beverage packages. Once you spot it, you'll find a wealth of information to make **healthy food choices**.

Using the Nutrition Facts label is as easy as 1-2-3!

**1**

### Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. **Pay attention to the serving size and the number of servings you eat** or drink to discover the total number of calories and nutrients you are consuming.

If you eat or drink two servings of the food or beverage, you are getting double the calories and nutrients that are listed on the label. And keep in mind, packages can—and often do—contain more than one serving!

**2**

### Consider the Calories

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. **To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.**

Everyone's calorie needs are different and depend on age, sex, height, weight, and physical activity level. Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).

- TIP**
- **100 calories** per serving of an individual food is considered a **moderate** amount
  - **400 calories** or more per serving of an individual food is considered **high** in calories

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**1**

**2**

**3**

**3**

### Choose Nutrients Wisely

**% Daily Value (%DV)** shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see if a serving of the food is high or low in an individual nutrient and to compare food products.

- TIP**
- **5% DV** or less of a nutrient per serving is considered **low**
  - **20% DV** or more of a nutrient per serving is considered **high**



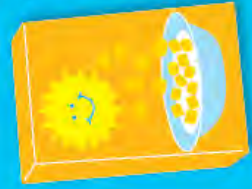
# The Nutrition Facts Label

## Look for it and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can — and often do — contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

**2SERVINGS=CALORIES&NUTRIENTSx2**

**Size up Servings**

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).

**Consider the Calories**

**TIP: 100 calories** per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.



## Nutrition Facts

4 servings per container  
Serving size 1 1/2 cup (208g)

Amount per serving  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Use %DV**

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.

**TIP: 5% DV** or less per serving is **low** and **20% DV** or more per serving is **high**

**Choose Nutrients Wisely**

**Nutrients To Get More Of**

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Calcium
- Potassium

**Nutrients To Get Less Of**

Compare and choose foods to get less than **100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

**Eat a variety of foods to get the nutrients your body needs, including:**

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Dairy products
- Seafood
- Soy products
- Unsalted nuts and seeds



# Make Smart Choices!

## Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D



### No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

**1**

#### Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

**2**

#### Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

**3**

#### Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.







## Section VI: Snacking With Diabetes

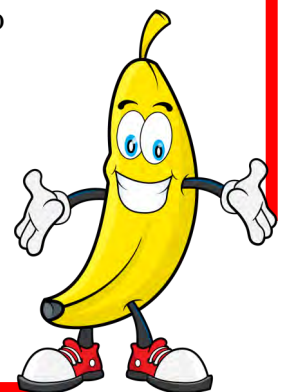
Diabetes is a disease that occurs when the body is not able to properly use energy from food. The body needs glucose for growth and energy. Glucose is a kind of sugar we get from many of the foods we eat, and it is absorbed into the blood through the digestive system. Once in the blood, glucose needs to move into cells where it can be used for energy. A hormone called insulin acts like a key to open doors to cells, allowing glucose to enter. Diabetes occurs when either the pancreas doesn't make enough insulin or the body isn't responding to insulin effectively. As a result, glucose stays and builds up in the blood.

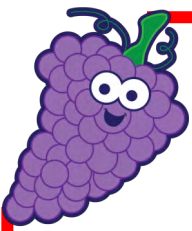
To manage diabetes and keep your blood sugar under control, you may need to rethink your diet. That doesn't mean you have to say goodbye to all your favorite snacks. In fact, a few strategically planned ones during the day can help keep your blood sugar levels steady between meals. The key is to choose wisely.

The best snacks when you have diabetes are high in fiber and protein, and low in sugar and salt.

A few helpful hints:

- Learning how to count the carbohydrates that you eat (carb counting) helps you plan what to eat. It will also keep your blood sugar under control. Snacks with no carbohydrates change your blood sugar the least.
  - ◊ The healthiest snacks usually do not have many calories. Read food labels for carbohydrates and calories. Over time, it will get easier for you to tell how many carbohydrates are in foods or snacks.
  - ◊ Some low carbohydrate snacks, such as nuts and seeds, are high in calories. Some low carbohydrate snacks are:
    - Broccoli
    - Cucumber
    - Cauliflower
    - Celery sticks
    - Peanuts (not honey-coated or glazed)
    - Sunflower seeds
- Your health care provider may tell you to eat a snack at certain times of the day, most often at bedtime. This helps keep your blood sugar from getting too low at night. Other times, you may have a snack before or during exercise for the same reason. Ask your provider about the snacks you can and you can't have.
  - ◊ Your provider can tell you if you should snack at certain times to keep from having low blood sugar. This will be based on your:
    - Diabetes treatment plan from your provider
    - Expected physical activity
    - Lifestyle
    - Low blood sugar pattern
- You will also need to ask about what snacks to avoid.





## Section VI: Exploring Careers

Interested in expanding your hobby into a career? Check out the following career options

- **Baker:** Responsible for foodservice establishment's bakeshop. Ensures products produced in the pastry shop meet quality standards established by the pastry chef and executive chef. In smaller establishments, the baker also might be responsible for pasta items.



- **Banquet Manager:** Plans and oversees parties, banquets, conventions and other special events hosted or catered by the restaurant. Responsible for soliciting banquet business and ensuring customer satisfaction with all booked events. Coordinates and supervises the execution of all banquet functions to ensure the restaurant adheres to client specifications and that the function runs smoothly and efficiently. Possesses knowledge of food production and service and is able to perform all positions in banquet operations to supervise, direct and train banquet personnel.
- **Broiler Cook:** Responsible for grilled, broiled or roasted items prepared in the kitchen of a foodservice establishment. Portions food items prior to cooking, such as steaks or fish fillets. Other duties include carving and portioning roasts, plating and garnishing cooked items, and preparing appropriate garnishes for broiled or roasted foods. Responsible for maintaining a sanitary kitchen work station.

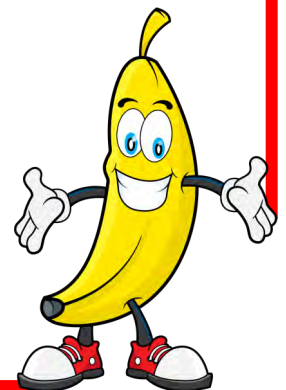


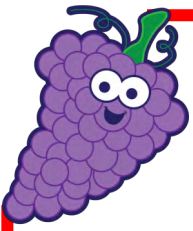
- **Catering Manager:** Responsible for all catered functions from origination to execution, including delegation of responsibilities. Works on a consistent basis with sales personnel to generate new business and maintains contact with clients. Responsible for handling customer complaints and rectifying problems. Responsible for planning rental of tables, video/audio equipment, game equipment and linen. May book or recommend entertainment bands, speakers or specialty acts. Responsible for decorations, flowers and photographs.

- **Executive Chef:** The department head responsible for a foodservice establishment's kitchen/kitchens. Ensures kitchens provide nutritious, safe, eye-appealing, properly flavored food. Maintains a safe and sanitary work environment for all employees. Other duties include menu planning, budget preparation, and maintenance of payroll, food cost and other records. Specific duties involve food preparation and establishing quality standards, and training employees in cooking methods, presentation techniques, portion control and retention of nutrients.

- **Fry/Sauté Cook:** Responsible for all fried or sautéed items prepared in the kitchen of a foodservice establishment. Portions and prepares food items prior to cooking, such as fish fillets, shrimp or veal. Other duties include preparing batter or breading, plating and garnishing cooked items, and preparing appropriate garnishes for fried or sautéed foods. Responsible for maintaining a sanitary kitchen work station.

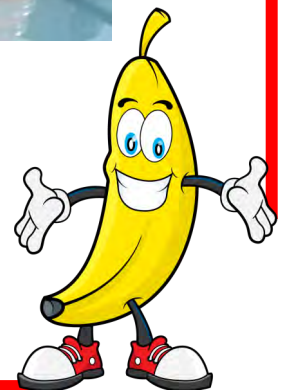
- **Pantry Cook:** Responsible for cold food items prepared in the kitchen of a foodservice establishment. Portions and prepares cold food items such as salads, cold appetizers, desserts, sandwiches, salad dressings and cold banquet platters. Responsible for maintaining a sanitary kitchen work station.

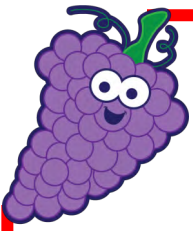




## Section VI: Exploring Careers

- **Pastry Chef:** Responsible for the pastry shop in a foodservice establishment. Ensures that the products produced in the pastry shop meet the quality standards in conjunction with the executive chef. In a large establishment, the pastry chef usually is responsible only for pastries and candy. In a smaller establishment, the pastry chef is responsible for bakery items. The pastry chef also can be responsible for decorative centerpieces such as ice carvings, salt-dough sculptures, marzipan figures, and blown or pulled sugar. Develops recipes and prepares desserts, including cakes, pies, cookies, sauces, glazes and custards.
- **Soup and Sauce Cook:** Responsible for all soups and sauces prepared in the kitchen of a foodservice establishment. Prepares stock, thickening agents, soup garnishes, soups and sauces. Responsible for maintaining a sanitary kitchen work station.
- **Sous Chef:** The sous chef acts second-in-command in the kitchen, directing and managing cooks and other kitchen workers, and taking over when the executive chef is absent. In a large establishment, the sous chef may be in charge of food production for one kitchen. In a smaller operation, the sous chef ensures that all food production workers are performing their duties as prescribed by the quality standards established by the executive chef. The sous chef assumes all the duties of the executive chef in the chef's absence.





## Section VI: Resources

- Centers for Disease Control: Hand Washing
- Kids Health: Kids Recipes
- National Restaurant Association: Careers
- Safe Food: Cross Contamination
- The Science of Snacking. Harvard School of Public Health
- United States Department of Agriculture: MyPlate

