

KIDS ACTIVITIES TO GO

This Toolkit was produced for Washington State Farmers Market Association (WSFMA) in partnership with Food For All, Kitsap and Pend Oreille County Washington State University Extension, Inland Northwest Farmers Market Association, and Kitsap Public Health District.

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

Table of Contents

Bee Dance Activity.....	Page 01
Beneficial Insects Activity.....	Page 03
Bugging Out Activity.....	Page 09
Calisthenics Activity.....	Page 10
Container Gardening Activity.....	Page 12
Dance for Health Activity.....	Page 14
Digestion Activity.....	Page 15
Food Label Detective Activity.....	Page 16
Fresh Smoothie Activity.....	Page 19
Fruit & Veggie Super Powers Activity.....	Page 23
Fungi Activity.....	Page 25
In the Zone Activity.....	Page 27
Jump Rope Activity.....	Page 31
Kids Food Critic Activity.....	Page 32
Leaves Activity.....	Page 34
Parts of a Plant Activity.....	Page 35
Plant a Seed Activity.....	Page 37
Potato Pals Activity.....	Page 38
Roots & Shoots Activity.....	Page 39
The Water Cycle Activity.....	Page 41
Transpiration Activity.....	Page 44
Vitamin of the Sun Activity.....	Page 46
Yoga & Affirmation Activity.....	Page 48
Recipes.....	Page 49
Breakfast.....	Page 50
Chilies & Soups.....	Page 55
Stir Fries.....	Page 58
Salads & Sandwiches.....	Page 62
Sides.....	Page 72
Healthier Option Desserts & Snacks.....	Page 76

BEE DANCE

ACTIVITY



OBJECTIVE

Learn that bees "dance" as a form of communication with other bees.

MATERIALS

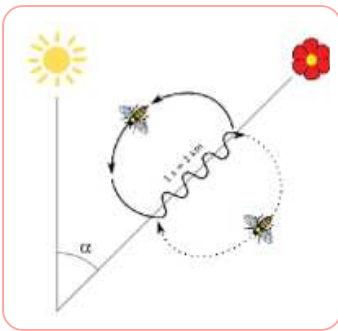
- Sidewalk chalk (if on pavement of any sort)
- Or Rope (if on a surface not conducive to sidewalk chalk, like grass, stone, soil, bark)

THINGS TO LEARN

- Waggle dance: a figure eight like dance performed by bees to communicate with other bees.

ACTIVITY

With your child draw a figure eight on the surface or use a rope to outline the path of the waggle dance. Like what you see in the diagram below.



Ask the kids to walk the figure eight on the ground and then ask them to make up their own dance to communicate with bees.

Facts to share during the activity

- Waggle dance is a figure eight like dance performed by bees to communicate with other bees.
- The straight line through the waggle in the middle of the bee's dance gives the other bees in the hive information like how far away food is.
- We need bees to produce the food we eat.
- Bees have a great sense of smell and excellent vision.

FUN FACTS

- Bees are the most efficient and effective pollinators.
- We need them to produce the food we eat.
- Bees have a great sense of smell and excellent vision.
- Bees communicate to their hive mates where food is by dancing!





BEE Dancing

FIRST:

Pretend you're a bee

SECOND:

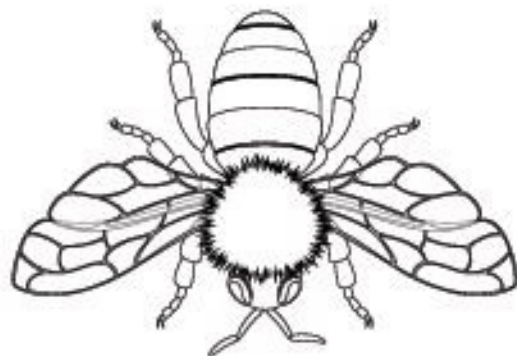
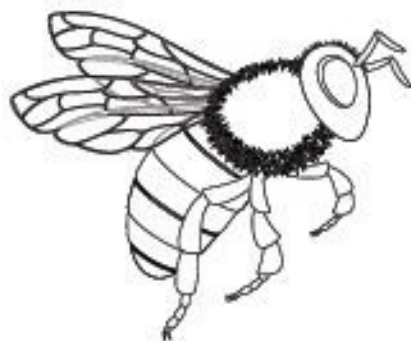
Color a flower
with the most food

THIRD:

Draw the dance you
would do to tell your other
hive mates where
the food is

FOURTH:

Bee creative!!



Beneficial Insects

ACTIVITY



03

OBJECTIVE:

Learn about the beneficial bugs found in your yard and garden. Small kids will learn about lady bugs and their life cycle. Older kids will learn about identifying beneficial bugs and their importance.

MATERIALS:

- Flash cards (cutouts) for identifying lady bugs and other beneficial insects
- For little Kid Bags (3 – 6 years): Lady Bug Wheel craft printable and paper plate with brad/bracket.
- For older Kid Bags (7-12 years): Ground Bug Trap Activity Instructions
- Additional items from home: Pencil, coloring pens/crayons, scissors.

THINGS TO LEARN:

- Benefits of insect on the environment and our food system.
- Being able to identify beneficial insects found in our own yard/garden.

ACTIVITY:

Note: Both activities can be adapted for use in all age ranges. Utilize one or both depending on your kids age and level of learning!

LITTLE KIDS (3 – 6 years old):

Read through the beneficial bugs flash cards to learn about each insect and its importance.

Complete the fun Lady Bug Life cycle craft provided in the take-away bag (activity taken from teachingmama.org):

- **Step 1:** Cut out the two ladybug life cycle circles. Make sure to cut out the viewing notch on top of the “ladybug life cycle” page. This is where you will view the different stages as you rotate the plate.
- **Step 2:** Attach both circles to a paper plate with brad/bracket provided in bag. Plate should be on bottom (flipped upside down), the page with stages of life cycle in middle and “ladybug life cycle” circle on top.
- **Step 3:** Turn plate to view the different stages of the ladybug life cycle.

For additional learning on ladybugs visit: <https://study.com/academy/lesson/ladybug-life-cycle-lesson-for-kids.html>

OLDER KIDS (7 – 12 years old):

- Read through the beneficial bugs flash cards to learn about each insect and its importance.
- Get ready to explore the bugs outside in your yard or garden by completing the **GROUND BUG TRAP ACTIVITY** (instructions attached).
- To learn more about beneficial insects and the role they play watch: <https://www.pbs.org/video/growing-passion-beneficial-insects/>

FUN FACTS:

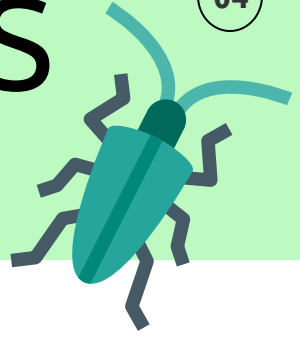
- A ladybugs bright red color warns birds and other prey that they do not taste good. Female ladybugs can eat up to 100 aphids in one day making them amazing protectors of your garden!
- Praying Mantis have long thin bodies that help them blend into their surroundings making them look like twigs or leaves.



Beneficial Insects

ACTIVITY CONTINUED

04



GROUND BUG TRAP ACTIVITY

MATERIALS

- (1) Small plastic cup or container without a lid
- (1) Larger plastic cup or container without a lid
- Small garden shovel
- Medium to large rock (for holding down bug trap overnight)
- Scissors
- Markers or other materials to decorate your bug trap (not required)
- Paper for recording/drawing

ACTIVITY

Go out into your yard/garden. Find a good area to dig a small hole (the size of your small cups/container). Look for areas next to or under bushes where bugs like to hang out. Ask your parent if you can dig a small hole in the spot you find for your bug trap.

Take out your cups. The smaller cup will be the bottom of your bug trap. It will be buried in the hole you dig up to the top lip of the cup/container. Larger cup will act as the cover for the bug trap so you will need to cut two "doors" on the top lip of the cup/container. This will allow bugs to drop into your trap but will not be easy for them to escape. Doors should be about .5" - 1" in height. Once you have your doors cut out you can now decorate the top cup/container however you would like!

Go outside and bury your smaller cup/container to the lip in the hole you dug. Make sure to add in a few leaves and little soil on the bottom of your cup for the bugs you catch to feel right at home. Now put the larger cup/container on top of the smaller one. The "doors" should be accessible at ground height. Find a medium sized rock to put on top of the larger cup/container. This will prevent the wind from blowing it off overnight.

Now wait! You will leave your bug trap out overnight to allow bugs to enter. Check your trap in the morning. You do not want to leave bugs trapped inside for the whole day, especially if the sun is out and strong!

Transfer your bugs to a clear plastic Tupperware or Mason Jar for observation.

OBSERVE

- What bugs did you catch? Are any of them considered beneficial to your garden?
- Are there any bugs you cannot identify? Have an adult help you use an insect guide or the internet to figure out what you have.
- Bonus Fun: Create a drawing and story of the most unusual insect you caught.

*Make sure to put your bugs back in the area you found them when you are done with your observations!



Ladybug



Praying Mantis



Bees & Wasps



Butterflies



Dragonflies



Beetles



Name: Praying Mantis

Benefits: Praying Mantises are among the largest (1 to 4 inches long) garden predators. They kill and consume a good number of pests like caterpillars and flies but they have no regard for your garden's other beneficial bugs, and will devour them as well. If your garden depends on the activities of many beneficial bugs then you will want to control the praying mantis population.

Name: Lady beetle or Ladybug

Benefits: They are a good sign in the garden and indicate a healthy environment! Lady beetles are important to the natural suppression of aphids, leafhoppers, mites, thrips, scale insects, mealybugs, and insect eggs. Females will lay 200 to 500 eggs during their lifetime, which hatch in 5 to 7 days. Female lady beetles can consume up to 100 aphids per day!

Name: Butterflies

Benefits: Butterflies are important pollinators. Their primary food source is the nectar found in the bottom of flowers. While feeding, they pick up pollen on their legs and feet, travel to the next flower and carry the pollen with them, and thus bring the cycle of new plants! They are very sensitive to the environment around them. Watching how butterflies react and adjust to environmental changes, scientists can determine the effects of various actions on the environment as a whole.

Name: Bees & Wasps

Benefits: Bees are primary pollinators. Approximately 30% of the world's edible crops depend upon bee pollination. This indicates a direct correlation between their health and our own. Wasps, are also a primary pollinator and serve as predators. Wasps feed upon small insects and the yellow jacket variety scavenges dead insects and larvae in your garden in order to feed them to their young.

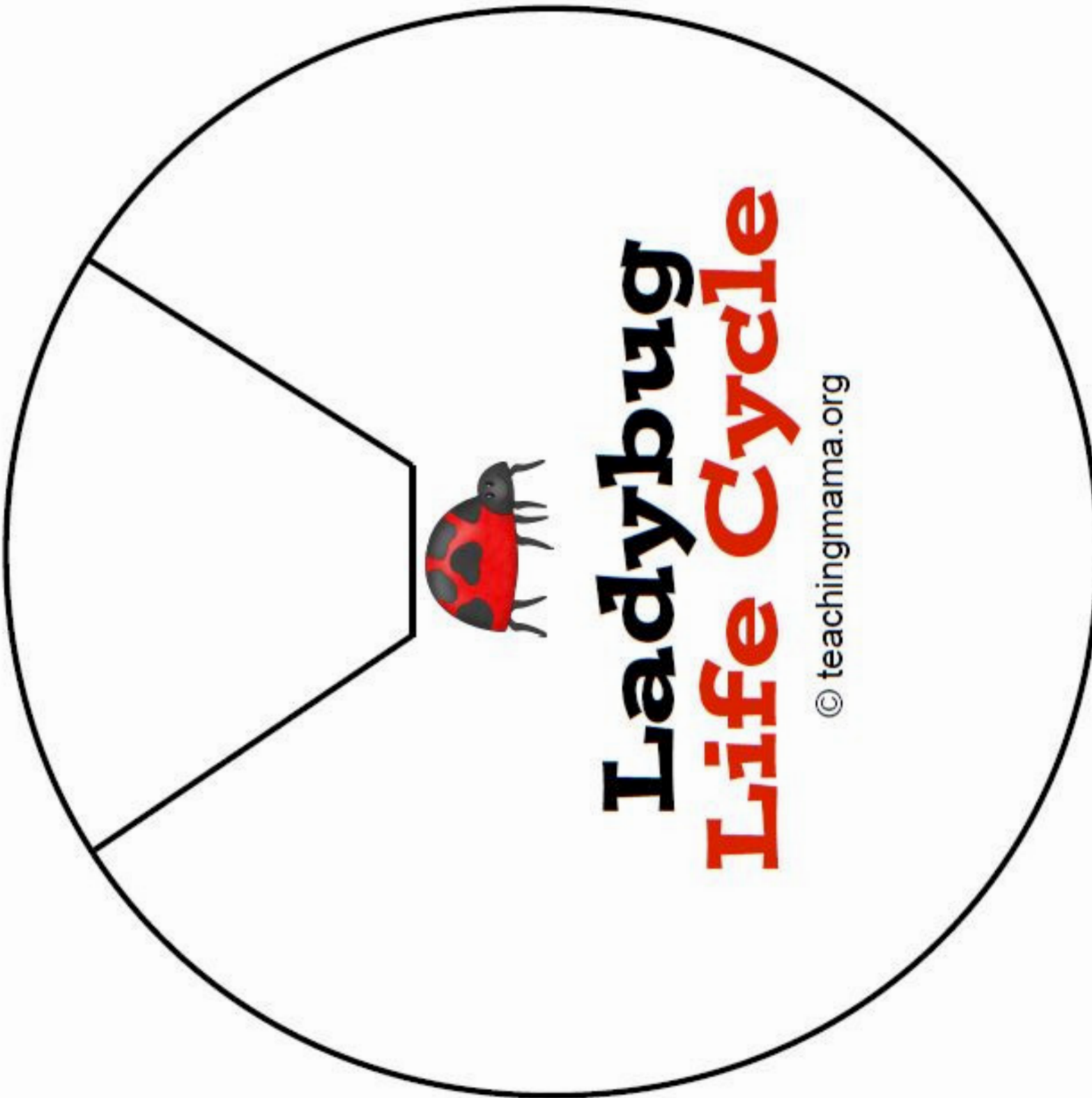
Name: Predatory Beetles (some include: ground beetles, rove beetles or soldier beetles)

Benefits: Adults and larvae feed on a wide range of insects that are smaller than themselves, especially fly maggots, ant larvae, mites, and many other soft-bodied arthropods. Populations that exist in your garden can provide valuable pest control services.

Name: Dragonflies

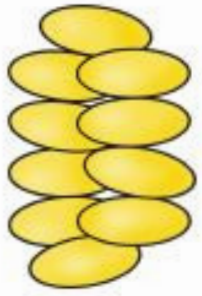
Benefits: Dragonflies are not pollinators but serve your garden well as a predator of aphids, flies, midges, mosquitoes and more.

The Dragonfly has eyes that cover most of their head surface and they can fly at speeds of 20-35 miles per hour making them quick and accurate when catching prey.



Ladybug Life Cycle

© teachingmama.org



eggs



**adult
ladybug**



larva



**young
ladybug**

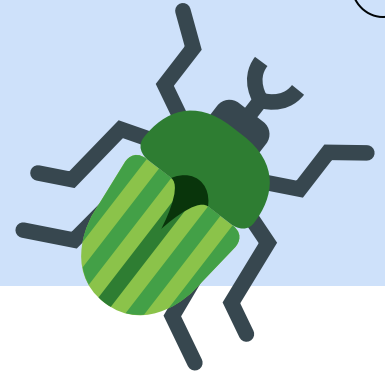


pupa

Bugging Out

ACTIVITY

09



OBJECTIVE

Make a ladybug out of construction paper.

MATERIALS

- Scissors
- Glue sticks
- Red construction paper
- Black construction paper
- Black Marker
- Googly eyes

THINGS TO LEARN

Beneficial Insects: insects that perform functions that benefit gardeners, like pollination and pest control.

What are some of these insects and what do they do?:

- Lady Bug adults (or Lady Beetles) will eat more than 5,000 aphids during their lifetime
- Ground beetles are voracious predators of slugs, snails, cutworms, cabbage maggots, and other soil pests. One beetle larva can eat more than 50 caterpillars.
- Green Lacewings Larva (Aphid Lion) can eat up to 200 pests a week.
- Praying Mantis is a ferocious general predator, it will attack just about any insect in its path!
- Bees pollinate flowers so the plant can put forth fruit.

ACTIVITY

Cut out two circles of the same size (one out of black construction paper for the body, and one out of red construction paper) to use for the two wings. Take a piece of paper of any bright color or white to use as the background. Then glue the black circle down with a glue stick. This is the body.

Then cut one side of the red circle. About $\frac{1}{4}$ of the size of the red circle. Then in the middle of the flat side you created fold in half then cut down the middle to make wings of an equal size.

Glue the wings on the body. Leaving $\frac{1}{4}$ of the black circle uncovered for the head. Have the flat part of the wings on the same side of the head. The wings can be together, or offset to look like the lady bug is in flight. Draw black spots on the two wings with a black marker. Glue the googly eyeballs on the head.

FUN FACTS

- Insects can provide benefits to one's garden by pollinating flowers.
- Most insects are non-threatening to one's garden.
- Some insects are pests and can be harmful to plants. Some insects prey on those pests so can be helpful in your garden.



Calisthenics

ACTIVITY

10



OBJECTIVE

Learn that regular exercise is good for lifelong health (Children 6-17 should exercise at least 60 minutes daily.)
Understand that being physically active can be enjoyable and easy and doesn't require expensive equipment.

THINGS TO LEARN

- **Calisthenics:** Calisthenics are exercises that have a need for none-to-minimal equipment. Some examples are squats, jumping jack, push-ups, chin-ups, pull-ups, sit-ups, lunges, planks, shuttle runs, and can include running and yoga.
- **Squats:** Stand with your arms at your side and your feet hip width apart with feet slightly turned outward. Then, bend your knees and squat down like you are sitting in your chair. While squatting down reach your arms out. Then, stand back up straight and bring your arms back to your side.
- **Jumping Jack (Star Jump):** To do this exercise, stand with your feet together and your arms at your side. Then, jump with your legs moving to the side while your arms move to a position where your hands meet over your head.
- **Lunges:** Stand with your arms at your side and your feet hip width apart. Then, take a big step forward with your right foot so the heel hits the ground first. While keeping your torso straight and erect, lower your body so your right leg is parallel to the ground and your right shin is perpendicular to the ground. Then push back to the starting position and do the same with your left leg.

ACTIVITY

Ensure that you have adequate space to demonstrate at least one of the calisthenics exercises mentioned above. Demonstrate the selected exercise(s). Share that kids need 60 minutes of exercise daily. Calisthenics are an easy way to engage in exercise as there is minimal need for equipment. For example, a 'jumping jack', also known as a 'star jump', is an example of a calisthenics exercise that can be performed without any equipment. To do this exercise, stand with your feet together and your arms at your side. Then, jump with your legs moving to the side while your arms move to a position where your hands meet over your head. Some other common types of these exercises include squats, sit-ups, push-ups, chin-ups, planks, lunges, shuttle runs, and pull-ups.

FUN FACTS

- On a daily basis, children ages 6-17 should engage in 60 minutes of moderate to vigorous physical activity for a healthy lifestyle.
- The word 'calisthenics' was created from the Greek words 'kallos' for beauty and 'sthenos' for strength
- Some of these exercises are used by the military to evaluate the physical fitness of personnel.



Let's exercise



Container Gardening

12

ACTIVITY



OBJECTIVE

Learn about container gardening.

- Be able to start your own container garden
- See gardening as a potential lifelong activity

MATERIALS

- Easy to grow herb plants such as “pizza” herbs (oregano, basil, thyme, and rosemary).
- A container with a hole for drainage.

THINGS TO LEARN

- Drainage: proper drainage in a pot allows excess water to leave the pot.
- Cachepot: a decorative container that holds a plain, but functional flower pot.
- Plants that grow well in a container such as oregano, basil, thyme, and rosemary.

ACTIVITY

Find a container with a hole in the bottom of almost any size for a porch, patio or windowsill. Decorate the container and place it on a plate or place an non decorated container in a catch-pot to catch any water that will leak out when you regularly water. Add some stones or pebbles to the bottom of the catch-pot to raise it up and make sure your container does not sit in a pool of water. Add potting soil to the container, and then a few herbs to fill the space. They should only take up about half the space in the pot to make sure they have room to grow. To plant a pizza herb garden use basil, oregano, thyme and rosemary plants, all will grow well in a container.

Important facts for a successful container garden:

- Container size should be appropriate for the plant. For example, a tomato plant would need a much larger container, a container the size of a 5 gallon bucket or larger, dependent upon the tomato plant.
- A container should have at least one hole for drainage on the bottom as drainage is important for plants to prevent the roots from rotting, especially when growing in a container. A container without a hole can be used as a cachepot.
- Keep a watering schedule that doesn't let the soil dry out completely.
- Fertilize your plants as needed. Nutrients may wash away from the plants more quickly in a container.
- Container gardens can be easier to maintain, especially for people who have a hard time bending over, or for children.

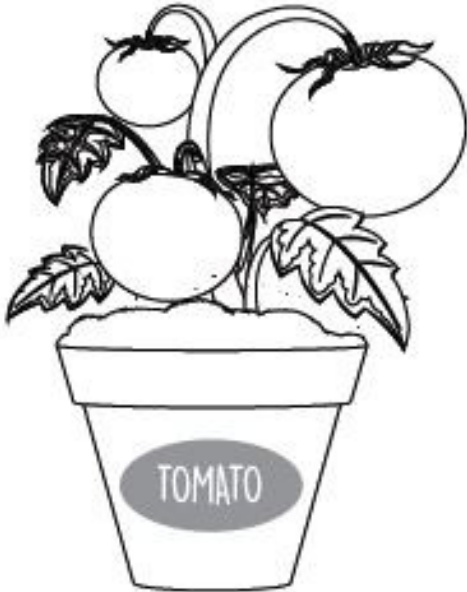
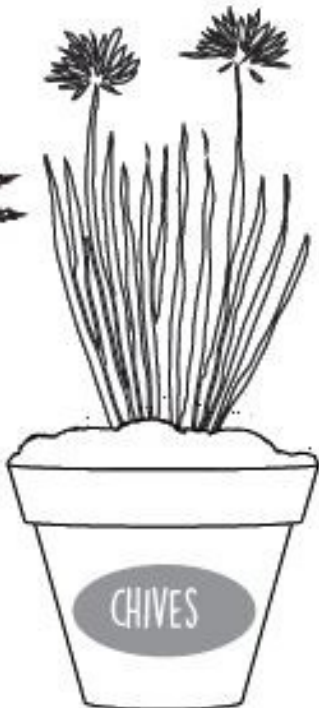
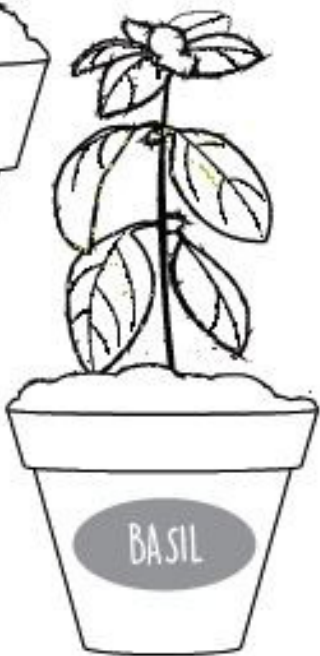
FUN FACTS

You can use almost anything for a container to grow pants in! The most creative things we have seen are:

- Plastic milk jugs.
- An old red wagon.
- Old rubber rain boots.



BUILD A CONTAINER GARDEN



Dance for Health

ACTIVITY

14



OBJECTIVE

Learn that dancing is a fun part of a healthy lifestyle.

- Experience dancing as an easy, fun, simple, and healthy physical activity.
- Learn that dancing is fun, whether you know actual dance moves or not.
- Learn that getting physically active can be easy and doesn't necessarily involve hard work, pain, exercise equipment, or boring and repetitive activities.
- Learn that dancing is a physical activity that can be done indoors or outdoors.

MATERIALS

- The activity requires a music playing device.
- A playlist with kid-friendly dance music. Use a commercial CD, a playlist on the music playing device, or from a music streaming service.
- Enough space for multiple people to dance.
- Optional: scarves for interpretive dance.

THINGS TO LEARN

- Low Impact exercise: Cardiovascular activity that places a minimal amount of stress upon the parts of the body, especially joints, that are more susceptible to injury.

ACTIVITY

For this activity, the focus is to provide a comfortable space for kids to dance and move. Encourage the kids to show off their dance moves. Part of the encouragement may be to show them one of your own dance moves! Don't hesitate to say, "You don't need to know any dance moves. Dancing is all about having fun, moving to the music, and getting active." Don't be afraid to participate yourself! If a child is unable to physically dance, suggest moving their arms or head to the beat. Scarves may also be provided so kids can engage in an interpretive dance from a wheelchair.

FUN FACTS

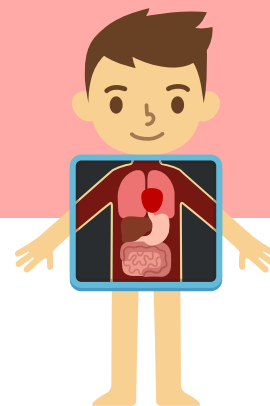
- Depending on how intense you move, you can burn 5-10 calories a minute from dancing!
- A dance club in Rotterdam, The Netherlands is home to the world's first "sustainable" dance floor. The kinetic energy of the dancers powers the LED lights of the dance floor.
- The World Record for the longest conga dance line was set by 119,986 people in Miami in 1988.



Digestion

ACTIVITY

15



OBJECTIVE

Learn why we eat and how our food is digested!

MATERIALS

- string/yarn
- measuring tape or yard stick

THINGS TO LEARN

We eat food because it supplies us with the nutrients and energy that we need to learn, play, heal and grow!

How do you know when to eat?

You listen to your body. It doesn't talk to you with words, but it does have cues to tell you what you need.

Feelings of hunger are your body's way of telling you that you'll need to eat soon. Feelings of fullness or satiety tell you that you've had enough and it's time to stop eating. If you can take brief pauses throughout the day to check in with your body and see how you're feeling, you'll get better at knowing what you really need!

Digestion is the process of breaking down and absorbing the nutrients and energy from our food. Do you know where it begins? In your mouth!

Your teeth chew and grind up the food and mix it with saliva (spit). The saliva starts to break the food down. The tongue rolls the food back and it is swallowed.

Your muscles squeeze the food down your throat, which is a long tube called your esophagus. The esophagus is 10-12 inches long and food takes between one to seven seconds to pass through it.

The stomach looks like a bean-shaped bag and is about 8 inches long. Food is further broken down here by the strong stomach juices. Food takes about three hours to move through the stomach.

The small intestine looks like a maze of tubes. It is the longest portion of your digestive system and absorbs the majority of your nutrients. It's 20-25 feet long and food will stay in the small intestine from 2 to 12 hours.

The large intestine looks like a curved, square tube. Leftover food that is not absorbed is pushed here and some nutrients are absorbed. It is about 5 feet long and food takes from 13 hours to several days to move through this area...and out to the toilet.

ACTIVITY

Try picturing how long the digestive road is that your food travels to get through your body! Cut a piece of string equal to the sum of these measurements:

Esophagus – 10 inches, Stomach – 8 inches, Small Intestine – 22 feet, Large Intestine – 5 feet.

How long does your string need to be? What does it look like stretched out across the floor of your house?

Measured against the length of your car? How about laid out on a t-shirt, just like you imagine your real digestive system is?

FUN FACTS

- Broccoli, grapes and sunflower seeds give your body fiber, which acts like a broom that helps clear out your digestive system and can prevent some cancers.
- Humans have been growing grapes for over 6000 years. Wow!
- Sunflower seeds are high in protein and dietary fiber which also help to keep you feeling full.



Food Label Detective

16

ACTIVITY



OBJECTIVE

Learn to read a food label, try out your skills at the grocery store.

THINGS TO LEARN

"You are what you eat."

Have you ever heard that saying? What does it mean to you? To most folks, it means that our bodies are made up of the materials that we get from our food. Well, if that's the case, we want to know what's in our food, don't we?!

When you go into a grocery store you see thousands of products on the shelves. Now, many of those products have ingredients that have been added to them that aren't so good for your body. If you're shopping for foods that nourish your body, then why have the food companies added things that aren't good for us? Because these additives can make an otherwise tasteless product taste much better, look nicer, or make it less expensive by adding cheaper ingredients. Those all sound like good reasons, but they don't change the fact that the additives are not good for us to eat often. Some of these items include preservatives; sugar; excess salt & fats; artificial colors, flavors, & sweeteners. So when we grab a product off the store shelf, how do we know what's been put into it?

ACTIVITY

Now let's try out the skills you learned at the Grocery Store! It's not hard to do, it's actually pretty fun... we get to be food detectives!

Search the package for the food label, just like the two below. You will find the list of ingredients that were put into the food, as well as the serving size and other important values like the calories, fat, salt, sugar and protein that you get in one serving of the food.

These are two examples of Nutrition Facts Panels, or food labels. Take a look at the ingredients at the bottom of each panel. Can you guess what food they are?

They're potato chips. The label on the left comes from regular fried chips. The label on the right comes from baked chips. Notice the differences. Which one has more fat? More sugar? More additives? Become a food detective! It's a skill that will serve you now, and for the rest of your life.

Remember...you are what you eat!



Food Label Detective

17

ACTIVITY CONTINUED



Nutrition Facts	
1 serving per container	
Serving size	1 package
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	2%
Potassium 350mg	6%
Vitamin C	6%
Not a significant source of added sugars.	
<small>* 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.</small>	

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), and Salt.

Nutrition Facts	
1 serving per container	
Serving size	1 package
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 2g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	0%
Potassium 250mg	4%
<small>* 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.</small>	

INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN OIL, SUGAR, SEA SALT, SOY LECITHIN, DEXTROSE, AND ANNATTO EXTRACTS.
CONTAINS SOY INGREDIENTS.

FUN FACTS

- A "Serving Size" may be a lot less than what you're eating! Especially if it's ice cream!
- Ingredients are listed in order from most to least.
- Before 1990 nutrition information was not always required to be put on packaged foods! The official U.S. Nutrition Facts label first appeared in 1994.



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 **servings 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&NUTRIENTX2

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.



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*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 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.**

Choose Nutrients Wisely

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

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
- Whole grains
- Dairy products
- Beans and peas
- Soy products
- Seafood
- Eggs
- Unsalted nuts and seeds

Nutrition Facts
Read the Label

Revised: October 2018

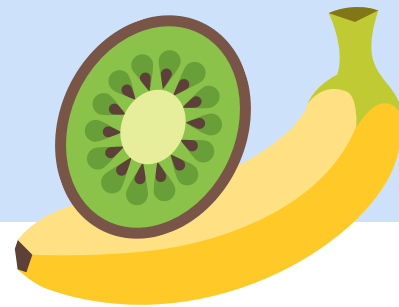
www.fda.gov/nutritioneducation



FDA

Fresh Smoothie

ACTIVITY



OBJECTIVE

Learn about the importance of integrating a rainbow of colors of fruits and vegetables in your diet. Learn how to adapt a fun, do it yourself kids' recipe using different colors of fruits in a natural smoothie free of extra sugars or additives.

MATERIALS

- Cube / Dice print out (best printed on Card Stock)
- Scissors
- Glue or Tape
- Color crayons or markers
- "I Can Eat a Rainbow" Info Sheet
- One fruit or vegetable ingredient from each color on the dice
- Blender for making smoothie

THINGS TO LEARN

- Importance of eating different colors of fruit and vegetables.
- That you don't need additional sugars and additives to make smoothies delicious!
- How fun and healthy eating fresh can be.

ACTIVITY

Step 1: Have child color in all sides of dice. Colors should be based on the 5 colors they choose from foods on info sheet (Red, Orange/Yellow, Green, Blue/Purple, White). For the sixth side of the dice have them draw a rainbow which will act as a wild card choice in the game. As they color the sides of the dice talk to them about what foods fall into that color category and the nutritional importance of each.

Step 2: Cut out dice shape from printout. Fold along the inside lines. Put cube together by either gluing and securing tabs to inside of cube or using tape.

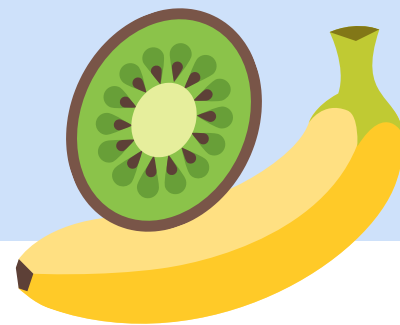
Step 3: Play the Fresh Smoothie Game!



Fresh Smoothie

ACTIVITY CONTINUED

20



How to Play the Fresh Smoothie Game

- 1.) Get your ingredients ready. Look for fruits and vegetables that match the colors your child put on their dice. This can be fresh as well as frozen options. Look mostly for fruit items that will make your smoothie sweeter, but also include things like spinach if handy!
- 2.) Let your child determine how many ingredients they would like to include in their smoothie before they start rolling. 3 – 4 is generally a good amount.
- 3.) Have your child roll the dice the number of times that correlate with the amount of ingredients they chose.
- 4.) Start compiling your smoothie! Each time your child rolls a color choose that correlating ingredient to add to your blender (example: child rolls red, you may select the red fruit that you provided – strawberries, raspberries, etc). The Rainbow side of your dice will act as a wild card option where the child chooses which option they want.
- 5.) Add in water or milk (can substitute with any milk alternative) for the liquid and add in some ice (if using frozen items, you do not need ice for smoothie). Pro tip: if a banana was not chosen as one of the items in your game, throw one in anyways to add an extra level of creaminess and flavor to your smoothie!
- 6.) REPEAT! – Use this game any time you make healthy smoothies with your kids.

Integrate even more learning into the game by

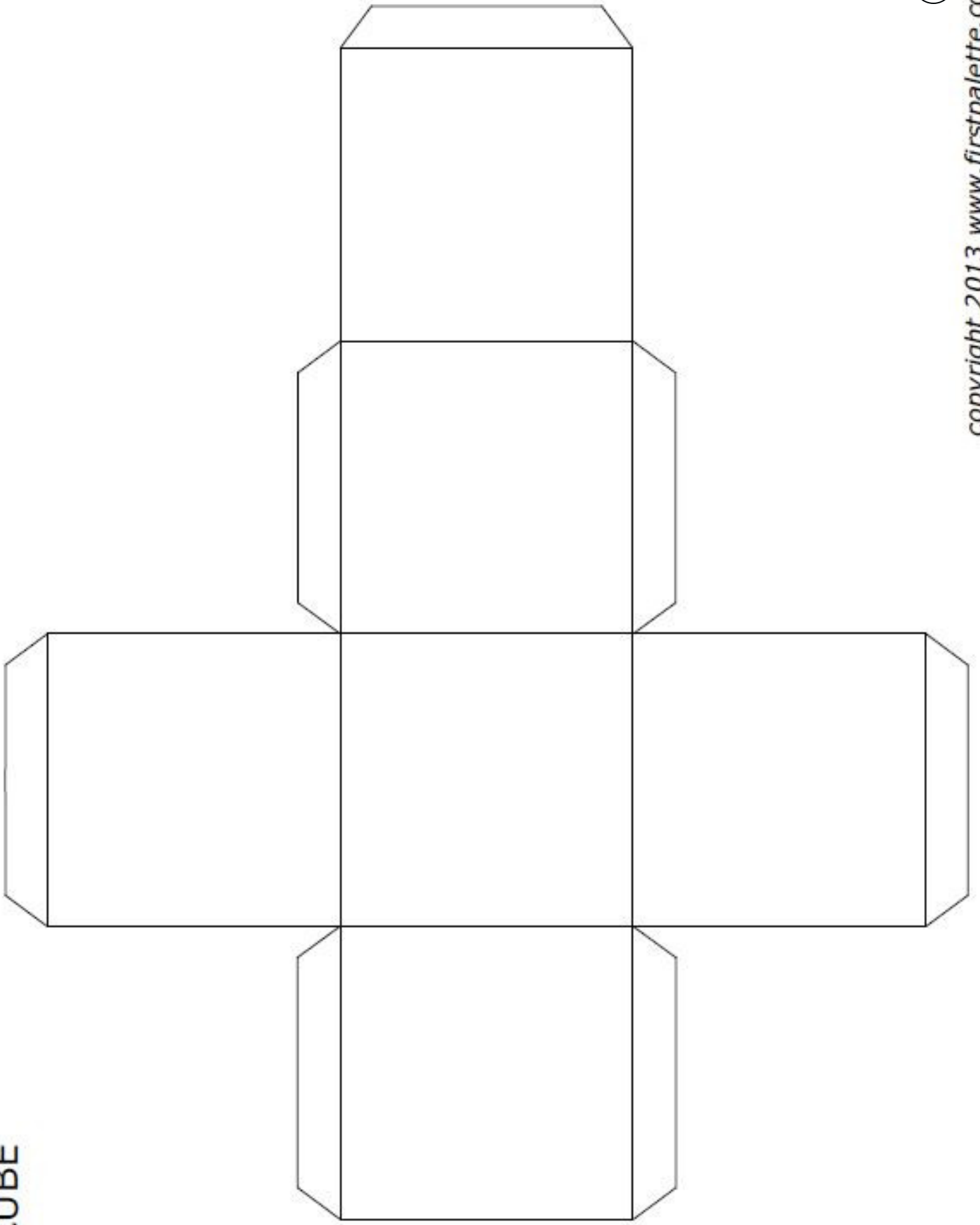
- Ask your child to list other fruits and vegetables of the same color.
- Talk to them about what each color signals for nutrition in their food (see “I Can Eat A Rainbow” Info Sheet for fun facts to share!).
- Ask them what their favorite fruits and vegetables are to eat and talk to them about how healthy those choices are.
- Look up fun facts about each of the fruits and vegetables in your smoothie to learn more about their nutrition and how they grow.

FUN FACTS

- Smoothies are a healthy and tasty way to provide your body with nutrients, vitamins and energy.
- For hundreds of years Mediterranean and Eastern cultures have served pureed fruit drinks that resemble what is a smoothie today.
- The invention of what we know today to be the smoothie coincided with the invention of the blender.
- See “I Can Eat A Rainbow” Info Sheet for even more facts!



CUBE



Eat a RAINBOW of Colors

Red

fruits and vegetables such as red bell peppers, tomatoes, tart cherries, cranberries, raspberries, rhubarb, red grapes, pomegranates, beets, strawberries, and radishes are positively packed with antioxidants such as vitamin A (beta carotene), vitamin C, manganese, and fiber, making them great for heart health and overall good health, too. Tomatoes, Watermelon and pink grapefruit also contain natural pigments called Lycopene which may help lower the risk of several types of cancer.



Orange / Yellow

fruits and vegetables such as butternut squash, carrots, sweet potatoes, spaghetti squash, yellow squash, bananas, cantaloupes, oranges, pumpkins, orange peppers, nectarines, mangoes, and peaches are packed with beneficial nutrition. Some such as citrus fruits are loaded with the antioxidant vitamin C and others such as carrots are loaded with vitamin A (beta-carotene) to maintain healthy eyes.



Green

fruits and vegetables such as asparagus, spinach, kale (and other leafy greens), green beans, broccoli, brussel sprouts, green cabbage, green apples, green grapes, kiwi, and more are virtually all healthy and worth adding to your daily diet. Some leafy greens, like collards and kale, are particularly rich in calcium, which helps keep your teeth and bones strong and reduces your overall risk for osteoporosis.



Blue / Purple

fruits and vegetables such as plums, blueberries, purple grapes, blackberries, eggplant, and figs are colored by natural plant pigments called "anthocyanins." Anthocyanins act as powerful antioxidants that protect cells from damage. Produce in the blue/purple group may help reduce risk of cancer, stroke and heart disease. Eating more blueberries has also been linked with improved memory function and healthy aging.



White

fruits and vegetables like cauliflower, potatoes, garlic, parsnips, mushrooms and onions contain nutrients known to lower the level of bad cholesterol in your body, protect against inflammation, keep bones strong, and lower high blood pressure.



Fruit & Veggie Super Powers

ACTIVITY



OBJECTIVE

Kids can demonstrate their personal perspective and knowledge of nutrition when they create their own veggie super hero.

MATERIALS

- Paper
- Markers, colored pencils
- Googly eyes
- General art supplies like construction paper, scissors, glue sticks
- Fruit & Veggie Superpower ideas handout

THINGS TO LEARN

Nutrients: fruits and vegetables provide nutrients that lead to a strong and healthy you.

ACTIVITY

Discuss with kids the “super powers” that fruits and vegetables have.

Examples include: carrots help your vision; tomatoes and broccoli fight cancer; apples protect your brain, heart, and bones; beets purify blood; strawberries fight inflammation.

Kids will take writing materials and/or craft items and fashion a super hero with super powers modeled after the supplied **Fruit and Vegetable Super Powers** list.

Challenge older participants to write some descriptive words about their super hero, or possibly a poem or a paragraph.

FUN FACTS

- One cup of broccoli contains about 130% of your recommended daily intake of Vitamin C.
- Eating fruit is much healthier than drinking juice! In fact, a raw unpeeled apple has almost 10 times more fiber than a cup of apple juice.
- A super amazing tomato plant at the Epcot Center in Disney World in Florida produced over 32,000 tomatoes in one year.



Fruit and Vegetable Super Powers

Apples-protect brain cells; can protect your heart; can protect bones

Beets-purifies blood

Blueberries-may help improve memory and learning; may protect against stroke; may be cancer fighter

Broccoli-cancer fighter

Cantaloupe-vision; skin & bone health; immune system

Carrots-vision; skin & bone health; immune system

Garlic-reduces high blood pressure and fights cancer

Grapes-Heart & lung health; fight inflammation & cancer

Green beans-eye and bone health; aids in digestion; immune system booster

Kale-Strong bones

Peaches-lung health, eye health, cancer protection, fights inflammation

Peas-maintain glucose levels to keep energy levels steady; promotes bone and cardiovascular health; protects body from cell damage

Potatoes-can help fight bone loss

Pumpkins-vision; skin & bone health; immune system

Red peppers-fight cancer; heart health

Spinach- vision; skin, heart & bone health; immune system

Strawberries-fight inflammation, bad cholesterol and cancer

Sweet potato-strong bones

Tomatoes-fight cancer; heart health

Watermelon-fight cancer; heart health



Fungi

ACTIVITY

25



OBJECTIVE

Learn about fungi!

Learn that mushrooms are a sign of a healthy garden. Understand that some mushrooms/fungi can be dangerous. Do not pick or eat a mushroom without adult supervision.

Learn that mushrooms help other plants get food.

MATERIALS

- Purchase a variety of edible mushrooms at the grocery store. These will be used in a hands on observation activity with your child.

THINGS TO LEARN

- Mushrooms (or Fungi pronounced FUN-Guy) can be harmful to you or your pets (don't ever pick and eat a wild mushroom) but they are great for your vegetable garden and particularly good for a forest.
- The part we see of a mushroom is just the fruiting cap. Like an apple the fruiting cap is where the seeds are, but mushrooms seeds are tiny grains called spores. Spores are so small they blow in the wind.
- Most of the mushroom is underground with a bunch of threadlike strands weaving all throughout the soil. These threads function similarly to roots but are often smaller and are called hyphae. A whole bunch of them are called mycelium. They extend the roots of trees, shrubs, and pretty much all other plants to collect and move more food to the plants that need them.
- **Hyphae:** threads of a fungus that weave throughout the soil.
- **Mycelium:** made up of many hyphae.

ACTIVITY

Sort out the mushrooms your child picked out at the grocery store or farmers market. Let your child cut them up and take them apart to investigate how they are made.

Share a few of these facts while you are cutting up and observing mushrooms with your child:

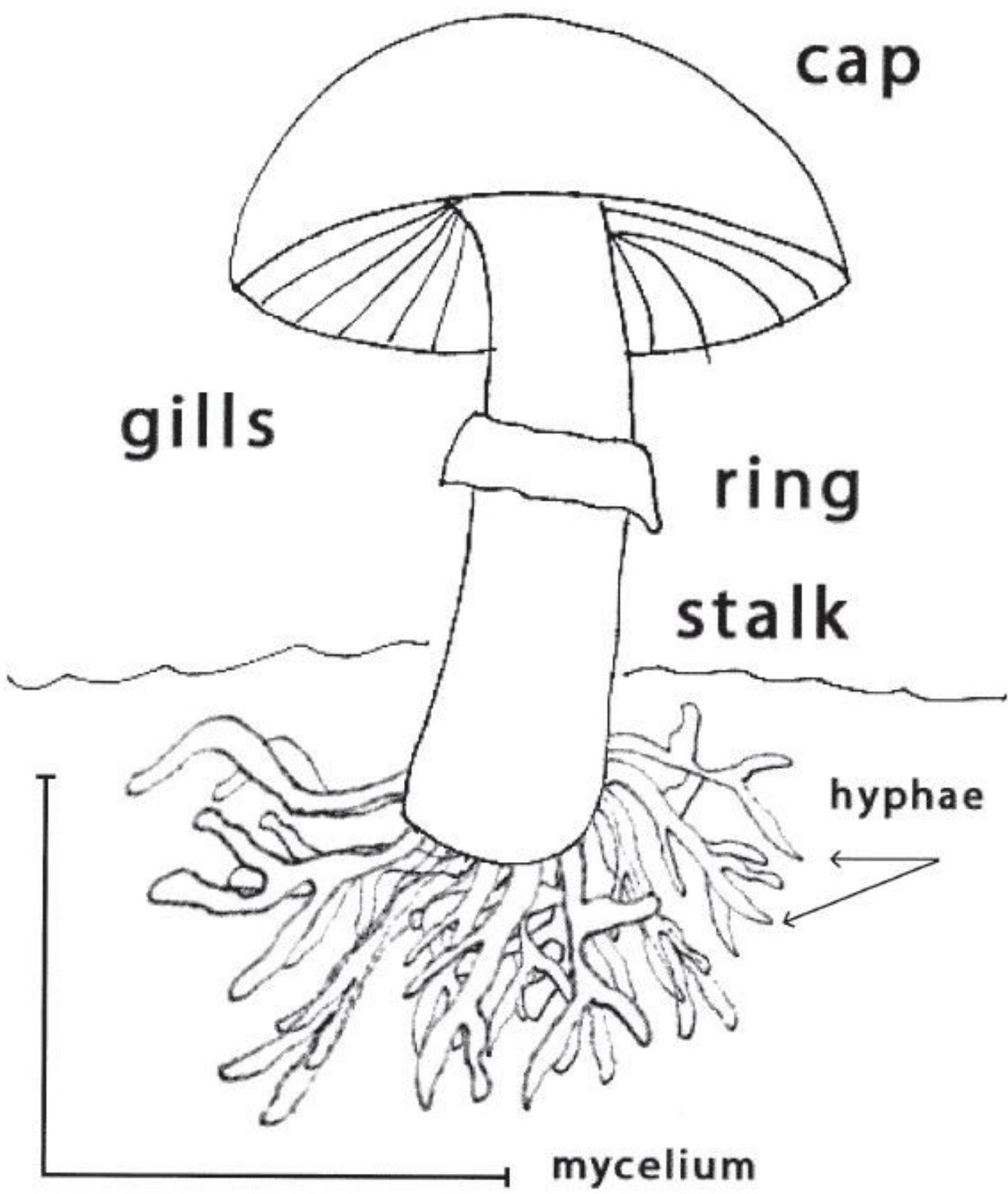
- Mushrooms are a sign of a healthy garden.
- Some mushrooms may be poisonous. Kids-please do not pick or eat without adult guidance.
- Hyphae are threadlike strands from a fungus that weave throughout the soil.
- Mycelium is a bunch of hyphae joined together.
- The mycelium extends the roots of trees, shrubs and other plants to increase their effectiveness in collecting nutrients.

FUN FACTS

- A single Portabella mushroom can contain more potassium than a banana.
- There are 30 species of mushrooms that glow in the dark.
- Fungi (mushrooms) recycle plants after they die and turn them into rich soil. If not for fungi the earth would be buried in dead wood and other plants.
- The oldest mushroom in the world is 90 million years old!



Mushroom



In the Zone

ACTIVITY



OBJECTIVE

Learn about seasonal produce and planting zones. Then make stamps out of potatoes and apples (both which grow well in Washington).

MATERIALS

- Potatoes
- Apples
- Sharp Knife (& A grown up to use it)
- Cutting board
- Paper
- Washable acrylic paint
- Seed packets (just for display but could include a vegetable or flower that grows well in your region)
- Printout of US planning zones

THINGS TO LEARN

Potato & apples grow well in Washington but some other plants do not. How can you know what will grow well where you live? Find out what zone it grows best in!

A hardiness zone often just referred to as "zone" is a geographic area defined to encompass a certain range of climatic conditions relevant to plant growth and survival. What this means is that different plants grow well in different areas and these areas have been designated as hardiness zones. Unless otherwise specified, "hardiness zone" or simply "zone" usually refers to the USDA scale. For example, a plant may be described as "hardy to zone 10": this means that the plant can withstand a minimum temperature of $-1\text{ }^{\circ}\text{C}$ ($30.2\text{ }^{\circ}\text{F}$) to $3.9\text{ }^{\circ}\text{C}$ ($39.0\text{ }^{\circ}\text{F}$). When you purchase trees shrubs, plants and seeds they will be marked with what zone the plant will grow best in. On the back of every seed pack you will see the zone. There are many growing zones in Washington and across the US. Find out which zone you are in and plant accordingly!



In the Zone

28

ACTIVITY CONTINUED



ACTIVITY

Prepare potato stamps and apple stars with an adult.

To make a potato stamp use a medium to large potato, cut it in half so there is plenty of room to grab on the uncut side. On the cut side cut the edges off to make a cool shape. If you're feeling extra creative you can draw a shape in the middle then use a smaller knife to cut into the potato about a half an inch deep along the image. Then take your knife to the outside of the potato the same depth away from the cut end and cut until it meets the edge of your design. Then that outside ribbon of potato should peel away leaving your stamp. You can also just cut the potato into different sized chunks.

To make an apple star stamp use smaller apples and if placing them on a table right side up, with the stem facing the sky, cut in half right in the middle horizontally, through where the apple seeds are contained, revealing the star shape in the middle made by the seeds. Remove visible seeds.

For each stamp have a different color of washable acrylic paint. Kids should be able to use each stamp multiple times before they become too messy. When they become too messy rinse off in water and dry on a clean towel before returning it to its color.

Use some paper of any color and let the kids make their own pictures using the stamps. Be creative!

FUN FACTS

- The warmest zone in the states (not including Alaska and Hawaii) is the Florida Keys (zone 11b) and the coldest is in north-central Minnesota (3a).
- Zones can vary widely even within a state! Seattle, WA is in zone 8b/9a while Spokane, WA is in zone 6b.
- Succulents which includes cactus are thought of as desert plants, but they are remarkably versatile. They can survive in desert like areas as well as wet rainy areas like Pacific Northwest. An example would be hens and chicks, they are perennial in USDA Hardiness zones 3 through 11!



In the Zone

ACTIVITY CONTINUED



Look on the back of the seed packet. Find the Hardiness Zone.



Permission is granted to reproduce this map and copy provided the above copyright information is included.



In the Zone

ACTIVITY CONTINUED



Look on the back of the seed packet. Find the Hardiness Zone.

Cilantro/Coriander

1270

Annual Herb. The plant is Cilantro while the seeds are Coriander. The leaves have a distinctive flavor and are used as a garnish in salads and soups. The seed is used in meat and seafood dishes, as well as a condiment for flavoring bread, cookies and cakes.

Days to Germination	Planting Depth	Plant Spacing	Plant Height	Preserve By
7 - 10	1/4 in.	6 in.	20 - 28 in.	Drying

Gardener's Helpline:
1-800-283-3400

Sell by:

Packed for Season:

OPEN PACKET TO REVEAL "THE INSIDE STORY."

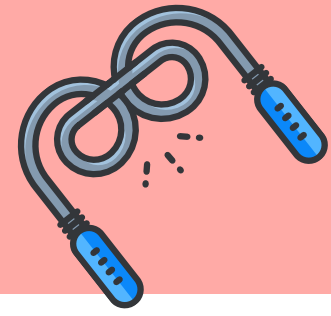
0 11192 40225 1

SUGGESTIONS: Harvest seeds in late summer by cutting seed heads when ripe. Spread seed heads on trays to dry in sun. Thresh by hand and store in jars. The seeds odor dissipates in storage.



Jump Rope

ACTIVITY



OBJECTIVE

Create and Complete a Jump Rope Obstacle Course. Learn about the importance of physical activities to overall health.

MATERIALS

- 1 jump rope
- 4 lengths of rope without handles (6'-7') (50-100 ft)

THINGS TO LEARN

- **Cardiovascular:** relates to the heart. As a cardiovascular activity, jumping rope increases the heart rate.
- **How to properly fit a jump rope:** Place one foot on the middle of the rope. When you lift the handles, the tips of the handles should be at your armpit level. For beginners, try a beaded rope as it is easier to control than a cloth or vinyl rope.
- **Learn what jumping rope is good for:** A good cardiovascular workout means it is good for your heart. 10 minutes a day can improve your health with benefits including bone and muscle strength and flexibility. It also helps with athleticism (good for kids who are athletes), including coordination, speed, balance, timing and rhythm).

ACTIVITY

Set up a jump rope obstacle course with 5 stations for each child to complete according to their abilities.

Skip a Rope To Start: Each child skips a rope according to their ability (suggest 1-10 skips as appropriate to age and/or skill level).

Tightrope: this rope is on ground in a straight line. Child walks across the rope like it is a tightrope with one foot placed directly in front of the other.

Hop In, Hop Out: This rope is shaped as a circle. The child jumps in and out of the circle on one leg two times, with one set on right leg and the other with the left leg.

Hop Like a Frog: Place this rope in a straight line. Each child hops across this rope like a frog. Suggest "how far can you hop?" Then, have the kids can turn around and see if they can hop back across the rope.

Walk in a Circle: This rope is shaped as a circle. With one foot in the circle and the other out, walk around the rope one time quickly. Then try one time around backwards.

Skip a Rope To Finish (Return to Station 1): Suggest that the child "beat their record" from the first "Skip a Rope" station.

***If on a hard surface, the four lengths of rope can be replaced by using sidewalk chalk to draw large enough circles and lines for stations two through five. Also be creative! The obstacle course can be anything you and your child dream up!**

FUN FACTS

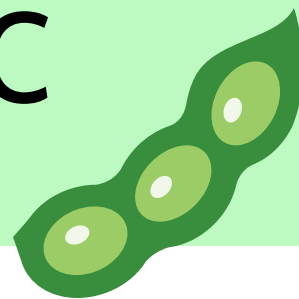
- Skipping rope just 10 mins a day can improve your health by improving your cardio fitness, bone and muscle strength, and flexibility.
- Skipping rope can improve your athleticism by coordination, speed, balance, timing and rhythm.
- The world record for speed jumping is 332 jumps in one minute.



Kids Food Critic

ACTIVITY

32



OBJECTIVE

Kids are more likely to try foods that they get to choose. Help your little one sample new foods and give them the power to decide what they like best.

MATERIALS

- Kids Food Critic Activity Worksheet Printout (also found at USDA Myplate)
- Pencil, pens, or crayons
- Fruits and vegetables for tasting

THINGS TO LEARN

- Try new foods at home - new foods can be fun to eat!
- You have the power of choice. Making healthy choices can also be delicious choices!
- How to use your eyes and smell while eating healthy foods.
- Discover new textures in fruits and vegetables.

ACTIVITY

Step 1:
Have your child choose one or two fruits and vegetables that they may not be familiar with already. Bonus: select them from your local farmers market! For older children you can go one step further and turn those fruits and vegetables into a dish using an easy recipe.

Step 2:
Talk to your child about their choice.

- Why did they choose that food?
- Is it visually appealing to them?
- What does it smell like?
- Do they think they will like it?

Step 3: Have your child go through the Kids Food Critic Activity Worksheet and rate their chosen food or recipe.

Step 4: Repeat! Getting kids to like certain foods can take time. The power of choice and interaction with family and friends can go a long way in making healthy food the fun choice.

FUN FACTS

- You can't taste without your nose! Smell is an important part of how we recognize flavor. That's why many people temporarily lose their ability to taste certain flavors when they have a sinus cold.
- Chew those bites well - Improper chewing limits your intake of vitamins and nutrients. If your food isn't broken down enough it won't be as easily absorbed during the digestion process.
- Your sight plays an equally important role in how you taste. To our brains, "taste" is actually a combination of a food's taste, smell and touch into a single sensation.



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!

	Visual Appeal	1	2	3	4	5	
		0	0	0	0	0	
	Smell	1	2	3	4	5	
		0	0	0	0	0	
	Taste	1	2	3	4	5	
		0	0	0	0	0	
	Texture	1	2	3	4	5	
		0	0	0	0	0	
	TOTAL:						

TOTAL SCORE



Serve it again?

YES NO



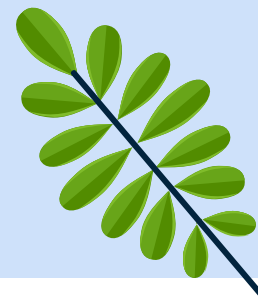
FOR EXTRA FUN:

- 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.



Leaves

ACTIVITY



OBJECTIVE

Do a leaf rubbing craft with a variety of leaves and learn about the important function leaves serve for a plant.

MATERIALS

- A variety of freshly picked or fallen leaves - try to get a large variety of shapes and sizes.
- White paper
- Crayons with the paper removed

THINGS TO LEARN

- While kids are doing the leaf rubbings, share some information about leaves.
- Point out the veins in a leaf or in image that appears when you rub a crayon over the paper set on the top of a leaf. Explain that the veins carry water, minerals and sugars between a leaf and the rest of the plant.
- Some leaves are edible.
- Edible leaves like spinach, lettuce and kale, to name a few, are full of nutrients. For instance, one serving of kale has 180% of the Recommended Daily Allowance (RDA) of Vitamin A, 45% RDA of Vitamin C and 15% RDA of calcium.
- Not all leaves are edible, like a rhubarb leaf. Please ask a responsible adult before eating an unfamiliar leaf or plant.
- The main purpose of a leaf is to make food for the plant.
- Photosynthesis: the process that produces food for plants (glucose) from carbon dioxide, water and sunlight.
- Chlorophyll: is a green substance that absorbs energy from sunlight to assist in the production of food for the plant. Chlorophyll makes a leaf green.
- In the fall, the decrease in sunlight and the drop in temperature leads to chlorophyll breaking down and a change of leaf color.

ACTIVITY

Prior to the activity, collect a variety of leaves with several specimens for each variety on hand due to heavy usage by the kids. Tree varieties like maple, oak, apple, pear, plum are good ones. Other leaf ideas include raspberry, kale, tomato, lilac, etc.

Kids will do leaf rubbings by placing a leaf or leaves under a piece of paper and then rubbing the crayon over the paper showing the outline of each leaf as well as the veins. Kids can use as many different crayons to make whatever designs they wish. Point out to kids that they can do this project at home as well. They can find leaves in their garden or in the park.

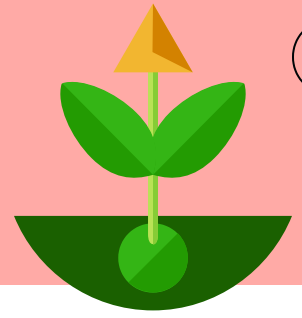
FUN FACTS

- A waxy leaf surface decreases water loss.
- Plants with leaves all year round are evergreens, and those that shed their leaves are deciduous.
- Clovers feature alternate compound leaves, usually with 3 toothed leaflets but occasionally they have 4 leaflets. Because these are rare they are considered lucky!



Parts of a Plant

ACTIVITY



OBJECTIVE

Be able to identify all the parts of a plant, do a scavenger hunt at the store, farmers market or fridge to find foods we eat that make up all the different parts of a plant.

MATERIALS

- Coloring page
- All 6 parts of a plant made up of foods people regularly eat. Roots, Stem, Leaf, Flower, Seed and Fruit.

THINGS TO LEARN

- Root: part of the plant that is usually underground that brings water and nutrients to the rest of the plant
- Stem: The stalk, or main body, of a plant that is usually above ground
- Leaf: Usually a flat part of the plant attached to the stem that is the main part for photosynthesis and transpiration
- Flower: where the production of seeds normally occurs
- Seed: part of a plant that when planted can grow into a new plant
- Fruit: A soft part of a plant that contains seeds. Usually edible

The Six parts of a plant with examples are:

- Roots: carrot, beet, radish, parsnip
- Stems: celery, asparagus, rhubarb, swiss chard & Tubers (like potatoes) are swollen, underground stems.
- Leaves: spinach, lettuce, kale, cabbage, arugula
- Flowers: broccoli, cauliflower
- Seed: peas, corn
- Fruit: tomato, cucumber, pepper, eggplant, pumpkin

ACTIVITY

Shop with your child at a farmers market or grocery store looking for fruits and vegetables, nuts and seeds that make up each of the 6 parts of a plant. Or gather these yourself and set up scavenger hunt in the fridge or just set up a display to show how we eat all different parts of plants!

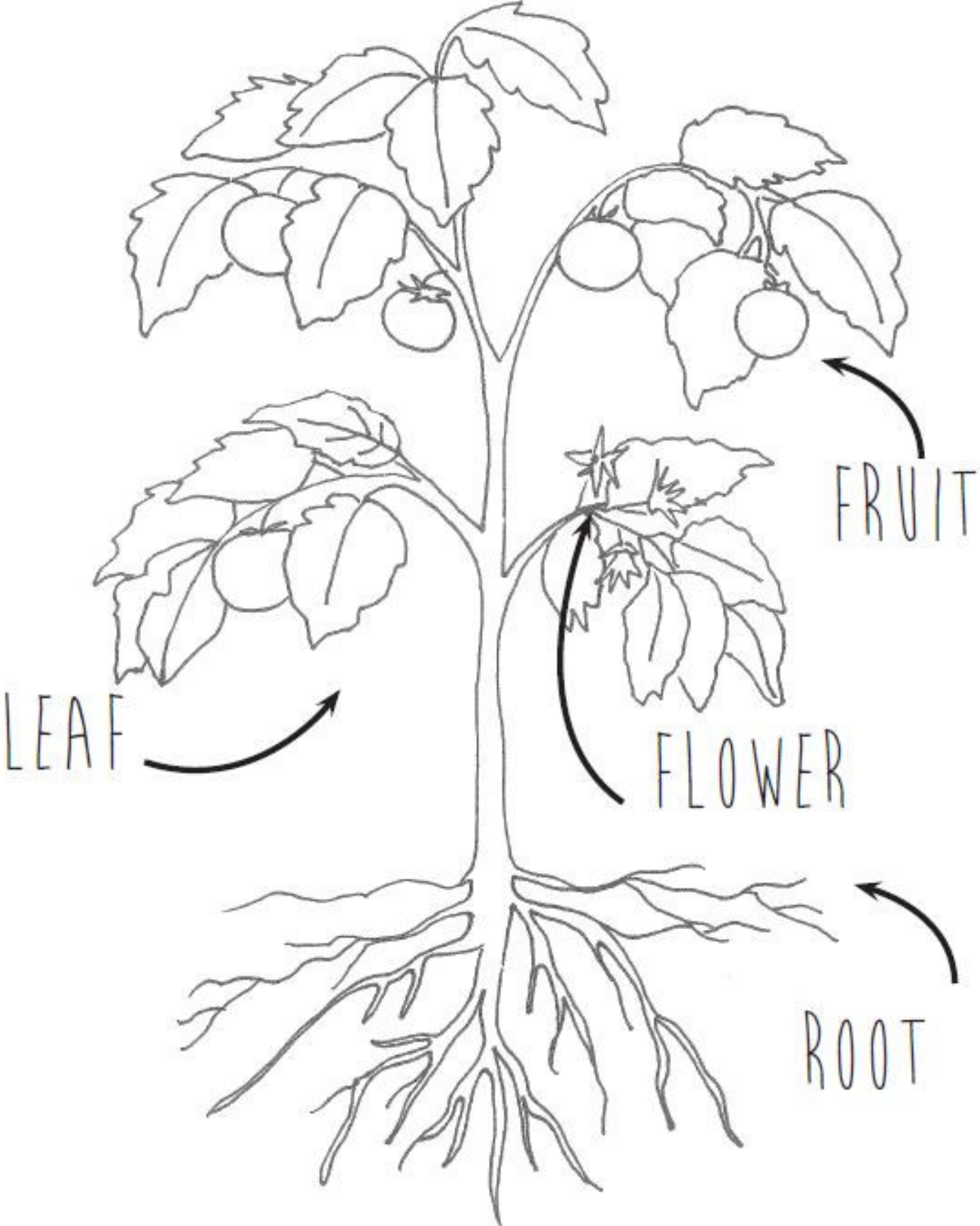
Then using the coloring page describe the six parts of the plant. Then look for different fruits and vegetables ask your child if they can guess which is what. For example, use a carrot and say "A carrot is what part of the plant". Then after they answer, let them know the answer "A carrot is a root". Then continue until all six categories have been completed.

FUN FACTS

- Potatoes are not actually a root or a vegetable, but a tuber. A tuber is a swollen, underground stem.
- Cucumbers and peppers, like tomatoes, are called vegetables but are really a fruit.
- The corn on the cob or "kernels" are seeds. Corn is technically a grain not a vegetable.



Parts of a Plant



Plant a Seed

ACTIVITY



37

OBJECTIVE

Plant a sunflower seed. Properly care for the seed and then transplant it in your garden (or container) at home.

MATERIALS

- Sunflower seeds
- Paper cups
- Potting soil
- Scoop (measuring cups or spoons can work)
- Ruler (or something that is one inch long or marked at one inch) to show kids what one-inch depth is.
- Markers

THINGS TO LEARN

- Kernel: edible part of the seed
- Proper Watering: soak the soil around your garden plants so that water gets to the root zone. Watering just the top of the soil does not encourage root growth. Making sure your garden receives one inch of water a week, including rain, is good for healthy vegetable plants.
- Sunflower seeds are a good source of Vitamins B1 & B6, copper, magnesium, folate, iron, fiber and zinc.

ACTIVITY

Gather materials prior to activity. Make sure the potting soil is moist, but not overly wet, before the activity begins.

First decorate the outside of a paper cup with markers. Once finished with decorating, help your child scoop potting soil into the cup. Try to have the soil come to within one inch of the top of the cup. One inch is approximately the distance from the fingertip to the first joint of an adult's pointer finger. Provide your child with a sunflower seed to plant. Follow directions provided with the seed packet. Most sunflower seeds are planted to a one-inch depth. Have your child place the seed in the hole, fill hole with soil and press soil down firmly. Then have your child water the seed just a bit until the soil is moist but not flooded. Then place the cup in a warm, sunny location with a barrier to keep moisture from damaging the surface of a window sill or furniture. Kids should water seed frequently enough to keep soil from drying out, but not getting overly wet either. When the seedling has a solid stalk, at least 2 sets of leaves and after the danger of frost has passed, the seedling can be planted in a very sunny location as sunflowers like plenty of direct sun (at least 6-8 hours). Plant in a location somewhat sheltered by strong winds, like a fence or a building when available. Dig a hole large enough to transplant the seedling. Show your child how to gently remove a plant from its original pot and plant in the container. Turn plastic pot upside down and have plant between fingers. Gently squeeze pot from bottom to push plant out. Water well.

FUN FACTS

- A dried flower head can be saved and set out in winter as a natural bird feeder.
- The edible part of the sunflower seed is actually called a "kernel".



Potato Pals

ACTIVITY



38

OBJECTIVE

Sometimes it's a good idea to play with your food! Make a Potato Head person or creature out of a real potato and other edible materials.

MATERIALS

- 1 large potato
- 2 googly eyes
- Tooth picks
- Construction Paper
- Safety scissors
- Glue stick
- A few summer squashes
- Carrot w/ the top
- Cherry tomatoes
- Any other fruits and veggies past their prime
- Cutting board and knife (for the adult)

THINGS TO LEARN

Playing with food boosts a child's confidence with the food, improves their motor skills and improves their attitude towards food. Getting messy and playing with food can be the first step in trying something new.

Nutritional Value of Potatoes: Potatoes have more potassium than a banana (21% of recommended intake), more vitamin C than an orange (45% of recommended intake) and more fiber than an apple with only 100 calories. 20% of a potato's nutrition is contained in or near its skin. So, eat the skin when appropriate.

How to Shop for and Store Potatoes: Purchase potatoes without soft spots, discolorations or cracks. If your potato has any green areas, please peel those away. The green area tastes bitter and can make a person sick. Store your potatoes in a cool, dark place with good air circulation to prevent them from turning green.

ACTIVITY

Take your potato and either cut a small slice off the bottom so it can stand up or use construction paper cut in a strip and then made into a circle, gluing the ends together. This can serve as a "stand" for the potato or as some sort of hat for the potato head. (Glue may not work on the potato).

Cut the fruits and veggies into small pieces to use for arms legs eyes etc. to decorate your potato. Toothpicks can be used to attach cherry tomatoes to potato as arms, sliced carrots or zucchini can be feet. Carrot tops make great "hair".

Generally, out of the supplied craft materials and vegetable products, kids can use their imagination to make a potato head person or creature out of a potato. Let them be creative, the only goal is to play with your food and have fun!

FUN FACTS

- Potatoes originated in the Andes Mountains of Peru and Bolivia. They were first cultivated by the Inca Indians.
- About half of the United States Potato production is in Idaho and Washington.
- Potatoes were the first vegetable to grow in Space!



Roots & Shoots

ACTIVITY

39



OBJECTIVE

Learn how your food grows by planting and observing a seed from the formation of roots to shoots.

MATERIALS

- Small plastic cup
- Paper towel
- Seeds (either beans or peas)
- Observation Journal & Take away work sheet

Additional items from home:

- Water (spray bottle works best but not required)
- Mason jar if accessible, works better than plastic cup for observing roots.

THINGS TO LEARN

Plants rely on their roots, stems AND leaves to take up and store water for use in growing.

The stages of a plant life cycle

The changes a seed undergoes between rooting and sending up shoots above ground.

ACTIVITY

1. Fill plastic cup (or mason jar) with bunched up paper towel
2. Have kids wet the paper towel (with a spray bottle or under sink). Make sure not to get it too wet, paper towel should be fully moist but no standing water in cup.
3. Have kids push seeds into cup/jar so they are positioned along the sides for easy viewing.
4. Put cup/jar in a warm sunny place. Watch the seeds grow.

Watch & Learn – use observation worksheet provided to record your answers:

How long did it take for your seed to form roots?

Do you see smaller root hairs that have formed?

How long until you saw a shoot pop up out of the seed?

FUN FACTS

- Seeds are alive! Seeds carry the food that a plant needs to begin to grow.
- All seeds need moisture, oxygen and the right temperature to germinate, or grow. have these conditions, the seed will remain dormant and do nothing.
- Seeds can be dispersed in the environment to new areas via wind, animals and water.

Until they



ROOTS to SHOOTS



Observation Journal

Draw what you observe from day 1 through day 5 of planting your seed!

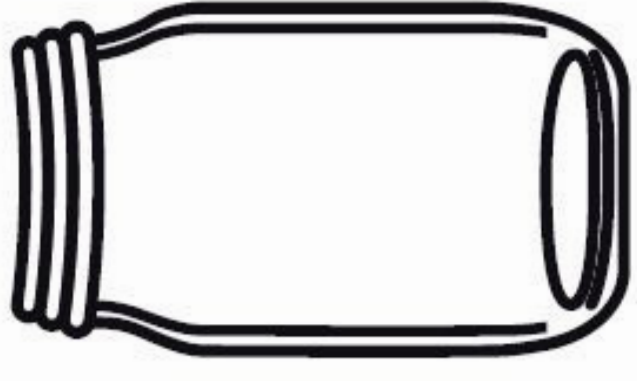
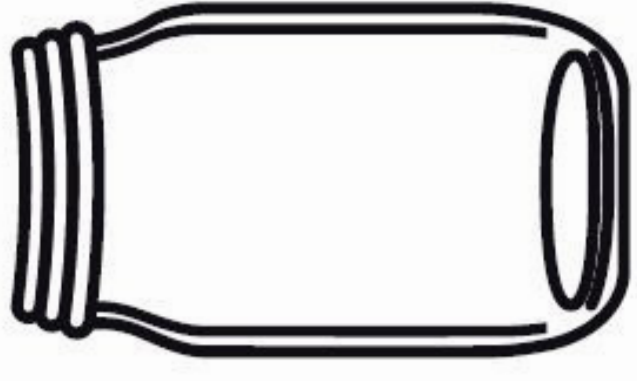
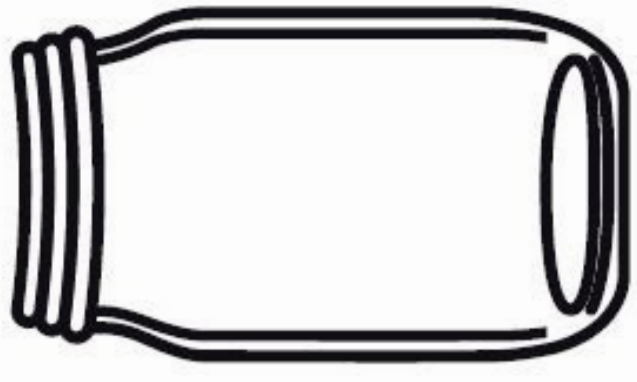
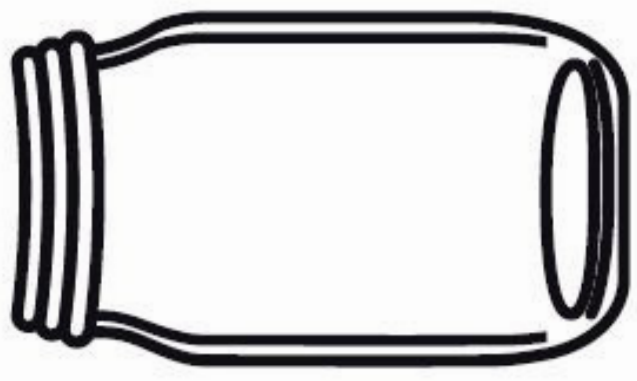
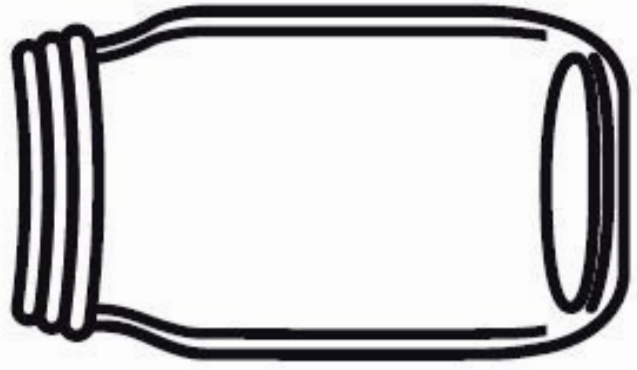
Day 1

Day 2

Day 3

Day 4

Day 5



How many days did it take for your seed to form roots? _____

How many days until you saw small, finer hairs develop on those roots? _____

How many days until a plant shoot popped up from you seed? _____

The Water Cycle

ACTIVITY



41

OBJECTIVE

Learn about the water cycle, the importance of water and make water color paints with beets, spinach and turmeric and then make your own water color painting.

MATERIALS

- Small containers approximately 2oz
- 1 Beet
- Red Cabbage
- Fresh Spinach
- Baking Soda
- Watercolor Paper
- Sharpies for drawing basic shapes to color with watercolor paints
- Thin boards
- Painters tape or masking tape
- Lots of water and clean rags for cleaning brushes
- Paint brushes

ACTIVITY

Make your own watercolor paint out of natural materials! They're all pretty simple, and suggest using the least amount of water possible for darker colors while still getting the liquid you'll need as a base for water coloring.

Red: Dice large beet and add water, muddle a little and mix.

Blue/Teal: Shred red cabbage, muddle with mortar and pestle or other method, add some water and about a teaspoon of baking soda and mix. The longer it sits the more vibrant the blue.

Green: Roughly chop spinach and muddle, add some water and continue to muddle.

Orange: Powdered turmeric add water, muddle and mix don't worry it won't dissolve but it will work.

You can also include other water color paints.

Take your watercolor paper and tape all 4 sides with painters' tape or masking tape to the board. Use masking tape and help the younger kids to tape it down cleanly, think of creating a white boarder along the edges with the tape. When you peel it off you want it to look nice. If you want to draw shapes to color in, try sharpies for drawing, they don't bleed at all other markers will bleed when wet.

Get some small clean brushes and lots of water and rags to clean and dry brushes.

Direct kids to rinse and dry their brush between each color. Make sure you provide lots of water and drying towels for each kid to do the activity. Let paintings completely dry before removing tape and sending them home. 10 mins or so depending on how wet the painting was.



KIDS
ACTIVITIES
TO
GO

The Water Cycle

ACTIVITY CONTINUED



42

THINGS TO LEARN

All the water we have on earth exists now and that water is essential for the survival of all living things. Because of that, it is essential to not pollute our water. Only ~1% of the water we have on earth can be used for human needs like drinking, bathing, watering crops and other uses. About 97% of the world's water is salt water, another 2% is locked in ice caps, glaciers or in deep ground water.

Water is essential for the survival of all living things. Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes. 70 % of the human brain is water and a person can live about a month without food, but only a week without water.

The water cycle: The cycle of processes by which water circulates between the earth's oceans, atmosphere, and land, involving precipitation as rain and snow, drainage in streams and rivers, and return to the atmosphere by evaporation and transpiration.

Evaporation occurs when the sun heats up water in lakes or oceans by radiant energy, causing the water molecules to become so active that some of them rise into the atmosphere as water vapor or steam.

Transpiration occurs when plants take water up through the roots and release it through the leaves, a process that can clean water by removing contaminants and pollution. Another way to think about it is people sweat and plants transpire.

Condensation is when water vapor in the air gets cold and changes back into liquid forming clouds.

Precipitation occurs when so much water has condensed in the clouds that it can no longer stay up in the air.

The water falls back to the earth in the form of rain, hail, sleet or snow.

The last step is collection after the water falls back to the earth as precipitation, it may fall back in the oceans, lakes or river or it may end up on land. If the water falls to the ground it infiltrates (seeps back into the earth) and becomes "ground water" or it becomes runoff where the water reaches the surface of the soil but doesn't infiltrate. Runoff ends up in streams and rivers eventually running to the ocean.

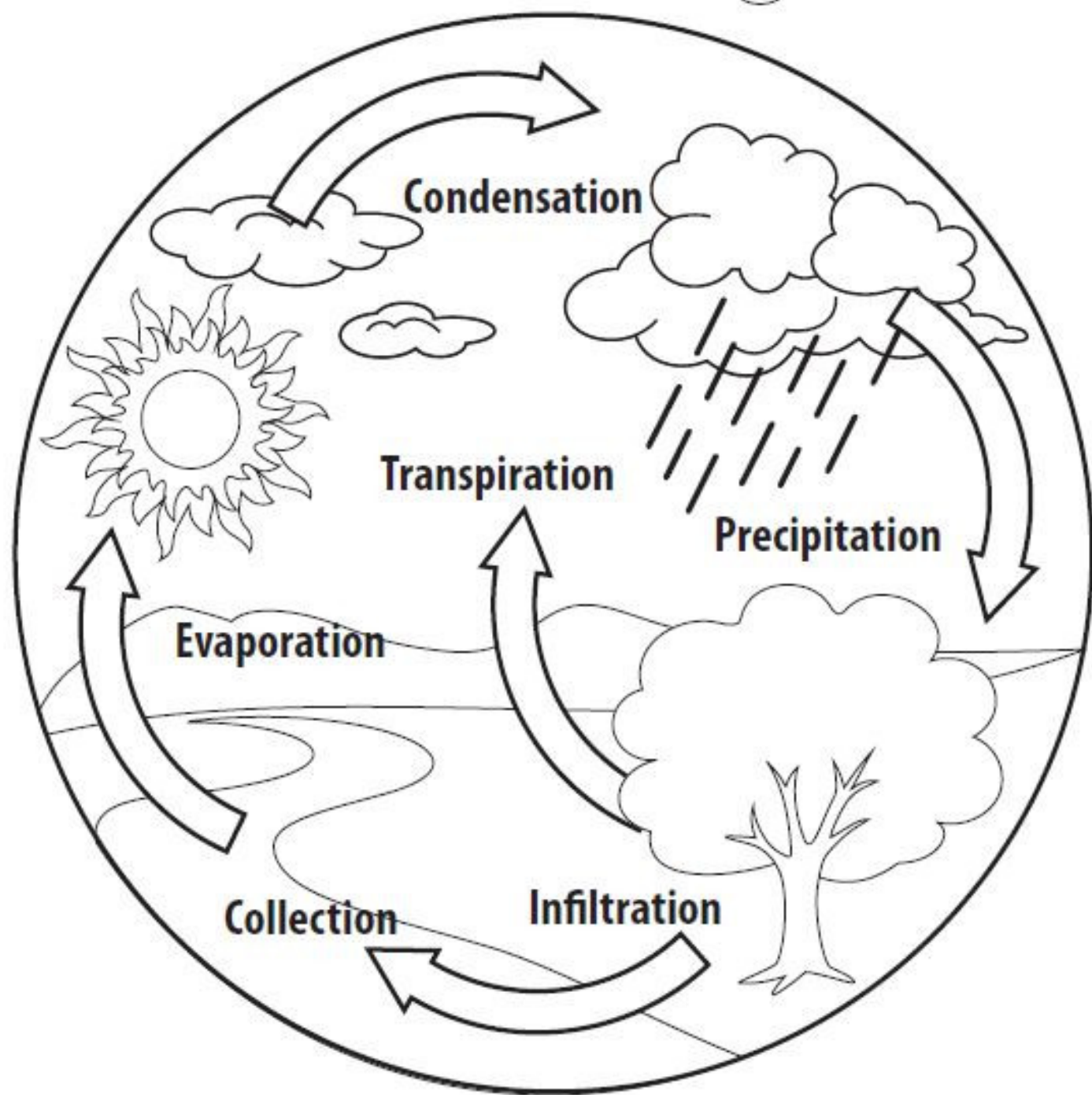
Then, the whole cycle starts over again!

FUN FACTS

- A person can live about a month without food, but only a week without water.
- There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank.
- 70% of the human brain is water.



The Water Cycle



Transpiration

ACTIVITY



OBJECTIVE

Learn about the process of transpiration in plants. Do an experiment to learn more about how it really works.

MATERIALS

- Celery or White Carnations
- 5 small glass jars or clear glasses. ½ pint jars are a good size.
- Food coloring: green, blue, red and yellow.
- Water
- 12- 24 hours

THINGS TO LEARN

Transpiration: The process by which plants pull water and nutrients from the soil moving them from the roots of a plant up to its leaves. The water warmed by the sun, turns into vapor (or evaporates), and then passes out through thousands of tiny pores (called stomata) mostly found on the underside of the leaf surface.

Evaporation: The process of water changing from a liquid to a gas.

ACTIVITY DESCRIPTION

Take 4 small jars filled ½ way with water and add 2-3 drops of food coloring to each glass with a different color for each jar. This experiment needs to be prepared 12-24 hours ahead of time. Four jars will include a different color and a stalk of celery or flower. The fifth jar will just contain water and a stalk of celery or flower and will serve as the control for the experiment. After the food coloring is mixed completely, add 1 stalk of freshly cut celery or a fresh re-cut carnation into each jar. The leafy stalks of the celery or the carnations are the most attractive and interesting looking as the leaves draw up the food coloring colors. Leave overnight some place cool and the next day the celery stalks will have pulled the dye color all the way to the tops of the leaves. The longer you leave the experiment the more color you will see up until a saturation point or the plant starting to wilt.

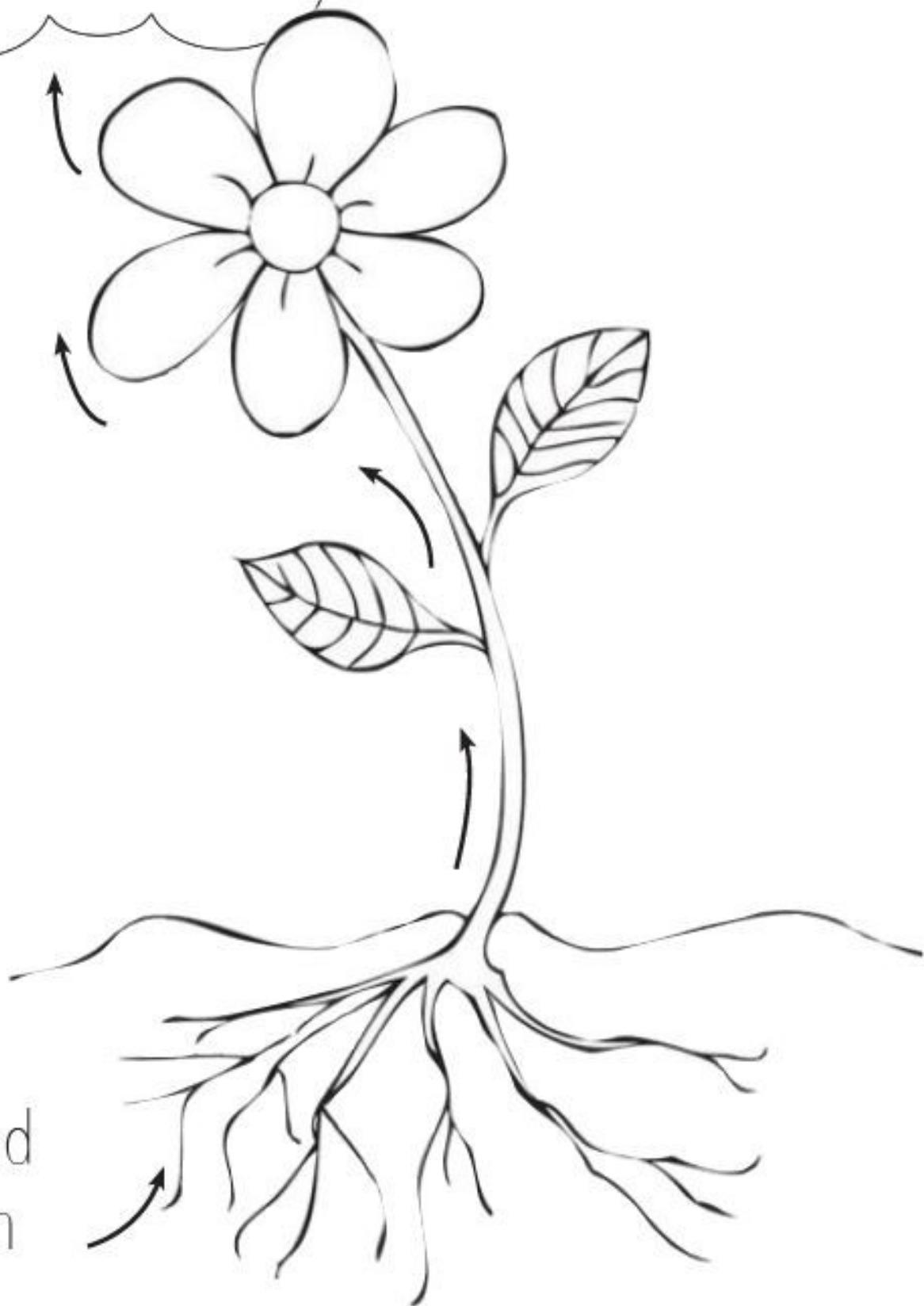
FUN FACTS

- The two main functions of transpiration are cooling the plant and pumping water and minerals to the leaves for photosynthesis (which is how plants make food).
- Plants also need water to absorb nutrients (used to make plant food) in the soil.
- Its estimated that 98% of a plant's energy is used in the work of transpiration.

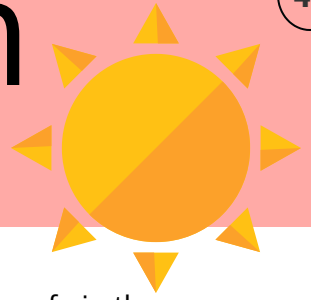


Transpiration

Evaporation



Water and
Nutrition



Vitamin of the Sun

ACTIVITY

OBJECTIVE

Learn the benefits of Vitamin D and how your body can ingest it as well as learning to be safe in the sun. Make a mobile with pictures of fish and suns (both ways to get Vitamin D).

MATERIALS

- Construction paper with a variety of colors
- Yarn or string
- Sturdy paper plates
- Pencil
- Scissors
- Markers
- Tape or Elmer's glue

THINGS TO LEARN

- Vitamin D promotes calcium absorption and leads to bone growth and helps reduce risk of rickets in children and osteoporosis in seniors.
- Very few food items naturally contain Vitamin D. The best sources are fish like tuna, cod, salmon, swordfish as well as fish liver oil. Some other foods provide smaller amounts of Vitamin D, like beef liver, cheese, and egg yolks. Fortified sources like milk, yogurt and orange juice contain Vitamin D.
- Ultraviolet B rays from the sun provide Vitamin D. Some scientists suggest that 5-30 minutes of sun exposure to the face, arms, legs, or back at least twice weekly between 10am and 3pm without sunscreen usually provides sufficient Vitamin D intake. Other doctors recommend that you should always use sunblock all the time while in the sun and suggest your body will still get some Vitamin D benefit, even with full sun block protection.
- Prolonged unprotected exposure to the sun can increase your risk of sunburn and skin cancer.

ACTIVITY

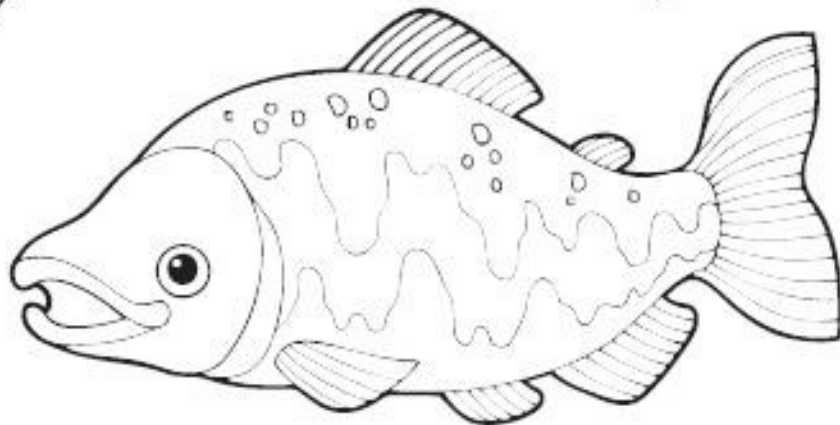
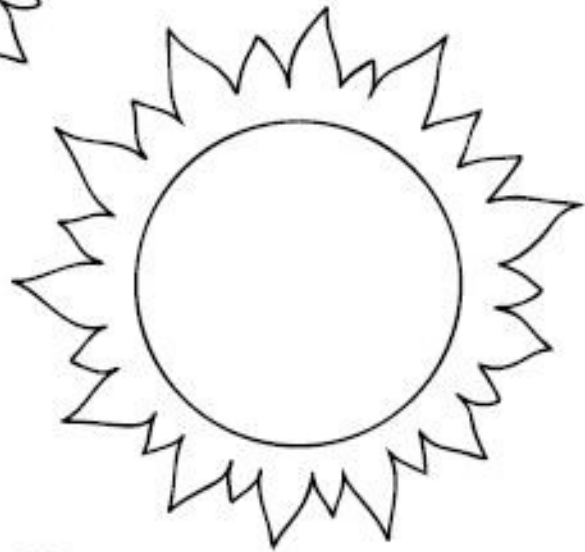
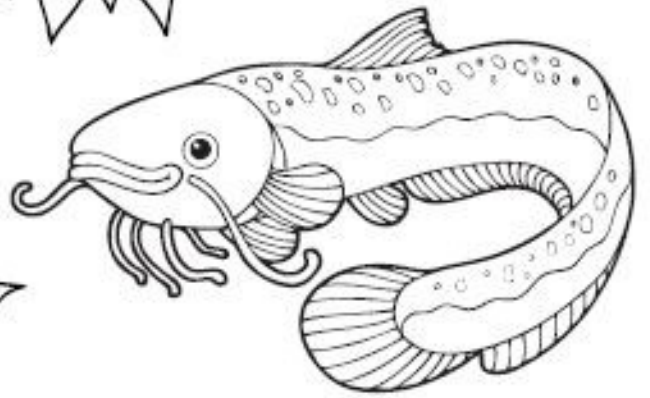
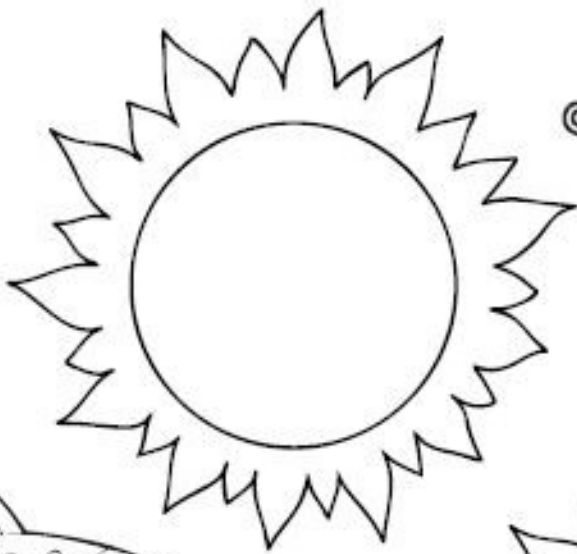
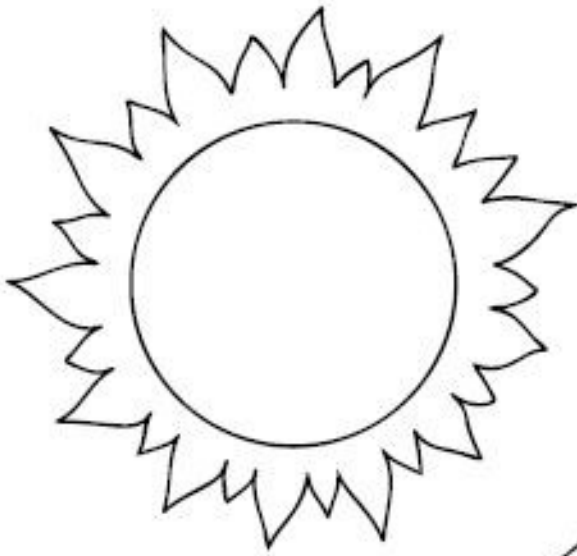
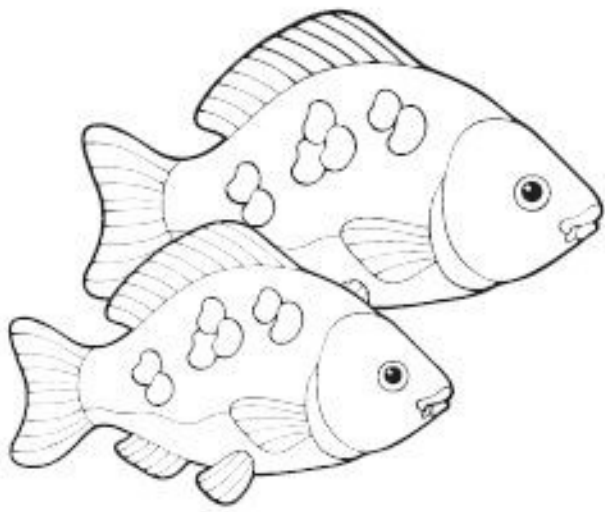
Each child draws a spiral on the paper plate and then cuts along the line. Then, the child decorates the paper plate with the markers as desired. Use a template to color a few suns and fish shapes and then cut them out. Or draw your own fish and sun. 3-5 total cut outs per mobile is a good range. Cut different lengths of string and then tape one end of each string to a sun and fish and then attach the other ends of the strings to the plate with tape or glue.

Then you will have a beautiful Vitamin D inspired Mobile!

FUN FACTS

- Vitamin D promotes calcium absorption, leads to bone growth, helps reduce risks of rickets in children and osteoporosis, in seniors.
- You can get Vitamin D in three ways: through your skin, from your diet, and from supplements.
- Vitamin D is good, but sunburns are not! Always wear sunscreen while out in the sun.
- Vitamin D helps your body to absorb calcium, one of the main building blocks of bone!





Yoga & Affirmation

ACTIVITY

48



OBJECTIVES

Learn & demonstrate several yoga poses, see physical activity as a form of fun, and learn about affirmations and choose one that you like.

MATERIALS

- Soft, flat surface
- Rock and marker

THINGS TO LEARN

- Coordination: using different parts of the body together to accomplish a task effectively and efficiently.
- Flexibility: Range of motion. Ease of the body to move without causing injury, especially the movement of muscles around the joints.
- Affirmation: Emotional support or encouragement.

ACTIVITY

Through research or from the following pages, find an animal yoga pose that you like. While sitting in a soft, flat surface think of your animal and develop a story of that animal. Act out the animal's story through yoga poses. Does the animal climb a tree (tree pose)? Does the animal fly on an airplane (airplane pose)? Does the animal climb a mountain (mountain pose)? Does the animal meet other animals (cat/dog/fish pose)? Enjoy the adventure and invite someone in your family to come along.

After your yoga adventure, relax calmly on the floor. While relaxing on the floor, think of your favorite inspiring words. Affirmations are positive words of support and encouragement that you like. Some people say that affirmations help them stay strong and remind them of good things. Some affirmation examples could be: I am strong; I am kind; I am brave; I am a helpful; I am talented. Be creative.

Once you pick your affirmation, write it on your small rock and place in somewhere special like in your garden or in your room.

FUN FACTS

- Yoga means "join together". The purpose of yoga is to join together mind, body, and spirit.
- Yoga can help with concentration, body awareness and how to calm the mind while also improving flexibility, strength, and coordination.
- Some believe that yoga can boost confidence and create a sense of general well-being.
- Yoga can be practiced at home.
- Yoga started in India 3,000-5,000 years ago.

EXTRA

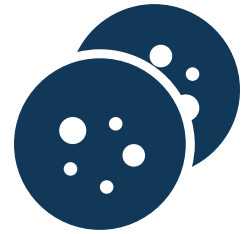
- Try Cosmic Kids Yoga on YouTube
- Try Garden Yoga poses for kids
- Develop or find a list of affirmations and write them on small pieces of paper and place them in a jar. When you need some positive words, pick out a piece of paper from the jar.



Recipes

Breakfast

Blueberry Breakfast Cookies



Ingredients:

- $\frac{3}{4}$ cups mashed ripe banana (about 2 medium bananas)
- 1 cup quick cooking oats, uncooked
- $\frac{1}{4}$ cup blueberries
- Pinch of cinnamon
- 2 tbsp. honey

Directions:

- Have an adult preheat the oven to 350 degrees.
- In a large bowl, combine all ingredients.
- Using a spoon, drop batter on greased baking sheet and bake at 350 degrees for 10-12 minutes or until the bottom is golden brown.



Blueberry Breakfast Cookies



Ingredients:

- $\frac{3}{4}$ cups mashed ripe banana (about 2 medium bananas)
- 1 cup quick cooking oats, uncooked
- $\frac{1}{4}$ cup blueberries
- Pinch of cinnamon
- 2 tbsp. honey

Directions:

- Have an adult preheat the oven to 350 degrees.
- In a large bowl, combine all ingredients.
- Using a spoon, drop batter on greased baking sheet and bake at 350 degrees for 10-12 minutes or until the bottom is golden brown.



Fluffy cloud like German pancakes with fresh fruit

Ingredients:

- 6 large eggs
- 1 cup milk (or milk alternative)
- 1 cup all-purpose flour
- Dash salt
- 1 teaspoon vanilla extract
- 5 tablespoons butter
- 2 cups of fresh or frozen fruit (strawberries or blueberries work great)
- Maple syrup



Directions:

- Preheat the oven to 425 degrees F.
- Mix eggs, milk, flour, salt and vanilla in a bowl with a whisk, fork or spoon.
- As the oven preheats, put the butter in an un-greased 9x13 inch baking dish and place in the oven until just melted then take out of oven.
- Pour batter into the baking dish. Put back in the oven.
- Bake for 22-27 minutes or until edges are golden brown and fluffy.
- Chop fresh fruit or heat up frozen fruit in a small sauce pan.
- Cut up pancakes into single servings and serve with fresh fruit and a little maple syrup on top.



Fluffy cloud like German pancakes with fresh fruit

Ingredients:

- 6 large eggs
- 1 cup milk (or milk alternative)
- 1 cup all-purpose flour
- Dash salt
- 1 teaspoon vanilla extract
- 5 tablespoons butter
- 2 cups of fresh or frozen fruit (strawberries or blueberries work great)
- Maple syrup



Directions:

- Preheat the oven to 425 degrees F.
- Mix eggs, milk, flour, salt and vanilla in a bowl with a whisk, fork or spoon.
- As the oven preheats, put the butter in an un-greased 9x13 inch baking dish and place in the oven until just melted then take out of oven.
- Pour batter into the baking dish. Put back in the oven.
- Bake for 22-27 minutes or until edges are golden brown and fluffy.
- Chop fresh fruit or heat up frozen fruit in a small sauce pan.
- Cut up pancakes into single servings and serve with fresh fruit and a little maple syrup on top.



Good Morning Muffins



Ingredients:

- 2 cups all-purpose flour
- 1 ¼ cups white sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- 2 cups shredded carrots
- ½ cup raisins
- ½ cup pecans
- ½ cup unsweetened flaked coconut
- 1 apple – peeled, cored and shredded
- 3 eggs
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
-

Directions:

- Preheat oven to 350 degrees F. Grease 12 muffin cups, or line with paper muffin liners.
- In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.
- In a separate bowl, beat together eggs, oil, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups.
- Bake in preheated oven for 20 minutes, until a toothpick inserted into center of a muffin comes out clean.



Good Morning Muffins



Ingredients:

- 2 cups all-purpose flour
- 1 ¼ cups white sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- 2 cups shredded carrots
- ½ cup raisins
- ½ cup pecans
- ½ cup unsweetened flaked coconut
- 1 apple – peeled, cored and shredded
- 3 eggs
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
-

Directions:

- Preheat oven to 350 degrees F. Grease 12 muffin cups, or line with paper muffin liners.
- In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.
- In a separate bowl, beat together eggs, oil, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups.
- Bake in preheated oven for 20 minutes, until a toothpick inserted into center of a muffin comes out clean.



Scrambled Egg Breakfast Burrito

Ingredients:

- 2 large eggs
- 1 Tablespoon of milk (fortified w/ Vitamin D)
- 1 teaspoon of chopped fresh cilantro
- 1/8 teaspoon of salt
- Dash of ground pepper
- ½ teaspoon of butter
- 4 Tablespoons of shredded of Cheddar and/or Monterey Jack cheese
- 2 flour tortillas (about 8 inches diameter) heated up your favorite way
- ¼ cup of seeded and chopped tomatoes
- 2 Tablespoons of salsa (either bottled or freshly made)
- May add optional smoked salmon



Directions:

- Beat eggs, milk, cilantro, salt, and pepper in a medium bowl until blended.
- Heat butter in large skillet over medium heat until hot and then add the egg mixture.
- Pull the eggs gently across the skillet with a spatula as they begin to set. This should form large soft curds.
- Continue cooking without stirring constantly until the eggs thicken and no liquid egg is visible.
- Sprinkle half the cheese along the center of each tortilla followed by the eggs, tomatoes, and salsa.
- Roll up the burritos by folding the bottom up and then the sides to the center. Then cut each tortilla in half and serve.



Scrambled Egg Breakfast Burrito

Ingredients:

- 2 large eggs
- 1 Tablespoon of milk (fortified w/ Vitamin D)
- 1 teaspoon of chopped fresh cilantro
- 1/8 teaspoon of salt
- Dash of ground pepper
- ½ teaspoon of butter
- 4 Tablespoons of shredded of Cheddar and/or Monterey Jack cheese
- 2 flour tortillas (about 8 inches diameter) heated up your favorite way
- ¼ cup of seeded and chopped tomatoes
- 2 Tablespoons of salsa (either bottled or freshly made)
- May add optional smoked salmon



Directions:

- Beat eggs, milk, cilantro, salt, and pepper in a medium bowl until blended.
- Heat butter in large skillet over medium heat until hot and then add the egg mixture.
- Pull the eggs gently across the skillet with a spatula as they begin to set. This should form large soft curds.
- Continue cooking without stirring constantly until the eggs thicken and no liquid egg is visible.
- Sprinkle half the cheese along the center of each tortilla followed by the eggs, tomatoes, and salsa.
- Roll up the burritos by folding the bottom up and then the sides to the center. Then cut each tortilla in half and serve.

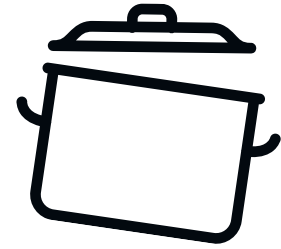


Chilies and Soups

Chicken and dumpling soup

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 celery stalks, chopped
- 1 garlic clove, finely chopped
- 4 medium carrots, chopped
- 1 teaspoon thyme
- 2 lbs boneless skinless chicken thighs or breasts, cut bight sized
- 2 14.5 oz box/ Cans or 4 cups Chicken broth
- 2 cups water
- 1 cup and 2 tablespoons all-purpose flour, divided
- 2 teaspoons baking powder
- 1 teaspoon white sugar
- ½ teaspoon salt
- 1 tablespoon butter
- ½ milk or milk alternative



Directions:

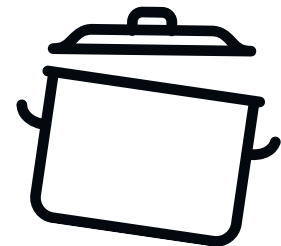
- In a medium to large pot, heat oil over medium heat when hot, add onion, celery, garlic, carrots and thyme.
- Stir occasionally and cook until onions are fragrant and translucent, about 4-6 mins. Add 2 tablespoons of flour, whisking constantly until combined, and then cook until the flour starts to smell toasted, about a min. Gradually add chicken broth, whisking consistently, and then water – bring to a boil.
- Turn down heat to medium low and add the chicken and cover. Cook for 20-30 mins stirring from time to time.
- Make dumpling batter: In a medium sized bowl, stir together 1 cup all-purpose flour, teaspoons baking powder, sugar, and salt. Mix in butter by hand until crumbly. Stir in milk until it makes soft clumpy dough. Drop by spoonfuls into soup covering the top of the liquid. Cover and simmer for 15 minutes. Serve warm.



Chicken and dumpling soup

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 celery stalks, chopped
- 1 garlic clove, finely chopped
- 4 medium carrots, chopped
- 1 teaspoon thyme
- 2 lbs boneless skinless chicken thighs or breasts, cut bight sized
- 2 14.5 oz box/ Cans or 4 cups Chicken broth
- 2 cups water
- 1 cup and 2 tablespoons all-purpose flour, divided
- 2 teaspoons baking powder
- 1 teaspoon white sugar
- ½ teaspoon salt
- 1 tablespoon butter
- ½ milk or milk alternative



Directions:

- In a medium to large pot, heat oil over medium heat when hot, add onion, celery, garlic, carrots and thyme.
- Stir occasionally and cook until onions are fragrant and translucent, about 4-6 mins. Add 2 tablespoons of flour, whisking constantly until combined, and then cook until the flour starts to smell toasted, about a min. Gradually add chicken broth, whisking consistently, and then water – bring to a boil.
- Turn down heat to medium low and add the chicken and cover. Cook for 20-30 mins stirring from time to time.
- Make dumpling batter: In a medium sized bowl, stir together 1 cup all-purpose flour, teaspoons baking powder, sugar, and salt. Mix in butter by hand until crumbly. Stir in milk until it makes soft clumpy dough. Drop by spoonfuls into soup covering the top of the liquid. Cover and simmer for 15 minutes. Serve warm.



Simple Lentil Chili

Ingredients:

- 3 cloves garlic, chopped
- 1 medium onion, chopped
- 2 cups chopped fresh tomatoes (or 14.5 oz can of chopped tomatoes)
- 5 oz kale
- 1 green pepper, chopped
- 4 cups vegetable stock (or water)
- 1 cup dry brown lentils#
- 1 tsp sea salt
- 2 tsp cumin
- 2 tsp paprika
- ¼ tsp cayenne powder
- ¼ tsp ground black pepper
- 1 cup of corn (frozen or fresh from the cob)



Directions:

- In a large pot, add garlic, onion, tomatoes, green pepper, vegetable stock (or water), lentils and bring to a boil.
- Add salt, cumin, paprika, cayenne powder, and pepper. Stir and cook over medium-high heat for 35 minutes.
- When the lentils are almost cooked, please add corn and stir. Cook for another 10 minutes.
- Add the kale and stir a few minutes before chili is finished cooking.
- Remove from heat and stir.



Simple Lentil Chili

Ingredients:

- 3 cloves garlic, chopped
- 1 medium onion, chopped
- 2 cups chopped fresh tomatoes (or 14.5 oz can of chopped tomatoes)
- 5 oz kale
- 1 green pepper, chopped
- 4 cups vegetable stock (or water)
- 1 cup dry brown lentils#
- 1 tsp sea salt
- 2 tsp cumin
- 2 tsp paprika
- ¼ tsp cayenne powder
- ¼ tsp ground black pepper
- 1 cup of corn (frozen or fresh from the cob)



Directions:

- In a large pot, add garlic, onion, tomatoes, green pepper, vegetable stock (or water), lentils and bring to a boil.
- Add salt, cumin, paprika, cayenne powder, and pepper. Stir and cook over medium-high heat for 35 minutes.
- When the lentils are almost cooked, please add corn and stir. Cook for another 10 minutes.
- Add the kale and stir a few minutes before chili is finished cooking.
- Remove from heat and stir.



Stir Fries

Beef and Broccoli Stir-Fry

Ingredients:

- 2 tablespoons cornstarch or flour
- 2 tablespoons water
- 1 pound of boneless round steak, flank steak, or chuck steak
- 1 tablespoon of vegetable or sesame oil
- 3 cloves of garlic, minced
- 4 cups of broccoli florets
- 1 small onion cut into strips
- 1 bell pepper cut into strips
- Sauce:
- 1/3 cup of soy sauce
- 1/3 cup water
- 1 tablespoon brown sugar (or honey)
- 1 teaspoon ground ginger
- 1 teaspoon corn starch or flour



Directions:

- In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water until smooth. Add the beef and mix until fully coated. Set aside for 2 minutes.
- Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add beef and stir-fry for 3-5 minutes or until it's no longer pink. Remove from pan and set aside. Keep warm.
- In the same pan, stir-fry garlic, broccoli, onion, and bell peppers in the remaining oil, for 3-5 minutes. Return beef to pan.
- In a small bowl combine soy sauce, brown sugar, ginger and remaining 1 tablespoon cornstarch and 1/2 cup water until smooth; add to the pan.
- Cook and stir for 2-3 minutes.
- Serve over rice or noodles.



Beef and Broccoli Stir-Fry

Ingredients:

- 2 tablespoons cornstarch or flour
- 2 tablespoons water
- 1 pound of boneless round steak, flank steak, or chuck steak
- 1 tablespoon of vegetable or sesame oil
- 3 cloves of garlic, minced
- 4 cups of broccoli florets
- 1 small onion cut into strips
- 1 bell pepper cut into strips
- Sauce:
- 1/3 cup of soy sauce
- 1/3 cup water
- 1 tablespoon brown sugar (or honey)
- 1 teaspoon ground ginger
- 1 teaspoon corn starch or flour



Directions:

- In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water until smooth. Add the beef and mix until fully coated. Set aside for 2 minutes.
- Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add beef and stir-fry for 3-5 minutes or until it's no longer pink. Remove from pan and set aside. Keep warm.
- In the same pan, stir-fry garlic, broccoli, onion, and bell peppers in the remaining oil, for 3-5 minutes. Return beef to pan.
- In a small bowl combine soy sauce, brown sugar, ginger and remaining 1 tablespoon cornstarch and 1/2 cup water until smooth; add to the pan.
- Cook and stir for 2-3 minutes.
- Serve over rice or noodles.



Cabbage Stir-Fry

Ingredients:

- 2 teaspoons oil
- 1 cup celery, chopped
- 1 cup chopped onion
- 3 cups shredded and chopped cabbage
- ½ cup red or orange bell pepper, seeded and chopped
- 1 medium tomato, chopped
- Salt and pepper to taste



Directions:

- Heat oil in large skillet over medium-high heat
- Add celery and onion. Cook 4-7 minutes until soft.
- Add cabbage, bell pepper, salt/pepper. Cook for 5-10 minutes, stirring often.
- Add tomato and serve immediately over brown rice.



Cabbage Stir-Fry

Ingredients:

- 2 teaspoons oil
- 1 cup celery, chopped
- 1 cup chopped onion
- 3 cups shredded and chopped cabbage
- ½ cup red or orange bell pepper, seeded and chopped
- 1 medium tomato, chopped
- Salt and pepper to taste



Directions:

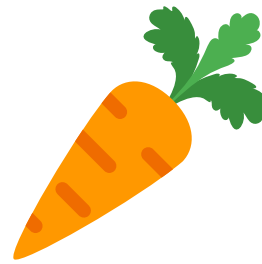
- Heat oil in large skillet over medium-high heat
- Add celery and onion. Cook 4-7 minutes until soft.
- Add cabbage, bell pepper, salt/pepper. Cook for 5-10 minutes, stirring often.
- Add tomato and serve immediately over brown rice.



Vegetable Stir-Fry

Ingredients:

- 1 medium cucumber
- 1 medium carrot
- 1 bunch kale
- 1 head broccoli
- 1 small hot pepper
- 1 clove garlic
- 1 pint cherry tomatoes
- 1 Tablespoon tahini paste
- 1 Tablespoon brown sugar
- 3 Tablespoons olive oil
- ½ teaspoon ground ginger



Directions:

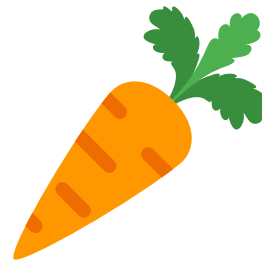
- Rinse and chop cucumber and broccoli. Peel, rinse, and chop carrot. Rinse and mince hot pepper. Peel and finely chop garlic. Rinse cherry tomatoes.
- Remove hard stems from kale and stack leaves on top of each other. Use knife to slice kale leaves into ¼-inch strips.
- In large bowl filled with cold water, add cut kale. Allow dirt to settle to bottom of bowl. Lift kale out of bowl. Shake off excess water.
- In small bowl, mix together tahini, brown sugar, and 1 Tablespoon olive oil. Add 1 teaspoon of minced hot pepper (add more to taste). Mix.
- In medium skillet over medium-high heat, heat remaining 2 Tablespoons olive oil. Add ground ginger and stir. Add chopped veggies. Stir frequently. Cook until veggies are tender, about 6-7 minutes. Add tomatoes last.
- Add tahini mixture. Bring to a boil. Reduce heat. Simmer about 2 minutes.
- Variations include adding cubed extra firm tofu or chicken. Serve over brown rice, couscous, or quinoa. If don't have hot pepper, could use Sriracha hot sauce.



Vegetable Stir-Fry

Ingredients:

- 1 medium cucumber
- 1 medium carrot
- 1 bunch kale
- 1 head broccoli
- 1 small hot pepper
- 1 clove garlic
- 1 pint cherry tomatoes
- 1 Tablespoon tahini paste
- 1 Tablespoon brown sugar
- 3 Tablespoons olive oil
- ½ teaspoon ground ginger



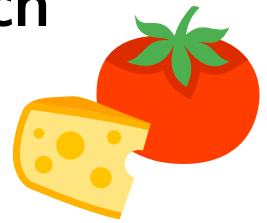
Directions:

- Rinse and chop cucumber and broccoli. Peel, rinse, and chop carrot. Rinse and mince hot pepper. Peel and finely chop garlic. Rinse cherry tomatoes.
- Remove hard stems from kale and stack leaves on top of each other. Use knife to slice kale leaves into ¼-inch strips.
- In large bowl filled with cold water, add cut kale. Allow dirt to settle to bottom of bowl. Lift kale out of bowl. Shake off excess water.
- In small bowl, mix together tahini, brown sugar, and 1 Tablespoon olive oil. Add 1 teaspoon of minced hot pepper (add more to taste). Mix.
- In medium skillet over medium-high heat, heat remaining 2 Tablespoons olive oil. Add ground ginger and stir. Add chopped veggies. Stir frequently. Cook until veggies are tender, about 6-7 minutes. Add tomatoes last.
- Add tahini mixture. Bring to a boil. Reduce heat. Simmer about 2 minutes.
- Variations include adding cubed extra firm tofu or chicken. Serve over brown rice, couscous, or quinoa. If don't have hot pepper, could use Sriracha hot sauce.



Salads & Sandwiches

Simple Grilled Cheese and Tomato Sandwich



Ingredients:

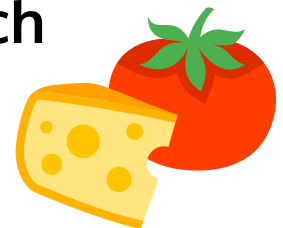
- ½ stick of softened butter
- 8 Slices of bread
- 2 medium Tomatoes sliced
- 8 slices of cheese of your choice (Cheddar, Swiss, Monterey Jack, Fontina, Pepper Jack, etc)
- Optional: 8-12 leaves of Basil

Directions:

- Spread softened butter on one side of each slice of bread while heating skillet on medium/medium-high heat. Place four slices of bread butter side down on the skillet. On each slice of bread, add a slice of cheese followed by two slices of tomatoes, 2-3 basil leaves (if desired), and another slice of cheese. Then top with another slice of bread with buttered side facing up.
- Proceed to grill until bread is golden brown on each side (2-4 minutes each side). Serve when ready.



Simple Grilled Cheese and Tomato Sandwich



Ingredients:

- ½ stick of softened butter
- 8 Slices of bread
- 2 medium Tomatoes sliced
- 8 slices of cheese of your choice (Cheddar, Swiss, Monterey Jack, Fontina, Pepper Jack, etc)
- Optional: 8-12 leaves of Basil

Directions:

- Spread softened butter on one side of each slice of bread while heating skillet on medium/medium-high heat. Place four slices of bread butter side down on the skillet. On each slice of bread, add a slice of cheese followed by two slices of tomatoes, 2-3 basil leaves (if desired), and another slice of cheese. Then top with another slice of bread with buttered side facing up.
- Proceed to grill until bread is golden brown on each side (2-4 minutes each side). Serve when ready.



Broccoli Salad

Ingredients:

- 1 head fresh broccoli florets
- ½ cup red seedless grapes
- 1 cup low-fat mayonnaise
- 2 tablespoons vinegar (white or cider)
- ¼ cup sunflower seeds
- 2 tablespoons sugar



Directions:

- Wash all vegetables in a strainer under cold water.
- Chop broccoli into bite size pieces and cut grapes in half.
- In a large bowl mix together the broccoli, grapes and sunflower seeds.
- In a small bowl, mix together the mayo, sugar and vinegar.
- Pour the mayonnaise mixture into the large bowl and stir well.
- Cover and refrigerate until chilled.



Broccoli Salad

Ingredients:

- 1 head fresh broccoli florets
- ½ cup red seedless grapes
- 1 cup low-fat mayonnaise
- 2 tablespoons vinegar (white or cider)
- ¼ cup sunflower seeds
- 2 tablespoons sugar



Directions:

- Wash all vegetables in a strainer under cold water.
- Chop broccoli into bite size pieces and cut grapes in half.
- In a large bowl mix together the broccoli, grapes and sunflower seeds.
- In a small bowl, mix together the mayo, sugar and vinegar.
- Pour the mayonnaise mixture into the large bowl and stir well.
- Cover and refrigerate until chilled.



Caprese Salad

Ingredients:

- 2 large Tomatoes, chopped
- 1 small bunch Basil
- ½ pound Mozzarella, diced
- Olive oil
- Salt and pepper to taste



Directions:

- Have an adult chop all the ingredients.
- Combine and mix ingredients in a bowl.
- Can serve as a side or an afternoon snack, it's delicious on top of spaghetti.

Notes

You can add other Italian seasoning like thyme, oregano, or parsley! You can even make little caprese skewers. Put a cherry tomato, basil leaf, and mozzarella on a toothpick.



Caprese Salad

Ingredients:

- 2 large Tomatoes, chopped
- 1 small bunch Basil
- ½ pound Mozzarella, diced
- Olive oil
- Salt and pepper to taste



Directions:

- Have an adult chop all the ingredients.
- Combine and mix ingredients in a bowl.
- Can serve as a side or an afternoon snack, it's delicious on top of spaghetti.

Notes

You can add other Italian seasoning like thyme, oregano, or parsley! You can even make little caprese skewers. Put a cherry tomato, basil leaf, and mozzarella on a toothpick.



Carrot Raisin Salad



Ingredients:

- 3 cups shredded carrots (about 3 large carrots or 6-8 medium carrots)
- ½ cup of raisins (can use golden raisins)
- ½ cup of pineapple (diced, chopped or crushed)
- 2 Tablespoons of maple syrup (or honey)

Directions:

- Shred carrots in a food processor or with a hand grater until you have 3 cups.
- Combine all the ingredients in a large bowl.
- Chill for at least an hour in the refrigerator before serving.



Carrot Raisin Salad



Ingredients:

- 3 cups shredded carrots (about 3 large carrots or 6-8 medium carrots)
- ½ cup of raisins (can use golden raisins)
- ½ cup of pineapple (diced, chopped or crushed)
- 2 Tablespoons of maple syrup (or honey)

Directions:

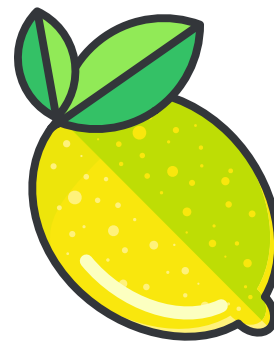
- Shred carrots in a food processor or with a hand grater until you have 3 cups.
- Combine all the ingredients in a large bowl.
- Chill for at least an hour in the refrigerator before serving.



Citrus Kale Salad

Ingredients

- 1 bunch kale, washed and bite size pieces
- 1 Tablespoon lemon juice
- ¼ cup olive oil
- Salt and pepper to taste
- 2 teaspoons honey or brown sugar
- 1 can mandarin oranges (drained)
- Sunflower seeds (optional)



Directions

- After tearing kale into bite size pieces, massage with olive oil so it's easier to eat.
- Mix lemon juice, salt and pepper, and honey or brown sugar together before adding it to the kale salad.
- Top with mandarin oranges and sunflower seeds. If you want to make some now and save some for later, keep the dressing and salad ingredients separate.

Notes

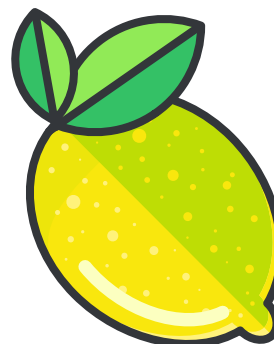
You could add mango or pineapple instead of mandarin oranges.



Citrus Kale Salad

Ingredients

- 1 bunch kale, washed and bite size pieces
- 1 Tablespoon lemon juice
- ¼ cup olive oil
- Salt and pepper to taste
- 2 teaspoons honey or brown sugar
- 1 can mandarin oranges (drained)
- Sunflower seeds (optional)



Directions

- After tearing kale into bite size pieces, massage with olive oil so it's easier to eat.
- Mix lemon juice, salt and pepper, and honey or brown sugar together before adding it to the kale salad.
- Top with mandarin oranges and sunflower seeds. If you want to make some now and save some for later, keep the dressing and salad ingredients separate.

Notes

You could add mango or pineapple instead of mandarin oranges.



Nasturtium Salad

Ingredients

- Fresh nasturtium flowers
- 2 cups lettuce mix
- ¼ cup fresh basil
- ¼ cup olive oil
- 1 Tablespoon vinegar (can use balsamic vinegar)
- 1 Tablespoon lemon juice
- Salt and pepper to taste



Directions

- Toss nasturtium, lettuce, and basil together.
- Mix olive oil, vinegar, lemon juice, salt, and pepper together to make a salad dressing.
- Top salad with dressing.



Nasturtium Salad

Ingredients

- Fresh nasturtium flowers
- 2 cups lettuce mix
- ¼ cup fresh basil
- ¼ cup olive oil
- 1 Tablespoon vinegar (can use balsamic vinegar)
- 1 Tablespoon lemon juice
- Salt and pepper to taste



Directions

- Toss nasturtium, lettuce, and basil together.
- Mix olive oil, vinegar, lemon juice, salt, and pepper together to make a salad dressing.
- Top salad with dressing.



Potato Salad

Ingredients

- 6 cups potatoes, cubed and cooked
- 3 stalks celery, finely chopped
- ¼ cup diced dill pickle (or sweet)
- ¼ cup onion, finely chopped (maybe add ¼ cup sweet onion for color)
- ½ cup non-fat, plain yogurt
- ½ cup light mayonnaise
- 1 tbsp mustard
- 1 tbsp vinegar
- 1 tbsp sugar
- Salt and pepper



Directions

- Mix mayonnaise, yogurt, vinegar, mustard, sugar and salt/pepper together in bowl.
- Add cooked potatoes, pickle, celery, and onion. Mix together.
- Refrigerate until ready to serve.



Potato Salad

Ingredients

- 6 cups potatoes, cubed and cooked
- 3 stalks celery, finely chopped
- ¼ cup diced dill pickle (or sweet)
- ¼ cup onion, finely chopped (maybe add ¼ cup sweet onion for color)
- ½ cup non-fat, plain yogurt
- ½ cup light mayonnaise
- 1 tbsp mustard
- 1 tbsp vinegar
- 1 tbsp sugar
- Salt and pepper



Directions

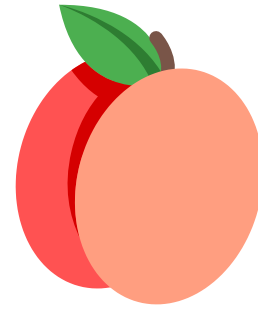
- Mix mayonnaise, yogurt, vinegar, mustard, sugar and salt/pepper together in bowl.
- Add cooked potatoes, pickle, celery, and onion. Mix together.
- Refrigerate until ready to serve.



Summer Explosion Fruit Salad

Ingredients

- 2 nectarines
- 2 peaches
- 3 apricots
- 1 cup of raspberries
- 1 cup of blueberries
- 2 teaspoons of honey
- ½ cup of orange juice
- 2 teaspoons of lemon juice
- Chopped fresh mint leaves



Directions

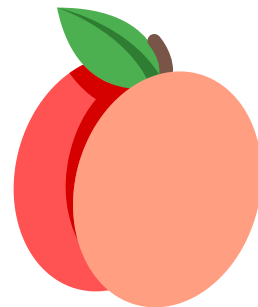
- Halve, pit, and slice the nectarines, peaches, and apricots.
- Combine the fruit and the honey. Toss together.
- Add the orange juice and lemon juice and toss.
- Let sit at least 15 minutes before serving.
- Add mint leaves right before serving.
- If you refrigerate, please remove 30 minutes prior to serving.



Summer Explosion Fruit Salad

Ingredients

- 2 nectarines
- 2 peaches
- 3 apricots
- 1 cup of raspberries
- 1 cup of blueberries
- 2 teaspoons of honey
- ½ cup of orange juice
- 2 teaspoons of lemon juice
- Chopped fresh mint leaves



Directions

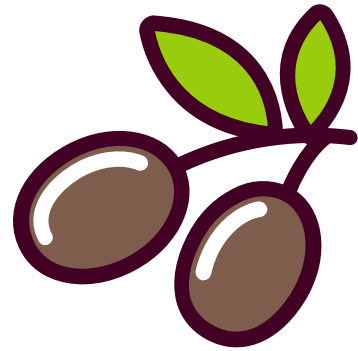
- Halve, pit, and slice the nectarines, peaches, and apricots.
- Combine the fruit and the honey. Toss together.
- Add the orange juice and lemon juice and toss.
- Let sit at least 15 minutes before serving.
- Add mint leaves right before serving.
- If you refrigerate, please remove 30 minutes prior to serving.



Zucchini Celery & Olive Salad

Ingredients

- 2 zucchini, thinly sliced
- 2 celery stalks, thinly sliced
- ½ cup fresh parsley leaves (or basil or mint)!
- ¼ cup black olives, halved
- 2 Tablespoons lemon juice
- ¼ cup olive oil
- ¼ cup Parmesan
- Salt and pepper to taste



Directions

- Have an adult help you chop everything and prepare the ingredients.
- Combine everything and mix in a large bowl.

Notes

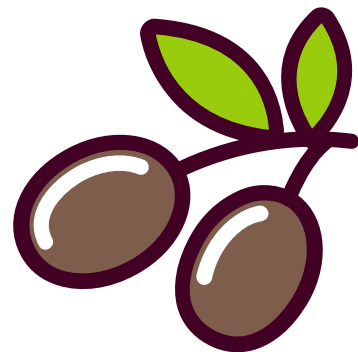
You could mix this with a grain like quinoa, brown rice, or couscous to make a meal



Zucchini Celery & Olive Salad

Ingredients

- 2 zucchini, thinly sliced
- 2 celery stalks, thinly sliced
- ½ cup fresh parsley leaves (or basil or mint)!
- ¼ cup black olives, halved
- 2 Tablespoons lemon juice
- ¼ cup olive oil
- ¼ cup Parmesan
- Salt and pepper to taste



Directions

- Have an adult help you chop everything and prepare the ingredients.
- Combine everything and mix in a large bowl.

Notes

You could mix this with a grain like quinoa, brown rice, or couscous to make a meal



Sides

Christy's Greens

Ingredients

-
- 1 head mustard greens
- 1 cup fresh spinach
- 2 cups kale
- ½ head iceberg lettuce
- 4 medium cloves garlic
- 2 Tablespoons olive oil
- Salt and pepper to taste



Directions

- Remove hard stems from kale and mustard greens.
- Stack leaves on top of each other. Have an adult use knife to slice mustard greens, spinach, and kale leaves into ¼-inch strips. Also slice iceberg lettuce, but keep separate from other greens.
- Peel and mince garlic.
- In a large skillet over medium-high heat, heat oil. Add greens and garlic.
- Cook until greens are soft and excess water is gone, about 5-7 minutes. Add iceberg lettuce at end for 1-2 minutes. Season with salt and pepper. Serve right away.

Notes

You can add or substitute other greens such as: collards, turnip or beet greens, Swiss chard.



Christy's Greens

Ingredients

-
- 1 head mustard greens
- 1 cup fresh spinach
- 2 cups kale
- ½ head iceberg lettuce
- 4 medium cloves garlic
- 2 Tablespoons olive oil
- Salt and pepper to taste



Directions

- Remove hard stems from kale and mustard greens.
- Stack leaves on top of each other. Have an adult use knife to slice mustard greens, spinach, and kale leaves into ¼-inch strips. Also slice iceberg lettuce, but keep separate from other greens.
- Peel and mince garlic.
- In a large skillet over medium-high heat, heat oil. Add greens and garlic.
- Cook until greens are soft and excess water is gone, about 5-7 minutes. Add iceberg lettuce at end for 1-2 minutes. Season with salt and pepper. Serve right away.

Notes

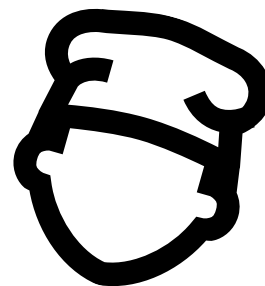
You can add or substitute other greens such as: collards, turnip or beet greens, Swiss chard.



Easy Roasted Butternut Squash

Ingredients

- 1 butternut squash
- 2 Tablespoons olive oil
- 2 cloves of garlic
- Salt to taste
- Pepper to taste
- Parsley to garnish



Directions

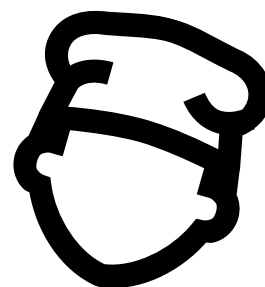
- Preheat oven to 400 degrees
- Rinse, peel, and seed the butternut squash before cutting into one inch cubes.
- Mince garlic and add to a large bowl with the olive oil.
- Add the squash cubes to the large bowl and toss. Then season with salt and black pepper.
- In a single layer, place the squash on a baking sheet and roast in the preheated oven for 25-35 minutes until lightly browned and tender. Test tenderness by piercing cube with a fork.
- Add parsley and serve.



Easy Roasted Butternut Squash

Ingredients

- 1 butternut squash
- 2 Tablespoons olive oil
- 2 cloves of garlic
- Salt to taste
- Pepper to taste
- Parsley to garnish



Directions

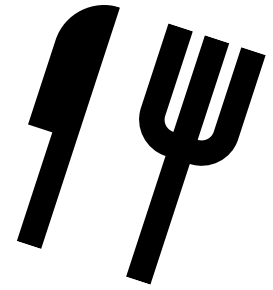
- Preheat oven to 400 degrees
- Rinse, peel, and seed the butternut squash before cutting into one inch cubes.
- Mince garlic and add to a large bowl with the olive oil.
- Add the squash cubes to the large bowl and toss. Then season with salt and black pepper.
- In a single layer, place the squash on a baking sheet and roast in the preheated oven for 25-35 minutes until lightly browned and tender. Test tenderness by piercing cube with a fork.
- Add parsley and serve.



Roasted Potatoes

Ingredients

- 1 pound potatoes
- 3 Tablespoons olive oil
- 6 sprigs fresh thyme
- Salt and pepper to taste
- 2 Tablespoons minced fresh parsley



Directions

- Have an adult help you preheat oven to 375 degrees F.
- Cut potatoes in half lengthwise. Slice into 1-inch-thick slices.
- In large bowl, mix together olive oil, salt, and pepper. Add potatoes, toss to coat. Spread evenly on cookie sheet, scatter thyme sprigs.
- Bake for 40-45 minutes. Sprinkle with parsley, serve hot.

Notes:

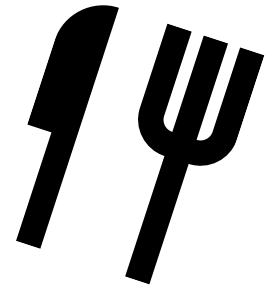
You can add other veggies like parsnips or carrots!



Roasted Potatoes

Ingredients

- 1 pound potatoes
- 3 Tablespoons olive oil
- 6 sprigs fresh thyme
- Salt and pepper to taste
- 2 Tablespoons minced fresh parsley



Directions

- Have an adult help you preheat oven to 375 degrees F.
- Cut potatoes in half lengthwise. Slice into 1-inch-thick slices.
- In large bowl, mix together olive oil, salt, and pepper. Add potatoes, toss to coat. Spread evenly on cookie sheet, scatter thyme sprigs.
- Bake for 40-45 minutes. Sprinkle with parsley, serve hot.

Notes:

You can add other veggies like parsnips or carrots!



Healthier Option Desserts & Snacks

Chocolate Chia Pudding

Ingredients:

2 ¼ cups milk or other milk alternative
¼ cup maple syrup
¼ cup cocoa powder
½ cup chia seeds

Directions:

In a medium bowl combine all the ingredients. Whisk to combine. Cover and refrigerate for 30 minutes stirring once after 15 mins. Stir again before serving.



Chocolate Chia Pudding

Ingredients:

2 ¼ cups milk or other milk alternative
¼ cup maple syrup
¼ cup cocoa powder
½ cup chia seeds

Directions:

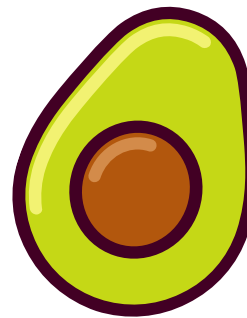
In a medium bowl combine all the ingredients. Whisk to combine. Cover and refrigerate for 30 minutes stirring once after 15 mins. Stir again before serving.



Guacamole

Ingredients

2 large ripe avocados
2 Tablespoons of lime or lemon juice
1 small tomato
Onion, ¼ cup minced fine
1 clove garlic, minced fine
¼ teaspoon salt
Optional: 1 pinch of chili powder or Tabasco sauce



Directions

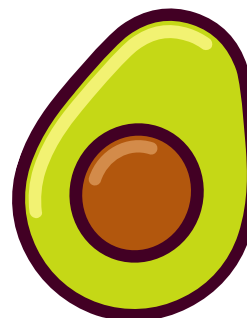
- Wash the avocados, limes or lemons and tomato under cold water.
- Using a small knife, skin the avocado and remove the pit. Scoop the fruit into a medium size mixing bowl.
- Add the citrus juice of your choice and mash into the avocado with a fork or potato masher.
- On a cutting board, finely mince the onion and garlic and chop the tomato; add to bowl.
- Add salt and spice, if using.
- Mix well and serve immediately or chilled from the fridge. Crackers, tortilla chips or carrot sticks are all great for dipping.



Guacamole

Ingredients

2 large ripe avocados
2 Tablespoons of lime or lemon juice
1 small tomato
Onion, ¼ cup minced fine
1 clove garlic, minced fine
¼ teaspoon salt
Optional: 1 pinch of chili powder or Tabasco sauce



Directions

- Wash the avocados, limes or lemons and tomato under cold water.
- Using a small knife, skin the avocado and remove the pit. Scoop the fruit into a medium size mixing bowl.
- Add the citrus juice of your choice and mash into the avocado with a fork or potato masher.
- On a cutting board, finely mince the onion and garlic and chop the tomato; add to bowl.
- Add salt and spice, if using.
- Mix well and serve immediately or chilled from the fridge. Crackers, tortilla chips or carrot sticks are all great for dipping.



Local Berry Kabobs

Fill a skewer with your favorite local berries!

Ingredients

- Strawberries
- Blueberries
- Blackberries
- Wooden skewers

Directions

- Thread the strawberries, blueberries, and blackberries alternately onto skewers, placing at least 2 pieces of fruit on each skewer.
- Arrange the fruit skewers decoratively on a serving platter.



Local Berry Kabobs

Fill a skewer with your favorite local berries!

Ingredients

- Strawberries
- Blueberries
- Blackberries
- Wooden skewers

Directions

- Thread the strawberries, blueberries, and blackberries alternately onto skewers, placing at least 2 pieces of fruit on each skewer.
- Arrange the fruit skewers decoratively on a serving platter.



Salsa



Ingredients

- 1 pint cherry tomatoes
- 2 jalapeños or pick a hotter pepper, finely chop removing ribs and seeds (the insides)
- 1 teaspoon cumin
- 2 Tablespoons lemon or lime juice
- Salt and pepper to taste

Directions

- Have an adult chop the tomatoes in half and finely chop the jalapeños.
- Combine and mix ingredients in a bowl. Make sure to wash your hands after mixing because the jalapeño juices can sting.
- Enjoy with chips or top a taco salad!

Notes

You could also add fresh garlic, onions, or cilantro from your farmers market!



Salsa



Ingredients

- 1 pint cherry tomatoes
- 2 jalapeños or pick a hotter pepper, finely chop removing ribs and seeds (the insides)
- 1 teaspoon cumin
- 2 Tablespoons lemon or lime juice
- Salt and pepper to taste

Directions

- Have an adult chop the tomatoes in half and finely chop the jalapeños.
- Combine and mix ingredients in a bowl. Make sure to wash your hands after mixing because the jalapeño juices can sting.
- Enjoy with chips or top a taco salad!

Notes

You could also add fresh garlic, onions, or cilantro from your farmers market!



Zucchini Chips

Ingredients

- 1 large zucchini, cut into $\frac{1}{4}$ inch slices
- $\frac{1}{2}$ cup breadcrumbs
- $\frac{1}{2}$ cup parmesan cheese
- Salt and pepper to taste
- 3 Tablespoons milk



Directions

- Preheat oven to 425 degrees and grease a cookie sheet with non-stick spray.
- Combine breadcrumbs, parmesan cheese, salt, and pepper in a small mixing bowl.
- Dip zucchini slices in milk, dip both sides in breadcrumb mixture, and place zucchini slices on cookie sheet.
- Bake for 20 minutes or until browned and crisped.

Notes: Feel free to add garlic powder, onion powder, cayenne pepper, red pepper flakes, or any other favorite seasonings to the breadcrumb mixture. Depending on the thickness of the slices, baking time may change.



Zucchini Chips

Ingredients

- 1 large zucchini, cut into $\frac{1}{4}$ inch slices
- $\frac{1}{2}$ cup breadcrumbs
- $\frac{1}{2}$ cup parmesan cheese
- Salt and pepper to taste
- 3 Tablespoons milk



Directions

- Preheat oven to 425 degrees and grease a cookie sheet with non-stick spray.
- Combine breadcrumbs, parmesan cheese, salt, and pepper in a small mixing bowl.
- Dip zucchini slices in milk, dip both sides in breadcrumb mixture, and place zucchini slices on cookie sheet.
- Bake for 20 minutes or until browned and crisped.

Notes: Feel free to add garlic powder, onion powder, cayenne pepper, red pepper flakes, or any other favorite seasonings to the breadcrumb mixture. Depending on the thickness of the slices, baking time may change.

