



# NEW JERSEY'S QUICK STEPS to FRUITS & VEGETABLES TOOLKIT

School Food Service Link  
Classroom & Home Links



*This program has been made possible through a USDA Team Nutrition Grant.*



# **QUICK STEPS**

to

## **Fruits & Vegetables Toolkit!**

### **Table of Contents:**

|   |         |
|---|---------|
| - Acknowledgements.....   | Pg. 2   |
| - How It Works.....   | Pg. 3   |
| - How To Get Started.....   | Pg. 6   |
| - How To Use Toolkit.....   | Pg. 7   |
| - Produce Ordering Resource for Taste-Testing.....                                      | Pg. 10  |
| - Monthly Giveaways.....  | Pg. 13  |
| - Classroom Evaluation Tool.....  | Pg. 15  |
| - Communication/Public Relations.....   | Pg. 16  |
| - Resource Company List for<br>Promotional Giveaways, Decorations & Teaching Tools..... | Pg. 20  |
| - Fruit & Vegetable Resource List.....  | Pg. 21  |
| - Educational Web Sites.....  | Pg. 22  |
| - Fruits & Vegetables of the Month:   |         |
| September.....  | Pg. 23  |
| October.....  | Pg. 55  |
| November.....   | Pg. 92  |
| December.....   | Pg. 122 |
| January.....  | Pg. 146 |
| February.....   | Pg. 170 |
| March.....  | Pg. 202 |
| April.....  | Pg. 232 |
| May.....  | Pg. 267 |
| June.....   | Pg. 310 |

**NOTE:** *The New Jersey Department of Agriculture (NJDA) does not support or recommend any of the companies referenced throughout the Fruit & Vegetable Toolkit. These are only offered as possible resources to use for implementation of this project.*

# ACKNOWLEDGEMENTS

The New Jersey Department of Agriculture's Team Nutrition Project wishes to thank the following individuals and organizations for their contributions to this Fruit and Vegetable Toolkit.

Sincere appreciation is extended to the United States Department of Agriculture (USDA) for providing the Team Nutrition Grant funds to make this project possible. Thanks also to the USDA for the many valuable resources such as the "Team Nutrition Community Nutrition Action Kit", "Team Up at Home", "Food, Family and Fun", "Fruits & Vegetables Galore", etc... The "Fruits & Vegetables Toolkit" was designed based on utilization of many of the materials in these kits.

**A special thank you to the following individuals who contributed to the development of this manual:**

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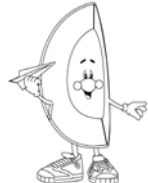
**A thank you to the following organizations for their resources, which enhanced this toolkit:**

- California KiwiFruit Commission
- Center for Disease Control (CDC)
  - Dole Five-A-Day
- Fun with Fruits and Vegetables Kids Cookbook/Dole Food Company
  - Leafy Greens Council
- NJ Department of Agriculture/Jersey Fresh Coloring Book
- NJ Department of Agriculture/Jersey Fresh Cookbook
  - North Carolina SweetPotato Commission
  - Produce for Better Health Foundation
- School Nutrition Association Recipe Database
  - USDA Food and Nutrition Service
- USDA's School Lunch and Breakfast Recipes
  - Washington Apple Commission

*We'd like to also thank all other contributors, not mentioned above, but who are referenced throughout this toolkit.*

**March 2007**





# Fruits & Vegetables Toolkit



HOW

It Works...

The “Fruits & Vegetables Toolkit” features a fruit and vegetable for each of the ten months of the school year. Each month contains the following resources for each fruit and vegetable:

- ✓ “Fact Sheet”
- ✓ “Fun Facts”
- ✓ Summary sheet of “**FRUIT & VEGETABLE IDEAS**” to enhance your Program experience. These are grouped into the following three categories:
  - “*School Food Service Link*” 
  - “*Classroom Link*” 
  - “*Home Link*” 
- ✓ Kid’s Kitchen Recipes 
- ✓ Recipes for Home

***Attached is additional information on the resources listed above.***



# School Food Service Link...

## Fruit & Vegetable of the Month

This toolkit contains a fruit and vegetable to promote each month in the school lunch, breakfast and after school snack programs. The following items are included in the **School Food Service Link** for each specific fruit and vegetable:

### ✓ Recipe Ideas

This section includes suggested recipes and ideas for the featured fruit and vegetable of the month. These are items that can be served for school breakfast, lunch and as snacks. Many of the recipe recommendations reference the USDA recipe database. There are various suggestions offered in an effort to meet each school's unique food service operation, as each school has different equipment, methods of delivery, preparation and serving, and specific financial and labor limitations. The food service department can review and select items that will work best, based on their specific operation.

### ✓ Marketing Ideas

This area provides ideas and tips to publicize and advertise these healthy fruits and vegetables in the cafeteria environment. Many of the suggestions reference the USDA's "Fruit & Vegetables Galore Kit".

### ✓ Promotional Ideas

This section includes strategies to add excitement in the cafeteria when featuring the fruit and vegetable of the month. Many of the suggestions reference the USDA's "Fruit & Vegetables Galore Kit".

### ✓ Safety - Quality - Presentation Tips (*located in star shapes*)

Each month there are three tips highlighting Safety, Quality and Presentation for fruits and vegetables. These are located on the right side of the "Food Service Link" in star shapes. The tips address three key areas that require extra attention when promoting fruits and vegetables. These are all taken from the USDA's "Fruit & Vegetables Galore Kit".

The **School Food Service Link** is a great tool for training with school food service staff on fruits and vegetables. Each month directors and/or managers can take 10-15 minutes to review the fruit and vegetable of the month. A great way to do this would be to distribute the specific fruit/vegetable "Fact Sheet", "Fun Facts" and "School Food Service Link" to their staff. They can also highlight the Safety, Quality & Presentation stars on the School Food Service Link.

**Note:** *Many food service departments throughout the state have received training on monthly fruit and vegetable promotions and a binder titled "Quick Steps to Fruits & Vegetables Galore". All school districts should also have a copy of the USDA's "Fruits & Vegetables Galore Kit". If they do not have this kit they can order it "free" by going to [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)*



## Classroom Link...

The **Classroom Link** includes suggested activities to promote the fruit and vegetable featured for each specific month. The activities are geared towards kindergarten through sixth grade. Highlighted (bold) items are included in the toolkit but must be duplicated.



## Home Link...

The **Home Link** includes handouts that can be duplicated and sent home.



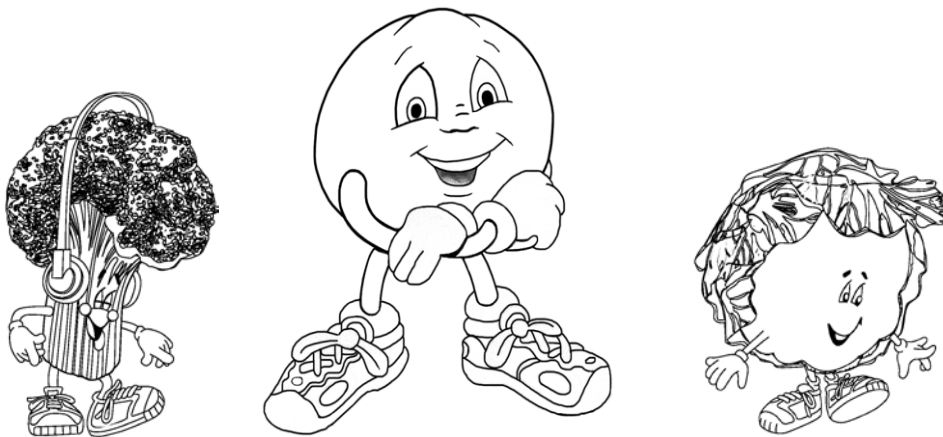
## Kid's Kitchen Recipes



are included in this section. These are recipes that are designed for parents/guardians and students to prepare together as a family activity.

**Home Recipes**, both in English and Spanish, are also provided for the featured vegetable and fruit of the month. These are offered in an effort to extend this learning experience to the home environment.

Parents/guardians are encouraged to try new and different recipes utilizing the monthly-featured fruit and vegetable for meals and snacks served at home.



# Fruits & Vegetables Toolkit



## HOW



## To Get Started...

This toolkit was designed to be a cooperative project and extend the experience of increased fruit and vegetable consumption into the classroom, school cafeteria and at home. This program can be implemented in many different ways based on your school's needs and desires. First, you must...

### ➤ **Form a TEAM!**

- ✓ Establish a Team to get your fruit and vegetable project started.
- ✓ Invite teachers, school nurse, physical education and health teachers, PTA/PTO, parents, students, administrators, Board of Education members, community businesses, county extension representatives, healthcare organizations/institutions, local farmers...
- ✓ Choose a Fruit and Vegetable Leader or Coordinator.

### ➤ **Develop a PLAN**

- ✓ Select your plan from suggestions offered in the section "How Can We Use Toolkit?".
- ✓ Discuss finances to fund your specific project plans.
- ✓ Delegate responsibilities and tasks.
- ✓ Establish timelines and dates to complete tasks.

## Let's Get Started!

# Fruits & Vegetables Toolkit



## HOW



## To Use This Toolkit...

It is up to your team how involved you want your Fruit & Vegetable project to be at your school. Listed below are some ways for incorporating the resources in this toolkit into your school's curriculum. Ideas range from simple to very detailed.

Choose what best satisfies your needs and finances.



### TASTE-TESTING

#### ✓ Classroom:

Test the featured fruit and/or vegetable of the month in small portions in each classroom. Alternate fruit one month, and vegetable the next month, or taste-test a fruit and a vegetable each month.

#### ✓ Lunchroom:

Test the featured fruit and/or vegetable of the month in small portions during lunch. Alternate fruit one month, and vegetable the next month, or taste-test a fruit and a vegetable each month.

#### ✓ Specific Grade:

Offer a taste-testing program to kindergarten or children in younger grades. Use these grades as a pilot to determine the results of offering special wellness programs. Carefully monitor these students to determine the program's effect on behavior changes and habits. Continue to offer health-oriented programs to these specific students as they progress to higher-grade levels.

#### ✓ Specific Group:

Provide project to a specific high-risk obesity group. Offer this program to parents and students. Include healthy cooking classes and lessons in healthy eating and physical activity.







## **STUDENT GIVEAWAYS:**

- ✓ Provide a special giveaway promoting wellness, healthy foods or physical activity to students each month or selected months.
- ✓ Choose giveaway ideas from attached “Monthly Giveaway” list or select items at your own discretion. A list of resource companies to order products from is also attached. Use these or your favorite supply source.

## **HOME GIVEAWAYS:**

- ✓ Carry the message home with students by sending a special giveaway, promoting wellness, healthy foods or physical activity, to parents/guardians each month or selected months.
- ✓ Choose giveaway ideas from attached “Monthly Giveaway” list or select items at your own discretion. A list of resource companies to order products from is attached. Use these or your favorite supply source.

## **CLASSROOM ACTIVITIES:**

- ✓ Develop a monthly packet for each classroom teacher. Include activities from the toolkit’s “Classroom Link” that can be conducted in class.
- ✓ Distribute packets one month in advance.
- ✓ Use the teacher letter in the “Communication/Public Relations” section to spread the project’s message to teachers.

## **HOME ACTIVITIES & RECIPES:**

- ✓ Include home activities and recipes in each teacher’s monthly classroom packet. Encourage teachers to continue the fruit and vegetable messages promoted at school to the home environment.
- ✓ Empower teachers to select and promote items to be sent to children’s homes.
- ✓ Use parent/guardian letters from the “Communication/Public Relations” section to spread your project’s message to the home.





## **CLASSROOM EVALUATION TOOL:**

- ✓ Distribute “Classroom Evaluation Tool” to teachers when fruits and/or veggies are tested.
- ✓ Instruct teachers to question students about the specific fruit or vegetable they taste-tested.
- ✓ Use successful evaluation information to request financial support.
- ✓ Share positive data with the community and legislators for future support.
- ✓ Seek future grant opportunities using positive data from your fruit and vegetable project.
- ✓ Track success or failure of project utilizing evaluation tools.
- ✓ Incorporate evaluations into teaching lessons for upper class students. Upper classman can summarize and tally evaluations. Math teachers can use evaluations in teaching percentages, addition, division...

## **FOOD SERVICE:**

- ✓ Share your fruit and vegetable project plans with your food service department. Encourage them to get involved and promote the fruit and vegetable of the month in the cafeteria for lunch, breakfast, and snack.
- ✓ Use the attached “Communication/Public Relations” letter for food service.
- ✓ Partner with food service --- include them as part of your fruit and vegetable team!



# Fruits & Vegetables Toolkit

## Produce Ordering Resource for Taste-Testing

**(NOTE:** These are approximate amounts)

| <i>MONTH:</i>     | <i>ITEM:</i>         | <i>SERVING SIZE:</i>                      | <i>SERVINGS/ lb. or Unit:</i>                    | <i>APPROX. SERVINGS/CASE:</i>                 |
|-------------------|----------------------|---|--|---|
| <b>SEPTEMBER:</b> | <b>Red Pepper</b>    | ¼ cup strips<br>(4-5 strips)              | 14 servings/lb.<br>(whole peppers)               | 350-servings/25 lb. case                      |
|                   | <b>Cantaloupe</b>    | ¼ cup cubed                               | 15 count whole fresh –<br>16 servings/Cantaloupe | 240-servings/case<br>(15 count/40 lb. case)   |
|                   |                      | ¼ cup cubed                               | 18 count whole fresh –<br>10 servings/Cantaloupe | 180-servings/case<br>(18 count/40 lb. case)   |
|                   |                      | ¼ cup cubed                               | 6 servings/lb.;<br>Already cut & ready to serve  | 6-servings/lb.                                |
| <b>OCTOBER:</b>   | <b>Yellow Squash</b> | ¼ cup<br>(2-3 slices)                     | 15 servings/lb.                                  | 330 servings/22 lb. case                      |
|                   | <b>Apples</b>        | ¼ cup<br>(1/4 apple)                      | 125 count whole fresh –<br>4 servings/Apple      | 500-servings/case<br>(125 count/40 lb. case)  |
|                   |                      | ¼ cup<br>(1/5 apple)                      | 100 count whole fresh –<br>5 servings/Apple      | 500-servings/case<br>(100 count/40 lb. case)  |
| <b>NOVEMBER:</b>  | <b>Pineapple</b>     | 1 stick<br>(1/2 inch wide by 3 Inch long) | 12 count whole fresh –<br>20 servings/Pineapple  | 240 - servings/case<br>(12 Count/40 lb. case) |
|                   |                      | 1 stick<br>(1/2 inch wide by 3 Inch long) | 14 count whole fresh –<br>18 servings/Pineapple  | 252 - servings/case<br>(14 Count/40 lb. case) |
|                   |                      | 1 stick<br>(1/2 inch wide by 3 inch long) | 12 servings/lb.;<br>Already Cut & Ready to Serve | 12 Servings/lb.                               |

## Produce Ordering Resource for Taste-Testing

(NOTE: These are approximate amounts)

| <i>MONTH:</i>    | <i>ITEM:</i>                       | <i>SERVING SIZE:</i>       | <i>SERVINGS/ lb. or Unit:</i>                    | <i>APPROX. SERVINGS/CASE:</i>                           |
|------------------|------------------------------------|----------------------------|--|---|
|                  | <b>Carrots</b>                     | ¼ cup baby                 | 13 servings/lb.                                  | 65 servings/5 lb. bag                                   |
|                  |                                    | ¼ cup sticks<br>(3 sticks) | 10 servings/lb.                                  | 240 servings/24 lb. case                                |
|                  |                                    | ¼ cup sticks<br>(3 sticks) | 15 servings/lb.;<br>Already Cut & Ready to Serve | 300 servings/20 lb. case                                |
| <b>DECEMBER:</b> | <b>Broccoli</b>                    | ¼ cup florets              | 25 servings/lb.<br>Already Cut & Ready to Serve  | 450 servings/18 lb. case                                |
|                  |                                    | ¼ cup florets              | 10 servings/lb.                                  | 230 servings/23 lb. case<br>(14 count or bunch /case)   |
|                  | <b>Clementines</b>                 | 1 each; whole              | 24-28 each/5 lb. Case<br>(whole; fresh)          | 24-28 servings/5 lb. case                               |
| <b>JANUARY:</b>  | <b>Cauliflower</b>                 | ¼ cup florets              | 18 servings/lb.<br>Already Cut & Ready to Serve  | 216 servings/12 lb. case                                |
|                  |                                    | ¼ cup florets              | 24 servings/medium head                          | 280 servings/12 count case<br>(12 count or bunch /case) |
|                  | <b>Dried Cranberries</b>           | ¼ cup                      | 14 servings/lb.                                  | 420 servings/30 lb. case                                |
| <b>FEBRUARY:</b> | <b>Sweet Potatoes</b>              | 2-3 sticks<br>(raw)        | 18 servings/lb.                                  | 720 servings/40 lb. case                                |
|                  | <b>Grapefruit Pink or Ruby Red</b> | ¼ cup<br>(2 sections)      | 6 servings/medium grapefruit                     | 240 servings/40 count case                              |

## Produce Ordering Resource for Taste-Testing

(**NOTE:** These are approximate amounts)

| <i>MONTH:</i> | <i>ITEM:</i>           | <i>SERVING SIZE:</i>  | <i>SERVINGS/ lb. or UNIT:</i>  | <i>APPROX. SERVINGS/CASE:</i>  |
|---------------|------------------------|---|--|--|
| <b>MARCH:</b> | <b>Chickpeas</b>       | 1/8 cup   | 80 servings/#10 can  | 480 servings/case<br>(6 each #10 can/case)   |
|               | <b>Kiwifruit</b>       | ½ each  | 33-39 each/22-25 lb. Case<br>(whole; fresh)                          | 66-78 servings/case  |
| <b>APRIL:</b> | <b>Sugar Snap Peas</b> | 2-3 fresh peas<br><br>¼ cup frozen peas; blanched or cooked             | 35 - 40 servings/lb.<br><br>10 servings/lb.                          | 270 servings/10 lb. case<br><br>200 servings/20 lb case  |
|               | <b>Apricots</b>        | 1 each, raw, fresh<br><br>¼ cup canned halves<br><br>¼ cup dried halves | 10 servings/ lb.<br><br>48 servings/ #10 can<br><br>10 servings/ lb. | 96 servings/ 96 count tray<br><br>280 servings/ case<br>(6 each #10 cans/ case)<br><br>200 servings/ 20 lb. case |
| <b>MAY:</b>   | <b>Spinach</b>         | ¼ cup raw leaves  | 20 servings/lb.; Ready to use  | 150 servings/case<br>(12 each 10 oz. bags/case)  |
|               | <b>Bananas</b>         | 1 each petite   | 150 servings/150 count case  | 150 servings/150 count case  |
| <b>JUNE:</b>  | <b>Cucumbers</b>       | 2-3 slices  | 15 servings/lb.  | 330 servings/22 lb. case   |
|               | <b>Blueberries</b>     | ¼ cup fresh<br><br>¼ cup frozen   | 10 servings/ pint<br><br>10 servings/ lb.                            | 120/12 pint (6 oz.) flat<br><br>300 servings/ 30 lb. case  |

**\*Note:** A lite dip, such as Ranch, may be served with certain raw vegetables to entice children to try these items. The intent of this program although, is to encourage children to try these vegetables in their raw, natural state and experience their true wonderful flavors.

In order to control ¼ cup specified portions, it is recommended that you serve these samples in ¼ soufflé cups.

## Fruits & Vegetables Toolkit



# Monthly Giveaways



Listed below are suggested giveaway and promotional items to enhance your fruit and vegetable project. You can pick and choose products based on your school's needs and financial resources. Use the attached list of resource companies to find products that will fit into your plan.

| <b>MONTH</b>   | <b>Teacher</b>  | <b>Student</b>  | <b>Home</b>  | <b>Foodservice</b>  |
|--|---|---|--|---|
| <b>September:</b><br><i>(Red Peppers &amp; Cantaloupe)</i> | "Catch a Rainbow Everyday" Posters<br>Or<br>Fruit and/or Vegetable Posters  | Crayon Eraser   | "Catch a Rainbow Everyday" Handouts<br>Or<br>Why Eat Fruits & Veggies? Handouts  | "Catch a Rainbow Everyday" Posters<br>Or<br>Fruit and/or Vegetable Posters  |
| <b>October:</b><br><i>(Squash &amp; Apples)</i>            | Apple Posters<br>Contact:<br>Washington State Apple Commission<br><a href="http://www.bestapples.com">www.bestapples.com</a>      | Fruit and/or Veggie Photo Frame                                 | Apple Brochure<br>Contact:<br>Washington State Apple Commission<br><a href="http://www.bestapples.com">www.bestapples.com</a>                          | Apple Posters<br>Contact:<br>Washington State Apple Commission<br><a href="http://www.bestapples.com">www.bestapples.com</a>  |
| <b>November:</b><br><i>(Carrots &amp; Pineapple)</i>       | 1 ea. Fresh Whole Pineapple/Classroom to Show Students  | Pineapple or Fruit Straw  | Grocery Store Coupon for Free or Discounted Fresh Pineapple<br>Contact:<br>Local Supermarkets for Support  | Pineapple Seedies or Stuffed Fruit Shapes<br><i>(Use as Sticker Promotion for Lunch or Breakfast; Students finding sticker on their tray --- Win Stuffed Pineapple)</i> |
| <b>December:</b><br><i>(Broccoli &amp; Clementines)</i>    | Poster --- Antioxidants<br>Contact:<br>Local Cancer Society<br><a href="http://www.cancer.org">www.cancer.org</a>                 | Fruit Scented Pencils   | 5 A Day Kids Cookbook<br>Go to:<br><a href="http://newsletter.dole.com/2011/new-kids-cookbook/">http://newsletter.dole.com/2011/new-kids-cookbook/</a> | Fruits & Vegetables By Color Posters  |
| <b>January:</b><br><i>(Cauliflower &amp; Cranberries)</i>  | Cranberry Poster<br>Contact:<br>Cranberry Marketing Committee<br><a href="http://www.uscranberries.com">www.uscranberries.com</a> | Scratch & Smell Fruit Stickers , Doodle Pads or Sticky Notepads | Smart Snacking Brochures   | Cranberry Recipe Pket. (Free)<br>Cranberry Poster<br>Contact:<br>Cranberry Marketing Committee<br><a href="http://www.uscranberries.com">www.uscranberries.com</a>      |

Fruits & Vegetables Toolkit



Monthly Giveaways



| <b>MONTH</b>   | <b>Teacher</b>   | <b>Student</b>  | <b>Home</b>   | <b>Foodservice</b>   |
|--|--|---|---|--|
| <p><b>February:</b><br/><i>(Sweet Potatoes &amp; Grapefruit)</i></p> | <p>Sweet Potato Posters &amp; Classroom Materials<br/>Contact:<br/>North Carolina SweetPotato Commission<br/><br/><a href="http://www.ncsweetpotatoes.com/sweet-potatoes-101/sweet-potatoes-in-the-classroom/materials-to-order/">http://www.ncsweetpotatoes.com/sweet-potatoes-101/sweet-potatoes-in-the-classroom/materials-to-order/</a><br/><br/><a href="http://www.ncsweetpotatoes.com/sweet-potatoes-101/sweet-potatoes-in-the-classroom/">http://www.ncsweetpotatoes.com/sweet-potatoes-101/sweet-potatoes-in-the-classroom/</a></p> | <p>1 each<br/>Fresh Sweet Potato<br/>(Grow plant at home)</p> | <p>Coupon for Free or Discount on Fresh Sweet Potatoes and/or Grapefruits<br/>Contact:<br/>Local Supermarkets for Support</p> | <p>Garden Heroes or Veggie Seedies<br/><i>(Use as Sticker Giveaways at Lunch or Breakfast)</i><br/>Sweet Potato Guessing Poster, "How Many Sweet Potatoes Are in the Pile?" <i>(Use as a Cafeteria Contest)</i><br/>Contact:<br/>North Carolina SweetPotato Commission<br/><a href="http://www.ncsweetpotatoes.com/wp-content/uploads/2013/03/eat-well-live-well.jpg">http://www.ncsweetpotatoes.com/wp-content/uploads/2013/03/eat-well-live-well.jpg</a></p> |
| <p><b>March:</b><br/><i>(Chickpeas &amp; Kiwi)</i></p>               | <p>Elementary School Posters Free!<br/><i>(Your school must be a Team Nutrition School to receive a free poster)</i><br/><br/><a href="http://www.fns.usda.gov/team-nutrition/elementary-posters">http://www.fns.usda.gov/team-nutrition/elementary-posters</a></p>  | <p>Fruit or Veggie Bookmark</p>                               | <p>Brochure on Healthier Fast Food</p>  | <p>Fruit &amp; Veggie Shaped Balloons; Hang in Cafeteria</p>   |
| <p><b>April:</b><br/><i>(Sugar Snap Peas &amp; Apricots)</i></p>     | <p>Contact:<br/>California Apricot Council for Resources<br/><a href="http://www.apricotproducers.com">www.apricotproducers.com</a></p>  | <p>Garden Seed Packet</p>                                     | <p>Free Coupon or Discount on Seed Packets<br/>Contact:<br/>Local Garden Supply Stores for Support</p>                        | <p>Free Fruit &amp; Veggie Posters --- "Dig In"<br/><br/><a href="http://www.fns.usda.gov/tn/Resources/dig_in.html">http://www.fns.usda.gov/tn/Resources/dig_in.html</a></p>   |
| <p><b>May:</b><br/><i>(Spinach &amp; Bananas)</i></p>                | <p>Leafy Greens Poster<br/>Contact:<br/>Leafy Greens Council<br/><a href="http://www.leafy-greens.org">www.leafy-greens.org</a></p>  | <p>Smile Kickball</p>   | <p>Walking or Activity Brochure</p>   | <p>Leafy Greens Poster<br/>Contact:<br/>Leafy Greens Council<br/><a href="http://www.leafy-greens.org">www.leafy-greens.org</a></p>  |
| <p><b>June:</b><br/><i>(Cucumbers &amp; Blueberries)</i></p>         | <p>Contact:<br/>North American Blueberry Council for Resources<br/><a href="http://www.blueberry.org">www.blueberry.org</a></p>  | <p>Fruit and/or Veggie Zipper Pulls or Back Pack Clips</p>    | <p>Coupon for Free or Discount on Fresh Berries<br/>Contact:<br/>Local Supermarkets for Support</p>                           | <p>Posters --- Wellness-Nutrition-Physical Activity</p>  |



# Classroom Evaluation Tool



## Eat More Fruits & Vegetables Survey

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

Students Present on Day of Taste Test: \_\_\_\_\_

Food Item: \_\_\_\_\_

1-How many students have never eaten this food? \_\_\_\_\_

2- How many students have never eaten this food  
in the way it was served today? \_\_\_\_\_

3-How many students liked this food? \_\_\_\_\_

\*4-How many students would eat this food, in the same form it was tasted  
today, if it was offered as part of the school meal? \_\_\_\_\_

5-How many students would choose this food as a snack if it was  
available? \_\_\_\_\_

6-Additional Comments:

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**\*NOTE:** If your students currently do not have access to the school meal program, change the last part of the question to "if it was offered as part of your lunch".



## ***SAMPLE***

Dear Parents/Guardians:

Our school will be participating in a special program for the \_\_\_\_\_ school year. **We will be featuring a fruit and vegetable program** utilizing a toolkit provided by the New Jersey Department of Agriculture/ Bureau of Child Nutrition. Our school put a great amount of time and energy into planning this project.

**One day each month your child or children will sample a fruit or vegetable in the classroom.** In **September** your child will taste **sweet red bell peppers**. There will also be **information and recipes** sent home each month for you as a family to participate in promoting and increasing your consumption of this specific fruit or vegetable. **This month a brochure, “Get more --- because more matters”, will be sent home. This guide is bursting with tips and ideas on how to get more fruits and veggies into your day. You will also receive a “5 A Day --- The Color Way Chart”.** We encourage you to make this a family activity. **Keep track of your daily consumption of colorful fruits and vegetables.**

Please try to extend your child’s/children’s fruit and vegetable experience by **including these activities and recipes as a family project.** Your participation will contribute to the success of this project!

**The goals of the fruit and vegetable program are as follows:**

- ✓ Increase fruit and vegetable consumption among children
- ✓ Expose children to new fruits and vegetables in various forms
- ✓ Expand ways to add to fruits and vegetables into your day
- ✓ Promote wellness

We hope you will enjoy the monthly items we will be sending home to you. Thank you for your support! **Remember to eat more fruits and vegetables everyday.**

---

Principal

***SAMPLE***

**Dear Parents/Guardians:**

Your child/children will be taste-testing \_\_\_\_\_ for the month of \_\_\_\_\_.

**The following items are attached:**

- ✓ Kids' Kitchen Recipes
  - ✓ Recipes for Home
  - ✓ Family Activities \_\_\_\_\_
- 

**Please try to extend your child's/children's fruit and vegetable experience by including these activities and recipes as a family project. Your participation will contribute to the success of this project!**

**Thank you for your support! Remember to eat more fruits and vegetables everyday.**

---

**Fruit & Vegetable Program Coordinator**

---

**Principal**

## ***SAMPLE***

Dear Teachers:

Your       **MONTH**       packet to use for implementation of our fruit and vegetable project is enclosed. There is one packet for each classroom. A Classroom Packet will be distributed to you one month prior to the taste testing.

### **MONTHLY CLASSROOM PACKET:**

Each month's packet will contain information you can use to promote the fruit and/or vegetable you will be testing. It will include:

- ✓ Fruit and/or Vegetable "**Fact Sheet**"
- ✓ "**Fun Facts**"
- ✓ Summary sheet of "**FRUIT & VEGETABLE IDEAS**" to enhance your program experience. These are grouped into the following two categories:

- "*Classroom Link*"



- "*Home Link*"



- ✓ **Kid's Kitchen Recipes**
- ✓ **Recipes for Home**



**NOTE:** In addition, the first month's packet will include a list of Fruit and Vegetable Resources and Educational Web Sites.

### **MONTHLY CLASSROOM SURVEY:**

Please complete one survey after each taste testing session. Turn in your survey to me immediately following your tasting session, as these will assist us in evaluating the success of our program.

Please don't hesitate to contact me at any time if you have questions! I look forward to working with you on this exciting project.

---

**Fruit & Vegetable Program Coordinator**

***SAMPLE***

Dear Food Service Director:

Our school has decided to conduct a Fruit and Vegetable program. In order to keep you informed we will distribute to you a sample of the monthly classroom and home packets we will be using for this project. We are hoping that you can partner with us in promoting fruits and vegetables throughout the upcoming school year. Enclosed are September's classroom and home packets. In September we will be promoting \_\_\_\_\_ *List Fruit* \_\_\_\_\_ and \_\_\_\_\_ *List Vegetable* \_\_\_\_\_.

We would like you to feature these on our students' school lunch and breakfast menus. We hope that you can offer these at least once a month.

**SCHOOL FOOD SERVICE LINK:**

Attached is September's "***School Food Service Link***" and information about this link. It includes recipes utilizing the fruit or vegetable of the month, marketing and promotional tips. These are only suggestions.

Thank you for all of your support and cooperation in helping us to make this a successful project! Classroom education, partnered with reinforcement at home and in the cafeteria is the key to educating students on nutrition and wellness.

**You are an important link in our efforts to build healthy New Jersey children.**

Please don't hesitate to contact us at any time if you have questions! We look forward to working with you on this exciting project.

---

**Fruit & Vegetable Program Coordinator**

---

**Principal**

**Resource Companies**  
**For**  
**Promotional Giveaways, Decorations & Teaching Tools:**

- ❖ **Bargain Balloons**  
Phone: 1-866-330-1272  
Web Site: [www.bargainballoons.com](http://www.bargainballoons.com)
- ❖ **Cool School Café**  
Phone: 1-800-468-3287  
Fax: 763-262-3120  
Web Site: [www.coolschoolcafe.com](http://www.coolschoolcafe.com)
- ❖ <http://forteachersonly.com/>
- ❖ **Fun Express**  
Phone: 1-800-875-8494  
Fax: 1-800-228-1002  
Web Site: [www.FunExpress.com](http://www.FunExpress.com)
- ❖ **Hubert**  
Phone: 1-866-482-4357  
Fax: 1-800-527-0128  
Web Site: [www.hubert.com](http://www.hubert.com)
- ❖ **Learning ZoneXpress**  
Phone: 1-888-455-7003  
Fax: 507-455-3380  
Web Site: [www.LearningZoneXpress.com](http://www.LearningZoneXpress.com)
- ❖ **M & N International**  
Phone: 1-800-479-2043  
Fax: 1-800-PARTY-ON  
Web Site: [www.mninternational.com](http://www.mninternational.com)
- ❖ **Meal Maker**  
Phone: 1-800-325-8511  
Fax: 651-642-1314  
Web Site: <http://mealmakerprogram.com/>
- ❖ **Mission Nutrition by Mello Smello**  
Phone: 1-888-394-1406  
Fax: 763-231-4282  
Web Site: [www.mission-nutrition.com](http://www.mission-nutrition.com)
- ❖ **NASCO Nutrition**  
Phone: 1-800-558-9595  
Fax: 1-800-372-1236  
Web Site: [www.eNasco.com/nutrition](http://www.eNasco.com/nutrition)
- ❖ **NCES**  
Phone: 1-800-445-5653  
Fax: 1-800-251-9349  
Web Site: [www.ncescatalog.com](http://www.ncescatalog.com)
- ❖ **Neat Solutions INC**  
Phone: 1-888-577-6328  
Fax: 1-925-934-5086  
Web Site: [www.neatsolutions.com](http://www.neatsolutions.com)
- ❖ **North Carolina Sweet Potato Commission**  
Phone: 919-989-7323  
Fax: 919-989-3015  
Web Site: [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)
- ❖ **Positive Promotions**  
Phone: 1-800-635-2666  
Fax: 1-800-635-2329  
Web Site: [www.positivepromotions.com](http://www.positivepromotions.com)
- ❖ **Rhode Island Novelty**  
Phone: 1-800-528-5599  
Fax: 1-800-448-1775  
Web-Site: [www.rinovelty.com](http://www.rinovelty.com)
- ❖ **School Nutrition Association Emporium**  
Phone: 1-800-728-0728  
Fax: 571-255-6973  
Web Site: [www.emporium.schoolnutrition.org](http://www.emporium.schoolnutrition.org)
- ❖ **Sherman Specialty Company, INC**  
Phone: 1-800-669-7437  
Fax: 1-516-861-1034  
Web Site: <http://www.shermanrestaurants.com/>
- ❖ **ShinDigz**  
Phone: 1-800-314-8736  
Fax: 1-260-723-6979  
Web Site: [www.shindigz.com](http://www.shindigz.com)
- ❖ **SmileMakers**  
Phone: 1-888-800-SMILE  
Fax: 1-877-567-SMILE  
Web Site: [www.smilemakers.com](http://www.smilemakers.com)
- ❖ **U.S. Toy Company**  
Phone: 1-800-255-6124  
Fax: 1-816-761-9295  
Web Site: [www.ustoy.com](http://www.ustoy.com)

**NOTE:** The NJDA does not support or recommend any of these companies.  
These are only offered as possible resources.



# ***FRUIT & VEGETABLE RESOURCES***



Produce Marketing Association

[www.pma.com](http://www.pma.com)

United Fresh Fruit & Vegetable Association

[www.uffva.org](http://www.uffva.org)

American Cancer Society

[www.cancer.org](http://www.cancer.org)

American Heart Association

[www.americanheart.org](http://www.americanheart.org)

Washington State Apple Commission

[www.bestapples.com](http://www.bestapples.com)

<http://www.bestapples.com/kids/index.shtml>

Cranberry Marketing Committee

[www.uscranberries.com](http://www.uscranberries.com)

Florida Citrus

<http://www.floridacitrus.org/newsroom>

North Carolina Sweet Potato Commission, Inc.

[www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)

California Kiwifruit Commission

[www.kiwifruit.org](http://www.kiwifruit.org)

California Apricot Producers

[www.apricotproducers.com](http://www.apricotproducers.com)

Dole Food Service

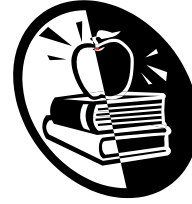
[www.dole.com](http://www.dole.com)

Leafy Greens Council

[www.leafy-greens.org](http://www.leafy-greens.org)

North American Blueberry Council

[www.blueberry.org](http://www.blueberry.org)



# **EDUCATIONAL WEB SITES**

➤ **TEAM NUTRITION:**

[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

➤ **EDUCATIONAL SITES for KIDS:**

[www.kidshealth.org](http://www.kidshealth.org)

<http://www.foodchamps.org/>

<http://www.choosemyplate.gov/kids/index.html>

[www.kidnetic.com](http://www.kidnetic.com)

[www.bam.gov](http://www.bam.gov)

<http://www.sunkist.com/kids/>

<http://www.dole.com/superkids>

➤ **FRUITS & VEGGETABLES:**

<http://www.fruitsandveggiesmorematters.org/>

<http://www.choosemyplate.gov/food-groups/fruits.html>

<http://www.choosemyplate.gov/food-groups/vegetables.html>

<http://www.scholastic.com/browse/unitplan.jsp?id=277>

[www.dole5aday.com](http://www.dole5aday.com)

[http://www.sunkist.com/healthy/nutrition\\_facts.aspx](http://www.sunkist.com/healthy/nutrition_facts.aspx)

➤ **RECIPES:**

<http://www.nj.gov/agriculture/jerseyfresh/recipes/>

<http://www.fruitsandveggiesmorematters.org/main-recipes>

<http://www.choosemyplate.gov/kids/Recipes.html>

[www.dole.com](http://www.dole.com)

<http://www.sunkist.com/recipes/default.aspx>

EDUCATIONAL PROGRAMS: ***(Fees charged)***

➤ “Food Play” - [www.foodplay.com](http://www.foodplay.com); Phone: 1-800--FOODPLAY

➤ The National Theater for Children - [www.nationaltheatre.com](http://www.nationaltheatre.com);

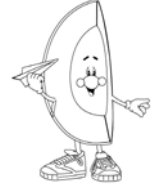
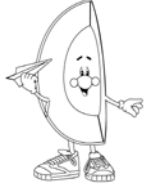
Phone: 1-800-858-3999 ext. 1

# **SEPTEMBER:**

**Fruit – Cantaloupe**

**Veggie – Red Bell Peppers**





# Cantaloupe

## Fact Sheet

### **Where did they come from?**

Cantaloupe is a variety of fruit from the melon family. It originated in the Middle East and eventually spread across Europe. Cantaloupe was named after Cantalupo, Italy, the city where cantaloupe was originally cultivated from Armenia melon seeds in the 1700's. Christopher Columbus transported melon seeds to the United States, which were later cultivated by Spanish explorers in California. Cantaloupe, which is actually called a muskmelon, is the most common melon within the United States.

### **Where do they grow?**

The majority of cantaloupe produced in the United States is grown in California, Arizona, New Mexico and Texas. Imported cantaloupe comes from Mexico and Central America including Costa Rica, Guatemala and Honduras. Cantaloupe is available year-round but their peak season is June through August.

### **How do they grow?**

Cantaloupes are round with a golden tightly netted skin. The inside or flesh is a pinkish orange to bright orange. This melon grows best in sandy, aerated and well-watered soil, which is free of weeds. Cantaloupe plants are produced by planting melon seeds. The melons grow on vines along the soil.

### **Are they healthy?**

- 👉 Good source of potassium, vitamin A and C
- 👉 High in water content
- 👉 Low in calories and cholesterol and also fat free

### **How do you pick a good one?**

- 👉 Choose one which is round, firm and slightly golden
- 👉 Select cantaloupe with a sweet smell
- 👉 Avoid those with cracks, soft spots or dark bruises

# ☺ FUN FACTS! ☺

## Cantaloupe

### Did you know...

- ☺ Did you know that melons are in the same gourd family as squashes and cucumbers?
- ☺ Did you know cantaloupe is a juicy, sweet alternative for dessert?
- ☺ Did you know that cantaloupe is the most popular melon in the United States?
- ☺ Did you know that a squirt of lemon or lime juice will enhance or perk up the flavor of a slice of cantaloupe?
- ☺ Did you know that there are six common sizes of cantaloupe?  
(The sizes are 9, 12, 15, 18, 23 and 30. They are grouped into specific sizes based on their weight and the number that can fit into a 40 pound case or cardboard shipping box. A size 12 means that there are 12 cantaloupe of similar weight, approximately 3¼ lbs., in a 40 pound box. The smaller the number, the larger the cantaloupe.)
- ☺ Did you know if you by leave uncut cantaloupe at room temperature for two to four days that the fruit will become softer and juicier?

*Remember ...*

*Eat more fruits and vegetables everyday!*

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Cantaloupe*; Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with cantaloupe ---  
Cantaloupe Salsa (see attached)  
Southwestern Cantaloupe Salad (*Offer on a salad bar or as a side with a prepackaged salad; see attached*)
- ✓ Add as a garnish to your prepackaged fresh green or spinach salads
- ✓ Offer as a fruit choice for breakfast or lunch  
(1/8 of a 15 count cantaloupe = ½ cup fruit)
- ✓ Mix with canned fruits for an interesting fruit salad
- ✓ Dice to make fruit salsa
- ✓ Add to chicken or turkey salad
- ✓ Offer on a fruit tray for special functions, events or catering

#### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit *Enjoy Fruits & Vegetables!* (Poster has a picture of cantaloupe on it; It is from the American Cancer Society; Contact them for more posters or other resources; Phone: 1-800-ACS-2345 [www.cancer.org](http://www.cancer.org) )
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Crazy for Cantaloupe!*)
- ✓ Conduct a "Melon Trivia Contest"! Display different varieties of melons and let students try to guess the name of each melon. Students that turn in a form with all the correct answers win a prize! (*Prize Example: Melon/Casaba to take home*)
- ✓ Feature "Orange Day" on the day that you offer cantaloupe on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing orange
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or month
  - Select produce in season
  - Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Presentation** **Meal Appeal** —

Add a Slice or Wedge of Cantaloupe to Tossed Salads for Color, a Sweet Taste and Eye Appeal!

#### **Quality:**

Refrigerate Cut Melons in a Covered Container. Melons are Aromatic and their Smell can Penetrate Other Foods!

#### **Safety:**

Wash the Outside of Cantaloupes with a Firm Brush!



## School Food Service Link...



### School Food Service Recipes



## Cantaloupe Salsa

Makes 24 each ½ cup Servings

**Source:** Produce for Better Health/Del Monte Fresh Produce Company

3 each Cantaloupe  
 4 ½ cups Red Bell Pepper, Finely Chopped  
 1 ½ cups Cilantro or Parsley, Finely Chopped  
 1 cup Scallions, Finely Chopped  
 Juice of 6 Limes  
 Pinch of Salt & Hot Pepper Flakes

**Directions:**

Remove seeds and rind from cantaloupe. Chop cantaloupe into very small diced pieces. Put in a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with chicken, hamburgers, chicken sandwiches, wraps, and salads...

**Nutritional Analysis Per Serving:** Calories 21, Protein 1g, Fat 1g, Cholesterol 0mg, Carbohydrates 5g, Fiber 2g, Sodium 62mg

## Southwestern Cantaloupe Salad

Makes 24 each ½ cup Servings

**Source:** Produce for Better Health/Del Monte Fresh Produce Company

24 oz. Cantaloupe, Thinly Sliced  
 24 oz. Jicama, Peeled and Thinly Sliced  
 18 oz. Red Bell Pepper, Roasted, Sliced  
 18 oz. Yellow Bell Pepper, Roasted, Sliced  
 1/3 cup Fresh Basil, Chopped or 2 Tablespoons of Dried Basil  
 ¾ cup No Fat Italian Dressing

**Directions:**

Combine cantaloupe, jicama, peppers, and basil. Add salad dressing. Mix well.

**Nutritional Analysis Per Serving:** Calories 42, Protein 1g, Fat 0g, Cholesterol 0mg, Carbohydrates 8g, Fiber 3g, Sodium 154mg

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
**Cantaloupe ...**

*Items in bold are enclosed.*

- ✓ Review “**Fact Sheet**” and “**Fun Facts**”
- ✓ Have students color “**CHRISTOPHER Cantaloupe**”
- ✓ Play the game “**What Am I?**” similar to “pictionary”. It also includes a role-playing activity.
- ✓ Have students complete the word search “**Awesome Melons**”.
- ✓ **Discuss eating healthy Fruits and Vegetables for Breakfast, Lunch and at Snack-time!**  
Remind students that these foods keep their bodies healthy. Promote “WELLNESS”! Be physically active, maintain a healthy weight and eat a diet rich in fruits and vegetables every day! *Fruits and Vegetables are Powerful Foods!*



## Home Link...

Quick Steps to eating more fruits and vegetables at home ...

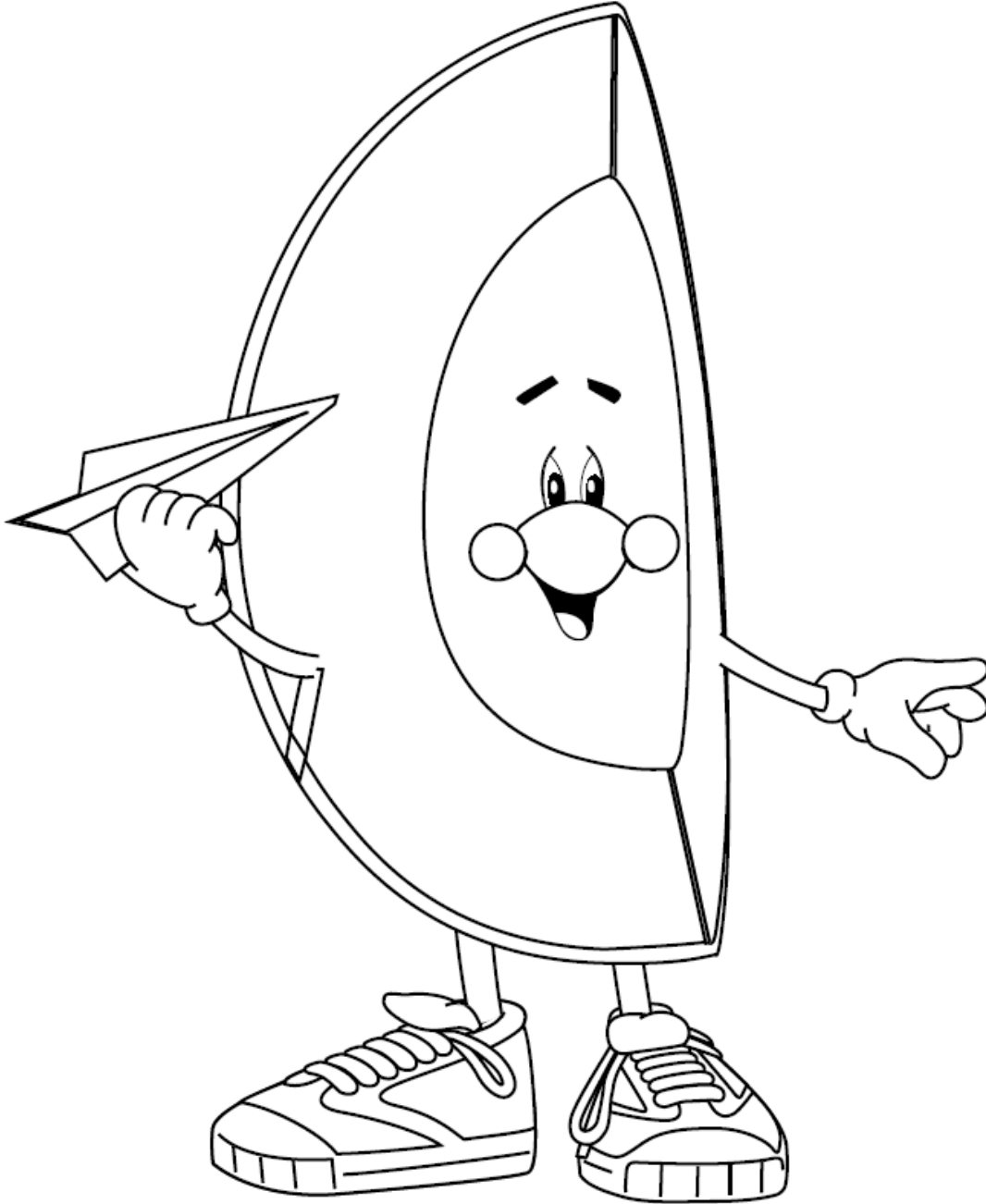
*Items in bold are enclosed.*

- ✓ Send home “**Fruits & Veggies --- More Matters!**” and encourage parents to serve fruits and vegetables for breakfast, lunch and at snack-time.
- ✓ **Kids' Kitchen Recipes** --- Encourage parents/guardians to try recipes with their children!
- ✓ **Recipes for Home** --- Try new **Cantaloupe** recipes at home!



# Classroom Link... Christopher Cantaloupe

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



Christopher Cantaloupe ©



## Classroom Link...

From: "Community Nutrition Action Kit"/Team Nutrition (modified)

# What Am I?

Playing an adaptation of "pictionary," identify a variety of fruits and vegetables. Role-play how to add new fruits and vegetables to meals!

### **Materials Needed:**

- ◆ Board or flip-chart
- ◆ Markers
- ◆ Cut up samples of fruits and vegetables (*optional*)
- ◆ Plates, napkins or paper towels (*optional*)
- ◆ Toothpicks (*optional*)

### **Attached:**

- ◆ "Roll 'Em Role Plays" handout

### **Time Needed:**

- ◆ 30 minutes for each activity

### **OBJECTIVES:**

- ◆ To expand the variety of fruits and vegetables eaten as a wide variety of fruits and vegetables are identified.
- ◆ To learn to incorporate more fruits and vegetables into the diet through role-play.

### **KEY CONCEPTS:**

- ◆ Most people need to eat more fruits and vegetables each day.
- ◆ Fruits and vegetables add variety, color, different textures and flavors to meals.
- ◆ Fruits and vegetables are good snacks to eat because they are low in fat, easy to prepare, and easy to take along.

### **PREPARATION NEEDED:**

- ◆ Make enough copies of the "Roll 'Em Role Plays" handouts and cut apart on the dotted lines.
- ◆ Optional: Cut up samples of fruits and vegetables for tasting – include both new and familiar fruits and vegetables. Put a toothpick in each piece of fruit and vegetable.

### **BACKGROUND:**

- ✓ Most people do not eat enough fruits and vegetables each day.
- ✓ Fruits and vegetables can add a lot of variety and excitement to meals. They are colorful, have different textures and flavors and are easy to prepare. They also come in their own "package" - their skin - for carrying along.



## Classroom Link... "What Am I?" Page 2

- ✓ In addition, fruits and vegetables are available many different ways - fresh, frozen, canned, and dried. Some foods, peaches for example, are available in all four of these ways!
- ✓ It is becoming easier to find fruits and vegetables from other countries and cultures in the local supermarket!
- ✓ Fruits and vegetables provide the body with vitamins and minerals to help the body grow and stay healthy. Fruits and vegetables also contain fiber for healthy digestive systems.

### WHAT AM I? ACTIVITY

#### Setup and introduction

#### **Food Safety Note:**

- ✓ If you use any fresh fruits and vegetables wash them thoroughly.
- ✓ Refrigerate any leftover fruits and vegetables immediately.
- ✓ Have the youth wash their hands before handling or tasting food.

#### 1. Play "What Am I?"

Divide the youth into pairs or teams and explain the game. "What Am I?" is played like the game "Pictionary." A youth from each pair or team draws a fruit or vegetable so that the rest of the group can guess what it is. Let each pair or team take turns at the board or flip-chart. The first team to get a certain number of points wins.

#### 2. After the game --- Discuss the following:

*What are some of your favorite fruits and vegetables?  
Name the part of the plant the food you just named comes from.  
Where in the U.S. are these foods you just named grown?  
Why is it important to eat fruits and vegetables?  
Name ways to eat a variety of fruits and vegetables every day.  
What new fruits or vegetables did you learn about?  
**Which of these new fruits or vegetables would you like to try?***

### ROLE PLAY ACTIVITY

#### **Directions:**

- ✓ One person in each group reads the role-play situation to the group.
- ✓ The group decides what to do in the situation.
- ✓ Everyone participates in the role-play.

1. Explain to the youth what a role-play is (*a role-play is a kind of short play where you make up your own lines and act out what you might do in a situation*).
2. Divide the youth into groups of 3-5.
3. Distribute a different role-play from the "Roll 'Em Role Plays" handout to each group. You may want to give the same role-play to more than one group so that a variety of outcomes are developed.





## Classroom Link... "What Am I?" Page 3

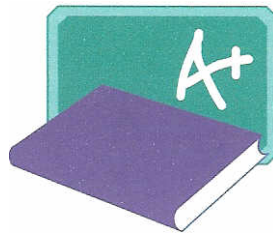
### OPTIONAL ACTIVITY

1. Have each youth try the samples of fruits and vegetables.
2. Suggested discussion questions:  
*Which of these fruits and vegetables are new to you?*  
*Describe the taste of the food~ you liked.*  
*Would you ask for them at home?*

### CLOSURE:

Discuss the following suggested questions after each group has presented its role-play:

- ✓ *Why did you choose what you did in your situation?*
- ✓ *How do you think you would feel when you choose fruits and vegetables and your friends choose other foods?*
- ✓ *Have you been in similar situations? What did you do?*
- ✓ *What would you do differently as a result of what you learned today?*





## **Classroom Link...** *From: "Community Nutrition Action Kit"/Team Nutrition*

### **ROLL 'EM ROLE PLAYS**

---

#### **Role Play #1**

Your family is eating breakfast at a restaurant. You and your brother are deciding what to order. You have been really trying to eat more fruits and vegetables. What do you do?

---

*cut along dotted lines*

#### **Role Play #2**

You and your friends are choosing snacks from a vending machine that has mostly candy and chips. You have been trying to eat more fruits and vegetables. You notice another vending machine. It has fruit juice and soda pop. What do you do?

---

*cut along dotted lines*

#### **Role Play #3**

Your class is planning a class party for the end of the school year. Most of the foods suggested have been the usual-cake, cookies, candy, etc. You have been trying to eat more fruits and vegetables. What do you do?

---

*cut along dotted lines*

### **Possible Outcomes for the Role Plays:**

#### *Role Play #1*

- ✓ Order juice or fruit at the restaurant.
- ✓ Eat a piece of fruit at home before you go out to eat.
- ✓ Bring along a banana or orange to eat with breakfast.

#### **Role Play #2**

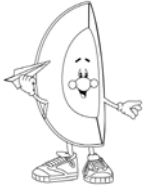
- ✓ Have a piece of fruit when you get home.
- ✓ Choose a fruit juice from the other vending machine.
- ✓ Look for crackers, pretzels or low fat cookies.

#### **Role Play #3**

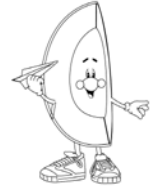
- ✓ Suggest including some snacks that contain fruits and vegetables: fruit salad, dip with raw vegetables, fruit smoothie, etc.
- ✓ Go to the party and don't eat too much of the snacks there. Eat fruits and vegetables at other meals that day of the party.



## Classroom Link...



# AWESOME MELONS



Search for the melon words listed below.  
Words can be found vertically, horizontally and diagonally.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | R | S | I | A | N | W | S | X | A | N | C | B | J |
| E | C | G | M | Q | Z | E | Z | U | W | W | R | J | T | J |
| C | H | A | Q | X | D | Z | I | A | A | A | P | R | C | J |
| Q | A | J | S | Y | X | S | R | L | T | J | V | O | S | A |
| V | S | N | E | A | T | Q | E | C | E | K | T | O | V | L |
| X | P | N | T | L | B | S | A | A | R | Q | I | B | F | Q |
| W | O | E | Y | A | O | A | A | T | M | Y | C | A | G | X |
| H | O | R | L | D | L | V | I | N | E | J | B | B | W | G |
| X | D | X | O | E | H | O | D | A | L | B | G | P | M | S |
| D | S | F | C | O | I | G | U | S | O | R | Z | R | H | L |
| I | H | Z | W | H | X | Z | U | P | N | D | D | A | I | V |
| C | H | A | O | U | P | D | E | B | E | O | R | A | J | E |
| O | K | O | C | Q | W | J | G | P | U | L | I | K | K | F |
| V | P | P | F | J | Y | H | H | U | Y | V | E | G | J | C |
| W | A | H | S | N | E | R | C | N | V | E | I | D | S | K |

### Melon List:

Cantaloupe  
Persian

Casaba  
Santa Claus

Crenshaw  
Sharlyn

Honeydew  
Watermelon



Classroom Link...

# AWESOME MELONS

## Solutions

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | R | S | I | A | N | W | S | X | A | N | C | B | J |
| E | C | G | M | Q | Z | E | Z | U | W | W | R | J | T | J |
| C | H | A | Q | X | D | Z | I | A | A | A | P | R | C | J |
| Q | A | J | S | Y | X | S | R | L | T | J | V | O | S | A |
| V | S | N | E | A | T | Q | E | C | E | K | T | O | V | L |
| X | P | N | T | L | B | S | A | A | R | Q | I | B | F | Q |
| W | O | E | Y | A | O | A | A | T | M | Y | C | A | G | X |
| H | O | R | L | D | L | V | I | N | E | J | B | B | W | G |
| X | D | X | O | E | H | O | D | A | L | B | G | P | M | S |
| D | S | F | C | O | I | G | U | S | O | R | Z | R | H | L |
| I | H | Z | W | H | X | Z | U | P | N | D | D | A | I | V |
| C | H | A | O | U | P | D | E | B | E | O | R | A | J | E |
| O | K | O | C | Q | W | J | G | P | U | L | I | K | K | F |
| V | P | P | F | J | Y | H | H | U | Y | V | E | G | J | C |
| W | A | H | S | N | E | R | C | N | V | E | I | D | S | K |

- CANTALOUPE: (Column 1; Row 3; South East/Diagonal)
- CASABA: (Column 2; Row 2; South East/Diagonal)
- CRENSHAW: (Column 8; Row 15; West/Backwards Horizontal)
- HONEYDEW: (Column 1; Row 8; North East/Upwards Diagonal)
- PERSIAN: (Column 1; Row 1; East/Horizontal)
- SANTA CLAUS: (Column 9; Row 10; North/Backwards Vertical)
- SHARLYN: (Column 15; Row 9; South West/Diagonal)
- WATERMELON: (Column 10; Row 2; South/Vertical)



## Home Link...

# Fruits & Veggies --- More Matters!

The "Fruits & Veggies --- More Matters" is a national public health program from the *Produce for Better Health Foundation* that encourages all Americans to **eat more fruits and vegetables everyday**. This program builds on the momentum and success that 5 A day created and takes it to the next level by emphasizing **eating more fruits and veggies at every eating occasion**.

**"Fruits & Veggies --- More Matters"** is about small achievable steps to include all forms (*fresh, frozen, canned, dried and 100% juice*) of fruits and veggies into your daily routine. The number of cups a person needs depends on age, gender and activity level. See the chart at the bottom of this page for more information.

Research indicates that 96% of children, ages 2-12, fall short of the recommended daily amounts of fruits and vegetables!

**Eating more fruits and vegetables a day provides a variety of health benefits.**

Fruits and vegetable are good sources of essential nutrients like vitamin C, vitamin A, potassium, and fiber.

**Be physically active, maintain a healthy weight and eat a diet rich in fruits and vegetables everyday!** These action steps promote good health and help reduce the risk of cancer, heart disease, hypertension, stroke, diabetes and other chronic diseases.

**Eat Fruits and Vegetables for Breakfast, Lunch and at Snack-time -----  
Fruits and Vegetables are Powerful Foods!**

### What does 1 cup and a ½ cup look like?

- 1 small banana, peach or orange = ½ cup
- ½ cup canned or fresh-cut fruit = ½ cup
- ¼ cup dried fruit, like raisins = ½ cup
- 8 ounces of 100% fruit/vegetable juice = 1 cup
- 1 large sweet potato = 1 cup
- ½ cup cooked veggies, like broccoli, corn or carrots = ½ cup
- 1 cup raw leafy greens, like lettuce or baby spinach = ½ cup
- 16 seedless grapes = ½ cup
- 12 baby carrots = 1 cup

### What's your daily goal?

Use this chart to determine the **minimum** number of cups you should eat every day.\*

| Age & Gender:   | Estimated Daily Calorie Needs: | Daily Cups of Fruits & Veggies: |
|---|--------------------------------|---------------------------------|
| Girls: 4-8 years  | 1,200                          | 2½ cups                         |
| Boys: 4-8 years   | 1,400                          | 3 cups                          |
| Girls: 9-13 years & Women: 51+ years                      | 1,600                          | 3½ cups                         |
| Boys: 9-13 years, Girls: 14-18 years & Women: 31-50 years | 1,800                          | 4 cups                          |
| Women: 19-30 years & Men: 51+ years                       | 2,000                          | 4½ cups                         |
| Boys: 14-18 years & Men: 19-50 years                      | 2,200                          | 5 cups                          |

\*Daily recommended cups are based on less active lifestyles. To see amounts needed by more active people, visit [www.5aday.gov](http://www.5aday.gov).

Also check out: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org); [www.mypyramid.gov](http://www.mypyramid.gov)



Home Link...



# KIDS' KITCHEN



## Cantaloupe

### How to Cut a Cantaloupe:

- 1- First --- Wash the outside of the cantaloupe before you begin!!
- 2- Using a heavy knife, halve the fruit lengthwise from bottom to top
- 3- Scoop out the seeds with a spoon
- 4- Slice each half into 1 inch wedges
- 5- Eat with a spoon or simply eat like a watermelon wedge with your hands!

### Fun Ways to Eat:

- Cut into chunks, slices or wedges
- Mix with your favorite fruit --- Create a fruit salad!
- Make a fruit kabob (*skewer with different types of cut up fruit onto a stick*)
- Try dipping in low fat vanilla yogurt
- Make a fruit salsa and add to chicken, burgers, burritos...
- Add diced melon to chicken or seafood salad
- Make a "Melonicious Smoothie"

- ¼ cantaloupe, cubed    - ¼ honeydew, cubed    -1 lime, juiced    -2 tablespoons sugar  
 In a blender, combine cantaloupe, honeydew, lime juice and sugar. Blend until smooth.  
 Pour into 4 glasses and enjoy!    (*Recipe From: 5-A-Day/CDC*)

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes cantaloupe as an ingredient:

- Rainbow Fruit Kabobs



# KIDS' KITCHEN



Home Link...

## Rainbow Fruit Kabobs

*This colorful and nutritious snack is fun to make but even more fun to eat. If you can't find fresh cut produce in your local store, buy whole fruit, then wash, peel and cube it. Experiment with other colorful fruits to create your own rainbow on a stick!*

**Makes 12 kabobs**

### Ingredients:

- 1 pint DOLE® Strawberries, washed, stems removed
- 1 (12-ounce) container DOLE Fresh-Cut Cantaloupe
- 1 (20-ounce) can DOLE Pineapple Chunks in Juice, drained; reserve juice
- 1 (12-ounce) container DOLE Fresh-Cut Honeydew Melon
- 1 pound DOLE Purple Grapes, washed
- 2 large DOLE Bananas, peeled

### You will need:

- Cutting board
- Sharp knife
- Can opener
- 12 wooden skewers (10-12 inches long)
- Large serving platter



## Desserts

### Here's how:

- 1** Cut each banana into six chunks. Dip chunks in reserved pineapple juice.
- 2** Thread a strawberry, a cantaloupe chunk, a grape, a pineapple chunk, a honeydew melon chunk, and a banana chunk on each skewer. Add more fruit until skewer is full.
- 3** Set on a plate and start threading next skewer. Repeat until all skewers are filled with a rainbow of colorful fruit.
- 4** Lay skewers on platter; pour reserved pineapple juice over top to keep fruit from browning. Chill until ready to serve.



### Nutrition Information (per serving)

Makes 12 kabobs. Each kabob provides 1/5 - 5 A Day servings of fruit.

|                    |                |               |                          |
|--------------------|----------------|---------------|--------------------------|
| Calories           | 99             | Dietary Fiber | 2 grams                  |
| Total Fat          | 0 grams        | Protein       | 1 gram                   |
| Saturated Fat      | 0 grams        | Vitamin A     | 1016 International Units |
| Cholesterol        | 0 milligrams   | Vitamin C     | 36 milligrams            |
| Sodium             | 15 milligrams  | Calcium       | 13 milligrams            |
| Potassium          | 337 milligrams | Iron          | 0.4 milligram            |
| Total Carbohydrate | 25 grams       | Folate        | 23 micrograms            |

This recipe is **5 A Day** approved and provides fruits in the following color groups:





**Home Link... Home Recipes**



Your child/children will be offered fresh

## **Cantaloupe**

in September on their School Menu!

**Try a new Cantaloupe recipe at home!**

## **Cantaloupe Salsa**

**Makes 12 each ½ cup Servings**

**Source:** Produce for Better Health/Del Monte Fresh Produce

### **Ingredients:**

1 ½ each Cantaloupe  
2 ¼ cups Red Bell Pepper, Finely Chopped  
¾ cups Cilantro or Parsley, Finely Chopped  
½ cup Scallions, Finely Chopped  
Juice of 3 Limes  
Pinch of Salt & Hot Pepper Flakes

### **Directions:**

Remove seeds and rind from cantaloupe. Chop cantaloupe into very small diced pieces. Put in a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with chicken, hamburgers, chicken sandwiches, wraps, salads...

**Nutritional Analysis Per Serving:** Calories 21, Protein 1g, Fat 1g, Cholesterol 0mg, Carbohydrates 5g, Fiber 2g, Sodium 62mg





# RED BELL PEPPERS

## Fact Sheet

### **Where did they come from?**

In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies. He took samples back to Europe. Peppers quickly became popular in Europe as a food, spice and condiment. Twenty years later in 1512, travelers found bell pepper varieties growing throughout the West Indies, Central America, Mexico, Peru and Chili. Christopher Columbus and Spanish explorers gave peppers their name. They were searching for peppercorn plants that produce black pepper.

### **Where do they grow?**

California and Florida produce most of the sweet bell peppers for the United States. Other states that grow them are Texas, New Jersey and North Carolina. They are also produced in Mexico, Dominican Republic, Belgium and the Netherlands. They are available year round, but are more plentiful and less expensive in the summer.

### **How do they grow?**

Pepper plants begin from seeds. The seeds grow into a plant about 3 to 4 feet high. Peppers are actually the fruit, which form on the plants after it flowers. If green bell peppers are left on the plant long enough, they will mature and turn from green to red. The sugar content increases as a pepper matures. The red pepper therefore, tends to be sweeter than the green. Sweet bell peppers can be found in a rainbow of colors such as orange, yellow, purple and brown.

### **Are they healthy?**

- 👉 Great source of vitamin C
- 👉 Contain three times as much vitamin C as the green pepper

### **How do you pick a good one?**

- 👉 Choose ones with firm skin and no wrinkles
- 👉 Pick peppers with fresh, green stems
- 👉 Choose ones that are shiny and bright in color
- 👉 Select those that are heavy for their size

# ☺ FUN FACTS! ☺

## RED BELL PEPPERS

### Did you know...

- ☺ Did you know a red bell pepper tastes sweet?
- ☺ Did you know that a sweet red pepper is simply a mature green bell pepper?
- ☺ Did you know that sweet bell peppers come in a rainbow of colors? They come in green, red, yellow, purple and even brown.
- ☺ Did you know that by weight, a sweet red bell pepper contains three times as much vitamin C as a citrus fruit such as an orange?  
*One serving or ½ cup, about 5 strips, provides 100 percent of your daily requirement of vitamin C!*
- ☺ Did you know that peppers can get a suntan?  
A suntanned pepper is a green pepper with red spots.

***Remember ...  
Eat more fruits and vegetables everyday!***

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Red Bell Peppers*  
Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with red peppers ---  
Fresh Tomato Pizza Salad (attached)  
Mexicali Corn USDA #I-12 (substitute red peppers for pimento)  
Marinated Black Bean Salad USDA # E-21
- ✓ Offer pizza with toppings of red and green peppers
- ✓ Offer raw carrots, celery and red pepper strips with low fat dip
- ✓ Add cooked red and green peppers to hot sandwiches  
(Examples: *Cheesesteak Sandwich with Peppers, Sausage & Pepper Sub*)
- ✓ Add red and green diced peppers to potatoes wedges for breakfast or lunch

#### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player; Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day  
Give this menu a special name (*Example: Power Up with Peppers!*)
- ✓ Feature "Red Day" on the day that you offer red peppers on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing red
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - Select produce in season
  - Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Presentation** **Meal Appeal — Contrast Colors**

Add Red Peppers to:  
Corn, Pasta Salads, Potato Salad  
& Tossed Salads.

#### **Quality:**

Choose Firm,  
Bright Colored,  
Heavy Peppers!

#### **Safety:**

Wash Produce  
Before Use!



## School Food Service Link...



### **School Food Service** **FRESH TOMATO PIZZA SALAD**

Yield: 100 each 1 cup portions

1 serving = 1 ounce protein &  $\frac{3}{4}$  cup vegetable

#### **Ingredients:**

|                                      |                        |         |
|--------------------------------------|------------------------|---------|
| Tomatoes, Fresh                      | 17 pounds              |         |
| Iceberg Lettuce, Chunked             | 13 pounds              |         |
| Green & Red Bell Peppers, Diced      | 6 $\frac{1}{2}$ pounds |         |
| Mozzarella Cheese, Shredded          | 5 pounds               |         |
| Pepperoni, Sliced                    | 2 $\frac{1}{2}$ pounds |         |
| Ripe Olives                          | 1 pound                | Italian |
| Dressing (Low Fat), Prepared         | 5 $\frac{1}{2}$ cups   |         |
| Croutons, Garlic, Seasoned or Cheese | 3 $\frac{1}{4}$ pounds |         |

#### **Directions:**

- 1-Use ripe tomatoes held at room temperature. Core tomatoes; Cut into one-inch chunks.
- 2-Place tomatoes in large bowl with lettuce, peppers, cheese, pepperoni & olives.
- 3-Immediately before serving, toss salad with dressing.
- 4-Toss croutons with salad or top individual salad cups or offer "help yourself" style croutons.

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
**Sweet Red Bell Peppers ...**

*Items in bold are enclosed.*

- ✓ Review "**Fact Sheet**" and "**Fun Facts**"
- ✓ Have students color "**BELLE the New Jersey Pepper**"
- ✓ Have students write in or draw their favorite fruit and vegetable next to each color on the handout, "**My Favorite Fruit & Vegetable Colors**"; Assign upper grade levels to tally handout by grade and report results; Share results with school food service
- ✓ Display different colors of fresh peppers
- ✓ Show the difference between a red hot pepper and a red sweet bell pepper
- ✓ Have students research different kinds of peppers --- mild, sweet and hot
- ✓ Have students check out educational web sites for kids (*List enclosed*)



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

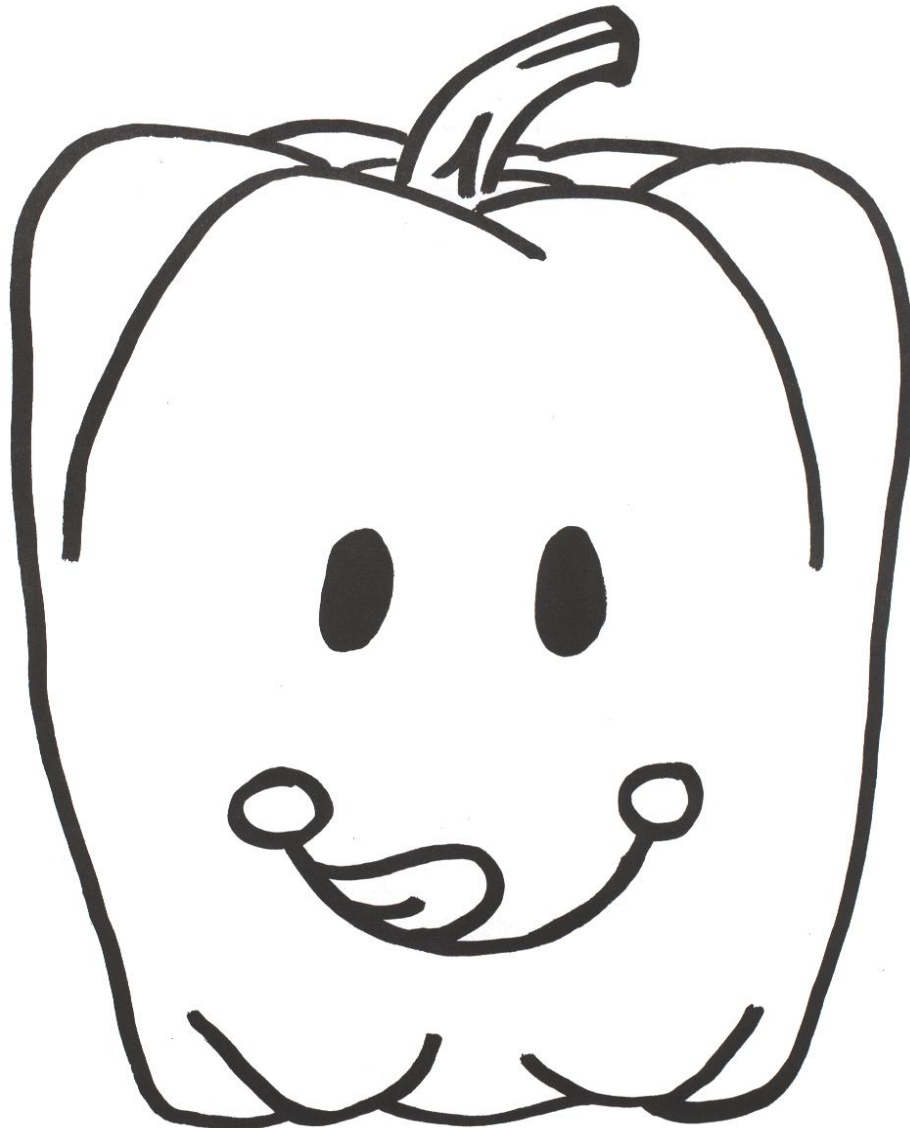
- ✓ Encourage the "**5 A Day --- The Color Way Chart**" as a family activity
- ✓ **Kids' Kitchen Recipes**--- Encourage parents/guardians to try recipes with their children!
- ✓ **Recipes for Home**--- Try new **Red Pepper** recipes at home!



**Classroom Link...** *From:* NJ Department of Agriculture's  
"Jersey Fresh Coloring Book"

# BELLE

THE NEW JERSEY PEPPER





## Classroom Link...

### MY FAVORITE FRUIT & VEGETABLE COLORS

*Instructions: Write in or draw your favorite fruit and vegetable under each color*



### COLOR YOUR PLATE The 5-A-DAY WAY!!

#### WHITE:

- ❖ Fruit \_\_\_\_\_
- ❖ Vegetable \_\_\_\_\_

#### RED:

- ❖ Fruit \_\_\_\_\_
- ❖ Vegetable \_\_\_\_\_

#### YELLOW/ ORANGE:

- ❖ Fruit \_\_\_\_\_
- ❖ Vegetable \_\_\_\_\_

#### GREEN:

- ❖ Fruit \_\_\_\_\_
- ❖ Vegetable \_\_\_\_\_

#### BLUE/ PURPLE:

- ❖ Fruit \_\_\_\_\_
- ❖ Vegetable \_\_\_\_\_



Home Link...



## CHART

**Instructions/Family Activity:** See how many colors you can eat everyday. Fill in the fruit and/or vegetable you eat each day under the color category. Aim for one in each of the 5 categories every day. Get your family involved! Have each family member complete a chart for the week. Compare with each other. See who has the most 5 or more totals in all of the categories.

| DAYS:                                    | 1-Blue/<br>Purple | 2-Green | 3-White | 4-Orange/<br>Yellow | 5-Red | Total:<br>(Each Day<br>Across) |
|--|-------------------|---------|---------|---------------------|-------|--------------------------------|
| <b>Monday</b>                            |                   |         |         |                     |       |                                |
| <b>Tuesday</b>                           |                   |         |         |                     |       |                                |
| <b>Wednesday</b>                         |                   |         |         |                     |       |                                |
| <b>Thursday</b>                          |                   |         |         |                     |       |                                |
| <b>Friday</b>                            |                   |         |         |                     |       |                                |
| <b>Saturday</b>                          |                   |         |         |                     |       |                                |
| <b>Sunday</b>                            |                   |         |         |                     |       |                                |
| <b>Total:<br/>(Each column<br/>down)</b> |                   |         |         |                     |       |                                |





Home Link...



# KIDS' KITCHEN



## RED

## BELL PEPPERS

### How to Cut and Slice Peppers:

- 1-Wash and rinse pepper under cold running water
- 2-Secure the pepper on a cutting board
- 3-Cut the pepper in half, through the stem
- 4-Pull off the stem and brush out the seeds
- 5-Place the pepper flat side down and slice into thin pieces

### Fun Ways to Eat:

- Munch on raw strips with dip
- Add raw to salads
- Mix with cooked pasta
- Top pizza with cooked strips
- Stuff them with rice

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include sweet red bell peppers as an ingredient.

- Spunky Vegetable Pizza
- Bell Pepper Snack Cups



# KIDS' KITCHEN



## Spunky Vegetable Pizza



Photo: Pinterest ©



Photo: Pinterest ©



**Makes 8 servings**

### Ingredients:

- 3/4 cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- 1/2 cup sliced red or green bell pepper
- 5 to 6 ounces, shredded, lowfat mozzarella or Cheddar cheese

### Utensils Needed:

Measuring Cup  
Mixing Bowl  
Mixing Spoon  
Non-Stick Cookie Sheet  
Oven Mitts  
Pizza Cutter  
Knife

### Nutritional Info:

(per serving)  
235 calories  
13g protein  
8g fat (2g sat.)  
29g carbohydrate  
568mg sodium  
15mg cholesterol

Preparation Time ... Cooking Time



...



### Method:

1. Preheat the oven to 450 F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet.
4. Arrange vegetables over sauce.
5. Sprinkle on the cheese.
6. Bake for 10 minutes.
7. Cool pizza for 3 minutes before slicing. Cut into 8 wedges.



Photo: Pinterest ©



Home Link...



# KIDS' KITCHEN



## Bell Pepper Snack Cups

Green bell peppers filled with a variety of colorful vegetables create a fun snack for kids of all ages!

**Makes 4 servings** If you eat your snack cup, you'll get an additional two servings!

### Ingredients:

- 4 DOLE® Green Bell Peppers
- ½ cup low fat Ranch dressing
- 1 DOLE Red Bell Pepper, seeded and cut into 4-inches long x 4-inch thick strips
- 12 DOLE Mini Carrots
- 2 stalks DOLE Celery, cut into 4-inches long x ½-inch thick strips
- 8 DOLE Asparagus Spears, trimmed to 4-5 inches long
- 1 small jicama\*, peeled and cut into 4-inches long x ½-inch thick strips

### You will need:

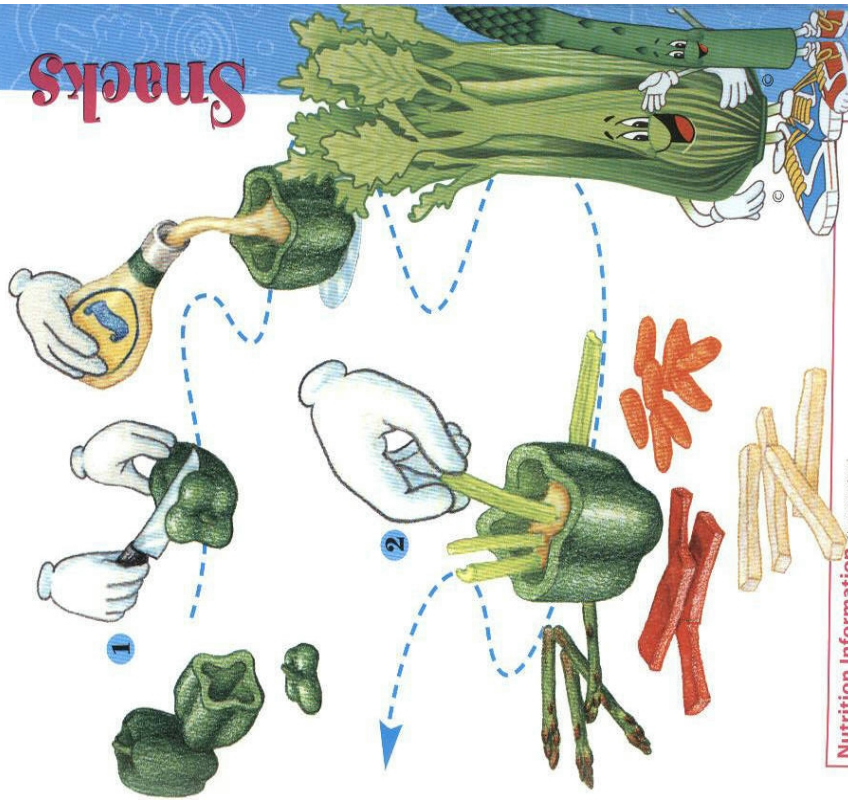
Cutting board and knife  
Four small plates

### Here's how:

- 1** Cut the tops off the green bell peppers and remove the seeds. Place bell peppers on small plates. Pour 2 tablespoons Ranch dressing into the bottom of each snack cup.
- 2** Place equal amounts of red pepper strips, mini carrots, celery strips, asparagus spears and jicama strips into each snack cup, then start dipping and snacking!

\*What's a jicama? Go to [www.aboutproduce.com](http://www.aboutproduce.com) to learn more about this sweet, crunchy root vegetable.

## Snacks



**Nutrition Information** (per serving)  
Makes 4 servings. Each snack cup is filled with 2 - 5 A Day servings of vegetables.  
If you eat your snack cup, you'll get an additional 2 servings!

|                           |                |                      |                          |
|---------------------------|----------------|----------------------|--------------------------|
| <b>Calories</b>           | 130            | <b>Dietary Fiber</b> | 6 grams                  |
| <b>Total Fat</b>          | 3 grams        | <b>Protein</b>       | 2 grams                  |
| <b>Saturated Fat</b>      | 0.7 gram       | <b>Vitamin A</b>     | 4967 International Units |
| <b>Cholesterol</b>        | 0 milligrams   | <b>Vitamin C</b>     | 94 milligrams            |
| <b>Sodium</b>             | 366 milligrams | <b>Calcium</b>       | 32 milligrams            |
| <b>Potassium</b>          | 405 milligrams | <b>Iron</b>          | 0.9 milligram            |
| <b>Total Carbohydrate</b> | 21 grams       | <b>Folate</b>        | 66 micrograms            |

This recipe is **5 A Day** approved and provides vegetables in the following color groups:



51

## Home Link...



### Home Recipes



Your child/children will be offered  
**Sweet Red Bell Peppers**  
in September on their School Menu!  
Try a new Red Belle Pepper recipe at home!

## Marinated Black Bean Salad

30 minutes to marinate **Serves: 10**

*From:* USDA's Team Nutrition Book --- "Food, Family and Fun"

### Ingredients:

2-1/4 cups canned black beans, drained, rinsed  
2 cups frozen corn  
1/2 cup fresh green pepper, minced  
1/2 cup fresh red pepper, minced  
1/4 cup onions, minced  
1-1/2 tsp lemon juice  
1 tsp parsley flakes  
1/8 tsp ground cumin  
1/8 tsp garlic powder  
1 cup salsa  
1 tsp vegetable oil  
3/4 cup Monterey Jack cheese, shredded (optional)

### Directions:

1. In a bowl, **combine** black beans, corn, peppers, and onions.
2. In a small bowl, **whisk** together lemon juice, parsley, cumin, garlic powder, salsa and oil.
3. **Pour** dressing over vegetables and **stir** to coat.
4. **Cover** and **refrigerate** for at least 30 minutes or longer to marinate.
5. Before serving, **sprinkle** Monterey Jack cheese (optional) over top of salad.

### Nutrients per serving: 1/2 cup

|              |       |               |       |               |        |
|--------------|-------|---------------|-------|---------------|--------|
| Calories     | 133   | Saturated Fat | 0.2 g | Iron          | 1.3 mg |
| Protein      | 4 g   | Cholesterol   | 0 mg  | Calcium       | 35 mg  |
| Carbohydrate | 15 g  | Vitamin A     | 74 RE | Sodium        | 220 mg |
| Total Fat    | 0.9 g | Vitamin C     | 31 mg | Dietary Fiber | 3 g    |



Su niño/niños serán ofrecido

## Pimientos Rojos Dulces

¡en Septiembre en el Menú Escolar!

*¡Intente una nueva receta de  
Pimenton Rojo en casa!*

## Ensalada de Frijoles Negros

30 minutos para adobar      **Porciones: 10**

### Ingredientes:

- 2-1/4 tazas de frijoles negros, enjuagados y escurridos
- 2 tazas de maíz congelado
- 1/2 taza pimiento verde fresco, picado
- 1/2 taza pimiento rojo fresco, picado
- 1/4 taza de cebolla, picada
- 1-1/2 cucharadita de jugo de limón
- 1 cucharadita de escamas de perejil
- 1/8 cucharadita de comino molido
- 1/8 tsp ajo en polvo
- 1 taza de salsa
- 1 cucharadita de aceite vegetal
- 3/4 de taza de queso de Monterey Jack, rallado (opcional)

### Instrucciones:

1. En un tazón, combine los frijoles negros, maíz, pimientos, y cebollas.
2. En un pequeño tazón, bata juntos el jugo de limón, el perejil, el comino, el polvo de ajo, la salsa, y el aceite.
3. Verter aderezo sobre verduras y revolver.
4. Tape y refrigere por lo menos 30 minutos o más largo para adobar.
5. Antes de servir la porción, rocíe el queso de Monterey Jack (opcional) sobre la ensalada.

### **Nutrientes por porción:** ½ taza

|              |       |                |       |                 |        |
|--------------|-------|----------------|-------|-----------------|--------|
| Calorias     | 133   | Grasa Saturada | 0.2 g | Hierro          | 1.3 mg |
| Proteína     | 4 g   | Colesterol     | 0 mg  | Calcio          | 35 mg  |
| Carbohidrato | 15 g  | Vitamina A     | 74 RE | Sodio           | 220 mg |
| Grasa Total  | 0.9 g | Vitamina C     | 31 mg | Fibra Dietetica | 3 g    |



**Home Link...**

**Home Recipes**



**Your child/children will be offered  
Sweet Red Bell Peppers  
in September on their School Menu  
Try a new recipe at home!**

### **Roasted Peppers**

*From:* Center for Disease Control; [www.cdc.gov/](http://www.cdc.gov/)

To add a delightfully smoky flavor to pasta dishes, pizza, and brochette, bell peppers can be grilled on a barbecue grill, over the flame of a gas range burner, or broiled in the oven.

To prepare peppers, cut a small slit near the stem of each pepper. If grilling, secure pepper to a long-handled fork and hold over flame turning pepper until skin becomes blackened. If using an oven, broil peppers 4 inches away from heating element. After skin has blackened, immediately place peppers in a zip-lock bag for 15 minutes to allow them to steam. Remove pepper from bag and scrape the skin off using a table knife. Remove stem, core, and remove seed from pepper.

Su niño/niños seran ofrecido

### **Pimientos (ajíes) Rojos Dulces**

¡en Septiembre en el Menú Escolar!

*¡Intente una nueva receta en casa*

### **Pimientos Asados**

Para añadir un sabor humeante delicioso a platos de pasta, pizza, y brochette, los ajíes pueden ser asados a la parrilla en una parrilla de barbacoa, sobre la llama de un quemador de cocina de gas, o asados a la parrilla en el horno.

Para preparar pimientos, corte una pequeña raja cerca del tallo de cada pimiento. Si asa la pimineto a la parilla, asegurelo a un tenedor largo y sostengalo sobre la llama girando el pimiento hasta que la piel se este ennegrecida. Si usa un horno, ase las pimientos 4 pulgadas de distancia del elemento de calentar. Después de que la piel ha ennegrecido, inmediatamente coloque pimientos en un bolso de cerradura de cremallera durante 15 minutos para permitir que ellos echaran vapor. Quite el pimiento del bolso y raspe la piel con un cuchillo de mesa. Quite el tallo, el corazón, y la semilla de la pimienta.



Home Link...



## Warm Tomato-Pepper Pasta

*From:* Jersey Fresh Cookbook

### Ingredients:

|  |                                    |
|--|------------------------------------|
| ½ cup green onion, thinly sliced         | ½ cup Parmesan cheese, grated      |
| 1 tsp. garlic, chopped                   | 2 Tbsp. parsley, chopped           |
| 2 Tbsp. olive oil                        | ¼ tsp. pepper                      |
| 1 large red bell pepper, diced finely    | 1/8 tsp. cayenne pepper            |
| 3 cups Jersey tomatoes, seeded and diced | 8 ounces dry linguine or spaghetti |

### Directions:

Saute onions and garlic in oil until soft. Add red bell pepper and saute until tender-crisp, about 2 minutes. Stir in tomato and cook over high heat until juices evaporate. Stir in cheese and next 3 ingredients; reserve. Cook pasta and drain well. Toss hot pasta with reserved tomato mixture. Serves 4-6. This is an official 5 a Day recipe.

**Nutritional analysis per serving:** Calories, 373; Fat, 11 g; Cholesterol, 8 mg; Fiber, 4 g; Sodium, 205 mg; Percent calories from fat, 27%.

## Pasta de Pimiento y Tomate Caliente

### Ingredientes:

½ taza cebolla verde, picado finamente  
 1 cucharadita de ajo, picado  
 2 Cucharadas de aceite de oliva  
 1 pimiento rojo grande, en cuadritos finos  
 3 tazas de tomates de Jersey, sin semillas y cortados en cuadritos  
 ½ taza de queso de Parmesan rallado  
 2 Cucharadas de perejil picado  
 ¼ de cucharadita de pimienta negra  
 1/8 cucharadita de pimienta de Cayena  
 8 oz de linguine o espagueti

### Instrucciones:

Sofrite las cebollas y ajo en el aceite hasta suave. Añada el pimiento rojo y sofrite hasta que este suave y crujiente, aproximadamente 2 minutos. Agregue el tomate y cocine sobre el calor alto hasta que los jugos se evaporen. Añada el queso y los 3 ingredientes siguientes; reservar. Cocine la pasta y escurrir bien. Mezcle la pasta caliente con la mezcla de tomate reservada. Sirve 4-6. Este es una receta oficial de *5 Al Dia*.

**Análisis alimenticio por porción:** Calorías, 373; Grasa, 11 g; Colesterol, 8 mg.; Fibra, 4 g; Sodio, 205 mg.; calorías de por ciento de grasa, el 27 %.

# **OCTOBER:**

**Fruit – Apples**

**Veggie – Squash**





# Apples

## Fact Sheet

### **Where did they come from?**

Apples have been grown for over 5,000 years. Apples can be traced back to the Romans and Egyptians who introduced this fruit to the British. Early Americans brought seeds from Europe and planted the first apple trees in Massachusetts and Virginia. Johnny Chapman, more commonly known as “Johnny Appleseed”, planted apple seeds wherever he traveled in the United States. Currently, at least 50% of apples grown in the United States are fresh, while the other 50% are used for juices, applesauce, jellies or dehydrated apple products. Today, Americans eat over 120 fresh apples each, per year!



### **Where do they grow?**

Apples are grown throughout the United States, but Washington State produces the most apples each year. This state produces more than half of the fresh apples grown in the country. They sell their apples to all 50 states and over 40 countries. Other states, which are top producers of apples, include New York, New Jersey, California, Michigan, Pennsylvania and Virginia. New Jersey’s leading counties that produce apples are Gloucester, Camden, Cumberland and Warren. Imported apples are grown in Canada and New Zealand. Most apple varieties are available all year round, but some varieties are only available a few months of the year.




### **How do they grow?**

Commercial apples are not grown from seeds but through grafting or budding to produce trees that will bear fruit. Apple trees require fertile soil, adequate amounts of water, and grow best where the climate is hot during the day and cool at night. Once the apple tree is planted, it takes about 2-3 years for the tree to produce fruit. The apple tree will grow buds or short shoots which bloom into apple blossoms and form the fruit. When the fruit is mature and ripe, the apples are hand picked.

### **Are they healthy?**

-  Good source of fiber, potassium and vitamin C
-  Contains no fat, cholesterol or sodium

### **How do you pick a good one?**

-  Choose apples that are firm
-  Select ones with a shiny skin, not dull
-  Avoid those with soft spots, bruises, punctures or discoloration

# ☺ FUN FACTS! ☺

## Apples

### Did you know...

- ☺ **Did you know one apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation?**
- ☺ **Did you know that apples are in the rose family?**
- ☺ **Did you know that in one year, an apple tree produces enough apples to fill 20 each, 42 pound cases, of apples?**  
*(One tree produces 840 lbs. of apples per year!)*
- ☺ **Did you know there are many different varieties of apples?**  
(Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan...)
- ☺ **Did you know apples float because 25% of their volume is air?**
- ☺ **Did you know there are over 7,000 varieties of apples grown throughout the world?**
- ☺ **Did you know New Jersey's first apple seed was planted in 1639?**
- ☺ **Did you know apples can be red, green or even yellow in color?**
- ☺ **Did you know Granny Smith apples are bright green and are delicious, either cooked or eaten raw?**  
(If you like tart, crispy foods --- than this apple is for you!)
- ☺ **Did you know that you could reduce the fat and calories in baked goods by substituting applesauce for shortening or oil?**  
(Substitute the same amount of applesauce for the shortening or oil; for example, use a ½ cup applesauce instead of a ½ cup of oil. Try replacing only half the amount of shortening or oil in the recipe first, to see how it turns out!)
- ☺ **Did you know you could prevent cut, fresh apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water?** (Use 1 part juice to 3 parts water as a dipping mixture.)

**Remember ... Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Apples*; Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with apples --- Apple-Honey Cobbler (USDA C-1a)  
Waldorf Fruit Salad (USDA E-12) Applesauce Cake (USDA C-3)  
Baked Sweet Potatoes and Apples (USDA I-7)  
Apple Dips (see attached)
- ✓ Mix chopped apples in oatmeal for breakfast
- ✓ Serve "Fruit on a Raft"; Sweetened chopped apples on a waffle
- ✓ Mix a small amount of cherries or cherry/strawberry gelatin into applesauce for a rosy colorful treat
- ✓ Add diced apples to chicken, turkey or tuna salad
- ✓ Offer mini bags of apples as a healthy a la carte snack! Offer at a discount in October!
- ✓ Place peanut butter and granola in a soufflé cup; Add apple wedges for an apple dipping treat for breakfast, lunch or After School Snack

#### **Presentation** **Meal Appeal** —

Display Apples in Baskets and Crates for a Festive Fall Atmosphere!

#### MARKETING:

- ✓ Contact the Washington State Apple Commission for ideas and resources.  
Phone: 509-663-9600 [www.bestapples.com](http://www.bestapples.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Decorate with crates and baskets of apples for a festive fall atmosphere
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Store Apples in Original Box with Lid; Keep Apples Away From Other Fruits as They Produce Ethylene!

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name! (*Example: Awesome Apples!*)
- ✓ Feature an "Apple Dipper/Topping Day or Bar" each week in October! Offer a different dip or a variety of dips each time you feature this special; Let students go to a dipping/topping bar or place a choice of dips on serving line for students to add their own excitement and creativity to this healthy fresh fruit; Offer toppings too! (*Examples: granola, raisins, and nuts...; See dip recipes attached.*)
- ✓ Feature a different variety of apples each week for your customers to choose as a fruit component with their lunch (*Examples: Red delicious, Golden Delicious, Granny Smith...*)
- ✓ Feature an apple special during National School Lunch Week!
- ✓ Conduct an "Apple Trivia Contest"! (*Use trivia from "Fun Facts" or Washington Apple Commission.*)

#### **Safety:**

Wash Apples Before Placing on Serving Lines!



# School Food Service Link...



## School Food Service Recipes



### **Gran-Apples**

**Serving Size:** 2 or 4 quartered apples per serving

**(Quantity)Yield :** 50 ¼ cup fruit servings or  
25 ½ cup fruit servings

**Recipe Source:** Washington Apple Commission

#### **Ingredients:**

25 each Apples, fresh w/ skin  
2 lbs + 10 oz Peanut butter, smooth  
1 1/2 cups+ 1 Tbsp Honey  
1 lb + 1 oz Cereals, Granola, lowfat

#### **Instructions:**

- 1- Cut apples into quarters.
- 2- Blend peanut butter and honey until smooth.
- 3-Spread peanut butter-honey mixture onto cut sides of apples.
- 4- Roll apples in granola.

**Nutrients Per Serving:** calories 241, protein 6.7 g, carbohydrates 30.1 g, fat 12.4 g, saturated fat 2.5 g, cholesterol 0 mg, Vit A 3 RE, Vit C 4 mg, iron 84 mg, calcium 18 mg, sodium 121 mg, fiber 3.8 g

**HACCP Tips:** Wash hands and clean all food preparation surfaces.  
Produce (Fruits and Vegetables) Wash thoroughly before use.

### **Apples & Dips**

Core apples; Cut into wedges; Drop into pineapple or citrus juice and water to prevent browning; Drain apples well before serving  
*(Remember to save pineapple juice when opening cans of this fruit.)*

### **PB & OJ Dip**

**Yield:** 100 each 2 oz. servings of dip

#### **Ingredients:**

7 lbs. Peanut Butter  
2 qts. 8 oz. Orange Juice

#### **Directions:**

- 1- Cream pb & oj until well blended & smooth.
- 2- Portion 2 ounces of dip into soufflé cups.

### **Pineapple-Cream Cheese Dip**

**Yield:** 100 each 2 oz. servings of dip

#### **Ingredients:**

6 lbs. 4 oz. Low Fat Cream Cheese  
1 each #10 can Crushed Pineapple, Drained

#### **Directions:**

- 1- Cream together cream cheese and crushed pineapple until well blended.
- 2- Portion 2 ounces of dip into soufflé cups.

### **Try the Following for Apple Dips:**

- Low-Fat Vanilla Yogurt Mixed with Crushed Pineapples
- Caramel
- Chocolate Sauce
- Nacho or Plain Cheese Sauce
- Strawberry Glaze

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
**Apples...**

*Items in bold are enclosed.*

- ✓ Review "**Fact Sheet**" and "**Fun Facts**"
- ✓ Have students color "**Anthony Apple**"
- ✓ Have students complete "**Apple Trivia**"
- ✓ Have students search for the words in "**Applemania**"
- ✓ Display different varieties of apples
- ✓ Have students research different kinds of apples --- red, green, yellow/golden
- ✓ Have students check out [www.bestapples.com/kids](http://www.bestapples.com/kids)



## Home Link...

Quick Steps to more fruits and vegetables at home ...

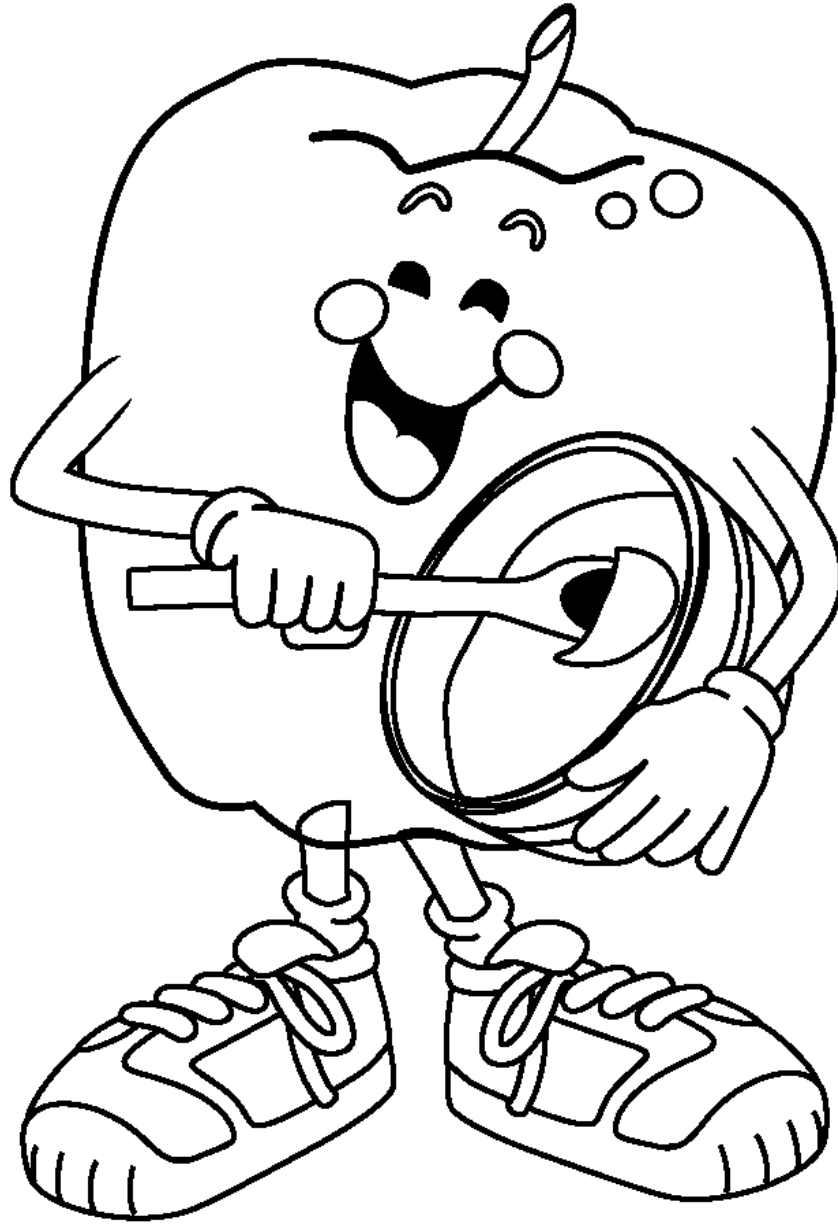
*Items in bold are enclosed.*

- ✓ Encourage "**Tips To Be Tops**" as a family activity
- ✓ **Kids' Kitchen Recipes** --- Remind parents/guardians to try recipes with their children! Encourage making **Apple Rings** as a family activity!
- ✓ **Recipes for Home** --- Try new **Apple** recipes at home!



## Classroom Link... Anthony Apple

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



Anthony Apple ©



**Classroom Link...** *From: Washington Apple Commission & Dole 5 A Day*



## APPLE TRIVIA



1- How many different apple varieties are there?

\_\_\_15    \_\_\_7,500    \_\_\_400    \_\_\_6

2- Apples are harvested by?

\_\_\_Horse    \_\_\_Tractors    \_\_\_People    \_\_\_Helicopters

3- When are apples harvested?

\_\_\_Winter    \_\_\_Spring    \_\_\_Summer    \_\_\_Fall

4- How many seeds are in an average apple?

\_\_\_5    \_\_\_1    \_\_\_3    \_\_\_16

5- How many grams of fiber are in an apple?

\_\_\_1    \_\_\_3    \_\_\_5    \_\_\_12

6- Which state grows the most apples in the U.S.?

\_\_\_Michigan    \_\_\_Washington    \_\_\_New York    \_\_\_Alaska

7- How many fresh apples, on an average, does an American eat in one year?

\_\_\_5    \_\_\_50    \_\_\_35    \_\_\_120

8- What is the most popular apple variety in the United States?

\_\_\_Golden Delicious    \_\_\_Granny Smith    \_\_\_Fuji  
\_\_\_Red Delicious



## Classroom Link...



### APPLE TRIVIA ANSWERS



1-How many different apple varieties are there?   X   7,500

*Only a handful are available in your supermarket!*

2-Apples are harvested by?   X   People

*In Washington State, workers harvest over 3 billion apples by hand each fall.*

3-When are apples harvested?   X   Fall

*Apples are picked between August and early November. Advanced storage technology keeps them fresh year-round!*

4-How many seeds are in an average apple?   X   5

*Apples contain 5 seed pockets. Usually, each pocket contains a seed.*

5-How many grams of fiber are in an apple?   X   5

*A medium apple contains 5 grams, 20% of the recommended daily allowance.*

6-Which state grows the most apples in the U.S.?

  X   Washington

*This state produces 6 of every 10 apples consumed in the U.S.*

7-How many fresh apples, on an average, does an American eat in one year?   X   120

8-What is the most popular apple variety in the United States?

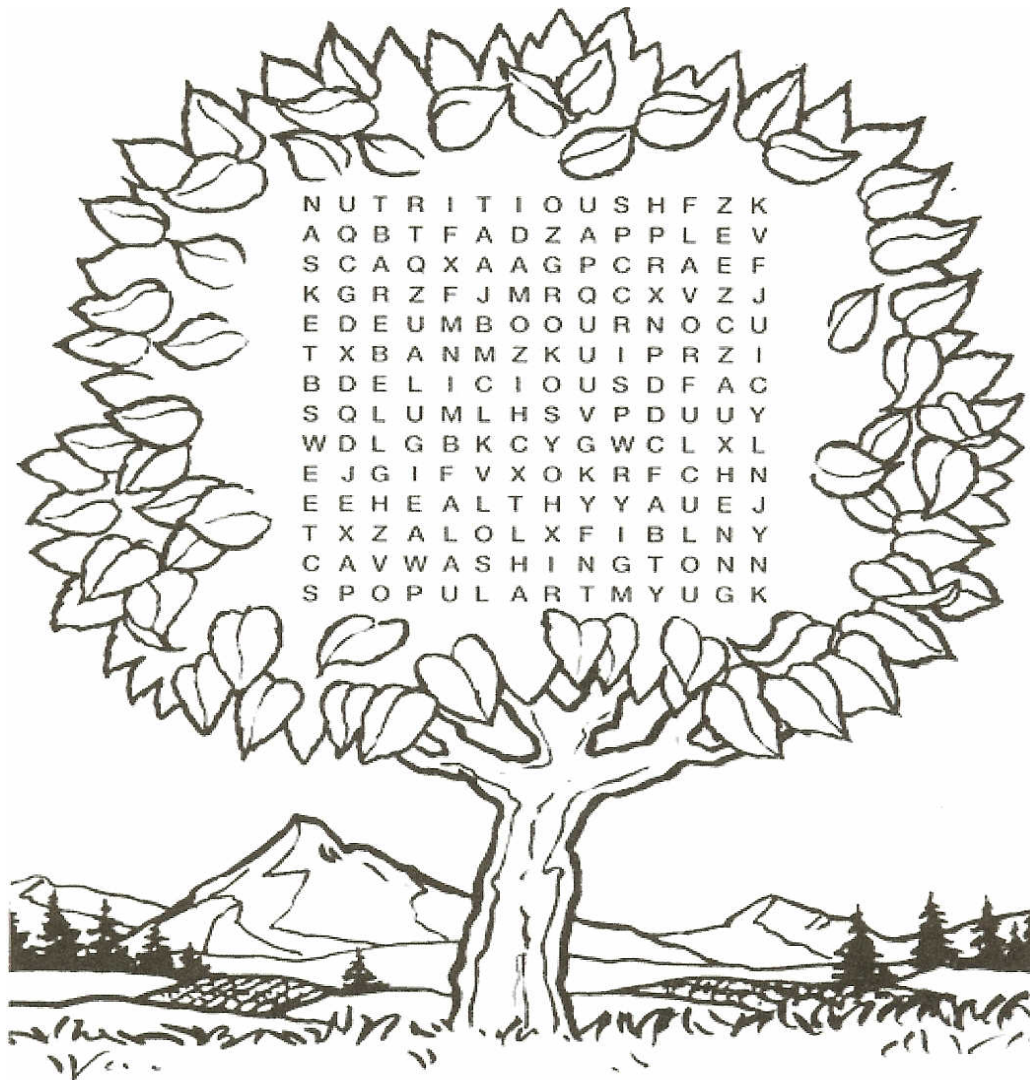
  X   Red Delicious





## Classroom Link... **Applemania!**

*From:* Washington Apple Commission



# Applemania!

Here are some words that are often said about Washington Apples.

Find them all and consider yourself a 100% **Applemaniac!**

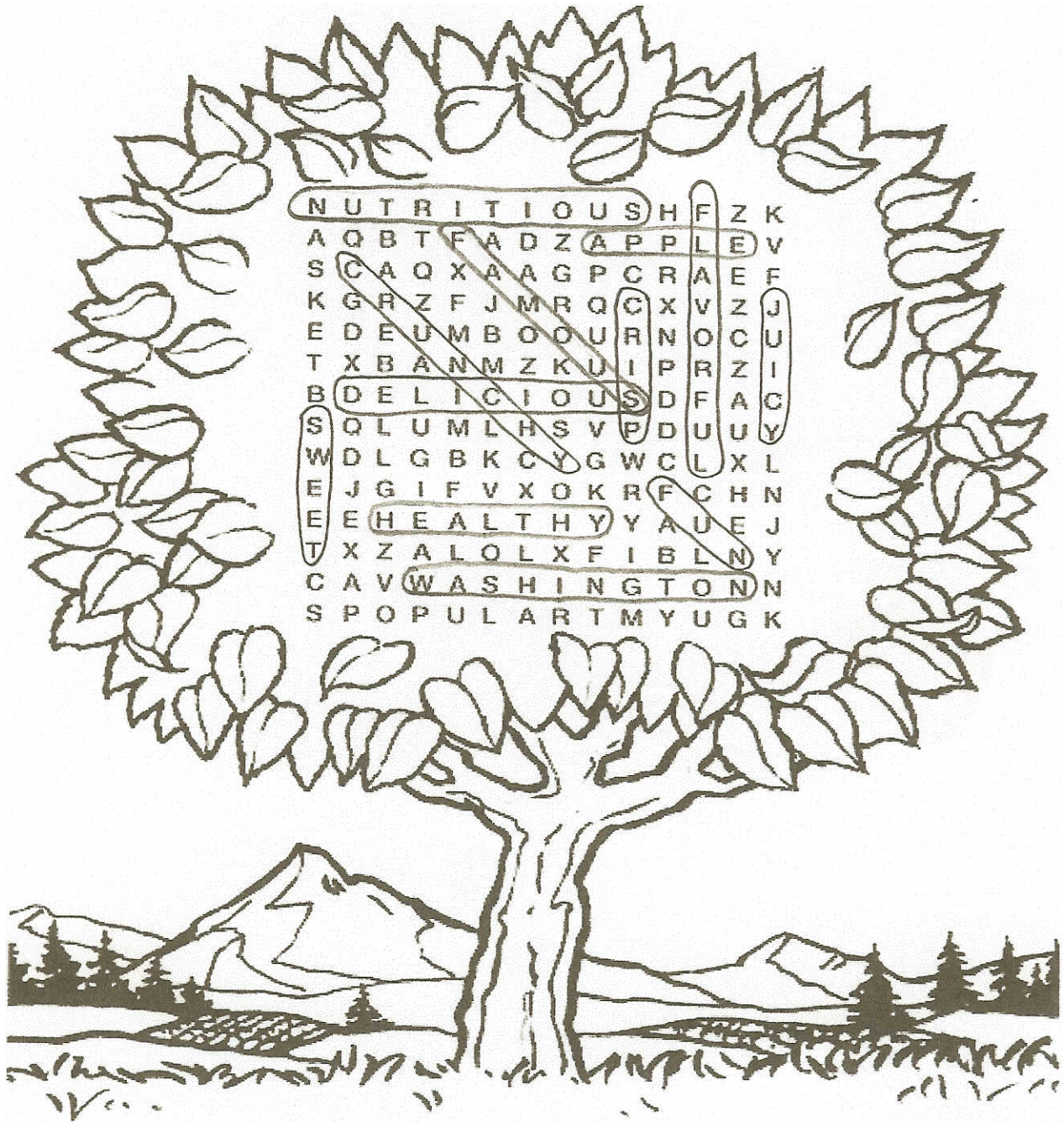
**Find these words:**

**Crunchy - Juicy - Healthy – Sweet – Flavorful – Famous  
 Washington - Nutritious - Crisp – Delicious - Fun – Apple**

*From:* <http://www.bestapples.com/kids/pages/11.html>



# Classroom Link... Applemania Answers





Home Link...



## Tips To Be Tops

Help your family to make healthy food choices by following these tips:

- ✓ **Fuel Up on Fruit** - - - eat a fruit for a snack or with a meal. Try orange smiles (*slices*) or a fruit kabob (*cubes of fruit on a toothpick*) or 100% fruit juice.
- ✓ **Vary your Vegetables** --- bite on green beans and broccoli; crunch on carrots, celery, and cauliflower.
- ✓ **Get Plenty of Grains** --- eat whole-wheat spaghetti, cereal, bagels, and breads, brown rice or other grains for power.
- ✓ **Blast Off with Breakfast** --- it doesn't have to be boring! Feast on peanut butter and bananas on toast, diced apples and oatmeal, string cheese and fresh pears, a sliced banana topped with yogurt and granola, a fruit smoothie or even crunch on a sweet red bell pepper. Use your imagination!
- ✓ **Find the Fat** --- check out the food label to help you pick foods lower in fat.
- ✓ **Snack Smart** --- try a milk smoothie! Blend low-fat milk or plain yogurt with mashed fruit or fruit juice. It's smart and satisfying!
- ✓ **Try New Tastes** --- try a new vegetable like jicama (*pronounced: hi-cah-ma*); taste kiwi fruit, yogurt, pita bread, dried apricots, whole-wheat pasta, turkey sausage...

FAMILY ACTIVITY: Work together as a family and select a tip from above to try for a week. Write the tip on a piece of paper and put on the refrigerator door as a reminder. Add a second tip and continue adding tips and eventually they will become habits.

**From:** Team Nutrition "Community Nutrition Action Kit"



Home Link...



# KIDS' KITCHEN



## Apples

### How to Cut and Slice Apples:

- 1-Rinse under cold running water, but do not peel
- 2-Secure the apple on a cutting board
- 3-Cut in half
- 4-Slice away core and seeds
- 5-Place apple flat side (*flesh or white part*) down on cutting board
- 6-Cut fruit into desired thickness
- 7-Protect cut apples from turning brown by dipping them in a mixture of one part citrus (*orange or lemon juice*) and three parts water

### Fun Ways to Eat:

- 👏 Munch on raw wedges with dip
- 👏 Chop and add to cereal
- 👏 Bake in cobblers, crisps, pies, cakes and breads
- 👏 Add to tossed salad for crunch
- 👏 Add to fruit salads
- 👏 Bite into a crunchy fresh whole apple; Try a new variety each week

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipes are attached and include apples as an ingredient:

- 👏 Sandoodles  
*(If allergic to peanut butter --- substitute low fat cream cheese for peanut butter)*
- 👏 Apple Crumb
- 👏 Apple Rings



Home Link...



# KIDS' KITCHEN



## Sandoodles



This amazing recipe was created by an amazing 5 A Day kid! Savannah Ellis of Peabody, Massachusetts, submitted this recipe for a Dole "5 A Day Kids Snack Recipe Contest" and won first place in the "No Cooking Required" category.

Makes 4 sandoodles

### Ingredients:

- 1 large DOLE® Red Delicious Apple
- 2 tablespoons DOLE Seedless Raisins
- 2 teaspoons creamy peanut butter
- 1 teaspoon cinnamon sugar

### You will need:

- Apple corer
- Cutting board
- Knife
- Measuring spoons
- Two small plates

### Here's how:

- 1** Core the apple; slice into at least eight slices, about ¼-inch thick.
- 2** Spread a thin layer of peanut butter on one side of an apple slice.
- 3** Sprinkle with a few raisins, then top with another apple slice. Sprinkle the top of your sandoodle with a little cinnamon sugar.
- 4** Continue assembling your sandoodles until all the apple slices have been used. Place two sandoodles on each plate. Serve and enjoy!



## Snacks



**Nutrition Information** (per serving)  
Makes 4 sandoodles. Two sandoodles provide 1 - 5 A Day serving of fruit.

|                    |                |               |                        |
|--------------------|----------------|---------------|------------------------|
| Calories           | 125            | Dietary Fiber | 3 grams                |
| Total Fat          | 3 grams        | Protein       | 2 grams                |
| Saturated Fat      | 0.5 gram       | Vitamin A     | 56 International Units |
| Cholesterol        | 0 milligrams   | Vitamin C     | 5 milligrams           |
| Sodium             | 30 milligrams  | Calcium       | 9 milligrams           |
| Potassium          | 218 milligrams | Iron          | 0.2 milligram          |
| Total Carbohydrate | 25 grams       | Folate        | 7 micrograms           |

This recipe is **5 A Day** approved and provides fruits in the following color groups:



55

**NOTE: If allergic to peanut butter --- substitute low fat cream cheese for peanut**

Reprinted from Dole's "5 A Day Kids Cookbook"



Home Link...



# KIDS' KITCHEN



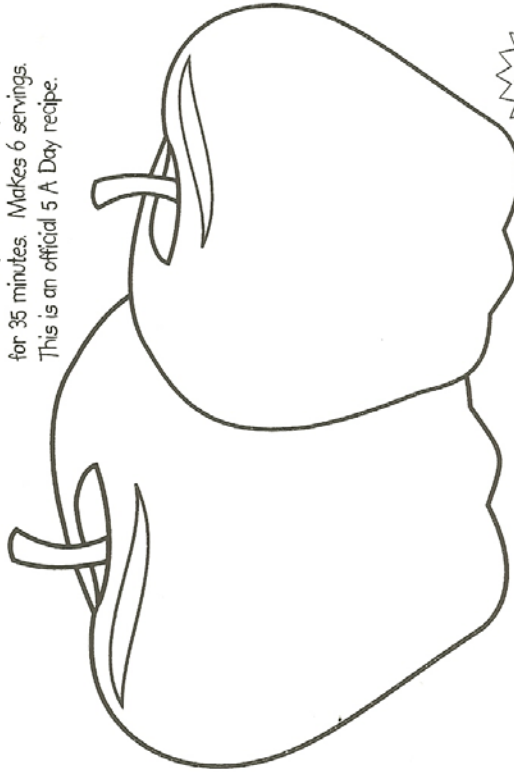
## 5 A DAY AND APPLES KIDS ACTIVITY SHEET

Try this fun & easy recipe

### APPLE CRUMB

- 6 medium apples, peeled & cored
- 1 1/2 cups dry rolled oats
- 2/3 cup brown sugar, unpacked
- 1/2 cup all-purpose flour
- 4 tbsps. unsalted butter
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 tbsps. orange juice

With the help of an adult, preheat oven to 375°. Lightly butter an 8" baking pan. Slice apples and place in pan. In a bowl blend oats, brown sugar, flour, butter, cinnamon, and nutmeg until it forms a coarse meal. Crumble the mixture evenly over apple slices and sprinkle with the juice. Bake for 35 minutes. Makes 6 servings. This is an official 5 A Day recipe.



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY



## WHAT IS A SERVING?

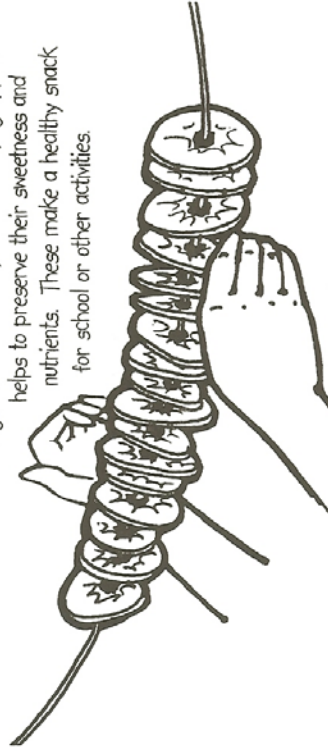
**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit  
 1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

### APPLE RINGS

You will need:

- 4 apples
- 1 tsp. lemon juice
- 3 tbsps. water
- sturdy thread or twine

With the help of an adult, core and slice apples into rings about 1/8" thick. Mix the lemon juice and water in a shallow dish. To prevent discoloring, dip each ring into the lemon-water mixture. String fruit through center of each ring and hang in a dry, warm place. The rings will take about two weeks to dry. When dry, the rings will have a chewy texture. Drying apples helps to preserve their sweetness and nutrients. These make a healthy snack for school or other activities.



Eat 5 or more servings of fruits and vegetables  
a day for better health

**FOR MORE FUN FOR KIDS,  
GO TO WWW.5ADAY.COM**



## Home Link... Home Recipes



Your child/children will be offered fresh

# Apples

in October on their School Menu!

Try a new **Apple** recipe at home!

## Golden Apple Oatmeal

Makes: 1 Serving

Recipe From: CDC/5 A Day Recipes

### Ingredients:

- 1 Golden Delicious Apple, diced
- 1/3 cup Apple Juice
- 1/3 cup Water
- dash of Cinnamon
- dash of Nutmeg
- 1/3 cup Quick-Cook Rolled Oats, uncooked

### Directions:

- 1- Combine apples, juice, water and seasonings; bring to a boil.
- 2- Stir in rolled oats; cook 1 minute.
- 3- Cover and let stand several minutes before serving.

### Approximate Nutrients Per 1 Serving:

|              |      |               |      |               |       |
|--------------|------|---------------|------|---------------|-------|
| Calories     | 190  | Saturated Fat | 0 g  | Iron          | 8% *  |
| Protein      | 4 g  | Cholesterol   | 0 mg | Calcium       | 2% *  |
| Carbohydrate | 40 g | Vitamin A     | 0% * | Sodium        | 10 mg |
| Total Fat    | 2 g  | Vitamin C     | 6% * | Dietary Fiber | 5 g   |

\* Percent Daily Values are based on a 2,000 calorie diet



## Recetas Caseras



Su niño/niños seran ofrecidos

### Manzanas Frescas

¡en Octubre en el Menú Escolar!

¡Intente una nueva receta de Manzana en casa!

### Avena de Manzana Dorada

**Hace: 1 Porción**

**Receta de:** CDC/Receta de 5 Al Día

**Ingredientes:**

1 Manzana Dorada, cortado en cuadritos

1/3 taza de jugo de manzana

1/3 taza de agua

Pizca de canela

Pisca de nuez moscada

1/3 de taza de ojeles de avena de rapido cocimiento, crudas.

**Direcciones:**

1 – Combine las manzanas, jugo, agua y condimentos; poner a hervir .

2 – Agregue la avena; cocine 1 minuto.

3 - Cubra y deje reposar por varios minutos antes de servir.

**Nutrientes Aproximados Por 1 de receta:**

|              |      |                |      |                   |       |
|--------------|------|----------------|------|-------------------|-------|
| Calorías     | 190  | Grasa Saturada | 0 g  | Hierro            | 8% *  |
| Proteína     | 4 g  | Colesterol     | 0 mg | Calcio            | 2% *  |
| Carbohydrato | 40 g | Vitamina A     | 0% * | Sodio             | 10 mg |
| Grasa Total  | 2 g  | Vitamina C     | 6% * | Fibra Alimenticia | 5 g   |

\*El porciento de Valores Diarios está basado en una dieta de 2000 calorías





Home Link... Home Recipes



Try a new Apple recipe at home!

Create a "FUN" snack by letting children dip & crunch!

## Apples & Dips

- Core apples
- Cut into wedges
- Drop into pineapple or citrus juice and water to prevent browning
- Drain apples well before serving

### PB & OJ Dip

Yield: 10 each 2 oz. servings of dip

#### Ingredients:

11 oz. Peanut Butter  
7 oz. Orange Juice

#### Directions:

- 1- Cream pb & oj until well blended & smooth.
- 2- Portion 2 ounces of dip into dipping cups.

### Pineapple-Cream Cheese Dip

Yield: 10 each 2 oz. servings of dip

#### Ingredients:

10 oz. Low Fat Cream Cheese  
½ can (20 oz. can) Crushed  
Pineapple, Drained\*


#### Directions:

- 1- Cream together cream cheese and crushed pineapple until well blended.
- 2- Portion 2 ounces of dip into dipping cups.



*\*Remember to save pineapple juice when opening cans of crushed pineapple*

### Try the Following for Alternate Apple Dips:


- Low-Fat Vanilla Yogurt Mixed with Crushed Pineapples
- Caramel
- Nacho or Plain Cheese Sauce
- Chocolate Sauce
- Strawberry Glaze



# Squash

## Fact Sheet



### **Where did they come from?**

For more than 5000 years, squash has been a staple for the Native Americans and was a mainstay for early European settlers in America. During the nineteenth century, merchant seamen brought new varieties of squash from other parts of the world to America. New England colonists gave this vegetable its name from several Native American words, of which all meant “something eaten raw”. Today squash is available in numerous shapes, sizes and colors, such as white, yellow, orange, green-brown, gray and even striped!





### **Where do they grow?**

Squash is grown in many states including North Carolina, Kentucky, California, Florida and New Jersey. Florida is the leading state for squash production in the country and New Jersey is nationally ranked the 4<sup>th</sup>. Seventy percent (70%) of squash is grown in southern counties such as Gloucester, Cumberland, Salem and Atlantic. Other New Jersey counties that grow squash include Burlington, Monmouth, Hunterdon, Morris, Sussex and Warren Counties. Squash is available all year round.




### **How do they grow?**

Summer squash seeds are planted April through August. Winter squash are planted later, in June and July. Summer squash are harvested during the summer months and winter squash in the fall. Some varieties grow on vines while others grow on bushes. Summer squash has a tender, soft skin as compared to winter squash, which has a harder rind. Farmers will place honeybee hives on the squash field edges to promote pollination and help the squash plants to grow. Summer squash is handled carefully when grown because they can easily become scratched or bruised. Winter squash are more prone to rot since they lay on the soil for extended periods of time during growth.

### **Are they healthy?**

-  Contains high amounts of vitamin C
-  Naturally fat, cholesterol and sodium free
-  Low in calories
-  Summer squash skin is packed with nutrients --- Do not peel!

### **How do you pick a good one?**

-  Choose firm ones that are fairly heavy for their size
-  Select exteriors that are bright and glossy
-  Avoid squash with nicks, scratches or soft spots on their skin

# ☺ FUN FACTS! ☺

## Squash

### Did you know...

- ☺ Did you know squash is one of the most important vegetable crops in New Jersey?
- ☺ Did you know that summer squash has a soft edible shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know that squash comes in two different varieties ---summer and winter?
- ☺ Did you know that yellow squash is available with a crooked neck and with a straight neck? Their names --- “Yellow Crookneck” and “Yellow Straightneck”.
- ☺ Did you know the skin and rind of summer squash are rich in beta-carotene (vitamin A) but the fleshy portion is not? Eat the entire squash for a healthy diet.
- ☺ Did you know there is a squash that can be prepared like spaghetti, taste like spaghetti and actually is called “Spaghetti Squash”?
- ☺ Did you know there is a squash that has the name of an animal, “Chayote” (pronounce like coyote)?
- ☺ Did you know that different varieties of squash can be interchanged in recipes because they have similar texture and flavor?
- ☺ Did you know that pumpkins are a variety of winter squash?
- ☺ Did you know there is a squash that looks like a flying saucer? It is white and called “Pattypan”.
- ☺ Did you know there is a squash that looks like a large acorn? It is green and is called an “Acorn Squash”.

*Remember ...*

*Eat more fruits and vegetables everyday!*

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Squash*  
Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with yellow squash ---  
Ranch Veggies (attached)  
Italian Salad with Balsamic Vinaigrette Dressing (attached)  
Zucchini and Yellow Squash Ratatouille (attached)  
Vegetable Lasagna USDA #D-50 (substitute yellow squash for half the amount specified for zucchini)
- ✓ Offer a squash combo; yellow and green with seasonings (add red peppers for color)
- ✓ Offer raw yellow squash and zucchini strips or circles with low fat dip
- ✓ Serve cold slices on salad bar, with pre-made salads or as a side vegetable
- ✓ Offer sautéed squash as a vegetable topping for pizza
- ✓ Layer cooked or roasted squash, peppers and tomatoes on a soft tortilla or a 7" pizza dough; Fold dough over and seal -- - Create a Vegetable Calzone or Wrap!  
(add mozzarella cheese for the meat/meat alternate)

**Presentation**  
**Meal Appeal — Color!**  
Proper Cooking Ensures  
Bright, Crisp Colors!  
Batch Cook Vegetables  
Cook Before Each Lunch!

#### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### Quality:

Choose  
Firm, Medium Size,  
Smooth Skinned  
Yellow or Green  
Squash!

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Soar with Squash!*)
- ✓ "Guess the Squash Name" --- Display different squash varieties; Have students guess the correct name; Pick a winner during each lunch; Award students a prize
- ✓ Feature "Yellow Day" on the day that you offer yellow squash on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - Select produce in season
  - Utilize commodity dried fruits and frozen and canned fruits and vegetables
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### Safety:

Be Sure  
Delivery Trucks  
are Clean!



School Food Service Link...



**School Food Service Recipes**



## ZUCCHINI & YELLOW SQUASH RATATOUILLE

R E C I P E

Yield: 200 each 4 oz. servings

Recipe from: FLAV-R-PAC

| MEASURE    | INGREDIENTS                             |
|------------|---|
| 11 lbs.    | Eggplant, cut into 1" squares           |
| 2 3/4 cups | Olive oil                               |
| 5 1/2 lbs. | Yellow onion, sliced                    |
| 3/4 cup    | Minced garlic                           |
| 11 lbs.    | FLAV-R-PAC Sliced Zucchini, frozen      |
| 11 lbs.    | FLAV-R-PAC Sliced Yellow Squash, frozen |
| 5 1/2 lbs. | Tomatoes, quartered, seeded             |
| 4 lbs.     | Red pepper, cut into chunks             |
| 1/3 cup    | Italian seasonings                      |
| 7 lbs.     | Mozzarella cheese, shredded             |

### DIRECTIONS:

1. To prepare eggplant: place in colander; sprinkle with salt and let drain for 30 minutes; rinse.
2. In a large stock pot; heat oil with onions, garlic and eggplant; sauté 10 to 15 minutes until cooked.
3. Add zucchini and yellow squash; cook 8 to 10 minutes until heated through and all the water is evaporated.
4. Add tomatoes, peppers and seasonings. Distribute ratatouille in steam table pans and sprinkle with cheese. Bake at 400°F uncovered for 20 minutes.

### NUTRITION ANALYSIS PER SERVING:

|               |      |               |        |
|---------------|------|---------------|--------|
| Calories      | 183  | Total Fat     | 11 g   |
| Protein       | 10 g | Cholesterol   | 18 mg  |
| Carbohydrates | 10 g | Sodium        | 170 mg |
| Dietary Fiber | 2 g  | Cal. from Fat | 55%    |

## **RANCH VEGGIES** Yield: Approx. 28 Servings (1/2 cup each)

- ✓ Combine 1 packet dry ranch dressing (1/2 cup) and 1/2 cup vegetable oil
- ✓ Toss ranch mixture with 8 pounds of frozen or fresh yellow squash, zucchini and red peppers\*
- ✓ Bake at 350° (convection oven) for approx. 25 minutes; Stir while baking to blend flavors

\*Note: Any vegetable combination can be substituted

## **ITALIAN SALAD with Balsamic Vinaigrette**

Yield: Approx. 24 Servings (1/2 cup each)

- 1 doz. Tomatoes, Diced
- 3 ea. Zucchini, Sliced Thin
- 6 ea. Yellow Squash, Sliced Thin

Combine vegetables with 3/4 cups lite or low fat balsamic vinaigrette dressing; Refrigerate. Add basil for extra flavor.

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
**Squash ...**

*Items in bold are enclosed.*

- ✓ Review "**Fact Sheet**" and "**Fun Facts**"
- ✓ Have students color "**There's a RAINBOW on My Plate**"
- ✓ Have students find the 14 hidden fruit and vegetable words in the handout "**Eat More Vegetables and Fruits**"
- ✓ Take a trip to a Farm Market.
- ✓ Display different varieties and colors of squash; Review the names of different squash
- ✓ Show the difference between summer squash and winter squash varieties
- ✓ Have students research how many different kinds of squash there are, summer and/or winter varieties
- ✓ Have students explore how all the different varieties of squash grow



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

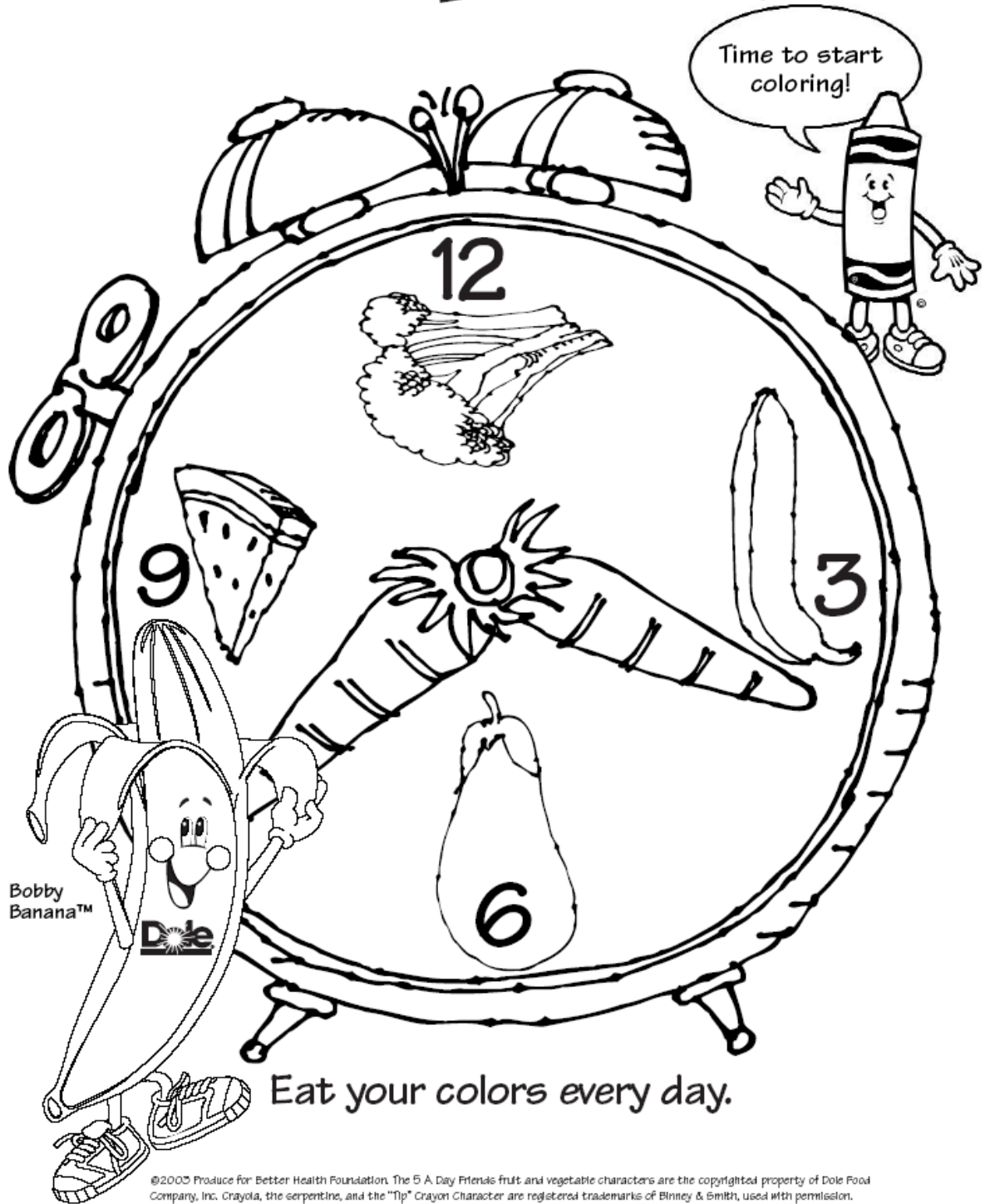
- ✓ Encourage the "**Supermarket Sleuths**" as a family activity
- ✓ **Kids' Kitchen Recipes** --- Remind parents/guardians to try recipes with their children! Encourage them to "**Make A Vegetable Insect**"!
- ✓ **Recipes for Home**



# Classroom Link...

From: Produce for Better Health Foundation and Dole Food Company, Inc.

## There's a **RAINBOW** on My Plate





**Classroom Link...** From: "Team Up at Home"/USDA's Team Nutrition

# Eat More Vegetables and Fruits



**V**egetables and fruits are delicious and nutritious. Many are rich in vitamins and minerals. Most are naturally low in fat and are good sources of fiber. Can you find these 14 hidden fruits and vegetables?

Find: squash, apple, yams, orange, celery, banana, broccoli, pear, peas, grapes, eggplant, kiwi, carrots, and prunes. The words can read up, down, or across from left to right or right to left!

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| B | F | S | E | S | E | N | U | R | P |
| R | C | Q | L | S | R | P | E | A | R |
| O | H | U | P | B | A | N | A | N | A |
| C | P | A | P | Y | R | E | L | E | C |
| C | S | S | A | Y | A | M | S | T | E |
| O | A | H | E | G | N | A | R | O | K |
| L | E | C | A | R | R | O | T | S | I |
| I | P | G | R | A | P | E | S | K | W |
| B | E | G | G | P | L | A | N | T | I |



See page 17 for answers





Classroom Link...

# ANSWERS to “Eat More Vegetables and Fruits” Hidden Words



|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| B | F | S | E | S | E | N | U | R | P |
| R | C | Q | L | S | R | P | E | A | R |
| O | H | U | P | B | A | N | A | N | A |
| C | P | A | P | Y | R | E | L | E | C |
| C | S | S | A | Y | A | M | S | T | E |
| O | A | H | E | G | N | A | R | O | K |
| L | E | C | A | R | R | O | T | S | I |
| I | P | G | R | A | P | E | S | K | W |
| B | E | G | G | P | L | A | N | T | I |



**Home Link...** *From: "Team Up at Home"/USDA's Team Nutrition (modified)*



**Home Activities**



## SUPERMARKET SLEUTHS



Children are more willing to try new foods when they help to select them. Therefore, a trip to the supermarket is an excellent opportunity to expand the variety of foods your child is willing to eat, as well as an opportunity to learn more about choosing foods for a healthy diet.

### Wanted! New Vegetables

Ask your child to choose one or two new foods from the vegetable group for the family to try. You can decide on these new foods at home or wait to see what you find at the store. Have your child select a new vegetable each time you go to the supermarket in October.

### Connecting the Clues

While you are at the store, encourage your child to look for connections and make comparisons.

- ✓ Can the same food be found in different forms in the store? For example --- vegetables can be purchased fresh, in cans, frozen, or as ingredients in soup. Ask if your child can find examples of the new vegetable, which they have chosen, in various forms.
- ✓ Challenge your child to come up with a list of "clues" about his/her specific vegetables. Then you can try to guess the new foods they have selected.



## Additional Fun Home Activities



### Off to the Market

Fall is a great time of year to take a trip to a farm stand, local farmers' market or farm. Try new varieties of squash, cook or decorate a pumpkin. Go apple picking at a farm. Try different varieties of apples.

### Tip --- Healthy Food on a Budget

If you go to a farmers' market this month, the early bird gets the freshest food. But if you go late in the day, in the late afternoon, you may get some real bargains. The farmers would rather sell their fruits and vegetables than have to truck them back home!



Home Link...



# KIDS' KITCHEN



## Squash

### How to Cut and Slice Summer Squash:

- 1-Rinse under cold running water, but do not peel
- 2-Secure the squash on a cutting board
- 3-Trim off ends
- 4-Slice squash into round pieces or strips

### How to Cut and Slice Winter Squash:

- 1-Rinse under cold running water (*Squash can be peeled or unpeeled*)
- \*2-Cut in half; Adults should slice these types of squash
- 3-Scoop out seeds and discard; Kids can do this task
- 4-Slice each half into quarters, cubes or other sizes; Adults should do this job

*\*Often these squash are cooked whole and poked with a fork*

### Fun Ways to Eat:

- 👏 Munch on raw sticks or circles with dip
- 👏 Try as a pizza topping
- 👏 Marinate and grill
- 👏 Add to soups
- 👏 Stuff --- "Squash Boat"
- 👏 Include as filling in wraps
- 👏 Add with tomatoes to cooked rice or pasta
- 👏 Crunch on roasted seeds for a snack
- 👏 Grate and substitute for carrots in carrot cake --- "Squash Cake"

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipes are attached and include squash as an ingredient:

- 👏 Squash or Zucchini Wrap
- 👏 Crunchy Pumpkin Seeds



Home Link...

## SQUASH OR ZUCCHINI WRAP

Note: Substitute 1 Yellow Squash for 1 Zucchini For Variety & Color



KIDS' KITCHEN



## 5 A DAY AND ZUCCHINI KIDS ACTIVITY SHEET

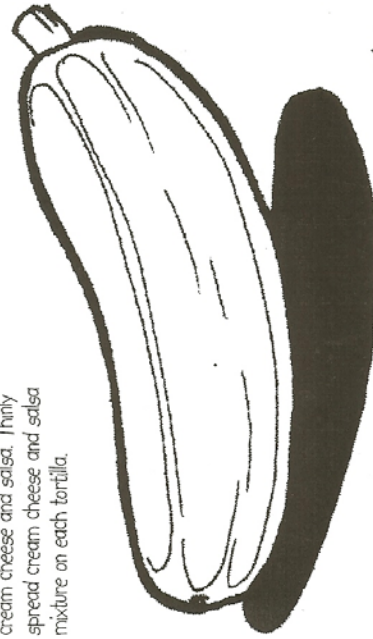
Try this fun & easy recipe

### ZUCCHINI WRAP

- 2 zucchini, cut into strips
- 2 carrots, peeled and cut into strips
- 4 large white mushrooms, chopped
- 4 green onions, thinly sliced
- 1/2 cup fat-free cream cheese
- 1/4 cup salsa
- 4 fat-free flour tortillas
- toothpicks

With the help of an adult, combine zucchini, carrots, mushrooms, and green onions. In a small bowl, combine cream cheese and salsa. Thinly spread cream cheese and salsa mixture on each tortilla.

Place chopped vegetable mixture evenly across center of each tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch sections and secure with toothpick to serve or eat sandwich style. Makes 4 servings. This is an official 5 A Day recipe.



## WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**

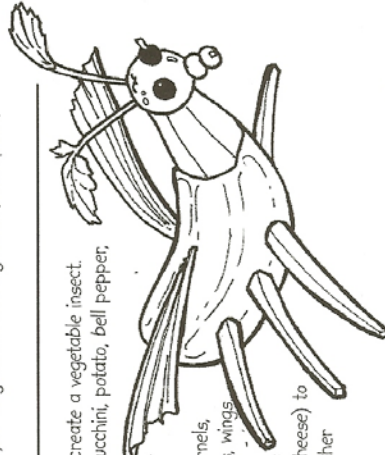
1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice

1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## MAKE A VEGETABLE INSECT!

You will need: variety of large and small vegetables, toothpicks, and cream cheese



Use your imagination to create a vegetable insect.

Use large vegetables – zucchini, potato, bell pepper, or squash – for body.

Use smaller vegetables – cherry tomatoes, beans, carrots, spinach, corn kernels, onion, or celery – for legs, wings, head, body parts, and antennae. Use toothpicks or “edible glue” (cream cheese) to attach legs, wings, and other body parts to body.

Eat 5 or more servings of fruits and vegetables a day for better health



Produce for Better Health Foundation

302 235 ADAY

FOR MORE FUN FOR KIDS, GO TO WWW.5ADAY.COM



Home Link...



# KIDS' KITCHEN



## Crunchy Pumpkin Seeds

*It's fun to make a scary Halloween pumpkin, and it's fun to toast the seeds and eat them. Seeds contain everything needed to grow a new pumpkin, and are a tasty snack, too!*

**From:** USDA's Team Nutrition/ "Food, Family & Fun"

**Servings:** Depends on how big a pumpkin you have!

### Ingredients:

- Seeds from 1 Pumpkin
- 1 tsp salt per 1 cup of seeds

### Directions:

*Preheat oven to 350°F*

- 1- Have the kids help **carve** the Halloween pumpkin. Scoop out the inside pulp that contains the **seeds, reserve**.
- 2- Have kids stand at the sink (*use a stool if they are too low*). **Put** pulp in a colander. Have kids **wash** pulp and stringy matter off seeds under cold running water.
- 3- **Blot** seeds dry with a clean cloth or paper towel.
- 4- Have kids **spread** seeds out on a cookie sheet. The seeds should be in a single layer.
- 5- **Sprinkle** the seeds with just a little salt. An adult should **put** the tray in the oven.
- 6- **Check** the seeds after 12 minutes. They are done when they are dry and light brown. How long this will take depends on how many there are, and how dry the seeds are when they go in the oven.
- 7- Let **cool** before eating!



Your child/children will be offered

## Squash

in October on their School Menu!

Try a new Squash recipe at home!

 new jersey department of agriculture



### Herbed Vegetable Combo

**Serves 4**

2 Tbsp. of water

1 cup zucchini squash, sliced thin

1- ¼ cups yellow squash, sliced thin

¼ cup celery, cut into 2 inch strips

¼ cup chopped onion

½ cup green pepper, cut in 2 inch strips

½ tsp. garlic powder

1 medium Jersey tomato, cut into 8 wedges

Heat water in large frying pan. Add squash, celery, onion and green pepper. Cover and cook over moderate heat until vegetables are tender-crisp (about 4 minutes). Sprinkle seasonings over vegetables. Top with tomato wedges. Cover and cook over low heat until tomato wedges are just heated (about 2 minutes).

**Nut'l analysis per serving:** Calories 25; Cholesterol 0 mg; Sodium 11 mg; Fat Trace

### Verduras con Hierbas

Sirve 4

2 Tbsp. de agua

1 taza de calabaza calabacín, cortado delgado

1 ¼ tazas de calabaza amarilla, cortada delgada

¼ de taza de apio, cortado en tiras de 2 pulgadas

¼ de taza de cebolla picada

½ taza de pimiento verde, cortado en tiras de 2 pulgadas

½ cucharadita de ajo en polvo

1 tomate de Jersey mediano, cortado en 8 cascós

Caliente el agua en un sartén grande. Añada las calabazas, el apio, la cebolla y el pimiento verde. Tape y cocine al calor moderado hasta que las verduras esten suaves y crujientes. (aproximadamente 4 minutos). Rocie condimentos sobre las verduras. Agregue los cascós de tomate. Tape y cocine sobre a calor bajo hasta que los cascós de tomate esten calientes.

(aproximadamente 2 minutos).

Análisis de Nutricion por porción: Calorías 25; Colesterol 0 mg.; Sodio 11 mg.; Rastro de grasa

 Home Link...



Home Recipes



Your child/children will be offered

## Squash

in October on their School Menu!

Try a new Squash recipe at home!

# Creamy Butternut Squash Soup

Serves: 8 each

*Recipe From:* CDC/5 A Day Recipes

### Ingredients:

- 2 lbs. Butternut Squash, peeled, cut into chunks
- 4 cups Vegetable Broth, low-sodium, low-fat
- 1 ¼ cup Sour Cream, non-fat
- 2 Tbsp. Butter or Margarine
- ¼ tsp. Cayenne, or to taste
- 1 cup Mushrooms, sliced
- ¼ cup Chives, cut into 1-inch pieces

### Directions:

- 1- Combine the squash and vegetable broth in a saucepan and bring to a boil over high heat.
- 2- Reduce the heat to medium, and simmer for about 20 minutes or until the squash is very tender.
- 3- Let cool, and then puree the mixture in a blender. (You may prepare the recipe in advance up to this point; you can keep the mixture refrigerated in a covered container for up to 2 days.)
- 4- Return the puree to the saucepan and turn the heat to medium-low. Stir in the sour cream, butter/margarine, cayenne, and salt and pepper to taste.
- 5- Cook and stir until heated through; (do not boil).
- 6- Keep warm over low heat.
- 7- Meanwhile, heat skillet over moderately high heat until very hot. Spray with cooking spray, then sauté mushrooms, stirring, until golden brown, about 5 minutes.
- 8- Serve the soup with sautéed mushrooms and chives.

### Approximate Nutrients Per 1/8 of recipe:

|              |      |               |        |               |        |
|--------------|------|---------------|--------|---------------|--------|
| Calories     | 110  | Saturated Fat | 1 g    | Iron          | 6% *   |
| Protein      | 5 g  | Cholesterol   | 10 mg  | Calcium       | 15% *  |
| Carbohydrate | 22 g | Vitamin A     | 180% * | Sodium        | 420 mg |
| Total Fat    | 2 g  | Vitamin C     | 35% *  | Dietary Fiber | 4 g    |

\*Percent Daily Values are based on a 2,000 calorie diet



## Recetas Caseras



Su niño/niños serán ofrecido

### Calabacita

¡en Octubre en el Menú Escolar!

¡Intente una nueva receta de calabacita en casa!

## Sopa de Calabacita Cremosa

Sirve: 8

Receta de: CDC/Recetas de 5 Al Día

### Ingredientes:

- 2 libras. Squash de Butternut, pelado, cortado en trozos
- 4 tazas de Caldo de Verdura, bajo en sodio, de pocas calorías
- 1 ¼ de taza de Crema Agria, sin grasa
- 2 Cucharadas de Mantequilla o Margarina
- ¼ de cucharadita de pimienta de Cayena, o al gusto.
- 1 Taza de hongos cortados
- ¼ Taza de cebollinos, cortadas en pedazos de 1 pulgada

### Direcciones:

- 1 - Combine la calabaza y el caldo de verduras en una cacerola y hierva a calor alto.
- 2 - Baja el calor a medio, y hierva a fuego lento durante 20 minutos aproximadamente o hasta que la Calabaza este muy suave.
- 3 - Dejar enfriar, y luego haga puré de la mezcla en una licuadora. (Usted puede preparar la receta de antemano hasta este punto; usted puede guardar la mezcla refrigerada en un contenedor cubierto hasta por 2 días.)
- 4 - Poner el puré e la cacerola y vuelva a un calor medio bajo. Agregue la crema agria, mantequilla/margarina, pimienta de Cayena, y sal y pimienta para sabor.
- 5 – Revuelve y cocinar hasta que este caliente; (no hervir).
- 6 - Conserve caliente a calor lento.
- 7 - Mientras tanto, caliente el sartén a calor moderadamente alto hasta que este bien caliente. Rociar con spray de cocina, sofrite hongos aproximadamente 5 minutos.
- 8 - Sirva la sopa con hongos y cebollinos.

### Nutrientes Aproximados Por 1/8 de receta:

|                |      |                |        |                   |        |
|----------------|------|----------------|--------|-------------------|--------|
| Calorías       | 110  | Grasa Saturada | 1 g    | Hierro            | 6% *   |
| Proteína       | 5 g  | Colesterol     | 10 mg  | Calcio            | 15% *  |
| Carbohidratos  | 22 g | Vitamina A     | 180% * | Sodio             | 420 mg |
| Total de Grasa | 2 g  | Vitamina C     | 35% *  | Fibra Alimenticia | 4 g    |

\*El por ciento de Valores Diarios está basado en una dieta de 2000 calorías





Home Link...



Home Recipes



Try a new Squash recipe at home!

## Spicy Apple-Filled Squash

Serves: 4 each      Portion Size: ¼ squash

*Recipe From:* CDC/5 A Day Recipes

### Ingredients:

- 1 Acorn Squash (*Approximately 1 lb.*)
- 1 each Golden Delicious Apple, peeled, cored and sliced
- 2 tsp. Margarine/Butter
- 2 tsp Brown Sugar
- 1/8 tsp. Cinnamon
- 1/8 tsp. Nutmeg
- dash Ground Cloves

### Directions:

Heat oven to 350°F

- 1- Grease a 1-quart baking dish.
- 2- Halve squash and remove seeds; cut into quarters.
- 3- Place quarters, skin side up, in dish and cover; bake 30 minutes.
- 4- In medium bowl, combine apple, margarine/butter, brown sugar, cinnamon, nutmeg, and cloves.
- 5- Turn cut sides of acorn squash up; top with apple mixture.
- 6- Cover and bake 30 minutes longer or until apples are tender.

### ***Quick microwave version:***

Halve and seed squash; cut into quarters

Arrange quarters, cut side up, in microwave safe baking dish.

Microwave on high (100 percent) 6 to 7 minutes, rotating squash halfway through cooking time. Top squash with apple mixture, cover with vented plastic wrap and microwave on high 4 to 5 minutes or until apples are tender.

### **Approximate Nutrients Per 1/4 of recipe:**

|              |         |               |          |               |         |
|--------------|---------|---------------|----------|---------------|---------|
| Calories     | 85      | Saturated Fat | .47 g    | Iron          | .76 mg  |
| Protein      | 1.74 g  | Cholesterol   | 0 mg     | Calcium       | 41.2 mg |
| Carbohydrate | 16.56 g | Vitamin A     | 481 RE   | Sodium        | 28 mg   |
| Total Fat    | 2.33 g  | Vitamin C     | 15.47 mg | Dietary Fiber | 2.45 g  |



## Recetas Caseras



¡Intente una nueva receta de Calabaza en casa!

# Calabaza rellena de Manzana Sazonada

Sirve: 4      Tamaño de Porción: ¼ calabaza

*Receta de:* CDC/Una Recetas de 5 al Día

### **Ingredientes:**

- 1 Calabaza de Bellota (Aproximadamente 1 libra.)
- 1 Manzana Dorada, pelada, y cortada
- 2 Cucharaditas de Margarina/Mantequilla
- 2 Cucharaditas de Azúcar Morena
- 1/8 de cucharadita de Canela
- 1/8 de cucharadita de nuez moscada
- Pizca de clavo molido

### **Direcciones:**

Caliente el horno a 350°F

- 1 – Engrase un molde de hornear de ¼ de gallon.
- 2 - Corte por la mitad la calabaza y quite semillas; corte en cuartos.
- 3 – Coloque los cuartos con la piel hacia arriba en el molde y cubra; hornee 30 minutos.
- 4 - En el tazón mediano, combine la manzana, la margarina/mantequilla, el azúcar morena, la canela, la nuez moscada, y el clavo molido.
- 5 – Voltee la calabaza bellota; cubra con mezcla de manzana.
- 6 - Tape y hornee 30 minutos más o hasta que las manzanas estén suaves.

### **Versión rápida de microondas:**

Parta la calabaza por la mitad y quite semillas; corte en cuartos

Arregle los cuartos con el lado cortado en un plato seguro de microondas.

Caliente en alto (el 100 por ciento) 6 a 7 minutos, haciendo girar la calabaza a mitad de camino por tiempo de cocción. Cumbre con la mezcla de manzana, tapa con plástico con agujeros y cocine durante 4 a 5 minutos o hasta que las manzanas estén suaves.

### **Nutrientes Aproximados Por 1/4 de receta:**

|              |         |                |          |                   |         |
|--------------|---------|----------------|----------|-------------------|---------|
| Las calorías | 85      | Grasa Saturada | .47 g    | Hierro            | .76 mg  |
| Proteína     | 1.74 g  | Colesterol     | 0 mg     | Calcio            | 41.2 mg |
| Carbohidrato | 16.56 g | Vitamina A     | 481 RE   | Sodio             | 28 mg   |
| Grasa Total  | 2.33 g  | Vitamina C     | 15.47 mg | Fibra Alimenticia | 2.45 g  |



Home Link...



Home Recipes



Try a new Squash recipe at home!

## Spaghetti Squash Primavera

Serves: 6 each      Portion Size: ¼ squash

*Recipe From:* CDC/5 A Day Recipes

### Ingredients:

1 cup Tomatoes, finely chopped  
 1 cup Cucumbers, diced  
 ½ cup Fresh Parsley, chopped  
 ½ cup Fresh Basil, finely chopped  
 ½ cup Red Onions, diced  
 1 Tbsp. Salad Oil  
 Juice of 1 Lemon  
 2 Cloves Garlic, crushed  
 1 Spaghetti Squash (approximately 3 lbs.)  
 4 quarts Boiling Water  
 dash of Salt and Freshly Ground Pepper

### Directions:

- 1- Place tomatoes, cucumbers, parsley, basil and onions in a large bowl.
  - 2- Combine the oil, lemon juice and garlic and pour over vegetables. Mix well and set aside to marinate.
  - 3- Place spaghetti squash in boiling water and cook 15 minutes.
  - 4- Prick in four places with a fork and continue cooking another 30 minutes.
  - 5- Remove squash. Let cool for 5 minutes.
  - 6- Cut in half lengthwise and scoop out seeds.
  - 7- Using a fork, pull out the strands of "spaghetti".
  - 8- Mix with the well-marinated vegetables. Season with salt and pepper.\*
- \*Add heated tomato sauce for a real "spaghetti" dish.

### Approximate Nutrients Per 1/6 of recipe:

|              |      |               |       |               |        |
|--------------|------|---------------|-------|---------------|--------|
| Calories     | 90   | Saturated Fat | 1 g   | Iron          | 6% *   |
| Protein      | 2 g  | Cholesterol   | 0 mg  | Calcium       | 8% *   |
| Carbohydrate | 16 g | Vitamin A     | 15% * | Sodium        | 130 mg |
| Total Fat    | 4 g  | Vitamin C     | 35% * | Dietary Fiber | 3 g    |

\* Percent Daily Values are based on a 2,000 calorie diet



## Recetas Caseras



¡Intente una nueva receta de Squash en casa!

# Squash de Espagueti Primavera

Sirve: 6      Tamaño de Porcion: ¼ de calabaza

*Receta de:* CDC/Receta de 5 al Día

### **Ingredientes:**

- 1 Taza de tomates, en rodajas finas
- 1 taza de pepino cortado en cuadritos
- ½ taza de perejil Fresco, picado.
- ½ taza de albahaca fresca, finamente picada.
- ½ taza de cebolla roja contada en cruadritos
- 1 cucharada de aceite para ensaladas
- Jugo de 1 Limón
- 2 clavos de ajo aplastado
- 1 Squash de Espagueti (aproximadamente 3 libras.)
- 1 Galón de agua hirviendo
- pizca de sal y pimienta

### **Direcciones:**

- 1- Coloque los tomates, pepinos, perejil, albahaca y cebollas en un tazón grande.
  - 2 - Combine el aceite, el jugo de limón y el ajo y vierta sobre las verduras. Mezcla bien y ponga aparte para adobar.
  - 3 – Coloque la calabaza de espagueti en agua hirviendo por 15 minutos.
  - 4 – Pinchar la calabaza en cuatro sitios con un tenedor y siga cocinando otros 30 minutos.
  - 5 – Saca la Calabaza de espagueti del agua. Deje enfriar durante 5 minutos.
  - 6 - Corte a la mitad y a lo largo y quite las semillas.
  - 7 - Usando un tenedor, saque los hilos del espagueti.
  - 8 - Mezcla con las verduras bien adobadas. Sazone con la sal y pimienta \*
- \*Añada salsa de tomate calentada para un verdadero plato "de espagueti".

### **Nutrientes Aproximados Por 1/6 de receta:**

|              |      |                |       |                   |        |
|--------------|------|----------------|-------|-------------------|--------|
| Calorías     | 90   | Grasa Saturada | 1 g   | Hierro            | 6% *   |
| Proteína     | 2 g  | Colesterol     | 0 mg  | Calcio            | 8% *   |
| Carbohidrato | 16 g | Vitamina A     | 15% * | Sodio             | 130 mg |
| GrasaTotal   | 4 g  | Vitamina C     | 35% * | Fibra Alimenticia | 3 g    |

\*El por ciento de Valores Diarios está basado en una dieta de 2000 calorías

# **NOVEMBER:**

**Fruit – Pineapple**

**Veggie – Carrots**



# Pineapple



## Fact Sheet

### **Where did they come from?**

Pineapple, a tropical fruit with a sweet flavor and juicy flesh, is native to Central and South America. In 1493, Christopher Columbus discovered pineapples growing on the island of Guadeloupe and brought them back to Queen Isabella of Spain. During the 17<sup>th</sup> century, pineapples became a very popular fruit throughout Europe and were grown in greenhouses. In the 18<sup>th</sup> century pineapples were taken to the Hawaiian Islands.

### **Where do they grow?**

Pineapple is grown in many tropical regions around the world but Hawaii is one of the top major producers of this fruit. Some fresh pineapples are imported from Costa Rica, Honduras, Mexico, Dominican Republic, El Salvador, Ecuador and Nicaragua and many of our canned pineapples are imported from the Far East. Pineapple is available year round with peak season ranging from March through July.

### **How do they grow?**

Pineapples are grown from the crowns or tops of other pineapples. It takes a long time to grow a pineapple! The flowering process of a pineapple does not begin until the plant is one year old. After one year, the flower bud, which is small, pink and looks like a pinecone begins to grow until it becomes the pineapple fruit. It takes about 6 months for the plant to produce the fruit. The starch content of the pineapple is stored in the stem of the plant. Just before the fruit ripens, the starch converts to sugar and enters the fruit. Pineapples are harvested when ripe and are therefore ready to eat once they reach the supermarkets. To ensure they are picked at their peak, for ripeness and flavor, the sugar content is tested in the field. After they are picked, pineapples are shipped quickly, arriving to markets within 2 to 3 days.

### **Are they healthy?**

- ✎ Excellent source of vitamin C
- ✎ Contains bromelain, an enzyme helping the body's digestive system

### **How do you pick a good one?**

- ✎ Choose fresh looking ones with deep green leaves that are heavy for their size
- ✎ Use your nose! A sweet aroma is the best way to pick a good pineapple!
- ✎ Select ones with a label or tag indicating it was jet-shipped from Hawaii
- ✎ Avoid those that look old or dry, contain bruises, soft spots or brown leaves
- ✎ Avoid those with sour or fermented odors

# 😊 FUN FACTS! 😊

## Pineapples

### Did you know...

- 😊 Did you know a ½ cup of fresh pineapple contains only 60 calories?
- 😊 Did you know the name pineapple was derived from the word “pina” because Spanish explorers thought the fruit looked like a pinecone? (The English added the word “apple” to associate it with juicy luscious fruits.)
- 😊 Did you know “halakahiki” is pineapple in Hawaiian?
- 😊 Did you know Hawaii was the first to can pineapple?
- 😊 Did you know the Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality?
- 😊 Did you know just a ½ cup of pineapple contains approximately 25% of your daily recommended vitamin C?
- 😊 Did you know pineapple can be enjoyed in many ways? (Eat fresh, canned or dried pineapple and drink pineapple juice.)
- 😊 Did you know there are four types of pineapples? (Gold, Smooth Cayenne, Red Spanish and Sugar Loaf; The Gold is the newest variety with an extra sweet flavor, golden color and higher vitamin C content.)
- 😊 Did you know the average pineapple weighs 2 – 5 pounds?
- 😊 Did you know a good way to distribute a pineapple’s sugar content, throughout the fruit, is to stand it upside down for a few days? (This allows the sugar to flow towards the top.)

Remember ...

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Pineapple*  
Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with pineapple ---  
Pineapple-Orange Dipping Sauce: Offer with chicken nuggets! (see attached)  
Ambrosia (see attached)  
Pineapple Bread (see attached)  
Orange-Pineapple Gelatin (USDA C-11)  
Sweet and Sour Pork (USDA D-36)
- ✓ Offer pineapple as a fruit component for breakfast, lunch or After School Snack
- ✓ Try pineapple as a new flavor of juice for breakfast
- ✓ Try preparing a Pineapple Upside Down Cake using crushed pineapples
- ✓ Offer pineapple as a pizza topping with Canadian ham/bacon --- Hawaiian Style Pizza!
- ✓ Serve grilled chicken or baked ham topped with pineapple slices or chunks
- ✓ Offer fresh Pineapple Push-Ups as a healthy a la carte snack

### **Presentation Meal Appeal ---**

A Simple Smile Makes  
All Meals Taste Better!  
Remember Kids are Your  
Customers!

### MARKETING:

- ✓ Contact Dole for super resources!  
Phone: (973) 402-1192      nicholas\_schneider@na.dole.com
- ✓ Check out the Dole web site for ideas [www.dole5aday.com](http://www.dole5aday.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### **Quality:**

Serve Fruit that is  
Pre-Chilled to at  
Least 41°F!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Pineapple Power!*)
- ✓ Feature "Yellow Day" on the day that you offer pineapple on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit topping bar for breakfast;  
Give students a 4 ounce portion of low fat yogurt and let them create a breakfast parfait at the fruit topping bar
  - Offer fresh fruits in season
  - Utilize commodity frozen, canned fruits (crushed pineapples) and dried fruits
- ✓ Distribute to younger grades the "School LUNCH Coloring Page" from your "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 40; Offer prizes for each grade level;
- ✓ Hang these colored lunch pages around your cafeteria as decorations

### **Safety:**

Maintain  
Temperature of  
Cold Foods ---  
at 41°F or Below!



# School Food Service Link...



## School Food Service Recipes



### **Ambrosia**

Yield: 75 each 5 oz. Portions

1 serving = ½ cup fruit

#### **Ingredients:**

1 each #10 can pineapple, peaches, apples  
1 bag Instant Vanilla Pudding  
3 ½ cups Low Fat Milk  
15 ounces Thawed Orange Juice Concentrate  
2 lbs. Low Fat Sour Cream

#### **Directions:**

1- Mix 1 each #10 can, drained, of the following: pineapple, peaches and apples.  
2- Blend the following on low speed till smooth: 1 bag instant vanilla pudding, 3 ½ cups milk & 15 oz. thawed orange juice concentrate.  
3- Add 2 lbs. of sour cream to pudding mixture.  
4- Fold pudding mixture into fruit.  
5- Pour into 4" steam table pan and chill.

### **Pineapple-Orange Dipping Sauce** Yield: Approx. 1 ¼ gallon

#### **Ingredients:**

*Recipe From:* Dole "5 A Day Kids' Cookbook"

1 each # 10 can Crushed Pineapple in Juice  
¾ cup Cornstarch  
3¼ cups Orange Juice  
¾ cups Barbecue Sauce

#### **Directions:**

Pour undrained pineapple into a processor, mixer or blender. Process or mix until it is a thick puree. Pour pineapple into a saucepan and add cornstarch; blend. Add orange juice and barbecue sauce; blend. Bring to a boil, and then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat. Serve warm with nuggets.

### **Pineapple Bread** Yield: 50 each 5"x10" Portions or 25 each 5"x5" Portions

#### **Ingredients:**

15 each Eggs  
2 ½ cups Sugar  
¾ cup Flour  
1 each # 10 can Pineapple  
6 each 6" Steak Rolls  
1 lb Butter or Margarine\*

*\*Try using less as it will reduce the fat content!*

#### **Directions:**

1- Beat eggs well.  
2- Add sugar, flour, pineapple, and eggs; mix well.  
3- Pour into greased 2" full size steamtable pan.  
4- Dice rolls and spread over top of liquid mixture in pan.  
5- Melt butter or margarine.  
6- Pour melted butter/margarine over top of mixture.  
7- Bake at 350°F for 50 minutes in convection oven.

(Conventional Oven: Bake at 400°F for 60 minutes)

8- Serve warm.

9- Cut into 5x10 inch for 50 servings; 1 portion = ¼ cup fruit; bread component varies based on weight of roll; approx. ¼ bread/grain  
Cut into 5x5 inch portions for 25 servings; 1 portion = ½ cup fruit; bread component varies based on weight of roll; approx. ½ bread/grain



# Carrots



## Fact Sheet

### **Where did they come from?**

Carrots were first cultivated in Afghanistan more than 2000 years ago. During 900-1000 A.D. purple and yellow carrots were brought from Afghanistan to the Mediterranean. In the 1300's purple and yellow carrots were grown in Western Europe and China. In the 1700's orange carrots were first reported in the Netherlands. Today, the typical orange carrots available throughout the United States are descendants of Dutch-bred carrots. Other carrot varieties include white carrots that are used in western and Eastern Europe for livestock, red carrots grown in Japan and yellow and purple carrots that are available in the Mideast, Turkey, India and China.



### **Where do they grow?**

The majority of carrots grown for United States are produced in California, Wisconsin, Michigan and Washington. California produces about 60 percent of the entire United States carrot crop. Carrots are shipped nationwide and are available all year long.






### **How do they grow?**

Carrots are taproots, which is a type of root that grows downwards into the soil. Carrots are grown from seeds, which take 6 to 21 days to germinate and 70 to 100 days to mature fully. When you eat a carrot you are actually eating the root! The feathery green leaves that are on top of the root grow above the soil. Once carrots are grown and mature, machines mechanically harvest them. They pull carrots up by their tops and shake off the dirt. The machines also cut the tops off. Carrots grow best in cool seasons where young seedlings can withstand mild frosts, however high temperatures can significantly damage them.

### **Are they healthy?**

-  Excellent source of beta-carotene (vitamin A) which keeps our eyes healthy
-  Contains the fiber, calcium pectate, which may lower cholesterol

### **How do you pick a good one?**

-  Choose those which are smooth, firm and well shaped
-  Select ones that are not covered with hair like roots
-  Pick ones with a bright orange to orange-red color
-  Avoid carrots that are cracked, shriveled, soft or wilted
-  Choose carrots that are smaller or thinner at the top, which usually indicates a smaller core (*Carrots with smaller cores, the fibrous center that runs the length of this vegetable, are sweeter. The natural sugars of the carrots are in the outer layers; therefore, a smaller core will mean more outer layers of sweetness.*)

# 😊 FUN FACTS! 😊

## Carrots

### Did you know...

- 😊 **Did you know carrots come in many sizes and shapes: round, cylindrical, fat, very small, long or thin?**
- 😊 **Did you know that carrots are crunchy?**
- 😊 **Did you know carrots contain more sugar than any other vegetable, except for the beet?**
- 😊 **Did you know carrots are members of the parsley family?**  
(Their feathery green leaves look somewhat like parsley. Other members of this family are celery, parsnips, dill, fennel and the wildflower called Queen Anne's Lace.)
- 😊 **Did you know baby carrots or mini-peeled carrots are grown from “caropak” carrots?**  
(“Caropak” carrots are a different seed variety that grows slender carrots. They grow close together to keep their small size. These are primarily the variety of baby carrots available in supermarkets. True “baby” carrots would actually be carrots that have been removed from the ground early and look like miniature carrots. These are rarely available.)
- 😊 **Did you know carrots provide 30% of the vitamin A in American diets?**

**Remember ...**

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Carrots*  
Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with carrots -----  
Carrot Cake (USDA C-5)  
Carrot-Raisin Salad (USDA E-4)  
Orange Glazed Carrots (USDA I-13a)  
Minestrone Soup (USDA H-7) or  
Thick Vegetable Soup (USDA H-5)
- ✓ Mix into fresh green or spinach salads
- ✓ Offer raw carrots with low fat ranch dressing for lunch or After School Snack
- ✓ Add finely chopped carrots to bread stuffing/dressing for Thanksgiving
- ✓ Add to chicken, tuna or pasta salads
- ✓ Sell mini bags of baby carrots as a healthy à la carte snack

### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player; Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Examples: Chill Out with Carrots! Crazy for Carrots!*)
- ✓ Advertise a different carrot recipe on your menu each week in November
- ✓ Feature carrots on your Thanksgiving holiday menu
- ✓ Feature "Orange Day" on the day that you offer carrots on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing orange
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - Select produce in season
  - Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

### Presentation:

#### Meal Appeal — Clump Similar Colors in Packaged Salads for Eye Appeal:

Place Shredded or Diced Carrots in Corner of Prepackaged Salad Container; In Opposite Corner Place Diced Tomatoes.

### Quality:

Do Not Store Carrots Near Ethylene Gas Producing Produce Such as Apples, Cantaloupes, Pears & Tomatoes --- Gas Will Make Carrots Bitter!

### Safety:

Maintain Temperature of Cold Food at 41° F or Below!



School Food Service Link...



**School Food Service Recipes**



## **Fresh Carrot Soup**

**Recipe From:** California Fresh Carrot Advisory Board

**Yield:** 2 Gallons

### **Ingredients:**

- 5 lbs. Fresh Carrots, Sliced
- ½ lb. Onions, Chopped
- ½ lb. Celery, Sliced
- 2 ½ gallons Stock or Water
- ¼ cup Lemon Juice
- 1 Tablespoon Salt (Optional)
- ½ Tablespoon Pepper

### **Directions:**

1. Combine carrots, onions, celery and stock.
2. Simmer for 1 hour.
3. Add lemon juice, salt (*optional*) and pepper.
3. Puree soup.

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of Pineapples & Carrots...

*Items in bold are enclosed.*

- ✓ Review “**Fact Sheet**” and “**Fun Facts**”
- ✓ Have students color **Pinellopy Pineapple Coloring Page**
- ✓ Have students color **Calvin Carrot Coloring Page**
- ✓ Discuss how Carrots grow; Show students that when they eat a carrot their actually eating the Root
- ✓ Show Fresh Pineapple; Discuss how it grows
- ✓ Try growing a pineapple in your classroom from the crown;  
See --- “**Grow A Pineapple Plant**”
- ✓ Have students play charades and set healthy eating and physical activity goals;  
Use the “**Super Me**” activity guide



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

- ✓ Encourage families to create “**Edible Art**” as a healthy snack food
- ✓ Promote physical activity among families! Send home the “**Super US Physical Activity Scorecard!**” and “**On The Road To A SUPER US**” goal setting activity
- ✓ **Kids' Kitchen Recipes**
- ✓ **Recipes for Home**



## Classroom Link...

### Coloring Page: Pinellopy Pineapple

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



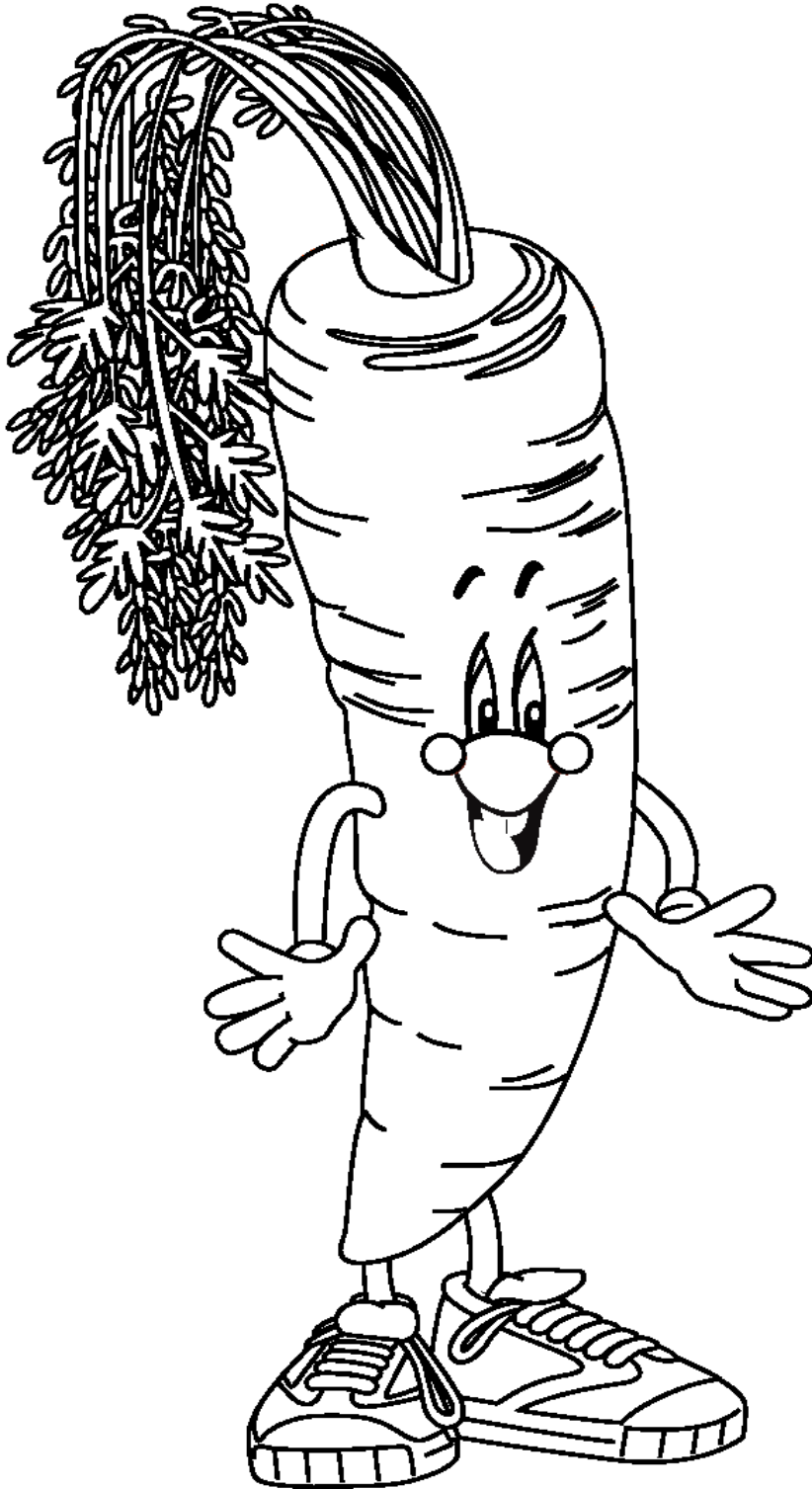
Pinellopy Pineapple ©



## Classroom Link...

### Coloring Page: Calvin Carrot

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



Calvin Carrot ©





**Classroom Link...**

## **Grow A Pineapple Plant!**

Pineapples need a minimum winter temperature of 65° F. They prefer hot, humid summers.

These plants can be started by simply twisting out or cutting off the top leaves (crown) of the pineapple fruit. Make sure any fruit left attached is trimmed off, as this may cause it to rot after planting. After removing and trimming off the excess fruit pulp, trim the stem a little at a time until you see root buds, which are small, round objects seen around the cut end of the stem's base. You can also strip off some of the lower leaves (about  $\frac{3}{4}$ -inch up from the base of the stem). You will see small, brownish bumps under the leaf scars; these are the beginnings of roots. You may also see some small roots already growing.

After preparing the crown, set it upside down in a dry, shaded place for about a week to allow the cuts to "heal". It can then be planted in a store-bought potting soil mix. Start it in an 8-inch clay pot and when it starts to outgrow it, move it to a 12-inch pot.

Make sure the containers have excellent drainage. To insure this, add about a 1-inch layer of coarse gravel to the bottom of the pot before adding the soil. Firm the soil around the base of the crown and avoid getting dirt in the central leaves.

Fertilize your pineapple at planting time and every two or three months thereafter with a good household plant food. You only need to water the plant once a week.

Pineapples produce their flowers after about 16 months and when the plant is at least 2 feet high. After about 6 months, the fruit will begin to change colors from green to gold as the fruit's flesh becomes sweeter. The pineapple may weight from 2 to 4 pounds. When the fruit is halfway golden yellow, you can pick and eat it. However, you can wait longer if you wish.

***Printed From:***

<http://www.botany.com/PrintPlant.aspx?plantID=115&print=1>



## Classroom Link... *From: "Team Nutrition Community Action Kit"*

### ★ SUPER ME! ★

Get on the road to becoming a “super you”—play an adaptation of the popular game “charades” to explore after-school eating and physical activity habits. Then set nutrition and physical activity goals.

#### **OBJECTIVES:**

- ◆ To use the three Team Nutrition messages to set goals for choosing foods for a healthy diet.
- ◆ To set nutrition and physical activity goals and work to achieve them.

#### **KEY CONCEPTS:**

- ◆ The three Team Nutrition messages can be used to set nutrition goals for after-school snacks.
- ◆ Regular physical activity is important for good health.
- ◆ Working with a partner can help in the achievement of goals.
- ◆ Print in large letters the three Team Nutrition messages on poster board or flip-chart.

#### **BACKGROUND:**

“Making Food Choices for a Healthy Diet” is USDA Team Nutrition’s theme. Three messages have been developed to support the theme and will help children to:

- ◆ Expand the variety of foods in their diet;
- ◆ Add more fruits, vegetables, and grains to the foods they already eat; and
- ◆ Construct a diet lower in fat.

In addition to choosing foods for a healthy diet, it is important to balance the foods eaten with physical activity. Nearly all Americans need to be more active, because an inactive lifestyle is unhealthful. Many Americans gain weight in adulthood, increasing their risk for high blood pressure, heart disease, stroke, diabetes, and certain types of cancer. Physical activity is an important way to “use up” food energy (calories).

#### **PREPARATION NEEDED:**

- ◆ Photocopy enough copies of “On the Road to a Super Me”

# ★ SUPER ME Continued...

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## InfoNote:

The goals in this lesson are suggestions only. Use different goals based on the current nutrition and physical activity habits of the youth in your group.

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## Directions:

The first person “acts out” what they usually do after school.

Each team, in order, guesses what was acted out.

If a team guesses wrong, the next team gets to guess, etc. Once the activity is guessed correctly, the second person “acts out” their after-school activity. Repeat process as above. Repeat for third “actor.”

---

It is best to do 30 minutes or more of moderate physical activity on most, preferably all, days of the week. Examples of moderate physical activity are walking briskly, mowing the lawn, jogging, cycling, swimming, table tennis, fishing, canoeing and dancing. To help achieve a goal, whether a physical activity goal or a healthy food choice goal, do the following:

- ◆ Make the goal realistic — small changes really add up.
- ◆ Track the progress in order to measure how well you are doing.
- ◆ Use rewards as incentives i.e., buy a magazine, visit a friend.
- ◆ Work with a partner to help meet a goal (a partner can be a friend, adult, relative, brother or sister or neighbor who also wants to meet nutrition and physical activity goals).

## CHARADES ACTIVITY

### Introduction

1. Introduce the game of charades. Explain the game of charades to the group: Without using words, a person “acts out” an activity and the audience tries to guess what the “actor” is doing.

Ask for three volunteers who would like to act out what they do after school. The remaining youth can split up into teams and guess what the “actors” are doing.

2. Give the game directions.
3. Play charades.

### Discussion

4. After the game, discuss the importance of regular physical activity and making food choices for a healthy diet. Use information from the Background Section of this lesson. Suggested discussion questions:

*How many of you do these same things after school?  
Why?*

*After school, do any of you bike, run in the yard, play soccer, what else?*

Have the youth, by show of hands, indicate which of these activities they do.

# ★ SUPER ME Continued...



## **PHYSICAL ACTIVITY GOAL SETTING ACTIVITY**

The purpose of this activity is to help the youth become the best they can be by setting daily physical activity goals.

Distribute to each participant a copy of the “On the Road to a Super Me” handout and a pencil. Discuss choosing a partner. If they choose to work with a partner, have the youth fill in their partner’s name on the handout.

### **Discussion**

1. Briefly discuss goal setting. See Background Section of this lesson for goal setting information.
2. Have the youth think about what physical activity goal each wants to set. Suggest that the youth start by setting small goals. Some examples are:
  - ◆ Go outside and play after school instead of watching television.
  - ◆ Take a walk instead of playing a computer game.
  - ◆ Dance to some lively music.
3. Have the youth write their goal for the week on his/her “On the Road to a Super Me” handout. Explain to the youth that for every day they reach their goal, they should draw a star (★) in the box.
4. Have some youth share their physical activity goals with the rest of the group.



# ★ SUPER ME Continued...

## Examples of goals for the Team Nutrition messages:

**Expand the variety of foods in the diet**— Instead of soda pop, I'll drink milk, orange juice, or tomato juice.

**Add more fruits, vegetables, and grains to the foods already eaten**— Instead of candy, I'll eat fruit for a snack.

**Construct a diet lower in fat**— I'll choose lower fat snacks such as pretzels instead of potato chips.

## FOOD CHOICE GOAL SETTING ACTIVITY

The purpose is to have youth set goals for making food choices for a healthy diet when selecting after-school snacks.

1. Review the three Team Nutrition messages with the group. See Background Section of this lesson.

### Discussion

2. Remind the youth that part of becoming “super” includes choosing foods for a healthy diet.

Suggested discussion questions:

*Which of the three Team Nutrition messages would you use to set a goal for yourself? Why? What would your goal be?*

3. Have the youth think about what eating goal they want to set and have them write their goal for the week on “On the Road to a Super Me” handout. Explain to the youth that for every day they reach their goal, they should put a check (✓) in the box.
4. Have some of the youth share the goals they set with the rest of the group.

### CLOSURE:

1. Suggested discussion question:

*How can you celebrate meeting your daily goals at the end of the week?*

2. As individuals decide on their reward, they can record it on their “On the Road to a Super Me” handout.
3. Have some of the youth share their celebration ideas with the group.

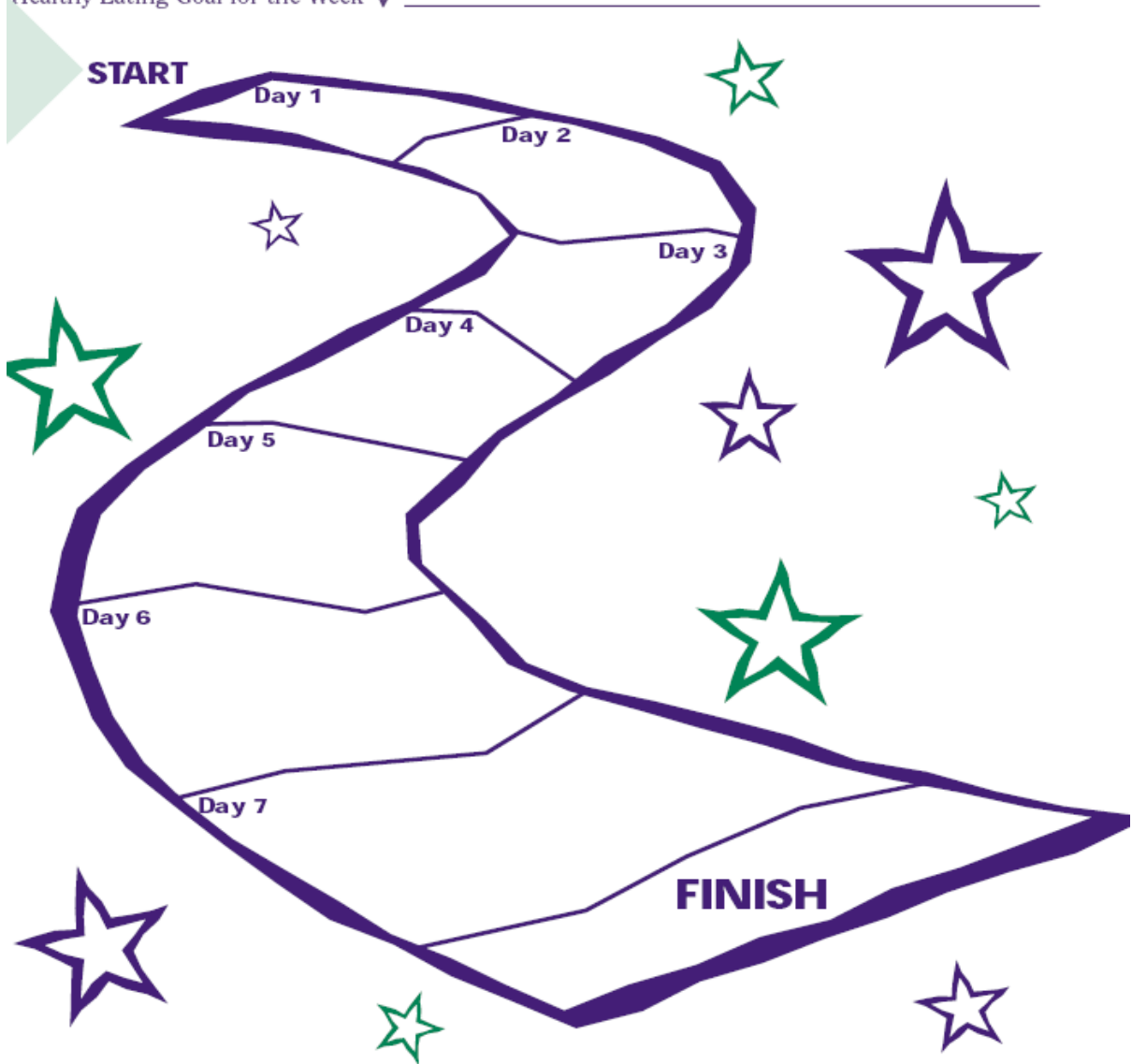
# ★ SUPER ME Continued...

Name: \_\_\_\_\_

## ON THE ROAD TO A SUPER ME

Physical Activity Goal for the Week ☆ \_\_\_\_\_

Healthy Eating Goal for the Week ✓ \_\_\_\_\_



# Congratulations!

Team Nutrition Community Nutrition Action Kit

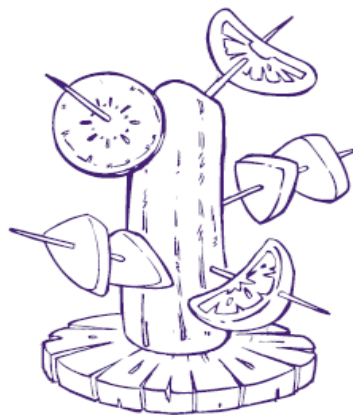


## Home Link... Great for Snacking!

### EDIBLE ART

10 canned or fresh pineapple rings or slices  
5 large bananas  
2 tangerines, segmented  
1 large apple, cut into small wedges  
1 pear, cut into small chunks  
1 kiwi, peeled and sliced  
(cut slices in half or fourths)  
toothpicks

Drain the pineapple rings thoroughly. Place a pineapple ring in the center of a small paper plate. Peel the banana, cut in pieces, and place it upright into the center of the pineapple ring. Place an assortment of the remaining fruits on a small plate, and insert toothpicks into the pieces. Place the toothpicks into the upright banana forming branches on the banana. Continue to decorate the banana until you are pleased with the results. This amount will provide fruit for 10.



Team Nutrition Community Nutrition Action Kit



**Home Link...** From: "Team Nutrition Community Action Kit"

## SUPER US Physical Activity Scorecard! How Do You Score on Physical Activity???

Encourage your child to be physically active. Set an example and join in. Being active throughout life is a goal worth setting. Keep in mind that physical activity helps in maintaining and improving body weight, *and* it's fun. Take the test below, as a family, and have fun by comparing scores!

**HOW DO YOU AND YOUR FAMILY SCORE ON PHYSICAL ACTIVITY? (✓ if yes)**

Do you do these 2 or 3 times a week?

Family members (initials)

Play a sport, such as basketball, baseball, or soccer? \_\_\_\_\_

Physical work, such as gardening? \_\_\_\_\_

raking or lawn mowing? \_\_\_\_\_

house cleaning? \_\_\_\_\_

Aerobic activities, such as biking? \_\_\_\_\_

roller bladeing? \_\_\_\_\_

dancing? \_\_\_\_\_

running or jogging? \_\_\_\_\_

walking? \_\_\_\_\_

skipping rope? \_\_\_\_\_

swimming? \_\_\_\_\_

Strength activities such as weight lifting? \_\_\_\_\_

Flexibility exercises such as bending and stretching, sit-ups, or knee bends? \_\_\_\_\_

**Total your check marks:** \_\_\_\_\_

---

**Family members who scored 0 points:** You're a "couch potato." Set a physical activity goal and do it for at least a week. If you enjoy it, make it part of your regular routine. If you did not enjoy it, choose another activity and try again.

---

**Family members who scored 1–3 points:** You're a "mover." Keep up the good work. Try to do 30 minutes or more of moderate physical activity on most days of the week.

---

**Family members who scored more than 4 points:** You're a "mover and a shaker!" Excellent! Keep it up! Make sure you do different activities for variety.

---







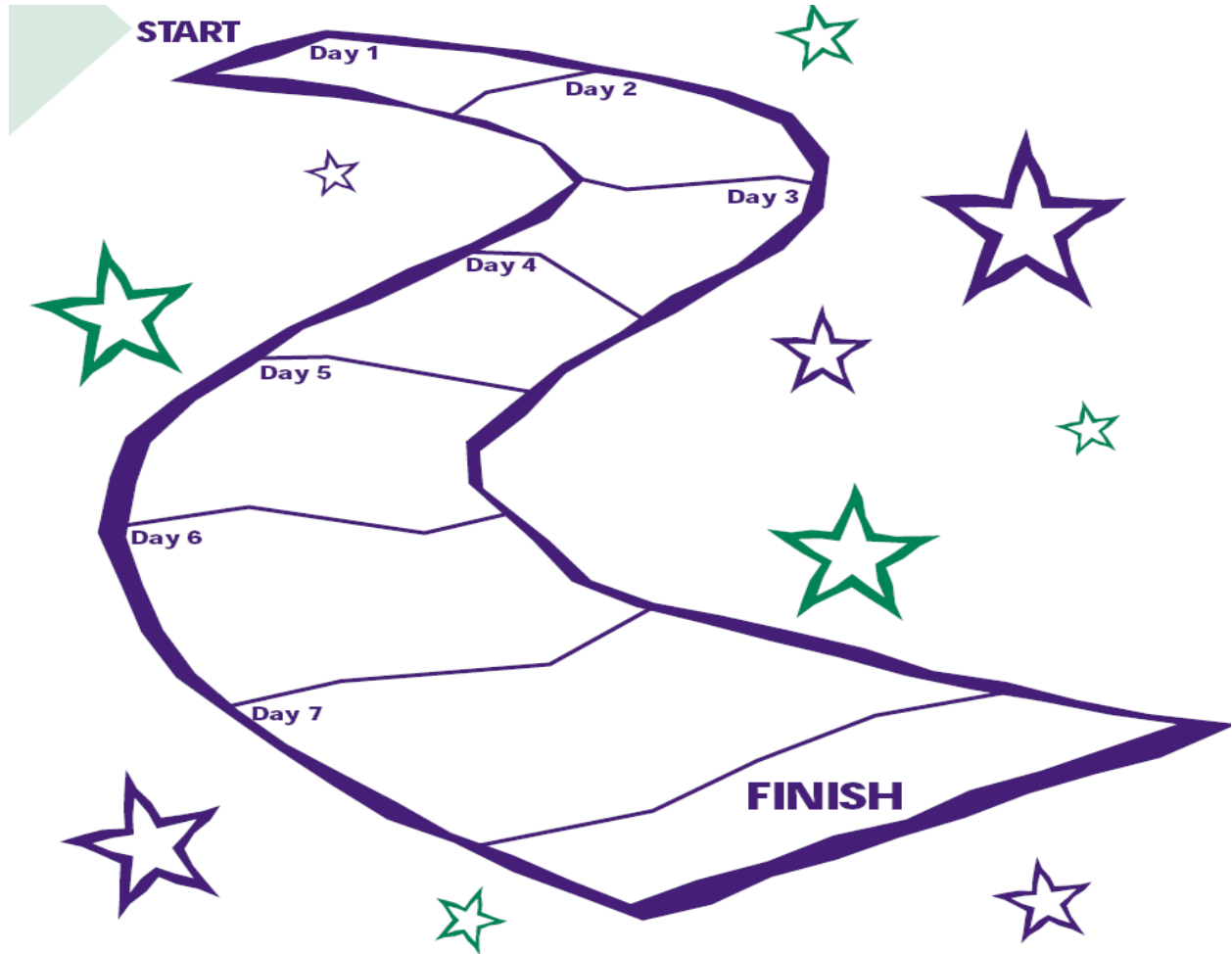
# Home Link... On The Road To A SUPER US!

As a Family, set a physical activity goal for each day of the week. List goals below. Each day when you complete the goal write in your name or initials on the board below.

Try to do as many activities together as a Family. Decide as a Family, a reward for each person that completes all 7 goals.

*(Examples of rewards: Fresh pineapple or yogurt sundae for dessert; special day with mom/dad/guardian; picnic at park...)*

- Day 1 Goal:** \_\_\_\_\_
- Day 2 Goal:** \_\_\_\_\_
- Day 3 Goal:** \_\_\_\_\_
- Day 4 Goal:** \_\_\_\_\_
- Day 5 Goal:** \_\_\_\_\_
- Day 6 Goal:** \_\_\_\_\_
- Day 7 Goal:** \_\_\_\_\_



# Congratulations!



Home Link...



# KIDS' KITCHEN



## Pineapples

### How to Peel and Trim Pineapple:

*(Adults should do this task!)*

- 1- Wash whole pineapple under cold running water
- 2- Twist or cut off the leafy crown
- 3- Using a heavy knife, halve the fruit lengthwise from bottom to top
- 4- Cut the two halves in half again to form quarters
- 5- Slice off the core, harder center part of pineapple, of each quarter
- 6- Slide a knife between the flesh and rind to free the flesh
- 7- Cut the flesh as desired

### Fun Ways to Eat:

- ✋ Cut into chunks, slices or wedges
- ✋ Mix with your favorite fruit or mixed green salad
- ✋ Make a fruit kabob *(skewer with different types of cut up fruit onto a stick)*
- ✋ Mix crushed pineapple with low fat vanilla flavored yogurt
- ✋ Grill slices of fresh pineapple
- ✋ Add chunks of pineapple to tuna or chicken salad
- ✋ Add pineapple slices to sandwiches or pizza

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipes are attached and include pineapple as an ingredient:

- ✋ Fruity Breakfast Parfait
- ✋ Hawaiian Mini Pizzas

 Home Link...



## KIDS' KITCHEN



### Fruity Breakfast Parfait

**Makes 4 servings**

*Reprinted from: Dole's "5 A Day Kids Cookbook"*

**A fun food to eat for breakfast or as a snack! Be creative and use your favorite fruits, yogurt or pudding and nuts to create your own breakfast parfait or sundae!**

**Ingredients:**

2 cups Chopped Fresh Pineapple  
1 cup Frozen Raspberries or Strawberries, Thawed  
Stemmed  
1 cup Low Fat Vanilla Yogurt  
1 Firm, Medium Banana, Peeled and Sliced  
1/3 cup Chopped Dates  
1/4 cup Sliced Almonds, Toasted

**You will need:**

☞ Measuring Cups  
☞ 4 (6-oz.)  
  
Sundae Glasses  
☞ Spoon  
☞ Knife

**Directions:**

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

**Nutritional analysis per serving:** Calories 224, Protein 6g, Fat 6g, Saturated Fat 1g, Cholesterol 3mg, Carbohydrate 41g, Sodium 43mg

### Hawaiian Mini Pizzas

**Makes 8 Mini Pizzas**

*Reprinted from: Dole's "5 A Day Kids Cookbook"*

**Ingredients:**

4 Large Sandwich Style English Muffins, Split  
1 cup Pizza Sauce  
1/4 cup (2 ounces) Sliced Canadian Bacon, Cut into Quarters  
1 (8-ounce) Can Pineapple Tidbits, Drained  
1 1/2 cups (6 ounces) Part Skim Mozzarella  
Cheese, Shredded

**You will need:**

☞ Cutting board  
☞ Knife  
☞ Measuring  
Cups  
  
☞ Can Opener  
☞ Oven Mitts

**Directions:**

1- Preheat oven to 450° F.  
2- Evenly spoon sauce over each muffin. Top with Canadian bacon, pineapple tidbits and cheese. Place mini pizzas on baking sheet.  
3- Bake for 12- 15 minutes or until cheese is melted. Allow to cool a few minutes before eating.

**Nutritional analysis per serving:** Calories 190, Protein 11g, Fat 5g, Saturated Fat 2g, Cholesterol 17mg, Carbohydrate 26g, Sodium 542mg



Home Link...



# KIDS' KITCHEN



## Carrots

### How to Peel and Trim Carrots:

- 1- Rinse carrots under cold running water
- 2- Lay the vegetable peeler flat against the carrot
- 3- Scrape the peeler toward the counter, peeling off the skin
- 4- Rotate the carrot until all the skin is scraped off
- 5- Secure the carrots on a cutting board; Trim off the ends
- 6- Slice the carrots into circles or sticks
- 7- If slicing into sticks --- first cut the carrot in half

### Fun Ways to Eat:

- 👉 Munch on raw with dip
- 👉 Shred and add to tossed green salads
- 👉 Add to soups
- 👉 Try a carrot cake recipe
- 👉 Dice, and mix into tuna, chicken, turkey and egg salads
- 👉 Try shredded carrots as a sandwich topper --- Adds crunch!
- 👉 Add to pizza as a vegetable topping

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes carrots as an ingredient:

- 👉 Ryan's Rockin' Layered Salad



Home Link...



# KIDS' KITCHEN



## Ryan's Rockin' Layered Salad



This amazing salad was created by an amazing 5 A Day kid! Ryan Trantham of Allen, Texas, submitted this recipe for a "5 A Day Kids Recipe Contest" and won first place in the "Salads" category. Because this recipe includes so many colorful vegetables it is a very nutrient-rich salad. One serving is a good source of potassium, calcium and iron and an excellent source of dietary fiber, vitamin A, vitamin C and folate.

Makes 8 servings

### Ingredients:

- 1 cup prepared low fat Ranch salad dressing
- 1 cup prepared salsa
- 1 (10-ounce) package DOLE® Hearts of Romaine Mix
- 1 (10-ounce) package DOLE Shredded Carrots
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can whole kernel corn, drained
- 1 small DOLE Premium Red Onion, diced
- 1 cup finely shredded reduced fat cheddar cheese
- 1 cup baked tortilla chips, crushed

### You will need:

- Measuring cups
- Can opener
- Small mixing bowl
- Large serving bowl



### Here's how:

- 1 Combine Ranch dressing and salsa; set aside.
- 2 In large bowl, layer the Romaine Mix, carrots, black beans, corn, red onion and cheese. Pour the dressing/salsa mixture on top; chill for 45-60 minutes in the refrigerator.
- 3 When ready to serve, top with crushed tortilla chips.

# Soups & Salads



### Nutrition Information (per serving)

|                    |                           |
|--------------------|---------------------------|
| Makes 8 servings.  |                           |
| Calories           | 245                       |
| Total Fat          | 8 grams                   |
| Saturated Fat      | 3 grams                   |
| Cholesterol        | 11 milligrams             |
| Sodium             | 797 milligrams            |
| Potassium          | 560 milligrams            |
| Total Carbohydrate | 37 grams                  |
| Dietary Fiber      | 7 grams                   |
| Protein            | 9 grams                   |
| Vitamin A          | 661.3 International Units |
| Vitamin C          | 18 milligrams             |
| Calcium            | 167 milligrams            |
| Iron               | 2 milligram               |
| Folate             | 79 micrograms             |

 Home Link...



Home Recipes



Your child/children will be offered

## Pineapple

in November on their School Menu!

Try a new **Pineapple** recipe at home!

### Make Pineapple Part of Your 5 A Day Plan

It is easy to include pineapple in your 5 A Day Plan. Drink a glass of pineapple juice in the morning before work or school, eat a slice of pineapple topped with cottage cheese or add to your favorite low fat pizza for a fun treat.

### Caribbean Spice Chicken

**Makes 4 servings**

**From:** CDC/ 5 A Day Recipes

**Prep:** 30min.

#### **Ingredients:**

- 1 can (20 oz) pineapple slices
- 1 tsp. each of: ground ginger, curry powder, and garlic powder
- ¼ tsp. cayenne pepper
- 1 tsp. cornstarch
- 4 Skinless, boneless, chicken breast halves
- 1 tsp. vegetable oil
- ¼ cup each of: flaked sweet coconut, slivered green onions

#### **Directions:**

Drain pineapple juice into a large measuring cup. Combine spices in small bowl. Stir ¼ tsp. spice mixture, along with cornstarch, into pineapple juice. Set aside. Sprinkle all of the remaining spice mixture over chicken. Drizzle oil over chicken. Place on roasting pan rack. Bake in a 400°F oven for 15 minutes. Arrange pineapple slices on rack. Bake 5 minutes longer. Meanwhile, stir pineapple juice mixture. Microwave, uncovered, 2 to 4 minutes until sauce boils and thickens. Arrange chicken and pineapple on 4 serving plates. Spoon pineapple sauce over, top with coconut and onions. Serve with 1/2 cup serving of dark green vegetables.

**Nutrition analysis per serving:** Calories 298, Fat 7g, Calories from fat 21%, Cholesterol 75mg,

Fiber 3g, Sodium: 84mg.





## Recetas Caseras



¡Sus niño/niños serán ofrecidos **Piña** en Noviembre

en el Menú de la Escuela!

¡Trate una nueva receta de **Piña** en casa!

### Incluya la piña en su plan *5 al día*

Es fácil incluir la piña en su plan de *5 al día*. Beba un vaso de jugo de piña por las mañanas antes de salir para el trabajo o la escuela, cómase una tajada de piña con queso requesón (*cottage cheese*) o agréguela a su pizza favorita por su bajo contenido en grasa para darle un sabor tropical.

### Pollo aliñado al estilo caribeño

Hace 4 porciones

*Receta de:* CDC/Recetas de *5 al Día*

**Prep:** 30min.

#### Ingredientes:

- 1 lata (20 oz) de rebanadas de piña
- 1 cucharadita de: jengibre molido, polvo de curry y ajo en polvo
- ¼ cucharadita de pimienta de cayena
- 1 cucharadita de almidón de maíz
- 4 mitades de pechuga de pollo deshuesadas y sin pellejo
- 1 cucharadita de aceite de vegetal
- ¼ taza de cada uno de los siguientes: coco dulce rayado, cebolla larga cortadas en tiras

#### Las direcciones:

Escorra el jugo de la lata de piña en una taza grande de medir. Mezcle los aliños en un tazón pequeño. Revuelva ¼ de cucharadita de los aliños mezclados junto con el almidón de maíz en el jugo de la piña. Póngalo al lado. Salpique el resto de la mezcla de los aliños sobre el pollo. Rocíe el aceite sobre el pollo. Colóquelo en una bandeja de hornear. Hornee a 400°F grados durante, 15 minutos. Disponga las rebanadas de piña en la bandeja. Hornee 5 minutos más. Mientras tanto, revuelva la mezcla del jugo de piña. Cocine en el microondas, sin tapa, por 2 a 4 minutos hasta que la salsa hierva y espese. Disponga el pollo y la piña en 4 platos de servir. Use una cuchara para bañar el pollo con la salsa de piña y decórelo con el coco y los cebollines. Sirva con 1/2 taza de verduras de color verde oscuro.

**Análisis nutricional por porción:** calorías 298, grasa 7g, calorías por grasa 21%, colesterol 75mg., fibra 3g, sodio: 84mg.



**Home Link... Try a new Pineapple recipe at home!**

## Hawaiian Ambrosia

**Makes 8 servings**    **Prep:** No cooking    **Source:** PBH/Maui Pineapple Co., Ltd

### **Ingredients:**

1 can (20 oz) pineapple chunks  
 1 can (17 oz) fruit cocktail  
 1 can (11 oz) Mandarin oranges  
 1 cup plain nonfat yogurt or sour cream  
 1 cup miniature marshmallows  
 ½ cup shredded coconut  
 ½ cup raisins  
 ¼ cup pecans

**Drain fruit well. Add yogurt or sour cream, marshmallows, coconut, raisins, and nuts. Mix well and refrigerate for one hour.**

**Nutrition analysis per serving:** Calories 187, Fat 5g, Calories from Fat 24%, Cholesterol 0mg, Fiber 2g, Sodium 46mg.



**Recetas Caseras**



## Ambrosía Hawaiana

**Hace 8 porciones**

**Prep:** No es necesario cocinar

**Fuente:** PBH/Maui Pineapple Co., Ltd

### **Ingredientes:**

1 lata (20 oz) de piña en trozos  
 1 lata (17 oz) de cóctel de frutas  
 1 lata (11 oz) de mandarinas  
 1 taza de crema agria o yogurt descremado sin sabores  
 1 taza de marshmallows en miniatura  
 ½ taza de coco rayado  
 ½ taza de uvas pasas  
 1 taza de pacanas

**Escorra la fruta bien. Añada el yogurt o la crema agria, los marshmallows, el coco, las uvas pasas y las nueces. Mezcle bien y refrigere por una hora.**

**Análisis nutricional por porción:** calorías 187, frasa 5g, calorías por grasa 24%, Colesterol 0mg, fibra 2g, sodio 46mg



## Home Link...



### Home Recipes



Your child/children will be offered

## Carrots

in November on their School Menu!

Try a new **Carrot** recipe at home!

## Carrot Bars

**Recipe From:** Team Nutrition/ "Food, Family & Fun"

25-30 minutes

**Makes: 40 pieces**

*Substitute cooked pumpkin, cooked sweet potato or banana for the carrots*

### Ingredients:

1 cup sugar  
½ cup vegetable oil  
¼ cup applesauce  
2 jars baby food carrots  
2 eggs, beaten  
1¼ cups flour  
1 tsp vanilla  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp salt  
½ cup nuts, chopped (optional)

### Icing: (optional)

¼ cup soft margarine  
1½ cups powdered sugar  
3 oz light cream cheese  
1 tsp vanilla

### Directions:

Preheat oven to 350° degrees F

1 - In a large bowl, mix sugar, oil, applesauce, baby food carrots, eggs, flour, vanilla, baking soda, cinnamon, salt and nuts (optional) together.

2 - **Bake** in 13" x 9" greased and floured pan for 25-30 minutes.

3 - While bars **bake**, mix icing (optional): margarine, powdered sugar, light cream cheese, and vanilla.

4 - When bars are baked, **cool**, **spread** with icing or sprinkle with powdered sugar.

5 - Cut into bars, serve. (Cut into 4" x 10" portions)

### Approximate Nutrients Per Serving: 1 piece

|              |      |               |       |               |        |
|--------------|------|---------------|-------|---------------|--------|
| Calories     | 71   | Saturated Fat | 0.5 g | Iron          | 0.3 mg |
| Protein      | 1 g  | Cholesterol   | 11 mg | Calcium       | 4 mg   |
| Carbohydrate | 10 g | Vitamin A     | 86 RE | Sodium        | 73 mg  |
| Total Fat    | 3 g  | Vitamin C     | 0 mg  | Dietary Fiber | 0 g    |



## Recetas Caseras



¡Sus niño/niños serán ofrecidos **Zanahorias**  
 en Noviembre en el Menú de la Escuela!  
 ¡Trate una nueva receta de  
**Zanahoria** en casa!

### Barras de Zanahoria

**La receta De:** La Nutrición/Alimento del equipo, la Familia y la Diversión  
 25-30 minutos

**Hacen: 40 porciones**

Sustituyen calabaza cocinada, batata o plátano cocinados para las zanahorias

#### Los ingredientes:

1 taza de azúcar  
 ½ taza de aceite vegetal  
 ¼ taza de salsa de manzana  
 2 frascos de comida para bebé sabor de zanahoria  
 2 huevos  
 1¼ taza de harina  
 1 cucharita de vainilla  
 1 cucharita de bicarbonato de soda  
 1 cucharita de canela  
 ½ cucharita de sal  
 ½ taza de nueces, picada (opcional)

#### Crema: (opcional)

¼ taza de margarina suave  
 1½ taza de azúcar en polvo  
 3 oz queso crema de baja calorías  
 1 cucharita de vainilla

#### Instrucciones:

Precalienta horno a 350° grados F

1 - En un tazón grande, combine el azúcar, el aceite, la salsa de manzanas, la comida para bebés con sabor de zanahorias, los huevos, la harina, la vainilla, el bicarbonato de soda, la canela, la sal y las nueces (opcional) juntos.

2 - Hornea en una cacerola de 13" por 9" engrasada y enharinada durante 25-30 minutos.

3 - Mientras las barras hornean, combine los ingredientes de la crema (opcional) : la margarina, azúcar en polvo, queso crema ligero, y la vainilla.

4 -Cuándo barras se hornean, deje enfriar y rocía la crema o con azúcar en polvo.

5 – Corte en forma de barras, sirve. (Corte en porciones de 4" X 10")

#### **Aproxímese Alimentos Nutritivos Por Porción: 1 pedazo**

|               |      |                |       |                   |        |
|---------------|------|----------------|-------|-------------------|--------|
| Calorías      | 71   | Grasa Saturada | 0.5 g | Hierro            | 0.3 mg |
| Proteína      | 1 g  | Colesterol     | 11 mg | Calcio            | 4 mg   |
| Carbohidratos | 10 g | Vitamina A     | 86 RE | Sodio             | 73 mg  |
| Grasa Total   | 3 g  | Vitamina C     | 0 mg  | Fibra Alimenticia | 0 g    |

# **DECEMBER:**

**Fruit – Clementines**

**Veggie – Broccoli**



# Clementines



## Fact Sheet

### **Where did they come from?**

Clementines, also called Algerian tangerines, are a hybrid between a sweet orange and a Chinese mandarin. Clementines have been available in Europe for many years but were first brought to the U.S. in 1982. A devastating freeze in Florida in the 1980's made oranges scarce in the U.S. This resulted in a lot of oranges, including clementines, being imported from Europe. Since then, the popularity of this small citrus fruit has spread throughout our country.





### **Where do they grow?**

Most clementines are imported from Spain, Morocco, North Africa, South Africa and Chile but are also grown in parts of the U.S. including Florida and California. Today, clementines are available in our supermarkets all year round because they are shipped in from different countries. Each place has a different growing season. Spain produces this fruit from November to February, U.S. from November to May, South Africa from June to August and Chile from August to October.





### **How do they grow?**

Clementines grow on trees in warm, sunny environments. The fruit looks like a mini orange. It is considered the tiniest in the mandarin orange family. They are a citrus fruit with a thin membrane, usually seedless and deep orange flesh.

### **Are they healthy?**

-  Provides large quantities of vitamin C
-  Contains phytonutrients which help your body fight disease
-  Provides dietary fiber, calcium and vitamin A
-  Contains only 50 calories and .5 grams of fat

### **How do you pick a good one?**

-  Choose ones with glossy, deep orange skins
-  Select those that are heavy for their size
-  Pick ones with soft puffy skins
-  Avoid those with bruises or soft spots

# 😊 FUN FACTS! 😊

## Clementines

### Did you know...

- 😊 Did you know that clementines have a distinctive sweet taste?
- 😊 Did you know that two clementines fulfill the USDA's recommended daily requirement of Vitamin C?
- 😊 Did you know that citrus fruit such as clementines will help keep your bones and teeth healthy?
- 😊 Did you know that clementines are sold in wooden crates at your local supermarket?
- 😊 Did you know that clementines are often mistaken for tangerines?
- 😊 Did you know that clementines have what is called a "zipper" skin, loose and easily peeled?
- 😊 Did you know that clementines are a favorite citrus among children?

**Remember ...  
Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting **Clementines**

Choose ideas at your own discretion

### RECIPES:

- ✓ Offer fresh whole clementines for lunch, breakfast or After School Snack --- Kids love them cause they're easy to peel!
- ✓ Offer them as a healthy a la carte snack
- ✓ Use as a fruit in your grab'n'go or bag lunches

#### **Presentation**

**Meal Appeal** ---  
Offer Clementines  
in Wire Baskets.  
Adds Eye Appeal!

### MARKETING:

- ✓ Display on your serving line in wire baskets or in clean, sanitary crates
- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;  
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit  
*(Meal Appeal Manual) page 9*

#### **Quality:**

Upon Delivery,  
Always Check Quality  
of Fresh Fruit!  
Never Accept  
Poor Quality!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name *(Example: Catch the Clementine Craze!)*
- ✓ Feature "Orange Day" on the day that you offer clementines on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing orange
- ✓ Advertise a special grab'n'go lunch served in a colorful bag with a clementine
- ✓ Promote an "Unusual/Unique or Special Fresh Fruit Day" --- Feature Clementines!
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - Select produce in season
  - Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit *(Meal Appeal Manual) pages 16-31*

#### **Safety:**

Wash  
Fresh Fruit!



# Broccoli



## Fact Sheet

### **Where did it come from?**

Broccoli can be traced back 2000 years and has been grown in United States for over 200 years. Broccoli was one of the ancient Romans favorite foods. They introduced this vegetable to France in the 1500's and to England in 1720. Broccoli was first grown in Calabria, an Italian province and was given the name Calabrese. Later the vegetable was given the name broccoli, which comes from the Latin word *brachium* and means branch or arm. The first broccoli showed up in markets in the United States in the early 1900's. By 1925, broccoli became a popular vegetable across the nation.



### **Where does it grow?**

Broccoli is grown in many states throughout the country. States that produce broccoli include Washington, Maine, Wisconsin, Ohio, Colorado, Oregon, Texas and Florida. California produces 90% of all broccoli grown in the United States. Broccoli is grown in Salinas Valley and Santa Maria Valley in California from March through December and grown in the Yuma Valley in Arizona from November to March. Broccoli is available all year long, but is most abundant in October through May.





### **How does it grow?**

Broccoli is generally grown from seeds planted in fields. It is ready to pick in approximately 80-120 days. A bunch of broccoli grows in the middle of several leaves. Sometimes these leaves are still attached to the broccoli when you buy it in the store. It usually grows close to the ground, but if it has excellent growing conditions the plant can grow 2-3 feet tall! It grows best in cool weather and can even grow with light frost. Soil, which is fertile and well drained, will promote the growth of broccoli. While the flowers are still compact, the broccoli heads are harvested. After broccoli is picked, it is very important that it is kept cold. A liquid ice treatment reduces the broccoli's temperature to 35° F within 3-5 minutes. Broccoli is packed in the field and quickly transported to markets.

### **Is it healthy?**

-  Rich in calcium, folate, potassium, vitamin C and A
-  Good source of fiber

### **How do you pick a good one?**

-  Choose bunches whose florets are dark green and tightly closed
-  Select ones with stalks that are very firm and slender
-  Avoid broccoli with open, flowering, yellow colored or water-soaked bud clusters and tough, woody stems
-  Avoid those with stalks that are bendable or rubbery

# ☺ FUN FACTS! ☺

## Broccoli

### Did you know...

- ☺ **Did you know broccoli is a cruciferous vegetable and member of the cabbage family?** (Cruciferous vegetables help prevent cancer.)
- ☺ **Did you know there are different vegetables closely related to broccoli?** (Broccolini, a cross between broccoli and kale; Broccoflower, a cross between broccoli and cauliflower; Broccoli Raab, long leafy stalks topped with small florets that look like broccoli.)
- ☺ **Did you know over the last 25 years broccoli consumption has increased over 940%?**
- ☺ **Did you know broccoli has as much calcium, ounce per ounce, as milk?**
- ☺ **Did you know that the average person in the United States today, eats 4½ pounds of broccoli per year?**
- ☺ **Did you know that broccoli florets, which are purplish or dark green, contain more beta-carotene and vitamin C than paler ones?**
- ☺ **Did you know that frozen broccoli has twice as much sodium as fresh?** (Frozen is still low in sodium; approximately 68 mg of sodium per 10 ounce package. It is recommended, in the School Lunch Program, that a complete lunch contain 800 mg of sodium or less.)
- ☺ **Did you know that if you cut an “X” in the bottom of each stalk of broccoli it will cook more evenly?** (The broccoli florets tend to cook quicker than the stalks; therefore, cutting an “x” in each stalk helps them cook quicker.)
- ☺ **Did you know that if a broccoli head was not picked when the flowers were still compact, that the flower buds would open as bright yellow flowers?**
- ☺ **Did you know that over 30,000 broccoli plants can be grown on one acre of land?**

**Remember ... Eat more fruits and vegetables everyday!**



## FRUIT & VEGETABLE IDEAS



### School Food Service Link...

#### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting **Broccoli**; Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with broccoli ---  
Vegetable Lasagna (USDA D-50)  
Broccoli Spaghetti Parmesan (see attached)  
Broccoli Salad (USDA E-17)  
Broccoli, Cheese, and Rice Casserole (USDA I-8)  
Herbed Broccoli and Cauliflower Polonaise (USDA I-18)
- ✓ Offer broccoli and dip with deli sandwiches, instead of high sodium pickles
- ✓ Offer fresh broccoli and carrots with low fat dip for lunch or snack
- ✓ Mix into pasta and rice dishes
- ✓ Offer steamed broccoli with cheese sauce
- ✓ Offer broccoli as a pizza or baked potato topping
- ✓ Add fresh broccoli to prepackaged salads
- ✓ Try a broccoli quiche or add chopped broccoli to scrambled eggs for breakfast or lunch

#### **Presentation**

##### **Meal Appeal —**

##### **Vary Colors for Eye Appeal:**

Offer Fresh Broccoli and Carrots with Dip!

#### **Quality:**

Check Quality of Fresh Fruits and Vegetables when Delivered; Do Not Accept Poor Quality!

#### MARKETING:

- ✓ Hang up posters from your “Fruits & Vegetables Galore” Kit  
*Enjoy Fruits & Vegetables! (Poster has a picture of broccoli on it; It is from the American Cancer Society; Contact them for more posters or other resources; Phone: 1-800-ACS-2345 [www.cancer.org](http://www.cancer.org) )*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Decorate with broccoli shaped balloons and “broccoli seedies” (*Beanie Babies – 5 A Day style or Broccoli style*) You can also use seedies as prizes (Available from [www.pbhcatalog.org](http://www.pbhcatalog.org))
- ✓ Refer to “Fruits & Vegetables Galore” Kit (*Meal Appeal Manual*) page 9

#### PROMOTIONS:

- ✓ Promote a “Sticker Day” with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Build Your Body with Broccoli!!*)
- ✓ Feature “Green Day” on the day that you offer broccoli on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing green
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - Select produce in season
  - Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to “Fruits & Vegetables Galore” Kit (*Meal Appeal Manual*) pages 16-31

#### **Safety:**

Wash All Produce Before Use!



School Food Service Link...



**School Food Service Recipes**



## Broccoli Spaghetti Parmesan

**Serving Size: 5 1/2 ounces**  
**(Quantity)Yield: 50 servings**

### **Ingredients:**

3 lbs. + 11 oz. Spaghetti  
1/8 tsp. Garlic salt  
7 lbs. + 6 oz. Broccoli florets, coarsely chopped  
2 tsp. Olive oil  
2 Tbsp. + 2 tsp. Margarine  
1 clove Garlic cloves, crushed

### **Instructions:**

- 1- Bring water and garlic salt to boil in a pot and cook spaghetti according to the directions on the spaghetti package.
- 2- Five minutes before spaghetti is done cooking, add the chopped broccoli.
- 3- Place drained spaghetti and broccoli in a large bowl and toss with olive oil, butter and garlic. May be served hot or cold.

***Nutrients Per Serving:*** calories 156, protein 6.4 g, carbohydrates 29.6 g, fat 1.6 g, saturated fat 0.3 g, cholesterol 0.0 mg, vit A 205.5 RE, vit C 62.0 mg, iron 1.8 mg, calcium 38.7 mg, sodium 31.9 mg, fiber 2.80 g

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of Clementines & Broccoli ...

*Items in bold are enclosed.*

- ✓ Review **“Fact Sheet”** and **“Fun Facts”**
- ✓ Have students color **“Carl Clementine” Coloring Page**
- ✓ Have students color **“Barney Broccoli” Coloring Page**
- ✓ Have students become detectives and solve the **“Mystery Clementine Words”**
- ✓ Have students check out a clementine web site; Try this one: [www.darlingclem.com](http://www.darlingclem.com)
- ✓ Discuss how broccoli looks like a tree and is delicious raw or cooked!
- ✓ Mathematics --- A Tasteful Lesson in Percentages  
Materials: One clementine for each student and one paper circle (*about 20 inches in diameter, made out of sturdy orange paper*)
  - Have each student peel and eat a clementine
  - Ask the following questions:
    - \*How many students thought the best thing about it was that the Clementine was juicy?
    - \*That it was easy to peel? \*That it was sweet? \*That it left no mess?
  - Add up the numbers for each group, then divide each number by the total number of students in the class to arrive at approximate percentages
  - Represent the final percentages on the large paper clementine
- ✓ **Celebrate** a special holiday and learn about the customs and foods that are part of the festivities; There's a whole world to choose from!  
Use the handout --- **“Celebrate!”**



## Home Link....

Quick Steps to more fruits and vegetables at home ...

*Items in bold are included in the packet but must be duplicated unless otherwise indicated.*

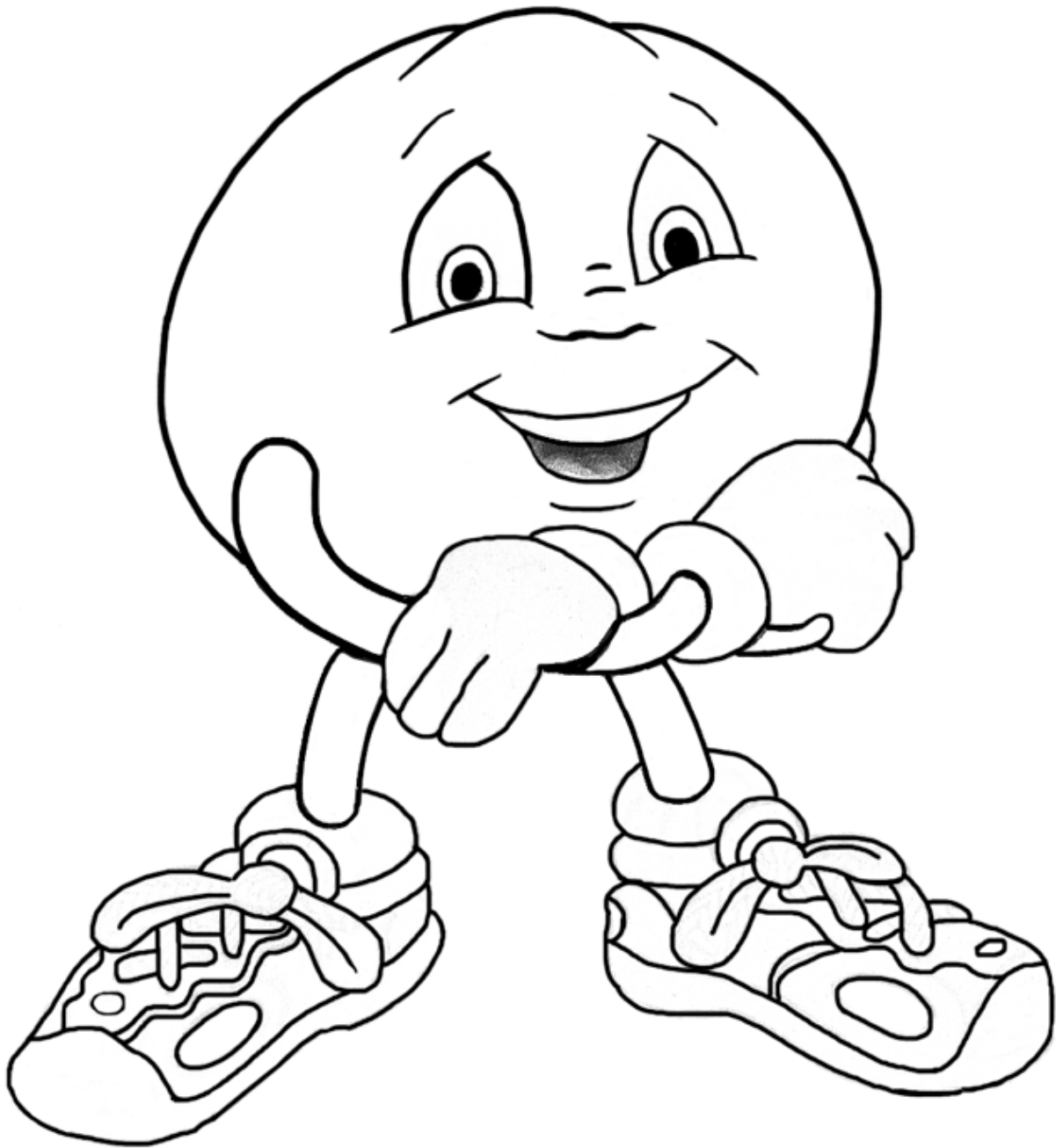
- ✓ Send home the handout --- **“Family Taste Celebration”**. Encourage families to do these activities as a family project! This is perfect to do in December, a big holiday month!
- ✓ **Kids' Kitchen Recipes**
- ✓ **Recipes for Home** (*Remind parents/guardians to prepare recipes as a family project*)



Classroom Link...

**Coloring Page:** Carl Clementine *From:* [www.darlingclem.com](http://www.darlingclem.com)

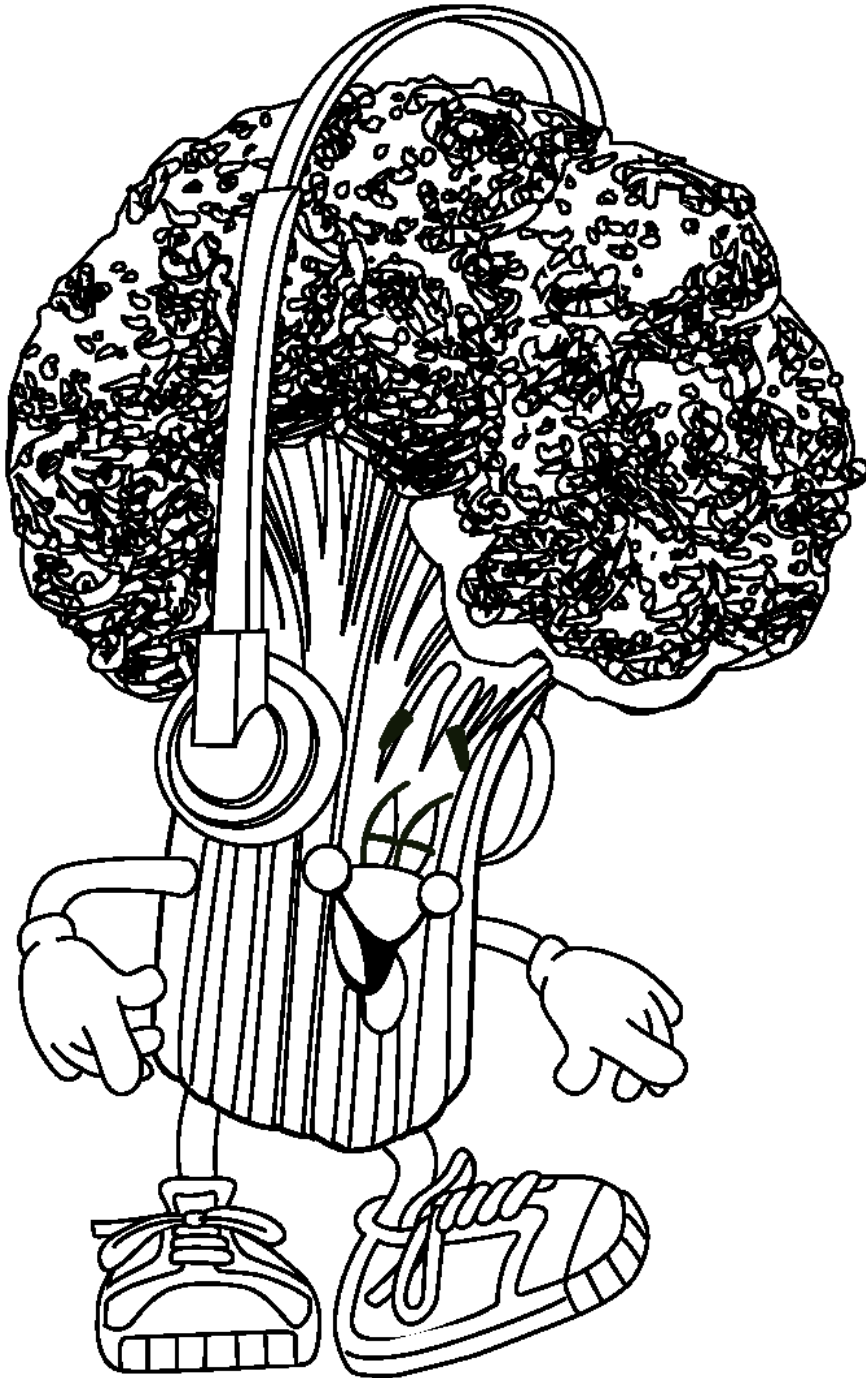
## CARL CLEMENTINE





# Classroom Link... Coloring Page: Barney Broccoli

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



Barney Broccoli ©



Classroom Link...

**SOLVE**  
the



**MYSTERY**



**Clementine Words...**



- 1- Clementines are rich in V I N.
- 2- Clementines have a I E skin.
- 3- Clementines contain H T O T R N which help your body fight disease.
- 4- Clementines look like a mini R N.
- 5- Clementines are usually E L S.
- 6- Citrus fruits such as clementines keep your O E and E T healthy.
- 7- Most clementines are imported from P L.
- 8- In the United States L R A and A I F R N are the major producers of clementines.



Classroom Link...

*ANSWERS*

**SOLVE**

the



**MYSTERY**

**Clementine Words...**



- 1- Clementines are rich in V I T A M I N C.
- 2- Clementines have a Z I P P E R skin.
- 3- Clementines contain P H Y T O N U T R I E N T S which help your body fight disease.
- 4- Clementines look like a mini O R A N G E.
- 5- Clementines are usually S E E D L E S S.
- 6- Citrus fruits such as clementines keep your B O N E S and T E E T H healthy.
- 7- Most clementines are imported from S P A I N.
- 8- In the United States F L O R I D A and C A L I F O R N I A are the major producers of clementines.



## Classroom Link... *From:* "Team Nutrition Community Action Kit"

# Celebrate

Let's celebrate a special holiday and learn about the customs and foods that are part of the festivities! There's a whole world to choose from!



### Materials Needed:

#### Supplied by You

- Poster board
- Fruit
- Cassette tape/cassette player (optional)
- Large bowl, paring knife, large spoon
- Paper plates, plastic forks, napkins

### Time Needed:

30 minutes



### InfoNote:

Other examples of cultural celebrations you may want to study are: Cinco de Mayo, July 4th, Thanksgiving, or Chinese New Year.

### OBJECTIVES:

- ◆ To try new foods.
- ◆ To learn about cultural celebrations, such as Kwanzaa, an African-American celebration.
- ◆ To use our senses to appreciate and enjoy foods from other cultures.

### KEY CONCEPT:

- ◆ There are many cultural celebrations enjoyed around the world — each may have its own "special" foods.

### PREPARATION NEEDED:

- ◆ **Advance planning:** Ask each youth to bring in a fruit.
- ◆ Collect posters, books, or articles about Kwanzaa and become familiar with its origin and purpose.
- ◆ Obtain a cassette tape of music to illustrate the holiday (optional).
- ◆ In large letters, write the seven principles of Kwanzaa on newsprint or poster board.

### BACKGROUND:

Each of us celebrates holidays and festive occasions that hold special meaning. Kwanzaa is a fairly new celebration created in 1966 by Dr. Maulana Karenga. Dr. Karenga, a college professor, wanted to start a holiday to help African-Americans learn about their African beginnings. He went to Africa and learned that many tribes celebrate when the first crops of the year are harvested. Dr. Karenga used many African traditions and harvest festivals to design the celebration, Kwanzaa. Observed from December 26 through January 1 each year, Kwanzaa is a time of celebration and self-reflection. It is not intended to be a religious event, but it does focus on seven principles of living. (20).





## Classroom Link...

Each day of the seven-day festival there is a special idea or principle to think about.

The following is a paraphrase of the seven principles laid out by Dr. Maulana Karenga:

Day 1: **Umoja** (oo-moe-ja) Unity—To be together as a family, community, and nation.

Day 2: **Kujichagulia** (coo-gee-cha-goo-lee-ah) Self-determination—To decide our own future.

Day 3: **Ujima** (oo-GEE-mah) Collective work and responsibility—To work together and be responsible for each other.

Day 4: **Ujamaa** (oo-JAH-mah) Cooperative Economics—To operate our own stores, shops, and other businesses in the community.

Day 5: **Nia** (nee-ah) Purpose—To do what we can to make our community great.

Day 6: **Kuumba** (coo-OOM-bah) Creativity—To do as much as we can to create beautiful and strong communities—to improve our communities.

Day 7: **Imani** (ee-MAH-nee) Faith—To believe in ourselves and our community.

### **KWANZAA ACTIVITY**

#### **Setup and introduction**

1. Display the list of the seven principles.
2. Play music softly in the background (optional).
3. Explain Kwanzaa and discuss the seven principles.

#### **Activity**

4. To illustrate the first principle of Umoja (Unity)—have the group prepare a “group” fruit salad and enjoy it together. Have the youth wash their hands. Have the youth wash the fruit, peel (if necessary), cut into bite sized pieces, and serve.
5. Suggested discussion questions:

*What is the meaning of the first principle?*

*Is this principle one that is part of your culture or a holiday that you celebrate?*

#### **CLOSURE:**

Have the youth describe family celebrations of their own. Suggested discussion questions:

*How does this celebration differ from Kwanzaa?  
How is it the same?*



**Home Link...** From: "Team Nutrition Community Action Kit"

# Family Taste Celebration



Many families use special foods for family gatherings and celebrations big and small. Take a few minutes to think about the special foods you prepare.



Encourage your child to explore his/her food heritage. Often, foods that were prepared as every day foods many years ago have become today's celebration foods. For example, great grandmother's crumb cake which she made every week...you may make once a year as part of a holiday breakfast. Or the homemade ravioli that was made weekly, has been replaced by the store-bought variety. Suggest that your child talk to older family members about the foods they or their grandparents ate when they were younger. Here are a few questions to get them started:

**FAMILY ACTIVITY 1:**

Purchase the ingredients for one special family recipe. Have your child learn how to make the recipe by observing and helping an adult who knows how to prepare the item.

**FAMILY ACTIVITY 2:**

Read with your children such food-related books as the following: *Tony's Bread* or *Watch Out for Chicken Feet in Your Soup*, both by Tomie dePaola, or have your child create a story about a special family recipe.

◆ What countries did our relatives come from? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

◆ What recipes or foods did you eat when you were younger, that can be traced back to these countries? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

◆ Do you have any recipes that have been handed down from generation to generation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Discuss with your child what was discovered about his/her family food heritage. Discuss the family recipes and make a shopping list for one of these recipes. Have your child track down the ingredients when you go to the grocery store. Together with your child, prepare the recipe and enjoy a celebration of family history.



Home Link...



# KIDS' KITCHEN



## Clementines

### How to Peel and Slice:

- 1- Rinse clementine under cold running water
- 2- Insert your finger into the opening on top of the clementine
- 3- Pull back the peel
- 4- Separate the segments
- 5- Pull off the membrane from each segment, if desired

### Fun Ways to Eat:

- 👉 Peel and eat for a fast snack
- 👉 Add to fruit salads
- 👉 Garnish on top of fresh tossed salads
- 👉 Try for breakfast with a yogurt dip

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipes are attached and include clementines as an ingredient:

- 👉 Musical Fruit Melodies
- 👉 Clementine Delight



Home Link...



## KIDS' KITCHEN



# Musical Fruit Melodies



Makes 8 servings

*Reprinted From:* Dole's "5 A Day Kids Cookbook"

### You will need:

- ☞ Large Platter      ☞ Small Mixing Bowl
- ☞ Mixing Spoon      ☞ Knife

### Ingredients:

- ✓ 2 cups chunked fresh pineapple
- ✓ 1 firm, large banana, peeled and sliced
- ✓ 1 cup seedless grapes
- ✓ 2 clementines, peeled and sliced
- ✓ 1 red apple, cored and sliced
- ✓ 1 cup pitted prunes
- ✓ 1 cup pitted dates

### Dipping Sauce:

- 1 carton (8 ounces) lowfat vanilla yogurt
- 1 cup chopped strawberries

### Method:

Arrange all fruit on platter.  
Combine yogurt with strawberries in small bowl. Put bowl in center of platter.

**Nutritional Info:** (per serving) 215 calories; 3g protein; 1g fat; 23mg sodium; 2mg cholesterol

## Clementine Delight

Serves 4

*From:* "Produce For Better Health Foundation"

### Ingredients:

- 4 Clementines, peeled and sectioned
- 1½ tablespoons Orange Juice
- 2 cups Raspberries or your favorite Berries
- 1 teaspoon Honey
- 4 tablespoons sliced Almonds

### Directions:

Peel clementines and divide into sections. In a blender, puree orange juice, raspberries, and honey. Pour blended fruit mixture over clementines. Divide into 4 dessert dishes; top each with 1 tablespoon almonds and serve.

**Nutrition information per serving:** Calories 119, Fat 4g, Cholesterol 0mg, Sodium 1mg, Protein 1g, Fiber 2g



Home Link...



# KIDS' KITCHEN



## Broccoli

### How to Create Broccoli Florets:

- 1- Rinse broccoli under cold running water; Pat dry with paper towel
- 2- Pull the leaves off the stems
- 3- Break the florets off the stem
- 4- Peel the tough outside skin from the stem
- 5- Eat the stem too! Secure the stem on a cutting board and cut into slices

### Fun Ways to Eat:

- 👉 Munch on raw with dip
- 👉 Toss into soups
- 👉 Add cooked broccoli to rice and pastas
- 👉 Puree and create a creamy broccoli soup  
*(add cooked, pureed potatoes as a healthy thickener)*
- 👉 Add to pizza as a vegetable topping
- 👉 Toss with garden salads
- 👉 Add to a stir fry
- 👉 Spoon cooked broccoli and other vegetables in a soft tortilla; Fold over for a vegetable wrap or burrito!
- 👉 Add to vegetable lasagna
- 👉 Mix into quiches or omelets

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipes are attached and include  
broccoli as an ingredient:

- 👉 Trees in a Broccoli Forest



Home Link...



# KIDS' KITCHEN



## Trees in a Broccoli Forest

Have you ever eaten a tree for a snack? Here's your chance! Create edible trees with baby carrots and broccoli florets. Add a few cherry tomatoes for sunshine. You can also make flowers by arranging broccoli florets around cherry tomatoes and using the baby carrots for stems.

Makes 8 "trees"

### Ingredients:

- Dipping Sauce:**
- ¼ cup plain nonfat yogurt
  - ¼ cup light sour cream
  - 2 teaspoons honey
  - 2 teaspoons spicy brown mustard

### Trees/Flowers:

- 16 DOLE® Baby Carrots
- 3 stalks DOLE Broccoli, cut into florets
- 16 cherry tomatoes
- 3 tablespoons chopped fresh parsley

### You will need:

- Cutting board
- Sharp knife
- Four serving plates
- Small mixing bowl
- Mixing spoon
- Measuring cups and spoons



### Here's how:

#### Prepare dipping sauce:

- 1 Prepare dipping sauce by combining yogurt, sour cream, honey and mustard in a small bowl.

Broccoli flower



## Snacks

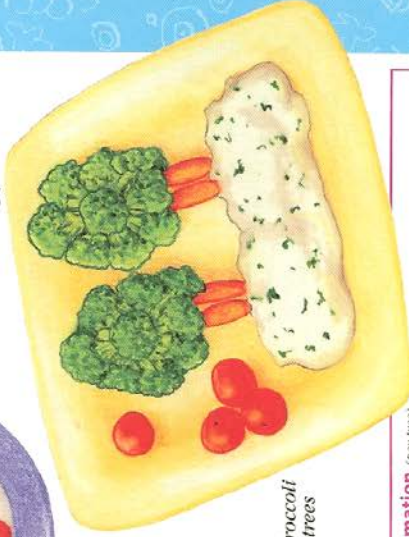
### Here's how:

#### Prepare Trees:

- 1 Create each tree by putting two baby carrots side-by-side to create the trunk.
- 2 Next, arrange broccoli florets around the carrots to create the leaves.
- 3 Create a second tree on each plate, then add four cherry tomatoes around the plate.
- 4 Spoon dip around the base of the carrots, and sprinkle with chopped parsley to create grass.

Have fun eating your trees!

Broccoli trees



### Nutrition Information (per tree)

Makes 8 trees. Each tree provides 1 - 5 A Day servings of vegetables.

|                    |                |               |                          |
|--------------------|----------------|---------------|--------------------------|
| Calories           | 48             | Dietary Fiber | 2 grams                  |
| Total Fat          | 1 gram         | Protein       | 2 grams                  |
| Saturated Fat      | 0.4 gram       | Vitamin A     | 3007 International Units |
| Cholesterol        | 3 milligrams   | Vitamin C     | 39 milligrams            |
| Sodium             | 57 milligrams  | Calcium       | 58 milligrams            |
| Potassium          | 291 milligrams | Iron          | 0.6 milligram            |
| Total Carbohydrate | 8 grams        | Folate        | 33 micrograms            |

This recipe is approved and provides vegetables in the following color groups:



49

Reprinted from Dole's "5 A Day Kids Cookbook"



Home Link...



Home Recipes



Your child/children will be offered

## Clementines

in December on their School Menu!

Try a new **Clementine** recipe at home!

## **Sirloin Citrus Salad**

Serves 4

*Source:* Produce for Better Health/National Livestock & Meat Board

### **Salad Ingredients:**

- 1 lb boneless, beef top sirloin steak, cut 1" thick, well-trimmed
- 1 tsp olive oil
- 4 cup romaine lettuce, torn
- 4 clementines separated into segments

### **Citrus Vinaigrette Ingredients:**

- 2 Tbsp orange juice (for vinaigrette)
- 2 Tbsp red wine vinegar (for vinaigrette)
- 2 tsp olive oil (for vinaigrette)
- 2 tsp honey (for vinaigrette)
- 1¼ tsp Dijon-style mustard (for vinaigrette)

### **Directions:**

- Prepare salad dressing by thoroughly combining "Citrus Vinaigrette Ingredients"; reserve.
- Cut beef steak into 1/8-inch thick strips; cut each strip in half. Heat oil in a large nonstick skillet over medium-high heat. Stir-fry beef (½ at a time) 1 to 2 minutes. Remove with slotted spoon; season with salt, if desired.
- Toss lettuce, beef and clementines in large bowl.
- Drizzle with Citrus Vinaigrette Dressing.
- Garnish with strawberries, if desired.
- Serve immediately.

***Nutritional analysis per serving:*** Calories 243, Fat 8g, Calories from Fat 30%, Cholesterol 75mg, Fiber 2g, Sodium 77mg.



## Recetas Caseras



¡Sus niño/niños serán ofrecidos

# Clementinas

en Diciembre en el Menú de la Escuela!

¡Trate una nueva receta de **Clementina** en casa!

## **Ensalada cítrica con carne**

4 porciones *Fuente:* Produce for Better Health/National Livestock & Meat Board

### **Los Ingredientes de la ensalada:**

- 1 lb filete de solomillo, deshuesado, corte 1" de grueso, bien recortado
- 1 cucharita de aceite de oliva
- 4 taza de lechuga romana en pedazos
- 4 clementinas separadas en segmentos

### **Ingredientes de la Vinagreta cítrica:**

- 2 cucharadas de jugo de naranja (para la vinagreta)
- 2 cucharadas de vinagre de vino rojo (para la vinagreta)
- 2 cucharitas de aceite de oliva (para la vinagreta)
- 2 cucharitas de miel (para la vinagreta)
- 1¼ cucharita de mostaza estilo Dijon (para la vinagreta)

### **Instrucciones:**

- Preparar la ensalada combinando los "Ingredientes de Vinagreta Cítrica" completamente. Reservarla..
- Corte la carne en tiras de 1/8 pulgada de grueso; corte cada tira por la mitad. Caliente el aceite en una sartén antiadherente grande sobre el calor medio-alto. Revuelva y cocine la carne rápido (½ a la vez) por 1 a 2 minutos. Remueva la carne con cuchara de huecos ; sazone con sal, si lo desea..
- Ponga la lechuga, la carne, y clementinas en un tazón grande.
- Riegue con el Aliño de Vinagreta Cítrica.
- Sirve inmediatamente

***Analisis Nutricional por porcion:***Calorias 243, Grasa 8gm. Calorias de grasa 30%  
Colesterol 75 gm, Fibra 2gm, Sodio 77gm





Home Link...



Home Recipes



Your child/children will be offered

# Broccoli

in December on their School Menu!  
Try a new **Broccoli** recipe at home!

## Broccoli & Chicken Stir-Fry

**Source:** Team Nutrition/ "Food, Family & Fun"

**Makes 8 servings**

**Prep: 25-30 minutes**

**Variation: Use cubes of beef, turkey or tofu for another stir-fry!**

### **Ingredients:**

- 2 Tbsp cornstarch
- 1/4 cup low-sodium soy sauce
- 1/8 tsp ground ginger
- 2 tsp granulated garlic
- 1/2 tsp white pepper
- 1 Tbsp sesame oil (*optional*)
- 1 3/4 cups chicken broth
- 1/2 cup water
- 1 Tbsp vegetable oil
- 1 lb skinless, boneless chicken breasts, diced
- 1 Tbsp vegetable oil
- 1 1/2 cups fresh carrots, peeled, diced
- 1/3 cup onions, diced
- 2 1/2 cups fresh broccoli florets

### **Directions - Sauce:**

- 1- Dissolve cornstarch in soy sauce.
- 2- Add ginger, garlic, pepper and sesame oil (*optional*) to cornstarch mixture and whisk to blend.
- 3- In saucepan, bring chicken broth and water to a boil.
- 4- Slowly add cornstarch mixture, whisking continuously until combined.
- 5- Return sauce to a boil. Reduce heat to simmer and continue cooking until sauce is smooth and thick, about 3 to 5 minutes. Remove from heat.

### **Directions - Chicken & Vegetables:**

- 6- In a medium skillet, heat 1 Tbsp of oil over medium-high heat. Add chicken and sauté over medium heat for 5 to 10 minutes until no signs of pink remain. Remove chicken from heat, cover and set aside.
- 7- In the same skillet, heat 1 Tbsp of oil over medium-high heat. If using fresh vegetables, sauté carrots over medium heat for 4 minutes. Add onions and cook for 1 minute. Add broccoli and cook for 2 more minutes. If using frozen vegetables, add vegetables to oil and cook over medium heat until tender, about 3 minutes.
- 8- Add cooked chicken and reserved sauce to vegetables and toss to thoroughly coat.

### **Approximate Nutrients Per Serving: 3/4 cup**

|              |       |               |        |               |        |
|--------------|-------|---------------|--------|---------------|--------|
| Calories     | 149   | Saturated Fat | 1.1 g  | Iron          | 1.0 mg |
| Protein      | 16 g  | Cholesterol   | 33 mg  | Calcium       | 30 mg  |
| Carbohydrate | 7 g   | Vitamin A     | 665 RE | Sodium        | 323 mg |
| Total Fat    | 6.3 g | Vitamin C     | 22 mg  | Dietary Fiber | 2 g    |



# Recetas Caseras



¡Sus niño/niños serán ofrecidos

## Brócoli

En el Menú de la Escuela!

¡Trate una nueva receta de **brócoli** en casa!

### **Brócoli con Pollo Frito Revuelto**

*La receta De: El Nutrición/Alimento del equipo, la Familia y la Diversión*

**Hacen: 8 porciones**

**La preparación: 25-30 minutos**

*Para variar: ¡Utilice cubos de carne de res, pavo o el tofú envez de pollo*

#### **Los ingredientes:**

- 2 Cucharadas de maicena
- ¼ de taza de salsa soja(soya) de bajo sodio
- 1/8 de cucharita de jengibre molido
- 2 cucharitas de ajo molido
- ½ cucharita de pimienta blanca
- 1 cucharada de aceite de sésamo (opcional)
- 1¾ de taza de caldo de pollo
- ½ taza de agua
- 1 cucharada de aceite vegetal
- 1 lb de pechuga de pollo sin piel y deshuesado, cortado en cubitos
- 1 cucharada de aceite vegetal
- 1½ taza de zanahorias frescas, peladas y, cortado en cubitos
- 1/3 de taza de cebollas, cortado en cubitos
- 2½ taza de floretes de brócoli

#### **Instrucciones - la Salsa:**

- 1- Disuelve la maicena en la salsa de soja.(soya)
- 2- Agrega el jengibre, el ajo, la pimienta, y el aceite de sésamo (opcional) a la mezcla de maicena y revuelva continuamente para mezclar
- 3- En una cacerola, ponga el caldo de pollo y el agua hasta hervir.
- 4- Agrega lentamente la mezcla de maicena, revolviendo continuamente hasta que este combinado.
- 5- Vuelve la salsa hasta hervir. Reduzca el calor a fuego lento y siga cocinando hasta que la salsa sea suave y espesa, acerca de 3 a 5 minutos. Remueva del calor.

#### **Instrucciones- Pollo y Verduras:**

- 6- En un sartén mediano, caliente 1 cucharada de aceite a calor medio-alto. Agregue pollo y sofríte al calor mediano por 5 a 10 minutos hasta que no queden señales rosadas. Quite pollo del calor, cubra ponga aparte.
- 7- En el mismo sartén, caliente 1 cucharada de aceite a calor medio-alto. Si utiliza verduras frescas, sofríte las zanahorias a calor mediano durante 4 minutos. Agregue cebollas y cocine durante 1 minuto. Agregue el brócoli y cocine para 2 minutos más. Si utiliza verduras congeladas, agregan verduras al aceite y cocine a calor medio hasta que este suave, acerca de 3 minutos.

#### **Aproxímese Alimentos Nutritivos Por Porción: ¾ copas**

|               |       |                |        |                   |        |
|---------------|-------|----------------|--------|-------------------|--------|
| Calorías      | 149   | Grasa Saturada | 1.1 g  | Hierro            | 1.0 mg |
| Proteína      | 16 g  | Colesterol     | 33 mg  | Calcio            | 30 mg  |
| Carbohidratos | 7 g   | Vitamina A     | 665 RE | Sodio             | 323 mg |
| Grasa Total   | 6.3 g | Vitamina C     | 22 mg  | Fibra Alimenticia | 2 g    |

# **JANUARY:**

**Fruit – Cranberries**

**Veggie – Cauliflower**



## Fact Sheet

### **Where did they come from?**

Around 1815 the first cranberries were cultivated in Massachusetts. The early colonists ate them raw and used them in sauces, breads and pemmican, a mixture of dried meat or fish and berries that was pounded into a pulp, shaped into a cake and dried in the sun. The cranberry plant was also used for medicinal purposes to fight off various illnesses and to treat arrow wounds. It also worked well as a dye for rugs and blankets. American whalers and mariners carried cranberries on their voyages to prevent scurvy, which occurs from a lack of vitamin C.

### **Where do they grow?**

Cranberries are grown in only five states within the United States: Massachusetts, Wisconsin, New Jersey, Oregon and Washington. Burlington County is New Jersey's major cranberry producing area. New Jersey is the third largest cranberry producing state in the United States! Both fresh and dried cranberries are available all year round, but fresh cranberries are more plentiful September through December.

### **How do they grow?**

Cranberries grow on vines in beds layered with sand, peat, gravel and clay, commonly referred to as bogs. Cranberries can only grow and survive under certain conditions. They require acidic soil, adequate water supply and plenty of sand. Contrary to popular belief, cranberries do not grow in water. Cranberry bogs are flooded in the winter to protect the vines from damage. During the growing season they require up to one inch of water per week. Pollination by bees is an important part of cranberry growing. When cranberries are ready to be picked the bogs are flooded with about one foot of water. A water reel is used to free the berries from the vines and pumps or conveyors remove them from the water.







The growing season of cranberries ranges from April to November. An undamaged cranberry plant vine can survive many, many years. Some vines in Cape Cod are over 150 years old! Dried cranberries are processed from whole fresh cranberries, which are sprayed with oil to prevent sticking. Sugar is added to eliminate the tartness of the cranberry.







# Cranberry

## Fact Sheet

### **Are they healthy?**

-  Have high amounts of vitamin A and C
-  Do not contain any fat, cholesterol or sodium
-  Contain plant nutrients, phytochemicals, that fight cancer
-  Help keep the heart pumping strong
-  Help fight bacteria
-  Prevent ulcers

### **How do you pick fresh cranberries?**

-  Bounce --- Ripe cranberries will bounce
-  Look for ones that are shiny and plump
-  Choose ones that range from bright red to dark red in color
-  Avoid those that are shriveled or brown spotted

# ☺ FUN FACTS! ☺

## Cranberry Did you know...

- ☺ Did you know that early settlers referred to the tiny red berry as a “cranberry” because the flower and its stem resembled the neck, head, and bill of a crane?
- ☺ Did you know approximately 1.2 ounces of dried cranberries equals ¼ cup of fruit for the School Meal Program?
- ☺ Did you know there are four major varieties of cranberries: **American, European, Mountain and Highbush?**  
(American is the most common and is a bright red color; European is primarily used for ornamental purposes and is smaller than the American; Mountain is a ¼ to ½ inch in diameter, bright to dark red and is occasionally sold in markets; Highbush is mostly used for jellies, jams and sauces.)
- ☺ Did you know that fresh cranberries are too tart to eat raw?
- ☺ Did you know that more than one-third of cranberries grown in the U.S. are made into cranberry juice?
- ☺ Did you know that dried cranberries are often called “Craisins”?
- ☺ Did you know that dried cranberries may last up to 12 months if stored in a cool, dry place?
- ☺ Did you know that dried cranberries are a quick and easy snack, which may be eaten right out of the package?

Remember ...  
**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting **Cranberries**

Choose ideas at your own discretion

### RECIPES:

- ✓ Contact the Cranberry Marketing Committee for a Free recipe packet entitled, **“BOLD – VERSATILE – HEALTHY”**  
**Phone: 206-270-4637 Fax: 206-270-4656 www.uscranberries.com**
- ✓ Offer all forms of cranberries --- Fresh, Dried, Jellied and Whole Sauce, and Juice
- ✓ Try a new recipe with cranberries ---  
Pumpkin Cranberry Bars (see attached)  
Cranberry Sweet Potato Whip (see attached)
- ✓ Offer small bags as a healthy a la carte snack
- ✓ Create an interesting trail mix containing dried cranberries
- ✓ Add dried cranberries to chicken or turkey salads
- ✓ Not just with turkey --- Serve cranberry sauce with chicken nuggets or another entree
- ✓ Offer for breakfast as a cereal topper or try Cranberry Muffins
- ✓ Mix cranberry sauce with applesauce to create a colorful fruit mixture
- ✓ Add to oatmeal and chocolate chip cookies
- ✓ Substitute dried cranberries for raisins

#### Presentation

##### Meal Appeal —

##### Contrast Colors & Textures

Add Dried Cranberries to:  
Fresh Spinach or Tossed Salads  
Offer as a Topping for  
Cold/ Hot Cereals.

### MARKETING:

- ✓ Hang up “Cranberries --- Big Benefits in a Small, Red Package” poster  
(Available Free from the Cranberry Marketing Committee: [www.uscranberries.com](http://www.uscranberries.com))
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to “Fruits & Vegetables Galore” Kit (*Meal Appeal Manual*) page 9

#### Quality:

Store Dried  
Cranberries  
in Low Humidity;  
Refrigeration is  
Excellent!

### PROMOTIONS:

- ✓ Promote a “Sticker Day” with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Crazy for Cranberries!*)
- ✓ Feature “Red Day” on the day that you offer cranberries on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing red
- ✓ Offer dried cranberry snack bags at a special price once a week during January

#### Safety:

Use “FIFO”  
Storage  
Method!



## School Food Service Link...



## School Food Service Recipes



### PUMPKIN CRANBERRY BARS

**Yield: 50 Servings**

*Recipe From:* SNA Database/ McCormick

**Ingredients:**

|  |  |
|--|--|
| 2 lbs + 13 oz Yellow Cake Mix                    | 2 1/2 Tbsp Orange Juice or Water         |
| 1 qt + 1 cup Finely Chopped Pecans<br>or Walnuts | 7 1/2 Large Eggs                         |
| 1 1/4 cups Butter or Margarine,<br>Softened      | 2 lbs + 5 1/2 oz Pumpkin                 |
| 2 1/2 tsp Pumpkin Pie Spice                      | 2 lbs + 3 oz Sweetened<br>Condensed Milk |
| 2 lbs + 8 oz Jellied Cranberry Sauce             | 2 1/2 Tbsp Vanilla Extract               |

**Directions:**

1- Preheat convection oven to 350° F. Combine cake mix, nuts, butter and 1/2 tsp. pumpkin pie spice until crumbly. Reserve 1/3 crumb mixture. Press remaining crumb mixture onto bottom of steamtable pan (12" x 20" x 2 1/2").

2- Place jellied cranberry sauce and orange juice in small saucepan. Cook, stirring frequently, over medium heat until smooth. Remove from heat; cool slightly.

3- In large bowl, beat eggs. Add pumpkin, condensed milk, vanilla extract, and remaining 2 tsp. pumpkin pie spice; mix well.

4- Spread cranberry sauce evenly over crust. Pour pumpkin mixture over cranberry. Sprinkle with reserved crumb topping. Bake 30-40 minutes or until crumb topping is golden brown. Serve warm or chilled.

Cut 5"x10" (50 pieces)

**HACCP Tips:** Wash hands and clean all food preparation surfaces. Eggs, Dairy---Keep refrigerated until use at 40°F

### CRANBERRY SWEET POTATO WHIP

**Yield: 25 each 5 oz. servings**

**1 serving = 1/2 cup Fruit/Veg.**

**Ingredients:**

1/2 #10 can Sweet Potatoes (Drained)  
 1/2 #10 can Cranberry Sauce (Drained)  
 2 tablespoons Cinnamon  
 2 tablespoons Brown Sugar  
 1/4 Bag (Approx. 10.8 oz. Bag) Whipped Topping (Prepared)

**Directions:** Beat sweet potatoes and cranberry sauce, add cinnamon and brown sugar. Whip until smooth. Fold in whipped topping. Use #8 scoop (rounded) for portioning. Optional: Add dollop of whipped topping on top of each portion.





# Cauliflower



## Fact Sheet

### **Where did it come from?**

Cauliflower is a cultivated descendant of the wild cabbage, which originated over 2,000 years ago in gardens of Asia Minor and the Mediterranean. Cauliflower, as its name implies, is a flower growing from a plant. During the 16th century, cauliflower was grown throughout Western Europe including Turkey and Italy. Cauliflower became popular in France during the 16<sup>th</sup> century and was cultivated in Northern Europe and the British Isles. Cauliflower has been an important vegetable in the United States since 1920.




### **Where does it grow?**

Almost all of the cauliflower grown in the United States comes from the Salinas Valley in California because of its ten-month growing season, moderate climate and rich soil. Other states where cauliflower is produced are Arizona, New York, Michigan, Oregon, Florida, Washington and Texas. Cauliflower is available all year long, but is most plentiful in the spring and fall.




### **How does it grow?**

Cauliflower plants are generally started by seeds, which are planted in a greenhouse. After about 35 days the plants are then transplanted into the field and continue to grow for another 80 to 110 days. Harvesting a field of cauliflower is a long process and can take up to 3 weeks! Cauliflower plants require rich fertile soil with good moisture and cool temperatures for proper growth. As the cauliflower plant grows a flower bud forms in the center of the plant. This bud grows into a compact head of undeveloped white buds. The heavy leaves surround the head like a tent and protect the flower buds from sunlight. When the flowers or florets are broken apart they look like snow-covered trees.

### **Is it healthy?**

-  Contains high amounts of vitamin C
-  Provides good source of fiber and folate
-  Contains no fat or cholesterol; low in calories and sodium

### **How do you pick a good one?**

-  Choose those that are clean and firm with white, compact heads
-  Select ones with green, crisp leaves
-  Avoid heads with brown spots, speckles, bruises, or loose open floret clusters

# ☺ FUN FACTS! ☺

## Cauliflower

### Did you know...

- ☺ **Did you know cauliflower is a cruciferous vegetable?**  
(Cruciferous vegetables such as cabbage, broccoli, kohlrabi and brussel sprouts contain certain nutrients that contribute to the reduction of cancer.)
- ☺ **Did you know cauliflower's closest relative is broccoli?**
- ☺ **Did you know a lack of exposure to sunlight does not allow chlorophyll, the color-producing component of cauliflower, to develop and; therefore, the head remains white?**
- ☺ **Did you know cauliflower is a compact head of undeveloped white flower buds?**
- ☺ **Did you know that the compact head of the cauliflower is also called the "curd"?**
- ☺ **Did you know there are two types of cauliflower?**  
(White cauliflower and green cauliflower. The green is a hybrid of white cauliflower and broccoli and is called "broccoflower". The green variety is less dense than the white, cooks more quickly, and has a milder taste.)
- ☺ **Did you know ½ cup of cauliflower provides 100% of your daily recommended vitamin C?**

**Remember ...**

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Cauliflower*; Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with cauliflower ---  
Chinese Style Vegetables (USDA I-9)  
Creamy Dip for Fresh Vegetables (USDA E-13)  
Herbed Broccoli and Cauliflower Polonaise (USDA I-18)
- ✓ Feature cauliflower with cheese sauce
- ✓ Add raw cauliflower to pasta salads
- ✓ Offer broccoli and cauliflower as a vegetable; Add Chinese noodles for crunch
- ✓ Try Cheese-Cauliflower-Dijon Soup (recipe attached)
- ✓ Mix cauliflower into vegetable soups
- ✓ Offer raw cauliflower, carrots and broccoli with vegetable dip (USDA E-13)

#### Presentation

##### Meal Appeal —

Batch Cook Vegetables!  
Do Not Overcook.

#### Quality:

Do Not Store Cauliflower  
Near High Ethylene  
Producing Produce such  
as Apples, Pears &  
Tomatoes, as These  
Will Turn Cauliflower  
Yellow!

### MARKETING:

- ✓ Hang up poster from your “Fruits & Vegetables Galore” Kit  
*Enjoy Fruits & Vegetables!*  
This poster is from the American Cancer Society  
Contact them for additional posters and school nutrition resources  
1-800-ACS-2345 [www.cancer.org](http://www.cancer.org)
- ✓ Ask a student group, the art teacher, health teacher... if students can decorate bulletin boards or walls and/or serving areas in your cafeteria; Have them focus on wellness, a specific season or holiday; Let them develop their own ideas since it is their restaurant!
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to “Fruits & Vegetables Galore” Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a “Sticker Day” with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Crazy for Cauliflower!*)
- ✓ Feature “White Day” on the day that you offer cauliflower on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing white
- ✓ Promote a “Snowflake Day or Winter Wonderland Day”; Feature raw cauliflower with dip, “Snow Covered Trees & Dip”, or cooked cauliflower with a white cheese sauce, “Snowballs”.

#### Safety:

Change Gloves  
Frequently!



# School Food Service Link...



## School Food Service Recipes



### CHEESE – CAULIFLOWER - DIJON SOUP

Yield: 2 ½ Gallons

Recipe From: Lasco

#### Ingredients:

|                   |                      |
|-------------------|----------------------|
| 1 Gallon          | Boiling Water        |
| *4 Tbs.           | Chicken Stock Base   |
| *32 oz.           | Dry Cheese Sauce Mix |
| 1 Gallon          | Milk                 |
| ½ Cup             | Dry Minced Onion     |
| 2 tsp             | Oregano, Crushed     |
| ¾ tsp.            | Pepper               |
| ½ Cup + 2Tbs.     | Dijon Mustard        |
| 3 ea. 2 lb. Pkgs. | Frozen Cauliflower   |

#### Directions:

- 1- Add chicken stock to boiling water and mix thoroughly.
- 2- Whisk dry cheese mix into boiling water. Turn down heat, and continue whisking until smooth.
- 3- Stir in milk and mix thoroughly.
- 4- Add dry minced onion, oregano and pepper. Heat through, stirring occasionally.
- 5- Stir in Dijon mustard. Mix well.
- 6- Add frozen cauliflower. Cook about 20 minutes, until cauliflower is cooked and soup is fully heated and reaches temperature of 165° F for 15 seconds.

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
**Cranberries & Cauliflower ...**

*Items in bold are enclosed.*

- ✓ Review **“Fact Sheet”** and **“Fun Facts”**
- ✓ Have students color **“CHRISTY the New Jersey Cranberry”**
- ✓ Have students color **Courtney Cauliflower Coloring Page**
- ✓ Distribute **“Sense-able Snack Scavenger Hunt”** and have students complete; Discuss healthy snacks following completion
- ✓ Have students find the hidden low fat snacks in the handout **“Snacking is Fun & Nutritious”**
- ✓ Display different forms of cranberries: Fresh, Dried, Juice, Jellied and Whole Sauce
- ✓ Show different forms of cauliflower: Broccoflower, Purple or Orange Cauliflower
- ✓ String together dried fruits, popcorn and nuts; Hang on a tree outside and watch birds enjoy the tree treat
- ✓ Make ornaments or decorations by stringing dried fruits
- ✓ Have students research how fruit is dried



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

- ✓ Send home **“Super Star Snacks”** and **encourage snack recipe ideas** as family activities
- ✓ **Kids' Kitchen Recipes**
- ✓ **Recipes for Home** (*Remind parents/guardians to prepare recipes as a family project*)

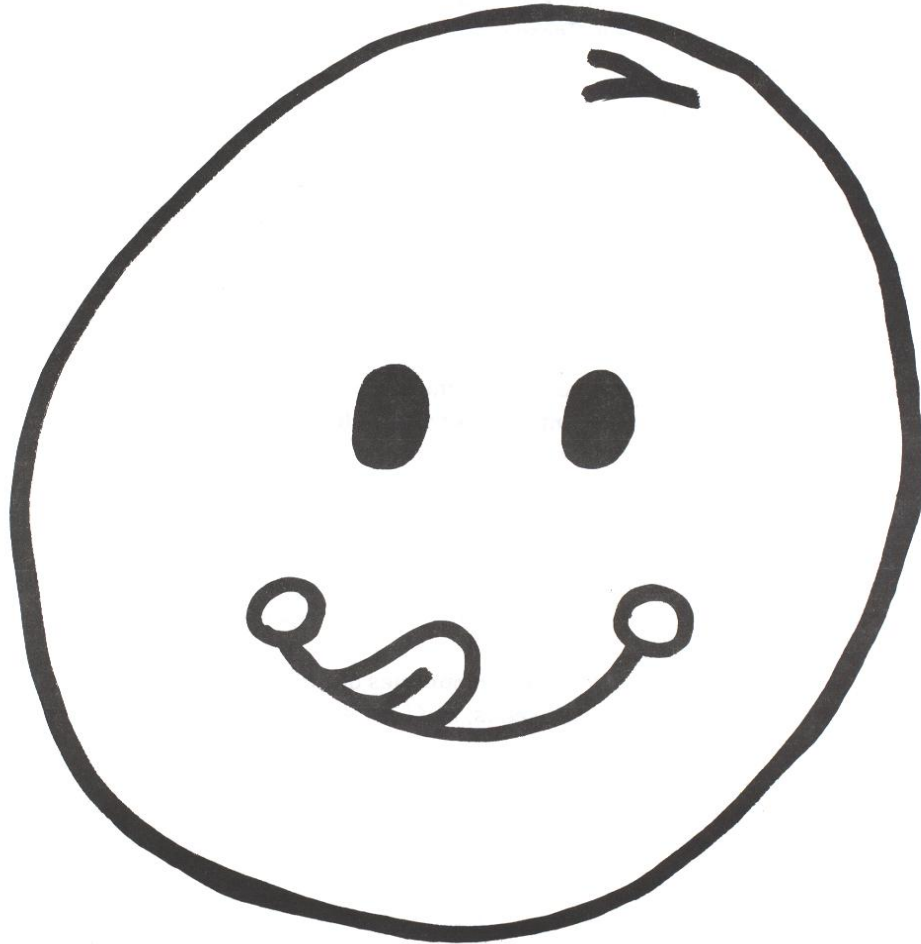


## Classroom Link...

From: "Jersey Fresh" Coloring Book

# CHRISTY

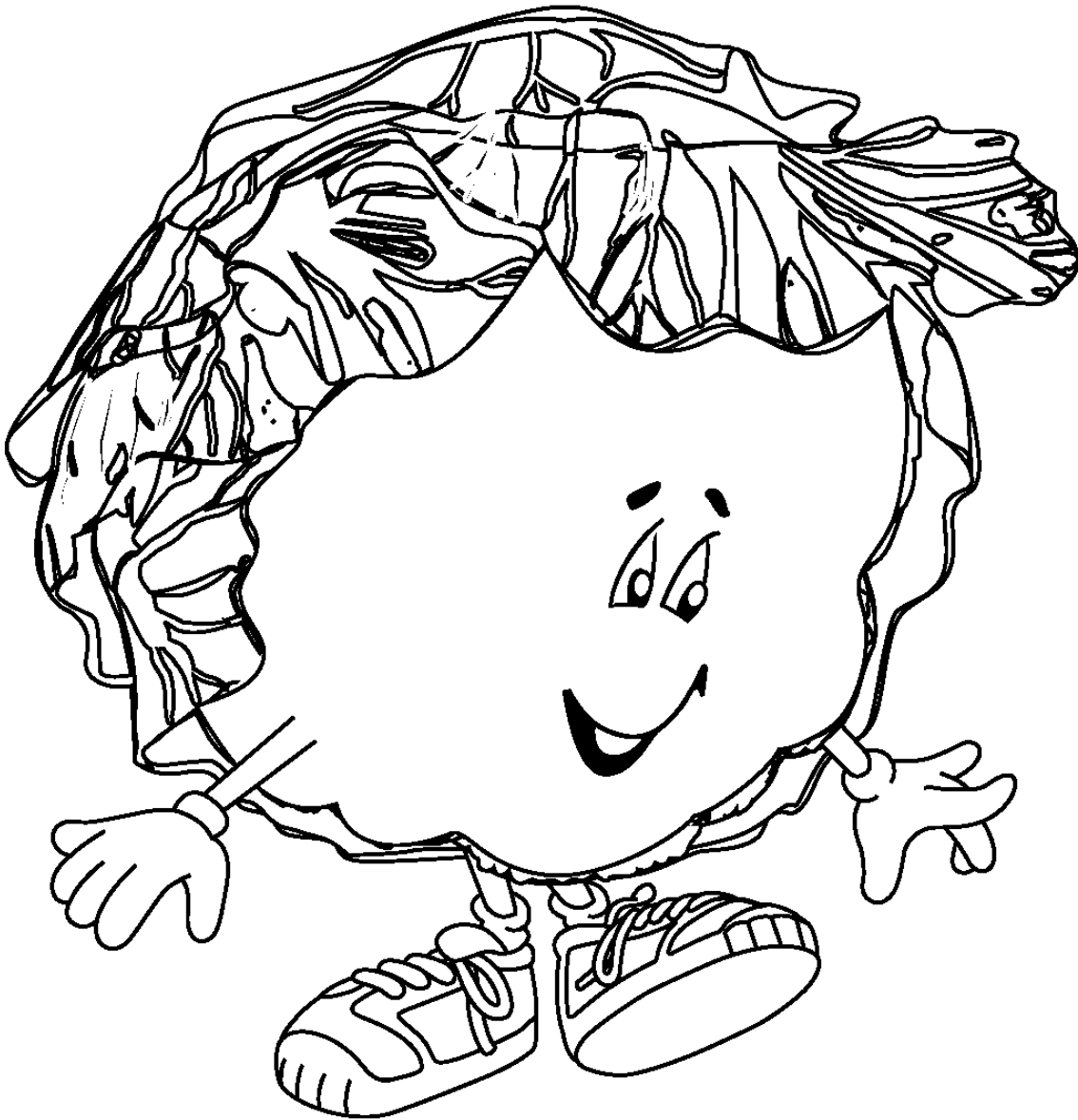
THE NEW JERSEY CRANBERRY





# Classroom Link... Coloring Page: Courtney Cauliflower

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



Courtney Cauliflower ©



## Classroom Link...

From: "Community Nutrition Action Kit"/Team Nutrition (modified)

# Sense-able Snack Scavenger Hunt

You are a detective on special assignment. Your mission is to find as many snacks, as you can, that fit in the boxes below.

Draw or write the name of the snack foods in the boxes. Some snack foods may fit into more than one box. For example, celery is green and is also crunchy, so it could go in two different boxes. Put a check mark (✓) by the foods you have eaten as a snack before. Your next assignment is to put a circle (○) around the snack foods that you think are healthy. Discuss healthy snacks with your class.

|               |                     |
|---------------|---------------------|
| Crunchy Foods | Brown Foods         |
| Cold Foods    | Good Smelling Foods |
| Soft Foods    | Green Foods         |
| Salty Foods   | Sweet Foods         |





## Classroom Link...

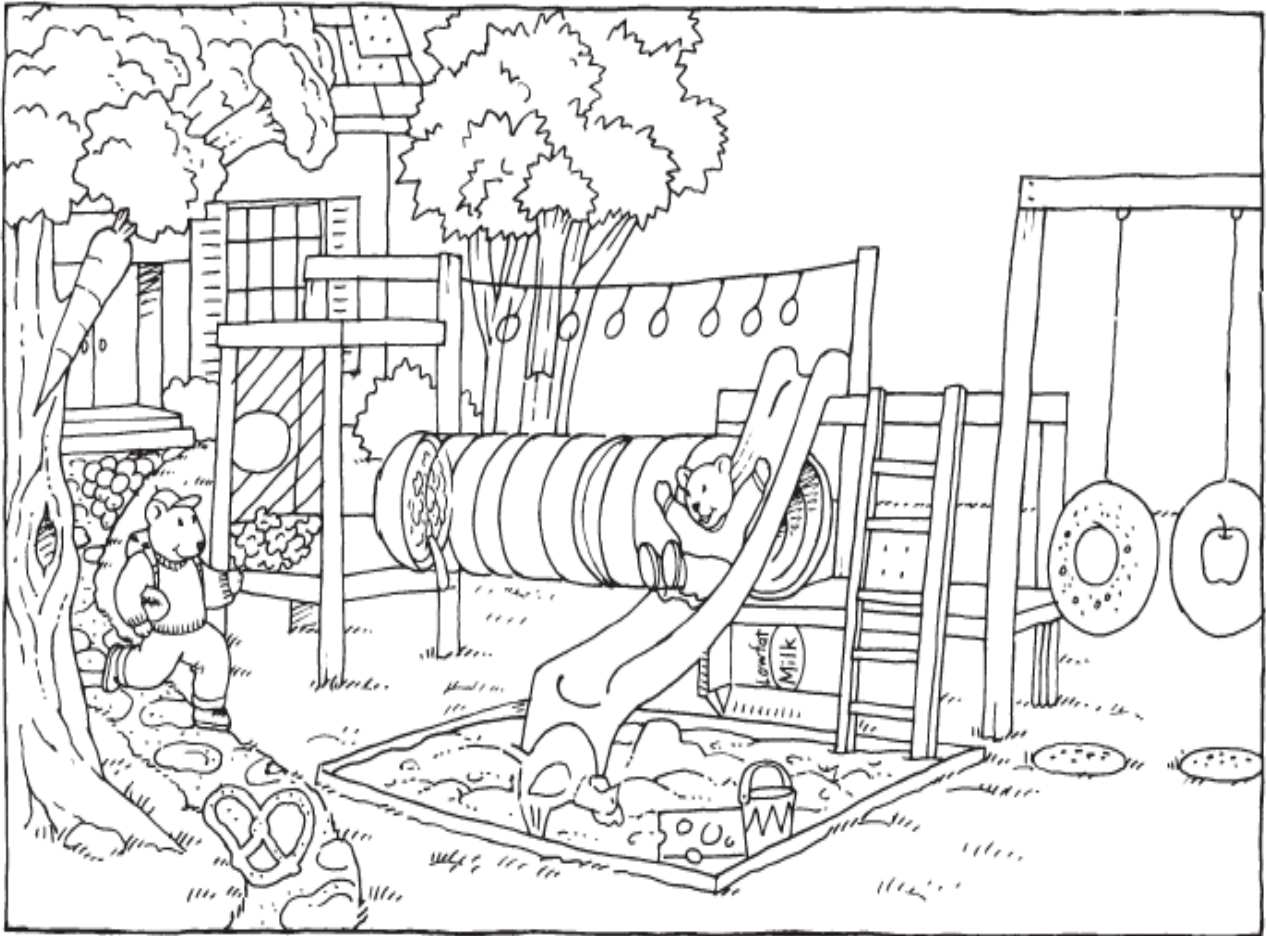
From: "Team Up at Home"/Team Nutrition Activity Booklet

# Snacking Is Fun and Nutritious



**F**ind the low-fat snacks hidden in this picture. Find:  
graham cracker, lowfat cheese, lowfat milk, pretzels,  
bagels, lowfat cracker, string cheese, chicken, apple,

banana, grapes, orange, carrot, celery, broccoli, cereal,  
lowfat cookies, unbuttered popcorn.





Home Link...

## ★★★★ Super Star Snacks ★★★★★

*From: "Sense-ational Food" Poster/Parent Reproducible & "Team Up at Home" Team Nutrition (modified)*

**Snacks are an important part of children's diets today. When you select snack foods, you need to keep an eye on your main goal -- a balanced diet. Here are some ideas for healthy super star snacks that you can create with your child.**

### **Snack Mix --- Trail Mix --- Trail Munchies**

*Are you always on the go? If so, then this mix is an ideal snack for you.  
12 servings; ¼ cup each*

#### Ingredients:

- ✓ Pretzels, unsalted 1 cup
- ✓ Roasted peanuts, unsalted 1 cup
- ✓ Dried Cranberries 1 cup
- ✓ Sunflower seeds, unsalted 1/2 cup

**Per serving: Calories 150 Total fat 9 grams**

**NOTE:** Try creating your own mix by using dried apricots, peaches, pineapples, mangoes, raisins, yogurt covered raisins, granola, whole grain cereal, almonds, walnuts, cashews or pumpkin seeds...

#### Directions:

- 1-Break pretzels into bite-size pieces
- 2-Mix ingredients together
- 3-Store in airtight container

### **SALSA**

*Serve salsa with assorted cut up raw vegetables. It's a great fat-free or low fat vegetable dip that provides vitamin C and vitamin A too!*

### **Fruit-Juice Cubes**

**Yield:** 45 Cubes

**Per Cube:** Calories- 10; Total Fat- Trace

*Cool & Refreshing! A great replacement for sugary drinks that supply almost no vitamins or minerals.*

1½ tablespoons (1 ½ envelopes) unflavored gelatin ¾ cup water  
6-ounce can frozen orange, grape, pineapple or apple juice concentrate

#### **Directions:**

1. Very lightly grease 9 by 5 inch loaf pan or plastic ice-cube trays
2. Soften gelatin in water in a saucepan for 5 minutes
3. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat.
4. Add fruit juice concentrate; mix well. Pour into loaf pan or ice cube trays.
5. Cover and refrigerate. Chill until set.
6. Cut into 1-inch pieces if using loaf pan. Serve.

### **Other Snack Ideas ----**

**When your child wants something...**

**Crispy:** Cucumber Strips and Red/Green Pepper Sticks with Dip

**For Warmth:** Soups, Cider, or Herbal Tea

**For Thirst:** Fruit or Vegetable Juices. or Fruit and Yoourt Shakes

**Juicy:** Fruits

**Crunchy:** Raw Cauliflower, Broccoli, Carrot Sticks with Dip,  
Toast, Cereal Mixed with Nuts or Dried Fruits such as Cranberries and Pumpkin Seeds



Home Link...



# KIDS' KITCHEN



## Dried Cranberries

### Fun Ways to Eat:

- 👉 Sprinkle over cold or hot cereals
- 👉 Add as topping for ice cream
- 👉 Stir into vanilla or plain yogurt
- 👉 Mix with nuts, granola & chocolate or white chips --- "Trail Mix"
- 👉 Sprinkle on top of fresh tossed salads
- 👉 Mix into chopped chicken or turkey salads
- 👉 Add 1 cup to a small batch of cookies, or quick breads
- 👉 Sprinkle with cinnamon and sugar; Use as a stuffing for baked apples
- 👉 Spread cranberry sauce on toast
- 👉 Add cranberry sauce to a turkey sandwich with filling --- "Thanksgiving to Go"
- 👉 Mix cranberry sauce into applesauce
- 👉 Pour hot cranberry sauce over ice cream
- 👉 Top chicken or pork with cranberry relish

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include dried cranberries as an ingredient:

- 👉 Breakfast Parfait
- 👉 Cranberry Granola Bar



Home Link...



# KIDS' KITCHEN



## BREAKFAST PARFAIT

**Makes 2 servings**

*From: Ocean Spray Cranberries*

### Ingredients:

1 banana, thinly sliced  
1/4 cup raisins, sweetened dried cranberries  
2 tablespoons low-fat French vanilla yogurt  
2 tablespoons low-fat granola

### Directions:

Divide the banana slices and sweetened dried cranberries between 2 small bowls; toss gently. Top each bowl with 1 tablespoon of yogurt and 1 tablespoon of granola.

## CRANBERRY GRANOLA BARS

**Yield: 24 Bars**

*From: Ocean Spray Cranberries*

### Ingredients:

1/2 cup honey  
2 tablespoons + 2 teaspoons brown sugar  
1 tablespoon + 1 teaspoon oil  
1 1/2 cups oats  
1 1/2 cups toasted rice cereal  
1 1/4 cups dried cranberries

### Directions:

1- Combine honey, brown sugar and oil in a small saucepan. Heat over low heat until well mixed.

2- Mix oats, rice cereal and cranberries. Add honey mixture and stir till thoroughly combined.

3- Pat firmly into an 8" x 8" baking pan.

4- Bake in 350°F oven for 15 minutes; press mixture firmly, once more, into the bottom of the pan. Bake 5 more minutes.

5- Cool completely. Refrigerate, at least one hour, for easier cutting. Cut 4"x6" for 24 bars.

***Nutrition information per serving:*** Calories 79, Protein 0g, Fat 1g, Saturated Fat .1g, Calories From Fat 9, Carbohydrates 16g, Cholesterol 0mg, Fiber 0g, Sodium 11mg, Vitamin A 19RE, Vitamin C 0mg, Calcium 4mg, Iron .3mg



Home Link...



# KIDS' KITCHEN



## Cauliflower

### How to Create Cauliflower Florets:

- 1- Rinse cauliflower under cold running water; Pat dry with paper towel
- 2- Pull the leaves off the stems
- 3- Break the florets off the stem
- 4- Peel the tough outside skin from the stem

### Fun Ways to Eat:

- 👉 Munch on raw with dip
- 👉 Add to soups
- 👉 Mix cooked cauliflower with rice and pastas
- 👉 Puree and create a creamy cauliflower soup  
(Add cooked, pureed potatoes as a healthy thickener)
- 👉 Add to pizza as a vegetable topping
- 👉 Toss into garden salads
- 👉 Add to a stir fry
- 👉 Spoon cooked or raw cauliflower and other vegetables onto a soft tortilla; Fold over for a vegetable wrap or burrito!
- 👉 Add to vegetable lasagna
- 👉 Toss into quiches or omelets

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes cauliflower as an ingredient:

- 👉 Cauliflower & Baked Macaroni



Home Link...



# KIDS' KITCHEN



## 5 A DAY AND CAULIFLOWER KIDS ACTIVITY SHEET

Try this fun & easy recipe

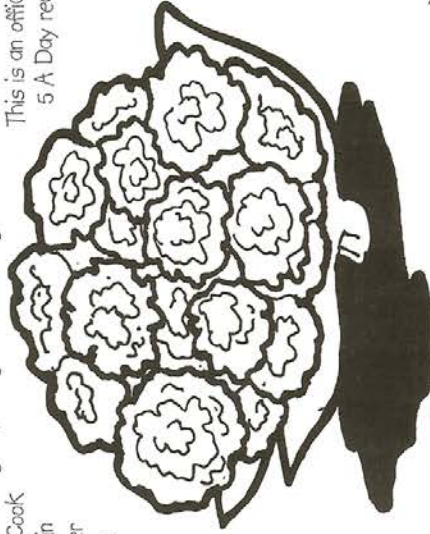
### CAULIFLOWER & BAKED MACARONI

- 1/2 ozs. elbow macaroni
- 1 medium cauliflower, cut into florets
- 3 tbsps. unsalted butter or margarine
- 3 tbsps. all-purpose flour
- 2 1/2 cups skim milk
- 2 cups low-fat cheddar cheese
- 1/2 cup breadcrumbs
- 1/4 cup Parmesan cheese, grated (optional)

With the help of an adult, cook macaroni according to package directions. Cook cauliflower in boiling water until tender.

- Melt butter in a saucepan, whisk in flour, and stir for 2 minutes. Add milk and bring to a simmer. Simmer about 2 minutes or until sauce begins to thicken. Stir in cheese and mix until smooth. Place cauliflower and macaroni in a greased casserole dish and mix in sauce. Top with breadcrumbs and Parmesan cheese (if desired). Bake at 350° for 30-40 minutes or until the mixture is bubbling and the top is golden brown. Makes 6 servings.

This is an official 5 A Day recipe.



Produce for Better Health Foundation

302 235 ADAY



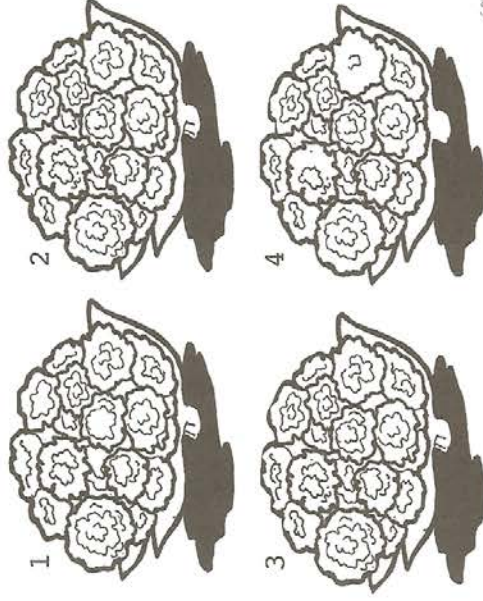
# WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**

- 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## WHICH TWO ARE EXACTLY THE SAME?

Look at each cauliflower very carefully, to see if you can find out which two are the same. Circle the two that are an identical match.



© 2002 EAT 5

Eat 5 or more servings of fruits and vegetables a day for better health

**FOR MORE FUN FOR KIDS, GO TO WWW.5ADAY.COM**



Home Link...



Home Recipes



Your child/children will be offered

## Cranberries

in January on their School Menu!  
Try a new **Cranberry** recipe at home!

### **CRANBERRY OATMEAL COOKIES**

*From:* Jersey Fresh Cooks' Cookbook

*Submitted by:* Dorothy DeAntonio, Sewell, NJ

#### **Ingredients:**

1½ cups flour

1 teaspoon baking powder

¼ teaspoon baking soda

½ cup butter

¼ cup shortening

chopped

2 Jersey Fresh eggs

1 teaspoon vanilla

1 cup packed brown sugar

½ cup granulated sugar

2 cups rolled oats

1½ cups Jersey Fresh cranberries, dried

1 cup hazelnuts or walnuts, coarsely

#### **Directions:**

Preheat oven to 375°F degrees. In a medium-mixing bowl, combine flour, baking powder and baking soda. Set aside. In a large bowl, beat butter and shortening with an electric mixer on medium to high speed for 30 seconds. Add eggs and vanilla. Add brown sugar and granulated sugar; beat well. Stir in remaining flour mixture. Stir in rolled oats, dried cranberries, and chopped nuts. Do not over beat. Drop dough by rounded teaspoons, 2 inches apart on an ungreased cookie sheet. Bake 9 - 11 minutes until edges are golden. Store in airtight container. **Makes 4 dozen**

### **SWEET POTATO CRANBERRY CASSEROLE**

Serves 8 each 1/2 cup servings

*Recipe from:* Kennedy "Health View"

#### **Ingredients:**

5 medium sweet potatoes, cooked,  
cooled & peeled

1 large orange, rind grated

1/3 cup orange juice

¼ cup brown sugar, light

1½ tablespoons cornstarch

1 cup fresh cranberries, washed

#### **Directions:**

Spray a 10 x 6 x 2-inch shallow baking dish with non-fat cooking spray. Cut cooled sweet potatoes into thick slices and arrange on bottom of dish. Set aside. In a bowl, combine orange rind with orange juice, sugar, and cornstarch. Set aside. In food processor or blender, process cranberries until smooth. Add juice mixture. Blend together briefly, and then pour over sweet potatoes. Place in 375-degree oven and bake until the potatoes have a shiny glaze, about 30 minutes. Serve piping hot.

***Nutrition information per serving:*** Calories 117, Carbohydrate 25g, Fat 0g, Fiber 2g, Protein 1g



Liue en casa...



Recetas de Casa



¡Sus niño/niños serán ofrecidos

## Arándanos

en Enero en el Menú de la Escuela!

¡Trate una nueva receta de **Arándano** en casa!

### **GALLETAS DE HARINA DE AVENA CON ARÁNDANO**

*De:* Jersey Fresh Cooks' Cookbook

*Presentado por:* Dorothy DeAntonio, Sewell, NJ

**Hace 4 docenas**

#### **Ingredientes:**

1 ½ taza de harina

¼ de cucharilla de bicarbonato de soda

¾ de taza de mantequilla

½ de taza de azúcar granulada

1 cucharilla de vainilla

1 ½ de taza de arándanos Jersey Fresh, secos

1 taza de avellanas o nueces,  
gruesamente cortadas

1 cucharilla de levadura en polvo

1 taza de azúcar morena

2 huevos Jersey Fresh

2 tazas de avena

#### **Instrucciones:**

Precale el horno a 375 grados. En un tazón de mezclar medio, combine la harina, la levadura en polvo y el bicarbonato de soda. Ponga aparte. En un tazón grande, bata la mantequilla con un mezclador eléctrico en media alta velocidad durante 30 segundos. Añada huevos y vainilla. Añada el azúcar morena y el azúcar granulada; bata bien. Agregue la mezcla de harina que queda. Agregue la avena, arándanos secos, y las nueces. No la bata demasiado. Ponga la masa por cucharillas redondeadas, 2 pulgadas aparte en una hoja de galleta no engrasada. Hornee 9 - 11 minutos hasta que los bordes estén dorados. Guarde en contenedor hermético.

### **CAZUELA DE BATATA DULCE Y ARÁNDANOS**

**Sirve 8 cada porciones de taza 1/2**

***Receta de:* Kennedy "Vista de Salud"**

#### **Ingredientes:**

5 batatas dulce medianas, cocinadas, frias y peladas

1/3 taza de jugo de naranja

1 ½ cucharada de maizena

Cascara de 1 naranja grande rallada

¼ de taza de azúcar morena

1 taza arándanos frescos, lavados

#### **Instrucciones:**

Rocíe un molde de 10 x 6 pulgadas y 2 de profundidad con el spray de cocinar sin grasa. En el fondo del molde, arregle rebanadas gruesas de batatas. Ponga aparte. En un tazón, combine la corteza de naranja con jugo de naranja, azúcar, y maizena. Ponga aparte. En un mezclador, triture los arándanos hasta que estén suaves. Añada la mezcla de jugo. Mezcla brevemente, y luego vierta sobre las batatas. Ponga en el horno de 375 grados y hornea hasta que las batatas tengan una testura brillante, aproximadamente 30 minutos. Sirva la cazuela bien caliente.

***Información de nutrición por porción:*** Calorías 117, Carbohidrato 25g, Grasa 0g, Fibra 2g, Proteína 1g





Home Link...



Home Recipes



Your child/children will be offered

## Cauliflower

in January on their School Menu!  
Try a new **Cauliflower** recipe at home!

### CREOLE CAULIFLOWER

**Yield: 8 servings**

**Source:** Cooking Light Cookbook 1989

#### **Ingredients:**

- Vegetable Cooking Spray
- 1 teaspoon Vegetable Oil
- ½ medium Onion, chopped
- 1 small Green Pepper, seeded and chopped
- 1 clove Garlic, minced
- 1 small head Cauliflower, broken into flowerers
- 1 (16-ounce) can Stewed Tomatoes, undrained and chopped
- 1 Bay Leaf
- ½ teaspoon Dried Whole Thyme
- ¼ teaspoon Hot Sauce

#### **Directions:**

- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion, green pepper, and garlic, and sauté until tender.
- Add cauliflower and remaining ingredients; simmer 10 to 15 minutes or until cauliflower is crisp-tender.
- Remove and discard bay leaf before serving.

***Nutrition information per serving: Calories 51, Fat 1g, Cholesterol 0mg, Sodium 156mg, Protein 2.2g, Carbohydrates 9.6g, Calcium 45mg, Iron 1.1mg***



## Recetas Caseras



¡Sus niño/niños serán ofrecidos

### Coliflor

en Enero en el Menú de la Escuela!

¡Trate una nueva receta de **Coliflor** en casa!

## **COLIFLOR CRIOLLA**

**Fuente:** Cooking Light Cookbook 1989

**Producción: 8 porciones**

### **Ingredientes:**

- spray de cocina de vegetal
- 1 cucharilla de aceite vegetal
- ½ cebolla mediana, picada
- 1 pimiento verde pequeño, sin semillas y picado
- 1 clovo de ajo, picado
- 1 cabeza de coliflor pequeña, partida en flores
- 1 lata (16 onzas) de tomates guisados, no drenados y picados
- 1 hoja de laurel
- ½ cucharilla de tomillo entero seco
- ¼ cucharilla de salsa picante

### **Instrucciones:**

- Cubrir un sartén antiadherente grande con spray de cocina; añada el aceite.
- Ponga al calor medio alto hasta caliente.
- Añadir la cebolla, el pimiento verde, y el ajo, y sofria hasta que este suave.
- Añadir coliflor e ingredientes restantes; cocine a fuego lento 10 a 15 minutos o hasta que la coliflor sea crujiente y suave.
- Quitar y desechar la hoja de laurel antes de servir.

**Información de nutrición por porción:** Calorías 51, Grasa 1g, Colesterol 0mg, Sodio 156 mg., Proteína 2.2g, Carbohidratos 9.6g, Calcio 45 mg., Hierro 1.1 mg.

# **FEBRUARY:**

**Fruit – Grapefruit**

**Veggie – Sweet Potatoes**



# Grapefruit



## Fact Sheet

### **Where did they come from?**

The grapefruit was developed in the West Indies during the early 1700's. It was introduced to Florida in 1823 when the Spanish brought over the grapefruit tree to be used in flower gardens. These trees were grown only for their beauty. Very few people ate grapefruit in olden times. They didn't like the slightly bitter taste. The fruit would ripen and fall to the ground and rot. During the 1800's Florida started to produce grapefruits and between 1880 and 1885 the first shipment of grapefruits were delivered to New York and Philadelphia. Since the 20<sup>th</sup> century different varieties of white grapefruit have been developed with a pink to reddish color on their flesh. These are now more commonly referred to as the Ruby Red grapefruit.

### **Where do they grow?**

Grapefruits are grown throughout the world including United States, Israel, Spain, Greece, Brazil and Cuba. However, the United States is the world's number one producer of grapefruits. Florida produces about 75 percent of the total grapefruit crop grown throughout the United States. Other states that grow grapefruit include Texas, California and Arizona. Grapefruits are available all year long. The best grapefruits are from Florida and Texas and are available from November through June. In late July, California and Arizona grapefruit arrive in markets and continue through October.

### **How do they grow?**

Grapefruits grow on trees in clusters, just like grapes. Grapefruit trees are large with glossy dark green leaves. The grapefruit hangs in clusters on the tree. Grapefruit trees grow best, and produce the best quality fruit, in climates with hot days and warm to hot nights. These trees are beautiful and are a member of the citrus family. This fruit grows well in both tropical and subtropical climates throughout the world.

### **Are they healthy?**

- ✎ Contains excellent source of vitamin C  
( $\frac{1}{2}$  grapefruit provides 80% of an adult's recommended daily vitamin C)
- ✎ Provides pectin, a soluble fiber which may lower cholesterol
- ✎ Contains good source of vitamin B6, potassium, thiamin and niacin

### **How do you pick a good one?**

- ✎ Choose those which are glossy, round, smooth
- ✎ Select ones heavy for their size
- ✎ Avoid those with brown and/or soft spots

# ☺ FUN FACTS! ☺

## Grapefruit

### Did you know...

- ☺ **Did you know this citrus fruit got its name, grapefruit, because it grows on the tree in clusters, like grapes?**  
(Sometimes as many as 25 fruits in a cluster hang from a tree.)
- ☺ **Did you know a grapefruit contains both a sweet and tangy flavor?**
- ☺ **Did you know that the sweetest and juiciest grapefruit can be found in supermarkets from December to June and come from Florida and Texas?**
- ☺ **Did you know that California and Florida grapefruit are different?**  
(Florida grapefruit have a thinner rind and are sweeter and less pulpy. California grapefruit are easier to peel and segment, but they are not as juicy and their flavor is only fair.)
- ☺ **Did you know that the original grapefruit was called a pomelo or shaddock?** (This fruit can sometimes be found in Oriental markets. They are larger than grapefruit with a rough, puffy thick rind, lots of seeds, sour tasting and have very little juice.)
- ☺ **Did you know there are three major types of grapefruits --- white, pink/red and star ruby/rio red?**
- ☺ **Did you know that the grapefruits, which contain seeds, are used to make juice?**
- ☺ **Did you know that the pink and red varieties contain more vitamins than the white grapefruit?**  
(Red grapefruit contains over 20 times more vitamin A than white.)

**Remember ... Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Grapefruit*; Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with Grapefruit --- Fruit Cup 1 & 2 (see attached)
- ✓ Serve grapefruit smiles
- ✓ Serve fresh grapefruit halved & sprinkled with brown sugar or cinnamon & sugar for breakfast or lunch (1/2 grapefruit = 1/2 cup fruit)
- ✓ Serve hot grapefruit for breakfast  
(Cut grapefruit in half and place on a sheet pan; Sprinkle each half with approximately 1 tablespoon of brown sugar, honey can also be added; Broil for 3-5 minutes or until tops become bubbly and brown)
- ✓ Add red or pink grapefruit as a garnish to green salads
- ✓ Offer a healthy packaged salad with cottage cheese, fresh ruby red grapefruit & orange smiles, pineapple chunks... & whole wheat crackers

### Presentation Meal Appeal —

**Contrast Color for Eye Appeal**  
Alternate Rows of  
Orange Smiles & Red Grapefruit  
Smiles.

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Contact the Florida Citrus Commission for resources: [www.floridajuice.com](http://www.floridajuice.com)
- ✓ Display different varieties of citrus fruit with their corresponding names
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### Quality:

Store Fresh Citrus  
Fruits in Front of  
Cooler Where  
Temperature is  
Higher.

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Glow with Grapefruit!*)
- ✓ Feature "Red Day" on the day that you offer pink/red grapefruit on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing red
- ✓ Offer ruby red grapefruit for Valentine's Day
- ✓ Feature different citrus fruits and recipes with these fruits throughout the month; Emphasize their healthy vitamin C benefits  
(*E.g.: oranges, orange juice, tangerines, grapefruit, orange-pineapple gelatin/USDA C-11, orange rice pilaf USDA/B-2, orange glazed carrots or sweet potatoes/USDA I-13;I-13a...*)
- ✓ February is Nat'l Hot Breakfast Month --- Offer Baked Sweet Grapefruit

### Safety:

Wash Hands  
Before Handling  
Fresh Produce!



## School Food Service Link.....



## School Food Service Recipes



### Fruit Cup 1

**Recipe From:** Pennsylvania State University

**Serving Size:** ½ cup, with juice      Portion Count: 37

**Yield:** approx. 1 gal. + 3 cups

#### Ingredients:

- 2 lbs 13 oz canned grapefruit sections
- 2 lbs 15 oz canned sliced peaches
- 2 lbs 5 oz frozen cherries, thawed
- 9 each fresh oranges, peeled and chunked
- 2 each fresh eating apples, #125's peeled, cored and diced
- 1 qt + 2/3 cup reserved liquid

#### Directions:

1. Drain canned fruit before combining, reserving juices.
2. Place drained, canned fruit in bowl.
3. Add fresh fruit.
4. Pour juice over all fruit.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 41°F or below.

#### ***Nutrition Information Per Serving:***

Calories= 66 Protein= 0g Carbohydrate= 16g Fat= 0g Saturated Fat= 0g Cholesterol= 0mg Sodium= 10mg Vitamin A= 18RE Vitamin C= 18mg Calcium= 15mg Iron=.2g Dietary Fiber=1g

### Fruit Cup 2

**Recipe From:** Pennsylvania State University

**Serving Size:** ½ cup, with juice      Portion Count: 37

**Yield:** approx. 1 gal. + 3 cups

#### Ingredients:

- 2 lbs 13 oz canned grapefruit sections
- 2 lbs 8 oz canned sliced peaches
- 1 lb 12 oz canned pineapple chunks
- 2 lbs 3 oz frozen cherries, thawed
- 9 each fresh oranges, peeled and chunked
- 5 each fresh bananas, peeled and sliced
- 1 qt + 2/3 cup reserved liquid

#### Directions: Same as Above

#### ***Nutrition Information Per Serving:***

Calories= 76 Protein= 0g Carbohydrate= 19g Fat= 0g Saturated Fat= 0g Cholesterol= 0mg Sodium= 2mg Vitamin A= 18RE Vitamin C= 22mg Calcium= 18mg Iron= .3g Dietary Fiber=1g



# Sweet Potatoes



## Fact Sheet

### **Where did they come from?**

Sweet potatoes are native of Central and South America where they served as a staple for the Aztecs in Mexico and the Incas in Peru. Sweet potato remains have been found in caves in Peru, which date back 10,000 to 20,000 years. Christopher Columbus was the first to introduce sweet potatoes to Europe while later explorers introduced sweet potatoes to Asia. These potatoes were also a main source of nourishment for early colonial Americans and for soldiers during the Revolutionary War.

### **Where do they grow?**

In the United States, North Carolina, Louisiana, California, Georgia and New Jersey are the major states for growing sweet potatoes. The major suppliers of sweet potatoes include China, Indonesia, Vietnam and Uganda.

### **How do they grow?**

Sweet potatoes are tropical tubers and are part of the Morning Glory Family. They grow underground just as a carrot; and, therefore are considered to be storage roots. Sweet potatoes generally grow to the size of a regular white potato and contain a smooth, thin skin. They are available all year long, but are most abundant in the fall and early winter.

### **Are they healthy?**

- 👉 Provide calcium, potassium, vitamins A, B6 and C
- 👉 Contain virtually no fat and are sodium free
- 👉 Supply good source of dietary fiber
- 👉 Rated as #1 most nutritional vegetable by the “Center for Science in the Public Interest” (CSPI)

### **How do you pick a good one?**

- 👉 Choose those with a firm, dark, smooth skin
- 👉 Avoid sweet potatoes with wrinkled skins
- 👉 Do not choose those with bruises, sprouts or decayed spots



# 😊 FUN FACTS! 😊

## Sweet Potatoes

### Did you know...

- 😊 **Did you know sweet potatoes contain 327% of your daily need for vitamin A per serving, which is more than any other vegetable?**
- 😊 **Did you know that sweet potatoes and yams are not the same?**  
(Yams come from the Yam family and are tubers, like potatoes, while sweet potatoes are considered storage roots, like carrots. Yams also have rough, scaly skin while sweet potatoes have a smooth, thin skin. Yams can grow as long as 7 feet and can weigh up to 150 pounds while sweet potatoes are usually the size of a regular potato. Yams are primarily grown in the Caribbean while sweet potatoes grow in the U.S. Yams do not contain any vitamin A while sweet potatoes are super rich in this vitamin.)
- 😊 **Did you know that there are two varieties of sweet potatoes, pale yellow with a dry flesh and dark orange with a moist flesh?**
- 😊 **Did you know that the orange-fleshed sweet potato is the primary one sold in the U.S.?**
- 😊 **Did you know you can eat sweet potatoes raw with dip?**  
(They taste like a sweet carrot. They are a super healthy snack!)
- 😊 **Did you know you can eat sweet potato fries?**  
(Much healthier than the common white potato French fry!)
- 😊 **Did you know you can also eat baked sweet potatoes?**
- 😊 **Did you know that when you eat a sweet potato you are actually eating a root?**
- 😊 **Did you know that sweet potatoes are one of the most nutritious vegetables you can eat as part of your 5 a Day?**
- 😊 **Did you know sweet potatoes should not be refrigerated?**  
(If refrigerated, they will develop a hard core and a bad taste. Store in a cool, dry place with temperatures between 55°-60° F.)

**Remember ... Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables per day at school...

Listed below are suggestions for promoting **Sweet Potatoes**  
Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with sweet potatoes ---
  - Sweet Potato-Plum Bread Squares (USDA B-18)
  - Sweet Potato Pie (USDA C-17)
  - Baked Sweet Potatoes and Apples (USDA I-7)
  - Orange Glazed Sweet Potatoes (USDA I-13)
  - Southern Sweet Potato Salad (see attached)
- ✓ Offer candied sweet potatoes
- ✓ Offer raw sweet potato sticks with low fat dip
- ✓ Serve baked sweet potato fries with ketchup or cinnamon sugar
- ✓ Feature a baked sweet potato instead of a white baked potato --- much healthier!
- ✓ Offer sweet potato pancakes for breakfast or lunch
- ✓ Serve "Two Tone Potatoes" --- Add 1 part mashed sweet potatoes to 4 parts white mashed  
(Adds color and an exciting flavor!)

### Presentation

#### Meal Appeal —

Package Food in Clear Plastic;  
Styrofoam Hides the Food!

### MARKETING:

- ✓ Contact the North Carolina SweetPotato Commission for ideas and resources:  
Phone: 919-989-7323      [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### Quality:

Do Not Refrigerate  
Sweet Potatoes; Store  
in Cool, Dry Room  
at 55°-60°F.

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Sweet Potato --- Super Power!*)
- ✓ Feature "Orange Day" on the day that you offer sweet potatoes on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing orange
- ✓ Celebrate Sweet Potato Month, February, with a different recipe each week!
  - Order "Spencer Sweetpotato" dolls to give away.  
(Available from the North Carolina SweetPotato Commission)
  - Feature a "Guess How Many Sweet Potatoes Are in the Pile" contest  
(*"Guessing" posters are available from the North Carolina SweetPotato Commission*)
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

### Safety:

Sanitize  
Cutting Boards  
After Each Task!!



## School Food Service Link...



### School Food Service Recipes



## **Southern Sweet Potato Salad**

Serving Size: 1/2 cup

Yield: 25 servings

1 serving=1/2 cup Fruit/Veg.

### **Ingredients:**

4 lbs. Sweet Potatoes (Fresh), Peeled and Cut into ½ inch cubes

¼ cup Lemon Juice

2 cups Mayonnaise

¼ cup Orange Juice

2 tablespoons Honey

2 teaspoons Grated Orange Peel

1 teaspoon Ground Ginger

½ teaspoon Salt

¼ teaspoon Ground Nutmeg

2 cups Sliced Celery

2/3 cup Chopped Dates

### **Directions:**

In a saucepan, cook sweet potatoes in boiling water just until tender, about 5-8 minutes (do not overcook). Drain; toss with the lemon juice. In a large bowl, combine mayonnaise, orange juice, honey, orange peel, ginger, salt and nutmeg. Add the warm potatoes, celery and dates. Toss to coat well. Cover and chill.

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
Sweet Potatoes & Grapefruit...

*Items in bold are enclosed.*

- ✓ Celebrate February --- Sweet Potato Month!
- ✓ Review “**Fact Sheet**” and “**Fun Facts**”
- ✓ Conduct “**Roots and Things**” activity with students  
(Use “**We Eat Different Parts of the Plant**” activity sheet)
- ✓ Have students complete the activity “**Body Building with Spencer SweetPotato**”  
(Use the worksheet “**Help Spencer Get It All Together**”)
- ✓ Teach a **Science Lesson** with sweet potatoes; Use **Sweet “p” I.D. Data Record Sheet**
- ✓ Have students color “**Sweet Potato**” **Coloring Page**
- ✓ Have students color “**Gretta Grapefruit**” **Coloring Page**
- ✓ Display raw, cooked & canned sweet potatoes
- ✓ Show the difference between yellow and orange sweet potatoes
- ✓ Have students research the difference between sweet potatoes and yams
- ✓ Display different varieties of citrus fruits (Show the smallest citrus fruit --- Kumquats)
- ✓ Discuss the health benefits of citrus fruits
- ✓ Have students check out [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com) --- “Kids’ Stuff” section
- ✓ Check out [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com) --- “Educators’ Section”



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

- ✓ Encourage students to “**Grow a Sweet Potato Vine**” as a family activity
- ✓ **Kids’ Kitchen Recipes**
- ✓ **Recipes for Home** (Some in Spanish!)



## Classroom Link...

From: "Community Nutrition Action Kit"/Team Nutrition

# Roots and Things

Taste different fruits and vegetables. What part of a plant are they from... the stem? the root? the leaf? the flower? or the seed?

### Materials Needed:



#### Supplied by You

- Fruits and vegetables
- Paper plates, napkins, or paper towels

#### From the Kit

- "We Eat Different Parts of a Plant" handout

### Time Needed:

45 minutes



### OBJECTIVES:

- ◆ To expand the variety of fruits and vegetables eaten.
- ◆ To taste fruits and vegetables and identify the different parts of a plant they come from.
- ◆ To incorporate more fruits and vegetables into the diet.

### KEY CONCEPTS:

- ◆ There are a wide variety of fruits and vegetables available to eat.
- ◆ There are many delicious ways to add more fruits and vegetables to the foods we enjoy.

### PREPARATION NEEDED:

- ◆ Buy at least one fruit or vegetable to represent the edible parts of plants. Use "We Eat Different Parts of the Plant" in this lesson to give you some ideas on foods to choose. Select both common and unusual fruits and vegetables. You may try canned, fresh, or frozen versions of the foods you select.
- ◆ If you purchase fresh items, keep one whole so the youth can see what the food looks like.
- ◆ Wash the remaining fruits and vegetables; cut into bite-sized pieces, place on plates and stick a toothpick in each piece.
- ◆ Make photocopies of "We Eat Different..." handout to distribute to each youth.

### BACKGROUND:

Fruits and vegetables supply the body with water, vitamins such as vitamin A and vitamin C, minerals such as potassium and calcium, and carbohydrates for energy. Fiber, which keeps the digestive systems healthy, is also found in fruits and vegetables.

The different parts of plants that can be edible are the seeds, roots, leaves, stems, flowers, and fruit. Read over the "We Eat Different Parts of a Plant" handout (55) and become familiar with this list of fruits and vegetables (9) **before** the lesson.



## **ROOTS AND THINGS ACTIVITY**

### **Setup**

1. Place the plates of bite-sized samples and whole foods on a table.
2. Have youth wash their hands.
3. Ask for a volunteer to distribute the paper plates and napkins or paper towels.

### **Introduction**

- ◆ Explain that you've prepared a tasting party — they will be tasting fruits and vegetables.
- ◆ While they enjoy the food, they should think of the name of each food as well as what part of the plant it is — for example, celery is the stem of a plant.
- ◆ Encourage the youth to refer to the handout to help them identify the parts of the plant they are eating.

### **Tasting party and discussion**

1. Have the youth take a bite-sized sample of **each** sample of fruit and vegetable.
2. Have everyone taste the same food at the same time.
3. After the youth taste a food, discuss the following questions:

*Do you know what fruit or vegetable you just tasted?*

*How would you describe the food? Was it soft? crunchy? sweet? etc.*

*Do you eat it at home?*

*How would you see this fitting into your meals?*

*Have you seen or tasted this food in different forms? (frozen, canned, in a casserole, etc. )*

4. After food samples have been tasted and identified open the discussion on plant parts.
5. Give a copy of "We Eat Different Parts of the Plant" to each youth. Discuss the following questions:

*What part of the plant do you think (sample A) comes from?*

*How did you know that? (Some vegetables are leafy so they come from that part of the plant, etc.).*

Repeat discussion for each food sample.



## Classroom Link...

*From:* "Community Nutrition Action Kit"/Team Nutrition

6. Using the handout, have youth draw a line connecting the name of the plant part to the part of the plant it names.
7. On the same handout, have the youth circle the foods they tasted.
8. Discuss the following questions:

*Do you eat any other fruits or vegetables from this part of the plant?*

*Were there any fruits or vegetables that were new to you today?*

### **Food safety note:**

Wash any fresh fruits and vegetables thoroughly before cutting. Keep cut food cold until ready to use. Refrigerate leftovers. Have the youth wash their hands before handling and eating the fruit and vegetable samples.

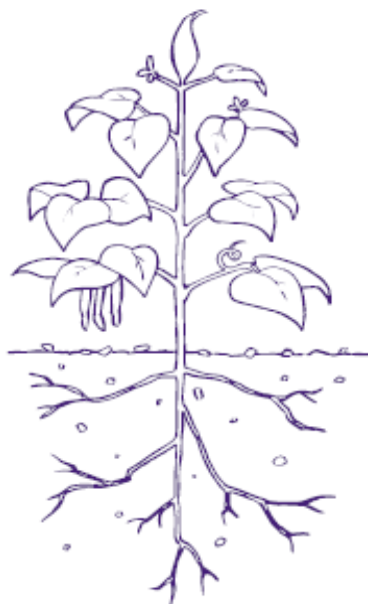


**Classroom Link...** From: "Community Nutrition Action Kit"/Team Nutrition

## WE EAT DIFFERENT PARTS OF THE PLANT

Draw a line connecting the word with the plant part it names.

seed  
stem  
root  
leaf  
flower  
fruit



Bean Plant

### FOODS WE EAT THAT ARE ROOTS:

beet  
onion  
carrot  
parsnip  
potato  
radish  
rutabaga  
sweet potato  
yam  
turnip

### FOODS WE EAT THAT ARE STEMS:

asparagus  
bamboo shoots  
bok choy  
broccoli  
celery  
rhubarb

### FOODS WE EAT THAT ARE LEAVES:

Brussels sprouts  
parsley  
cabbage  
spinach  
collards  
turnip greens  
kale  
chard  
lettuce  
endive  
mustard greens  
watercress

### FOODS WE EAT THAT ARE FLOWERS:

broccoli  
cauliflower

### FOODS WE EAT THAT ARE SEEDS:

lima beans  
pinto beans  
pumpkin seeds  
kidney beans  
black beans  
sunflower seeds  
peas  
dry split peas  
butter beans  
corn

### FOODS WE EAT THAT ARE FRUIT:

apple  
apricot  
artichoke  
avocado  
grapes  
cucumber

banana  
pumpkin  
squash  
bell pepper  
date  
grapefruit  
berries  
pear  
pineapple  
eggplant  
plum  
tangerine  
kiwifruit  
mango  
melon  
orange  
papaya  
peach  
pomegranate  
strawberry  
tomato





**Classroom Link...** *From:* North Carolina SweetPotato Commission, Inc.

To be used with "Help Spencer get it all together" worksheet.

# Body Building

## With Spencer Sweetpotato

Sweetpotatoes have been called "the healthiest vegetable around" because of all the vitamins and nutrients that they contain. These vitamins and nutrients help our body to function in many ways. Follow the instructions below to learn about how sweetpotatoes help our bodies and build your own Spencer Sweetpotato!

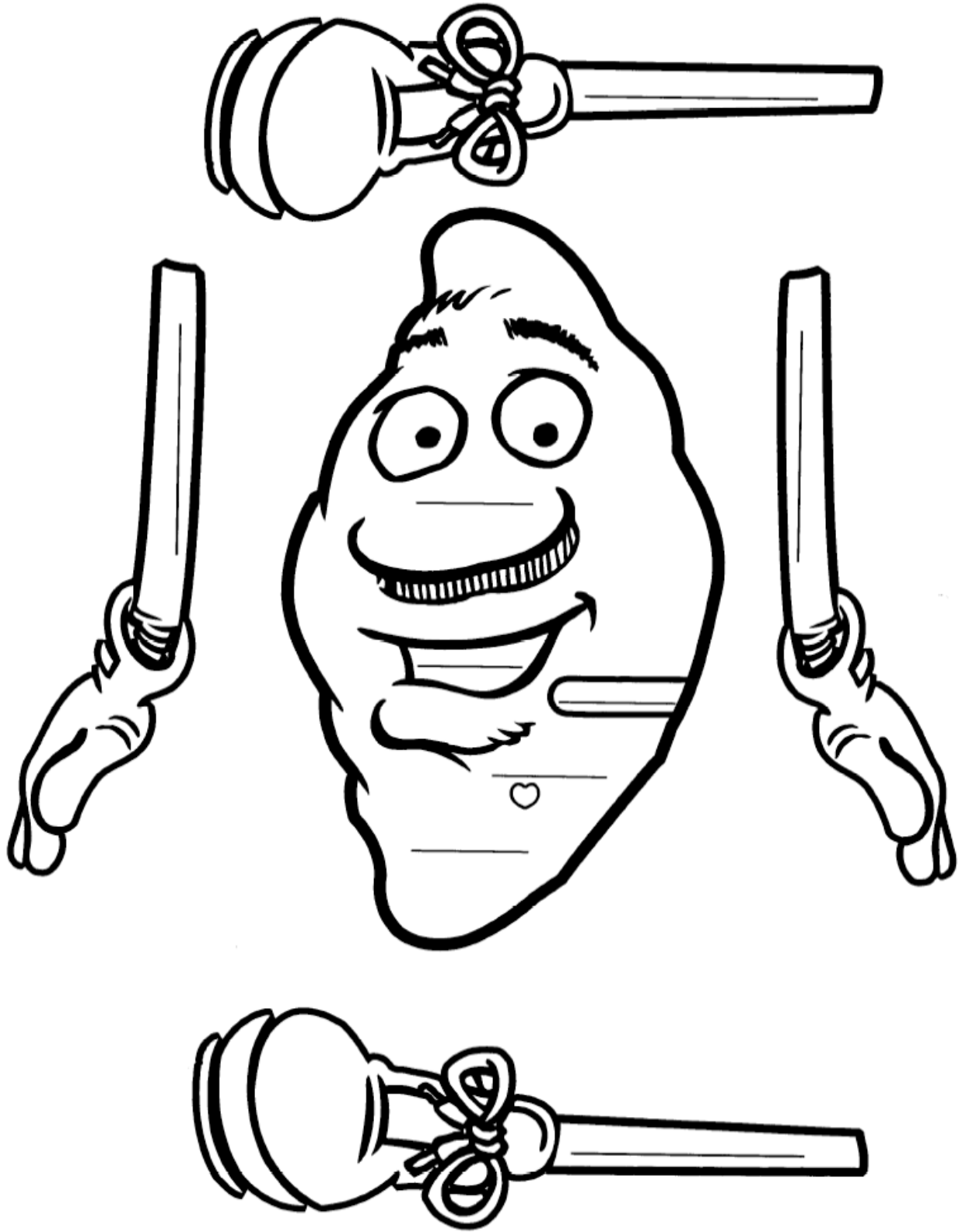
1. Sweetpotatoes have a lot of Vitamin A. Vitamin A helps our bodies to grow normally and makes our eyes healthy. Because sweetpotatoes are so good for our eyes, write "Vitamin A" on the blank under Spencer's eyes.
2. Amino Acids are the building blocks that make up proteins in muscle. Since amino acids help our muscles, write "Amino Acids" on the blank on one of Spencer's legs because our legs contain a lot of muscle.
3. Vitamin C is important to our body for many reasons. One of the most important things that Vitamin C does is to help our wounds heal. Where you see the bandage on Spencer's body, write "Vitamin C" to show that Vitamin C helps wounds to heal.
4. Another nutrient in sweetpotatoes is magnesium, which helps our nerves and muscles to function properly. Label one of Spencer's arms with the word, "Magnesium" because it helps our muscles.
5. Phosphorus in sweetpotatoes also helps to build muscle. Label Spencer's other arm with the word "Phosphorus" for the same reason as above.
6. The iron in sweetpotatoes helps in the process of making blood, which supplies oxygen to our cells. Label the heart with the word "Iron" because our heart pumps blood throughout the body.
7. Manganese helps us get bigger as we get older and it helps our bones to grow normally. Write "Manganese" on Spencer's other leg to show that manganese helps our legs to get longer as we grow.
8. Sweetpotatoes have calcium, which helps to support bones and teeth, among other things. Label the blank over Spencer's teeth with the word, "Calcium" because calcium helps our teeth.
9. One sweetpotato has more fiber than a whole bowl of oatmeal. Fiber is very important because it helps our digestive systems, the system that processes the food we eat. On the blank where Spencer's stomach would be, write the word, "Fiber."

Once you have completely labeled Spencer, cut out the various parts and assemble him.

"Help Spencer Get It All Together"



Classroom Link...





## Classroom Link...

*From:* North Carolina SweetPotato Commission, Inc.

# Sweetpotatoes

## Science Lesson Plan

**Objectives:** To make valid observations of plants and their parts.  
To measure length, width, and circumference with estimation and accurate measurement techniques.  
To communicate findings clearly.

**Materials Provided:** Lesson plan activity  
SWEET "P" I.D. record sheet master

**Materials Needed:** One sweetpotato per student\*  
Rulers  
Measuring tapes  
Balance scales  
Small labeling stickers

**Activity:** SWEET "P" I.D.

Allow each student to select a sweetpotato from a box or basket. Instruct students to observe their sweetpotato carefully and note any special attributes it may have. Students should estimate the length, width, and circumference of the sweetpotatoes and record their estimates. They should follow up by selecting the appropriate measuring tools and determining accurate measurements to go along with each estimate. They should then compare their estimates with the accurate measurements obtained and report their findings to the class. All data should be recorded on the SWEET "P" I.D. record sheet provided.

The assignment may include a formal written comparison, an oral presentation, or both. After the observation activity concludes, have students place a small sticker with their initials on the bottom of their sweetpotato. Return all sweetpotatoes to the box or basket and mix them up. Challenge students to correctly identify their own sweetpotato as it is held up before the class for examination. If the students are having a difficult time identifying their sweetpotato, the teacher can measure, weigh, etc. the sweetpotatoes and offer that information as hints.

Note: If this activity is done first, the same sweetpotatoes can be used for the Social Studies "Sweetpotato Pal" activity.

**\*Money saving alternative:** Have students complete above assignment in small groups rather than individually.



**Classroom Link...** *From:* North Carolina SweetPotato Commission, Inc.

## Sweet "p" I.D.

### Data Record Sheet

|                     |
|---------------------|
| Notes on appearance |
| Drawing             |

#### Measurements

|               | Estimation | Accurate Measurement | Comments |
|---------------|------------|----------------------|----------|
| Mass          |            |                      |          |
| Length        |            |                      |          |
| Width         |            |                      |          |
| Circumference |            |                      |          |

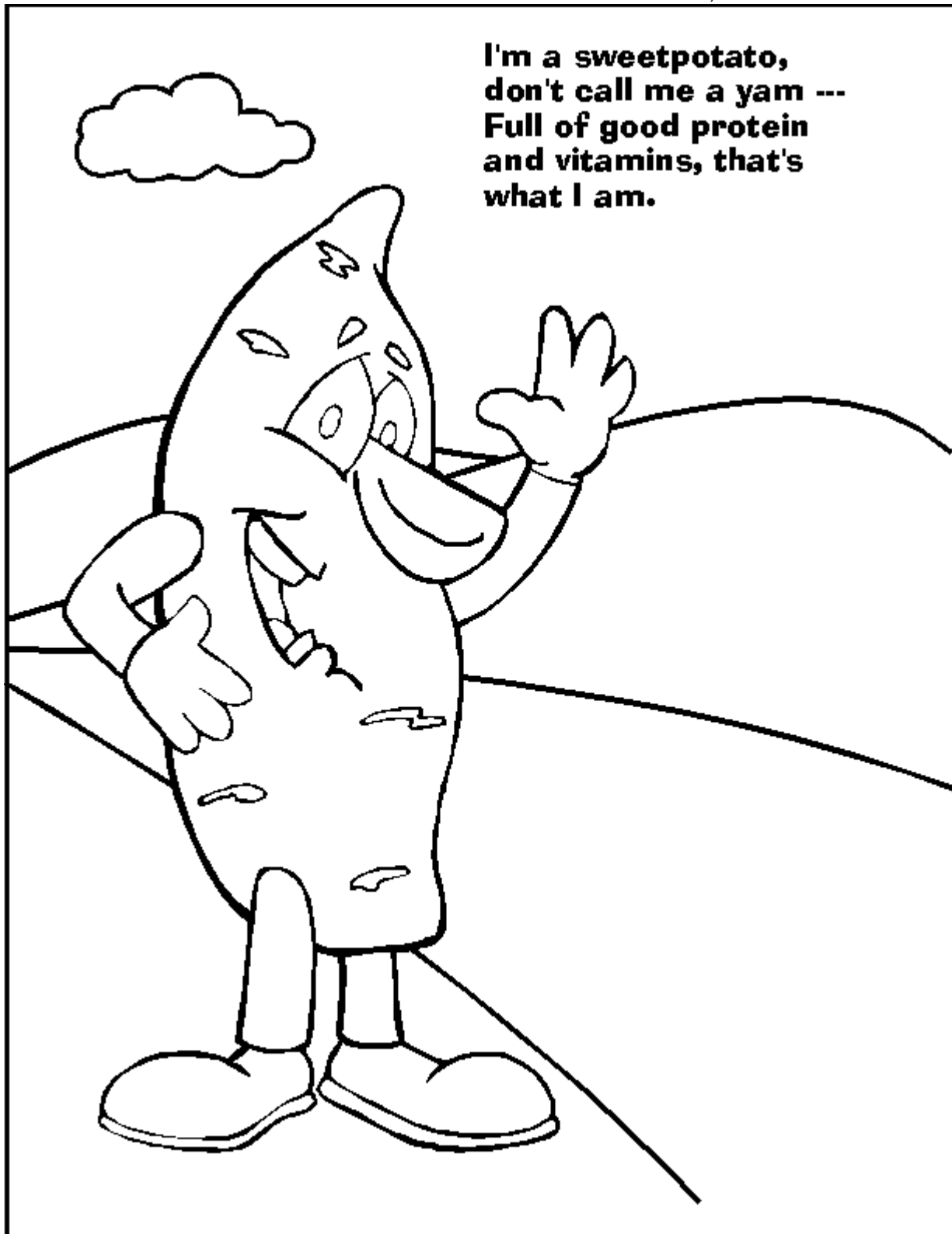
#### Report

1. How did your estimations compare to the accurate measurements?
2. How does the size of your sweetpotato compare to others in your class?
3. What else would you like to know about sweetpotatoes based on your findings today? How would you go about finding the information you seek?



**Classroom Link... Coloring Page: Sweet Potato**

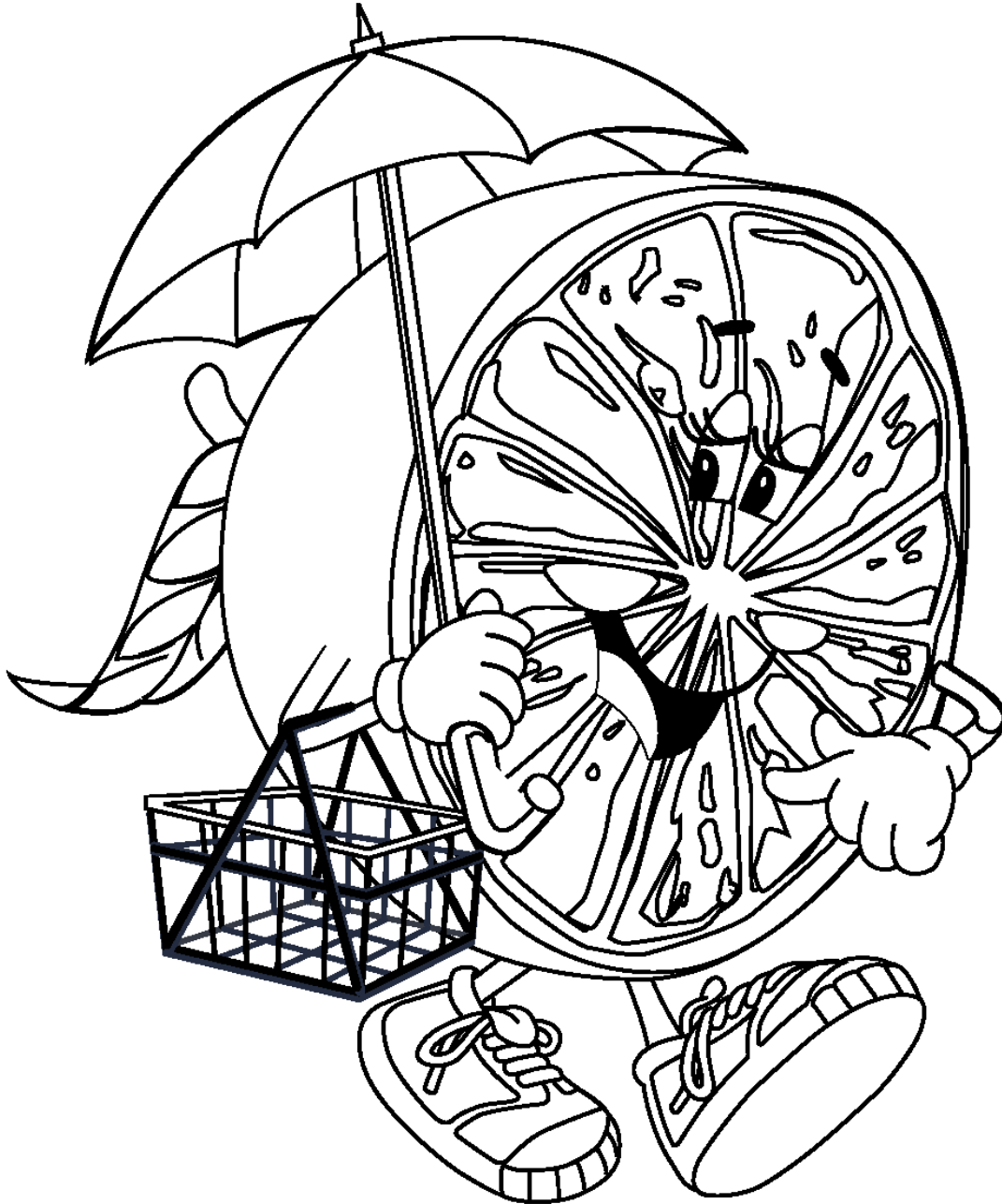
*From: North Carolina SweetPotato Commission, Inc.*





# Classroom Link... Coloring Page: Gretta Grapefruit

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)



Gretta Grapefruit ©



Home Link...



# KIDS' KITCHEN



## Grapefruit

### How to Make Citrus “Smiles”:

- 1- Rinse grapefruit under cold running water
- 2- Secure grapefruit on a cutting board and cut in half  
*(Not through stem end!)*
- 3- Hold one half and slice diagonally to get several “smiles”
- 4- Repeat with the other half

### Fun Ways to Eat:

- 👉 Peel or cut into smiles and eat for a fast snack
- 👉 Add to fruit salads
- 👉 Garnish on top of fresh tossed salads
- 👉 Sprinkle a half of a grapefruit with a little bit of sugar --- Enjoy for breakfast!
- 👉 Try hot --- Sprinkle half a grapefruit with brown sugar and broil  
*(See attached “Home” recipe)*

### Fun Kids’ Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes grapefruit as an ingredient:

- 👉 Ambrosia



Home Link...



# KIDS' KITCHEN



## Ambrosia

**Yield: 4 servings**

*From: 5 A Day/Produce for Better Health*

*A perfect mixture of citrus graced with orange marmalade and lemon yogurt!*

### Ingredients:

- 3 oranges, peeled and sectioned
- 2 small grapefruits, peeled and sectioned
- ½ cup orange marmalade
- 1 teaspoon vanilla extract
- 2 each 8-ounce containers fat-free lemon yogurt
- 2 tablespoons shredded coconut

### Directions:

1. Combine sectioned fruit in medium bowl. Add marmalade and vanilla and stir gently to cover sections.
2. Spoon equal amount into 4 glasses or fruit bowls. Spoon and spread 4 ounces of lemon yogurt over each portion and top with shredded coconut.
3. Chill for 20-30 minutes before serving.

### ***Nutritional Information per Serving:***

Calories - 314   Total Fat -1g   Saturated Fat -1g   Cholesterol - 0mg  
Carbohydrates -70g   Protein - 8g   Dietary Fiber - 5g   Sodium - 100mg





Home Link...



# KIDS' KITCHEN



## Sweet Potatoes

### How to Prepare:

- 1- Scrub sweet potatoes under cold running water
- 2- Cook whole with skin --- healthier! Potato will maintain nutrients
- 3- Bake on foil-lined baking sheet for about 45 minutes at 375°
- 4- Boil whole potatoes for 15-35 minutes
- 5- Boil sweet potato chunks for 10- 15 minutes
- 6- Microwave 2 medium sweet potatoes on high for 5-9 minutes

### Fun Ways to Eat:

- 👏 Munch on raw sweet potato sticks with dip
- 👏 Try a sweet potato fry or mashed sweet potatoes
- 👏 Use them in soups, casseroles and baked goods
- 👏 Substitute for white potatoes
- 👏 Bake with marshmallow topping
- 👏 Add to stir-fries

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include sweet potatoes as an ingredient:

- 👏 Sweet Potato Casserole/Guisado de Camotes
- 👏 Sweet Potato Delights
- 👏 Sweet Potato "Fries"



Home Link...



## KIDS' KITCHEN



K-STATE RESEARCH & EXTENSION  
FAMILY NUTRITION PROGRAM

# Kids a Cookin'



### Guisado de Camotes (Batatas o Boniatos)

Es dulce, es deliciosa - ¡Es un VEGETAL!

#### Ingredientes:

- 40 onzas de camotes (batatas o boniatos) enlatados, colados
- 2 huevos
- ¼ taza de azúcar
- ¼ taza de leche evaporada (o una lata de 5 onzas)
- ¼ cucharadita de sal
- ¼ cucharadita de nuez moscada
- 2 cucharadas de margarina, derretida
- ¼ taza de azúcar morena
- ¼ taza de nueces picadas, opcional



#### Procedimiento:

**Recuerde lavarse las manos!**

1. Caliente el horno a 350 grados.
2. Rocíe la fuente de horno de un cuarto con spray de cocinar.
3. En una vasija grande, combine los camotes y los huevos y aplástelos usando una batidora eléctrica.
4. Agregue el azúcar, la leche, la sal, la nuez moscada y la margarina y mézclelo bien.
5. Con la cuchara, viértalo en la fuente de horno y coloque encima la azúcar morena y las nueces.
6. Horneé de 45 a 55 minutos o hasta que esté firme.



**Consejos Útiles:** Esta es una gran receta fácil de cocinar para los niños como parte de la comida navideña. La diversión de aplastar los camotes enlatados junto con los huevos atraerá a los niños quienes de otra forma se alejarían de la cocina. Mientras se hornea, el aroma del azúcar y las especias provocará que feliciten a su joven cocinero. Y recibirá más felicitaciones cuando todos prueben tan delicioso guisado!



**Consejo de Seguridad:** La textura de estos camotes los hace perfectos para los niños pequeños si se omiten las nueces. Si hay niños menores de tres años que asistirán a la cena lo mejor será no utilizar las nueces en esta receta. Las nueces pueden causar que los niños pequeños se ahoguen - y también pueden causar una reacción alérgica.

### Sweet Potato Casserole

It's sweet, it's delicious - it's a VEGETABLE?

#### Ingredients:

- 40 ounces canned sweet potatoes, drained
- 2 eggs
- ¼ cup sugar
- ¼ cup evaporated milk (or a 5-ounce can)
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 2 tablespoons margarine, melted
- ¼ cup brown sugar
- ¼ cup chopped walnuts, optional



#### Directions:

**Remember to wash your hands!**

1. Preheat oven to 350 degrees.
2. Spray 1-quart casserole dish with cooking spray.
3. In a large bowl, combine sweet potatoes and eggs; mash with an electric mixer.
4. Add sugar, milk, salt, nutmeg and margarine. Mix well.
5. Spoon into casserole dish and top with brown sugar and nuts.
6. Bake for 45 to 55 minutes or until set.



**Helpful Hints:** This is a great recipe for kids to fix as part of a holiday meal. The fun of mashing the canned potatoes and eggs together will attract kids who may otherwise shy away from kitchen fun. The aroma of sugar and spice as it bakes will bring some great compliments to your young cook. More compliments will follow when everyone tastes how delicious it is!



**Safety Tip:** The texture of these sweet potatoes makes them perfect for very young children, if the nuts are omitted. If kids under age three are coming to dinner, it is probably a good idea to leave the nuts out of this recipe. Nuts can cause choking in very young children—and may cause an allergic reaction, too.



Home Link...



# KIDS' KITCHEN



## Guisado de Camotes / Sweet Potato Casserole

| Datos Nutricionales  |                       |
|--|-----------------------|
| Porciones 3/4 taza (195g)  |                       |
| Porciones 8  |                       |
| Cantidad Por Porción   | Calorías de Grasa 45  |
| Calorías 240   |                       |
|  | % Valor Diario*       |
| Grasa Total 5g   | 7%                    |
| • Grasa Saturada 1.5g  | 7%                    |
| Colesterol 55mg  | 19%                   |
| Sodio 210mg  | 9%                    |
| Carbohidrato Total 45g   | 15%                   |
| • Fibra Dietética 4g   | 14%                   |
| • Azúcares 34g   |                       |
| Proteína 4g  |                       |
| Vitamina A 170%  | • Vitamina C 25%      |
| Calcio 10%   | • Hierro 8%           |
| *Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus Valores Diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas. |                       |
|  | Calorías: 2,000 2,500 |
| Grasa Total  | < 65g 80g             |
| • Grasa Saturada   | < 20g 25g             |
| Colesterol   | < 300mg 300mg         |
| Sodio  | < 2,400mg 2,400mg     |
| Carbohidrato Total   | 300g 375g             |
| • Fibra Dietética  | 25g 30g               |
| Calorías por gramo:  |                       |
| Grasa 9 • Carbohidrato 4 • Proteína 4  |                       |

| Nutrition Facts  |                       |
|--|-----------------------|
| Serving Size 3/4 cup (195g)  |                       |
| Servings Per Container 8   |                       |
| Amount Per Serving   | Calories from Fat 45  |
| Calories 240   |                       |
|  | % Daily Value*        |
| Total Fat 5g   | 7%                    |
| • Saturated Fat 1.5g   | 7%                    |
| Cholesterol 55mg   | 19%                   |
| Sodium 210mg   | 9%                    |
| Total Carbohydrate 45g   | 15%                   |
| • Dietary Fiber 4g   | 14%                   |
| • Sugars 34g   |                       |
| Protein 4g   |                       |
| Vitamin A 170%   | • Vitamin C 25%       |
| Calcium 10%  | • Iron 8%             |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                       |
|  | Calories: 2,000 2,500 |
| Total Fat  | < 65g 80g             |
| Saturated Fat  | < 20g 25g             |
| Cholesterol  | < 300mg 300mg         |
| Sodium   | < 2,400mg 2,400mg     |
| Total Carbohydrate   | 300g 375g             |
| Dietary Fiber  | 25g 30g               |
| Calories per gram:   |                       |
| Fat 9 • Carbohydrate 4 • Protein 4   |                       |

### Equipo para Niños

- abridor de latas
- batidora eléctrica
- fuente de horno
- vasija para mezclar
- cuchara
- cucharas de medidas
- tazas de medidas
- agarrador de ollas calientes
- espátula de plástico

¡Es una buena idea juntar todo su equipo e ingredientes antes de comenzar una receta!

### Sugerencia del Cocinero

- Guisado de Camotes
- rebanada de jamón
- cóctel de frutas
- leche

### Kids' Tool Kit

- can opener
- electric mixer
- casserole dish
- mixing bowl
- spoon
- measuring spoons
- measuring cups
- hot pad
- rubber spatula

It's a good idea to gather all your tools and ingredients before you start a recipe!

### Chef's Choice

- Sweet Potato Casserole
- Ham slice
- Fruit cocktail
- Milk

Para más información acerca de esta receta y de otras recetas divertidas: comuníquese con su oficina de extensión del condado de Kansas, visite el sitio web en [www.kidscookin.ksu.edu](http://www.kidscookin.ksu.edu) o el correo electrónico [kidscookin@ksu.edu](mailto:kidscookin@ksu.edu)

Esta institución es un empleador de igualdad de oportunidades. El Programa de Estampillas de Alimentos del (USDA) a través de un contrato provisto por el Departamento de Servicios Sociales y de Rehabilitación (SRS) es el auspiciador de este material. El Programa de Estampillas de Alimentos provee asistencia de nutrición a personas de bajas recursos. Para más información, comuníquese con su oficina local de (SRS) o llame al 1-800-221-5689.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutritional assistance to people with low income. To find more contact your local SRS office or call 1-800-221-5689.



Home Link...



# KIDS' KITCHEN



## Sweet Potato Delights

Yield: 4 Sandwich Delights

*From:* Recipes Today  
iParenting.com

### **Ingredients:**

1 medium sweet potato, peeled  
8 cinnamon-sugar graham cracker squares  
8 marshmallows, halved crosswise

### **Directions:**

- Heat broiler.
- Place sweet potato in bowl with 1/4" water. Cover with plastic wrap.
- Microwave on high for 5 minutes or until fork-tender.
- Cool and cut sweet potato into 1/2" thick slices.
- Place crackers sugar-side-down on baking sheet.
- Top 4 crackers with potato slices.
- Top remaining 4 crackers with 4 marshmallow halves per cracker.
- Broil 6" from heat 45 to 60 seconds, until marshmallows are browned.
- If desired, sprinkle with a few chocolate morsels.
- Sandwich halves together.

**Nutrition information per serving:** Calories 294, Fat 4g, Calories from Fat 12%,  
Cholesterol 0mg, Fiber 6g, Sodium 80mg.



# KIDS' KITCHEN



Try this fun & easy recipe

## SWEET POTATO "FRIES"

- 3 medium sweet potatoes (2 lbs.)
- 2 tps. olive oil
- 1 - 1/2 tps. salt-free Cajun Creole seasoning (or cinnamon sugar)\*
- ketchup (optional)

Wash sweet potatoes, trim ends, and cut out any bad spots with the help of an adult. Cut into 3-4 inch long and 1/4 inch thick strips (steak fries). Place in a bowl or plastic bag with olive oil; shake to coat. Arrange

potato strips in a single layer, skin side down on a non-stick pan. Sprinkle with salt-free Cajun Creole seasoning (or cinnamon sugar)\*. Bake at 400° for 30-40 minutes. Serve with ketchup if desired. Makes 4 servings. This is an official 5 A Day recipe.

\*cinnamon sugar:  
1/4 tsp. cinnamon to  
2 tps. sugar.



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY



Home Link.....

## GROW A SWEET POTATO VINE!

### A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

- 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## GROW A SWEET POTATO VINE!

You will need: adult supervisor, a sweet potato (some sweet potatoes have been treated to inhibit sprouting; look for one with little purple bumps on the skin or a few white roots showing), toothpicks; a quart-size glass or plastic jar with wide mouth, and water. Later you will need: a hanging pot and potting soil.

1. With the help of an adult, pierce the middle of sweet potato with 2 toothpicks, one on each side. (Make sure pointier end of potato faces down into the water.)
2. Place it in jar.

3. Add lukewarm water until it covers half the sweet potato.
4. Place jar in a warm, shady place, making sure to maintain water level.
5. Change water once a week. In about 2 weeks you should see roots. Two weeks later you should see tiny red sprouts.
6. Move plant to a bright window. Leaves will begin to grow. When the growth is 6" high, transplant to hanging pot.
7. Fill pot with potting soil to an inch from the top. Plant sweet potato seedling in the center, and gently pack soil around it. Keep plant in sunny spot and water every couple of days.

Eat 5 or more servings of fruits and vegetables  
a day for better health

FOR MORE FUN FOR KIDS,  
GO TO [WWW.5ADAY.COM](http://WWW.5ADAY.COM)



**Home Link...**



**Home Recipes**



Your child/children will be offered

## **Grapefruit**

in February on their School Menu!

Try a new **Grapefruit** recipe at home!

### **Broiled Grapefruit**

Serve hot grapefruit for breakfast!

**Serves 2**

#### **Ingredients:**

- 1 grapefruit
- 4 teaspoons brown sugar

#### **Directions:**

- Cut grapefruit in half
- Place on baking pan
- Sprinkle each half with 2 teaspoons of brown sugar
- Broil for 3-5 minutes or until tops become bubbly and brown



### **Recetas de Casa**



¡Sus niño/niños serán ofrecidos

## **Toronja**

en Febrero en el Menú de la Escuela!

¡Trate una nueva receta de **Toronja** en casa!

### **Toronja Asada a la parrilla**

¡Sirva la toronja caliente para el desayuno!

**Sirve 2**

#### **Ingredientes:**

- 1 toronja
- 4 cucharaditas de azúcar morena

#### **Instrucciones:**

- Corte la toronja por la mitad
- Coloque en una cazuela de hornear
- Rocíar cada mitad con 2 cucharaditas de azúcar morena
- Asar a la parrilla durante 3-5 minutos o hasta que la superficie se estén burbujeantes y dorados



Home Link...



Home Recipes



Your child/children will be offered

## Sweet Potatoes

in February on their School Menu!

Try a new **Sweet Potato** recipe at home!

### North Carolina SweetPotato Flan

Yield: 6 Servings

From: North Carolina SweetPotato Commission, Inc.

#### Ingredients:

- 5 eggs
- 1 cup milk
- 1 cup cooked, mashed sweetpotato
- 1 can sweetened condensed milk
- 1 teaspoon vanilla extract
- 1 tablespoon sugar mixed with 1 teaspoon ground cinnamon

#### Directions:

- Preheat oven to 350°F.
- Beat eggs in large mixing bowl.
- Add milk, sweet potato, condensed milk and vanilla. Mix well.
- Pour into buttered shallow 1½ quart-baking dish.
- Sprinkle sugar and cinnamon mixture over top.
- Set dish in a pan containing 1 inch of hot water.
- Bake at 350°F for 45 minutes or until knife inserted near center comes out clean.
- Serve warm or chilled.



## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### Batatas

en Febrero en el Menú de la Escuela!

¡Trate una nueva receta de **Batata** en casa!

## Flan de Camote de Carolina del Norte

Rinde 6 Porciones  
Latino

*Camotes de Carolina Del Norte* --- Recetas con Sabor

### Los ingredientes:

- 5 huevos
- 1 taza de leche
- 1 taza de camotes cocinados, hechos puré
- 1 lata de leche condensada con azúcar
- 1 cucharadita de esencia de vainilla
- 1 cucharada de azúcar mezclada con 1 cucharadita de canela molida

### Las direcciones:

- Precaliente el horno a 350°F.
- Bata los huevos dentro de un tazón de mezclar grande.
- Agregue la leche, camote, leche condensada y la vainilla y mezcle bien.
- Vierta en un recipiente de hornear hondo, de 1½ cuartos, untado de mantequilla.
- Espolvoree con azúcar y canela mezclados.
- Coloque el recipiente dentro de otro con 1" de agua hirviendo y hornee a baño María, a 350°F, por 45 minutos o hasta que al pinchar el centro con un cuchillo, salga limpio.
- Sirva tibio o frío.



**Home Link... Try a new Sweet Potato recipe at home!**





**Home Link... Try a new Sweet Potato recipe at home!**

## **North Carolina SweetPotato Medallions**

*Grilled crisp and golden and garnished with zesty green cilantro, these Sweet- Potato Rounds pair wonderfully with grilled chicken or pork.*

**Yield: 4 Servings**

**From:** North Carolina SweetPotato Commission, Inc.

### **Ingredients:**

- 4 medium North Carolina SweetPotatoes
- 2 teaspoons light olive oil
- Garlic salt, to taste
- Fresh ground pepper, to taste
- 2 tablespoons finely chopped fresh cilantro

### **Directions:**

- Peel sweetpotatoes, and cover with water in a large pot.
- Boil gently for 20 minutes until potatoes are just tender. Do not overcook. - Drain well in a colander and set aside to cool.
- When cool, cut into half-inch rounds and set aside.
- Combine olive oil, garlic salt and pepper to taste on a large flat dinner plate.
- Coat each side of the sweetpotato medallions in the oil mixture.
- On a hot grill, cook 5 to 6 minutes on each side until golden brown.
- Sprinkle with cilantro to serve.



## **Recetas de Casa**



## **Medallones de Camote de Carolina del Norte**

**Rinde 4 Porciones**

*Camotes de Carolina Del Norte --- Recetas con Sabor Latino*

### **Los ingredientes:**

- 4 camotes medianos
- 2 cucharaditas de aceite de oliva, bajo en grasa
- Sal de ajo, al gusto
- Pimienta recién molida, al gusto
- 2 cucharadas de cilantro fresco, finamente picado

### **Las direcciones:**

- Pele los camotes y coloque en una cacerola grande cubiertos de agua.
- Cocine a fuego lento durante 20 minutos, hasta que comiencen a ablandarse. Escorra y enfríe.
- Corte los camotes en rodajas de media pulgada y ponga a un lado.
- Mezcle el aceite de oliva, la sal de ajo y la pimienta, al gusto, en un plato de comer plano.
- Cubra los medallones de camote, por ambos lados, con la mezcla con aceite.
- Cocínelos sobre una parrilla caliente, hasta que se doren de ambos lados.
- Ponga el cilantro encima



**Home Link...** Try a new **Sweet Potato** recipe at home!

## Southwestern SweetPotato Tortilla Soup

*Don't be put off by a long list of ingredients. This soup is easy to prepare with deli barbecued pork and bottled sauces. Barbecued chicken or turkey may be substituted for pork.*

**Serves: 6** (1 ½ cups each)

**From:** North Carolina SweetPotato Commission, Inc.

### Ingredients:

- 6 six-inch flour tortillas
- vegetable oil cooking spray
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1/2 cup small diced green pepper
- 1 tablespoon minced seeded jalapeño pepper
- 1 tablespoon minced garlic
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 3 cups chicken broth
- 2 cups diced, peeled North Carolina sweetpotato
- 1 pound diced barbecued pork, chicken or turkey
- 2 cups frozen corn kernels
- 1 15-ounce can diced tomatoes
- 1 cup tomato sauce (1 8-ounce can)
- 1/2 cup mild salsa
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/3 cup cilantro, chopped
- ripe avocado

### Directions:

- Preheat oven to 375°F.
- Coat one side of each tortilla with cooking spray and divide into 2 stacks of 3. With a sharp knife, cut tortillas into ¼-inch wide strips. Spread loosely on ungreased baking sheet. Bake about 10 minutes until crisp and lightly browned.
- In a large soup pot, heat oil and cook onions, peppers, garlic, chili powder and cumin over medium heat for 5 minutes. Stir well after 5 minutes.
- Add chicken broth and sweetpotatoes and bring to a low simmer. Cook about 10 minutes.
- Stir in pork, corn, tomatoes, tomato sauce, salsa, salt and pepper. Cover and simmer another 15 minutes.
- Stir in cilantro and adjust seasoning to taste.
- Just before serving, peel avocado and dice.
- Ladle soup into large bowls, top with diced avocado and garnish with tortilla strips.

**Nutritional information Per 1½ cup Serving:**

**Calories 529; Protein 33g; Carbohydrates 57g; Dietary Fiber 8g; Total Fat 20g; Vitamin A 1572RE; Vitamin C 149mg**

# **MARCH:**

**Fruit – Kiwifruit**

**Veggie – Chickpeas**



# Kiwifruits



## Fact Sheet

### **Where did they come from?**

Kiwifruit is more than 700 years old. The kiwifruit began in the Yang-tse river valley in China where they called it “Yangtao”. It grew wild on vines that wrapped around trees. Between 1800 and 1900 samples of the fruit and seeds were sent to England. In 1904 plant cuttings were brought to the United States. It was not until the 1960’s that the U.S. received its first shipment of kiwi from New Zealand. At that time it was called the “Chinese Gooseberry”. The United States renamed kiwifruit after New Zealand’s national bird, the kiwi. It’s appropriate that this fuzzy, brown, egg shaped fruit was named after the kiwi bird. The non-flying kiwi bird is also fuzzy and brown. California started growing kiwi during the 1970’s, which is when it became available for the first time across the country.

### **Where do they grow?**

Most kiwifruit from our country is grown in California. Imported kiwi is grown in Chile and New Zealand. Kiwifruit can be found in your local supermarket all year long. California kiwi is available November to May, Chile kiwi is available April to November and New Zealand kiwi is available June through December.

### **How do they grow?**

Kiwifruit plants are first grown in hot houses where the roots and vines are grafted together. Later the kiwifruit plants are transplanted to fields where their vines are trained to grow on a trellis or lattice style frame. Kiwifruits need plenty of water to grow. A developing kiwi plant is called a berry. A plant may take up to three to five years before it produces fruit. Their vines can grow as high as 15 feet. Fruit hangs from the vines like a bunch of grapes. Kiwi is hand picked by workers wearing white cotton gloves to protect the fruit from damage.

### **Are they healthy?**

- 👉 High in vitamins C & E and potassium
- 👉 Good Source of fiber
- 👉 Fat free, sodium free and cholesterol free

### **How do you pick a good one?**

- 👉 Buy firm kiwi; Ripen at room temperature for 3-5 days
- 👉 Choose ones that are plump, have a pleasant smell, and are slightly soft to the touch, like ripe peaches
- 👉 Avoid those with wrinkles, bruises or soft spots

# ☺ FUN FACTS! ☺

## Kiwifruits

### Did you know...

- ☺ **Did you know kiwifruit has been described as tasting like a combination of melon, citrus fruits, nectarines and strawberries -- all in one?**
- ☺ **Did you know kiwifruit is green on the inside?**
- ☺ **Did you know that you can eat the tiny black seeds on the inside of the fruit?**
- ☺ **Did you know you can eat the fuzzy skin on the outside of the kiwifruit?** *(Just rinse and rub the skin gently, cut into quarters and eat!)*
- ☺ **Did you know you can speed up the ripening of kiwi by placing it close to, or in a bag with bananas, apples or pears?** *(Kiwi is sensitive to a gas, ethylene, produced by these other fruits. This gas will soften the kiwifruit.)*
- ☺ **Did you know that there are two types of kiwifruit, green and gold?** *(The gold was first grown in the 1980's. It has a golden yellow flesh with tiny black seeds and on the outside it looks the same as green kiwi. It tastes similar to the green variety, but it has a hint of mango flavor.)*
- ☺ **Did you know that kiwi can be used as a natural meat tenderizer?**
- ☺ **Did you know there are 400 varieties of kiwifruit in China?**
- ☺ **Did you know kiwi is one of the most popular fruits today?**
- ☺ **Did you know it takes almost 2 weeks for kiwi to arrive at U.S. ports from New Zealand?**

**Remember ...Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting **Kiwifruit**; Choose ideas at your own discretion

#### RECIPES:

- ✓ Cut kiwi in half; let students eat with a spoon  
**Note:** Since a half of a kiwi may only equal  $\frac{1}{4}$  cup of fruit or even less based on the size, offer this item when 2 additional fruits/vegetables are featured on the menu  
E.g.:  $\frac{1}{2}$  cup mashed potatoes;  $\frac{1}{2}$  cup carrots;  $\frac{1}{2}$  kiwi  
4 oz. juice;  $\frac{1}{2}$  cup hash brown potatoes;  $\frac{1}{2}$  kiwi  
 $\frac{1}{2}$  cup corn;  $\frac{1}{4}$  cup lettuce/tomato;  $\frac{1}{2}$  kiwi  
 $\frac{1}{2}$  cup lettuce/tomato;  $\frac{1}{4}$  cup salsa;  $\frac{1}{2}$  kiwi
- ✓ Offer  $\frac{1}{2}$  kiwi with juice at breakfast to increase the amount of fruits consumed by students at this morning meal
- ✓ Add a slice of kiwi on top of fruit as a garnish
- ✓ Serve  $\frac{1}{2}$  kiwi with crushed pineapple in a soufflé cup
- ✓ Sell as a healthy a la carte snack
- ✓ Mix kiwifruit into pasta, chicken or turkey salads
- ✓ Add fresh kiwifruit slices to fruit salads
- ✓ Try a new recipe with kiwifruit ---Rainbow Fruit Salad (see attached)

#### MARKETING:

- ✓ Contact the California Kiwifruit Commission for resources [www.kiwifruit.org](http://www.kiwifruit.org)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9 for ideas

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Kick'n' with Kiwi!*)
- ✓ Feature kiwi on a healthy lunch for Nat'l Nutrition Month
- ✓ Offer kiwi during Nat'l School Breakfast Week
- ✓ Offer this green fruit for St. Patrick's Day --- Emerald Isle Fruit
- ✓ Promote an "Unusual/Unique or Special Fresh Fruit Day" --- Feature Kiwi
- ✓ Initiate the "Vegetable and Fruit Challenge" as a classroom activity for Nutrition Month; Information in "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 51; Order additional challenge forms from Team Nutrition: [www.teamnutrition.usda.gov/Resources/fvchallengepacket.html](http://www.teamnutrition.usda.gov/Resources/fvchallengepacket.html) (Click on "upon request")
- ✓ Have students "Plan a Lunch"; Feature these classroom meal ideas on your future menus; Highlight the specific class; Use the forms and information from your "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 36-39

#### Presentation

##### Meal Appeal ---

Make Food Fun ---  
Offer  $\frac{1}{2}$  Kiwifruit &  
Let Kids Eat with a Spoon!

#### Quality:

Store Ripe Kiwifruit  
Away From High Ethylene  
Producing Produce!  
E.g.: Apples, Bananas,  
Pears & Peaches

#### Safety:

Sanitize Cutting  
Boards After Each  
Specific Task!

 School Food Service Link...



**School Food Service Recipes**



## Rainbow Fruit Salad

Serving size ½ cup

Yield: 100

### Ingredients:

Use assorted fresh, frozen and canned fruit; a sufficient amount for 100 each ½ cup portions. **Be sure to use KIWI!**

Additional fresh fruit suggestions to use in salad: grapes, bananas, oranges...

### Dressing:

- ◆ 3 cups Orange Juice, Unsweetened
- ◆ 2 cups Lemon Juice
- ◆ 2/3 cup Honey
- ◆ 1 tsp. Ginger, Ground
- ◆ 1 tsp. Nutmeg, Ground

### Directions:

1. Drain all Fruit. Place all fruit in large bowl.
2. For dressing, combine the orange juice, lemon juice, honey, ginger and nutmeg. Whisk until dressing is completely mixed.
3. Pour dressing over the fruit and toss lightly to coat evenly.
4. Cover bowl with wrap and refrigerate until service or preparation.
5. Serve 1/2 cup, using a #8 scoop or 1/2-cup ladle, per portion.

HACCP Tips: Wash hands and clean all food preparation surfaces



# Chickpeas



## Fact Sheet

### **Where did they come from?**

Chickpeas, also known as garbanzos or ceci (*pronounce chee-chee*) beans, are an ancient crop that has been grown in the Middle East, India and parts of Africa for over 7,000 years. They are small, cream-colored, mild flavored legumes. Chickpeas are popular in many different world cuisines such as Middle Eastern, Indian, Italian, Spanish and Latin America.




### **Where do they grow?**

Chickpeas are grown throughout the Middle East, India, Turkey, Africa and the United States. India produces about 80-90% of the world's chickpea supply. Most of the chickpeas produced in the United States are grown in California. Eastern Washington State, Idaho and Montana grow this crop also, and recently have increased the amount they are growing since Mexico has cut back their production. Chickpeas are available year round either dried or canned.





### **How do they grow?**

Chickpeas are grown on multiple branched plants with small, feathery leaves and pods containing seeds. These grow between 8 to 40 inches tall. Chickpea plants contain a tap root system, which allows them to withstand drought conditions. They grow best in warmer climates consisting of hot days and warm nights. Chickpeas also require fertile and sandy soil with good drainage to prevent soggy or flooded ground.

### **Are they healthy?**

-  Have high amounts of protein  
*(In school lunch these can count as either a vegetable component or protein/meat alternate component.)*
-  Contain complex carbohydrates and fiber
-  Are a good source of vitamin B6, C and zinc

### **How do you pick a good one?**

-  Purchase cans that are not damaged and meet U.S.D.A. grade standards
-  Choose dried beans/peas that are uniformly sized and evenly colored
-  Avoid dried chickpeas that are cracked or broken
-  If buying dried in bulk, check for insect damage (small, pin size holes)



# 😊 FUN FACTS! 😊

## Chickpeas

### Did you know...

- 😊 Did you know chickpeas can be used in salads, soups, dips, and pasta or grain dishes?
- 😊 Did you know chickpeas are also called garbanzo or ceci (*pronounce chee-chee*) beans?
- 😊 Did you know chickpeas are considered a vegetable or meat alternate/protein in the school lunch program?
- 😊 Did you know that on the food pyramid chickpeas/garbanzo beans are in the meat & beans group and also the vegetable group?
- 😊 Did you know chickpeas are used to make hummus; a thick spread used on crackers or bread?  
(Vegetarians commonly eat hummus since it is a good source of protein. It is a Middle Eastern dip. Hummus consists of chickpeas that are mashed and combined with lemon juice, oil, crushed sesame seeds and garlic.)
- 😊 Did you know chickpeas are used in a popular Middle Eastern dish called falafel?  
(To prepare this dish beans are mashed and formed into balls and then deep-fried.)
- 😊 Did you know chickpeas can be purchased as dried or canned?
- 😊 Did you know that chickpeas have a nutlike flavor?
- 😊 Did you know chickpeas contain 20% protein, 5% fat and 55% carbohydrate?
- 😊 Did you know chickpeas are high in soluble fiber, which may lower blood sugar and cholesterol levels?

Remember ... Eat more fruits and vegetables everyday!

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Chickpeas*; Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with chickpeas/garbanzo beans --- Hummus; Great vegetarian item! (USDA E-24)
- ✓ Add hummus to vegetable sandwiches and wraps
- ✓ Offer three bean salads with chickpeas (USDA E-11; Substitute chickpeas for kidney beans)
- ✓ Add chickpeas to fresh tossed salads for extra fiber
- ✓ Add chickpeas to cooked brown rice or white rice

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Place free small samples out for students to taste test --- Advertise as "Free Samples" and students may try something new!
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name  
(*Example: Chill Out with Chickpeas or Groov'n' with Garbanzo Beans!*)
- ✓ Turn your salad bar into a "Salad Topping Bar":
  - Place lettuce, red/green leafy greens and fresh spinach in a bowl for students, then let them create their own salad masterpiece at the "Topping Bar"!
  - Offer salad toppings such as chickpeas, tomatoes, carrots, cucumbers, broccoli, three bean salad, sunflower seeds, Chinese noodles, croutons...
- ✓ Feature a "Vegetable Trivia Contest"!
  - ✓ Display different vegetables and have students "Name the Vegetable"
  - Or
  - Distribute a list of vegetable trivia questions and ask "What Vegetable Am I?"
  - ✓ Enter all returned questionnaires in a box
  - ✓ Pick several winners, but questionnaires selected as winners must have correct answers!
  - ✓ Give out fun prizes!

#### Presentation

##### Meal Appeal ---

Vary Shapes in Salads for Eye Appeal and an Exciting Mouth Feel!

#### Quality:

Rinse & Drain Canned Chickpeas to Eliminate Sodium!

#### Safety:

Return Bulging or Damaged Cans!

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of Kiwifruit and Chickpeas ...

*Items in bold are enclosed.*

- ✓ Celebrate March --- National Nutrition Month!
- ✓ Review **“Fact Sheet”** and **“Fun Facts”**
- ✓ Go to the Team Nutrition web site to order a free “Vegetable & Fruit Challenge” Poster  
(Your school must be a Team Nutrition School to receive a free poster)  
**Instructions for “Challenge” are attached**; Set a classroom goal!  
[www.teamnutrition.usda.gov/Resources/fvchallengepacket.html](http://www.teamnutrition.usda.gov/Resources/fvchallengepacket.html) (Click on “upon request”)
- ✓ Have students color **“Kevin Kiwi”**
- ✓ Have students complete **“Kiwifruit Trivia Questions”** or play a game with questions
- ✓ Distribute **“Five Fuzzy Fruit Breakfast Riddles”** for students to complete
- ✓ Discuss the characteristics of a kiwifruit (fuzzy, brown skin, green flesh with seeds...)
- ✓ Discuss **“Ripening Kiwi”**; Have each student create their own unique ripening bag!
- ✓ Conduct **“Kiwifruit ... Life Cycle”** activity with students
- ✓ Have students complete **“Solve the Mystery Chickpea Words”**
- ✓ Review **“SLOOPING the KIWI”** --- A new and fun way to eat Kiwifruit!



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

- ✓ Encourage ---- **“Take the 5 A Day Challenge”** as a family activity (*handout attached*)
- ✓ Send home --- **“Slooping the Kiwi”** handout
- ✓ **Kids’ Kitchen Recipes** (*Review with students “What Is A Serving?” and “Fruit Scramble”*)
- ✓ **Recipes for Home**



## Classroom Link...

From: "Fruits & Vegetables Galore-Meal Appeal"/USDA Team Nutrition

Team Nutrition

# Vegetable and Fruit Challenge

### Learning Outcomes:

1. Students will be able to identify various fruits and vegetables.
2. Students will be able to count the number of fruits and vegetables eaten at lunchtime.
3. Students will be able to record their progress on a chart.
4. Students will practice addition by adding up the number of servings daily, weekly and monthly.
5. Students will compare their personal and whole class progress with an identified goal.

### How to Play:

- **Hang up the chart in the classroom.** The chart is printed on synthetic paper, which will wipe off clean. Have dry-erase markers readily available near the chart (the kind that write on and wipe off so that you can reuse the chart next year!). You can even Velcro the markers to the chart!
- **Set a classroom goal.** The goal is set by multiplying the number of school days in the month by the number of students in the class by 1.5 servings. For example, the month of February may have 15 school days and your classroom has 20 students. The formula would be as follows:

$$15 \text{ days} \times 20 \text{ students} \times 1.5 \text{ servings fruits \& vegetables} = 450$$

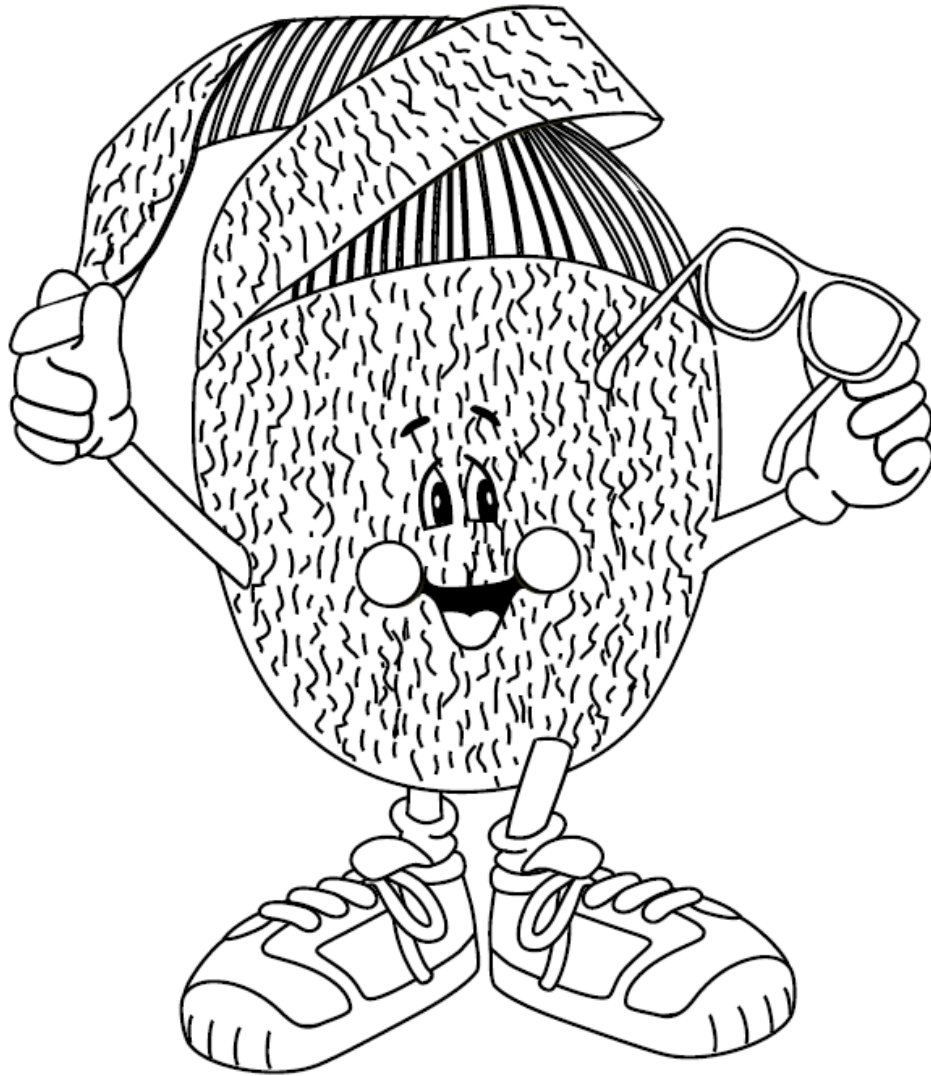
- The 450 becomes your monthly goal for the students to reach on the chart.
- **After lunch each day, have the students come up to the chart** and make an X in the numbered boxes, putting one X for each fruit or vegetable eaten, one X per box. A taste is all that is necessary. Be sure to have students bringing lunches from home participate as well as those students purchasing school lunch. Notify parents of the challenge to encourage their support and participation.
  - **Plan a special tasting party or offer small incentives to the students when the goal is reached.** These incentives may include pencils, stickers, magnets, special privileges, etc. Here is where your food service director may be able to assist you by preparing special items for the classroom or recognizing the students in the cafeteria. You may even want to post your results in the cafeteria for other classes to see the progress.
  - **Tell Team Nutrition and Connecticut Team Nutrition about your challenge so we can feature your class on our Web sites!** [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn) and [www.team.uconn.edu](http://www.team.uconn.edu).

*Developed by Connecticut Team Nutrition which is sponsored by:  
University of Connecticut, Department of Nutritional Sciences  
Connecticut State Department of Education, Office of Child Nutrition*



# Classroom Link... **Kevin Kiwi**

Coloring Page From: Dole 5-A-Day



Kevin Kiwi Fruit ©



## KIWIFRUIT --- TRIVIA QUESTIONS



- 1- What is kiwifruit called in China? \_\_\_\_\_
- 2- What would have been happening when the first kiwifruit was shipped to the United States? \_\_\_\_\_
  - A. A man landed on the moon.
  - B. The first cars were being built.
  - C. World War II was being fought in Europe.
- 3- Green kiwi can be found in the U.S. What other type of kiwifruit can be found in the United States? \_\_\_\_\_
- 4- What was grown first in the United States, corn or kiwifruit? \_\_\_\_\_
- 5- What is another name for kiwifruit? \_\_\_\_\_
- 6- Most kiwifruit grown in the United States is in a state that borders the Pacific Ocean. What is the state? \_\_\_\_\_
- 7- The original name of kiwi was the "Chinese Gooseberry". The United States renamed this fruit. What did the U.S. name Kiwifruit after?  
\_\_\_\_\_
- 8- What was the first country to grow kiwifruit? \_\_\_\_\_
- 9- Where does most of the kiwifruit in California grow?  
\_\_\_\_\_
- 10- What country has the oldest kiwifruit vines? \_\_\_\_\_
- 11- How many varieties of kiwifruit are there in China? \_\_\_\_\_
- 12- How many years old is kiwifruit? \_\_\_\_\_



**Classroom Link...** *From: California KiwiFruit Commission*

# **FIVE FUZZY FRUIT**

## **BREAKFAST RIDDLES**

### **TO HELP START THE DAY WITH 5 A DAY**

1- You can pour milk over me and eat me for breakfast. Sweet, colorful slices of kiwifruit, called kiwi coins, can be put on top of me to make me prettier and healthier.

What am I? \_\_\_\_\_

2- You can eat me for breakfast or a snack. I'm made with yogurt, granola cereal and kiwifruit slices layered in a tall glass. Another way I can be made is with ice cream.

What am I? \_\_\_\_\_

3- I am brown on the outside, green on the inside with some black spots. I can be eaten whole, in slices, in wedges or scooped out with a spoon?

What am I? \_\_\_\_\_

4- I am round and flat. You pour me into a pan to cook me. Sliced kiwifruit on top of me tastes great.

What am I?  
\_\_\_\_\_

5- You can put slices of kiwifruit, bananas, apples, pineapple and other fruits together in a bowl and eat me for breakfast.

What am I? \_\_\_\_\_

### **Bonus:**

When you wake up in the morning, you need energy to keep you feeling fit and fine the whole day. That is why I am one of the most important meals of the day.

What am I? \_\_\_\_\_



**Classroom Link...** From: California KiwiFruit Commission

## Ripening Kiwi!

Fruit that is not ripe does not taste sweet. Kiwifruit is easy to ripen. Ethylene, a natural gas produced by kiwifruit and other fruits, helps the fruit ripen.

### Three-Step Ripening:

1. Place kiwifruit in a paper bag with other fruits such as a pear, banana or apple.
2. Leave the bag loosely closed at room temperature out of direct sunlight.
3. Check the fruit daily. When it gives to gentle palm pressure, it is ripe. (Hold it in your palm like a baseball and gently squeeze.) Enjoy eating it or refrigerate ripe kiwifruit to enjoy later.

### Experiment!

Have the students sample a ripe and unripe kiwifruit. Which do they prefer? How does ripe and unripe kiwifruit taste and feel differently? Have each student create their own ripening bag by putting their name and other artwork on a paper bag.



## ANSWERS



### **TRIVIA QUESTIONS:**

**Answers:** 1-Yangtao 2-A 3-Gold or Golden 4-Corn 5-Chinese Gooseberry  
6-California 7-New Zealand's National Bird ---The "Kiwi" 8-China  
9-Sacramento & San Joaquin Valleys (Central California) 10-China  
11-Over 400 12-Over 700 Years

### **FIVE FUZZY FRUIT**

### **BREAKFAST RIDDLES:**

- 1- Cereal
  - 2- Parfait
  - 3- Kiwifruit
  - 4- Pancakes
  - 5- Fruit Salad
- Bonus- Breakfast**





**Classroom Link...** *From: California KiwiFruit Commission*

## **Kiwifruit ... Life Cycle**

### **Purpose/Objectives:**

1. Identify the needs for plant growth and life cycle stages.
2. Summarize the kiwifruit's life cycle through illustrations.
3. Compare and contrast a plant's growth needs to those of a human.

### **Materials Needed:**

1. Kiwifruit
2. Colored pencils
3. Poster paper
4. Glue
5. Scissors

### **Background:**

Kiwifruit has tiny black seeds that can be seen when you slice the fruit. Bees pollinate Kiwifruit flowers. Farmers use two or three beehives per acre to help pollinate kiwifruit flowers. Kiwifruit has male and female plants. For proper pollination, there needs to be one male plant for every eight female plants. Kiwifruit needs water, nutrients and soil to grow. The developing kiwifruit is called a beny and grows on vines. It takes three years for a kiwifruit plant to mature and produce fruit. In California, the fruit is picked in October and November. The vines can be as high as 15 feet. In China, some kiwifruit grows on trees that are 20 to 30 feet tall. Kiwifruit vines can live a long time. There are vines in New Zealand that are 80 years old.

### **Lesson/Activity:**

1. **Print** at the top of poster paper “**Fruitful Life Cycle of Kiwifruit**”. **Draw a circle with arrows** and the words “**Begin**” and “**End**” on the poster paper.
2. Have students **cut out life cycle stickers**.
3. **Write on the life cycle stickers** the different **stages of kiwifruit growth** as outlined in the “background information above.”
4. **Discuss** what is needed for **kiwifruit's growth**. **Compare to human growth** and our needs.
5. **Explain** the different **stages of kiwifruit growth**. Have students **glue the life cycle stickers** in sequence **on poster board**.



## Classroom Link...

**SOLVE**  
the



MYSTERY



## Chickpea Words...

- 1- Chickpeas are also called  
\_\_\_ R \_\_\_ N \_\_\_ \_\_\_ \_\_\_ E \_\_\_ \_\_\_ S.
- 2- Chickpeas are an excellent source of the nutrient,  
\_\_\_ R \_\_\_ \_\_\_ E \_\_\_ \_\_\_ .
- 3- \_\_\_ U \_\_\_ \_\_\_ \_\_\_ S is a Middle eastern dip made with  
mashed chickpeas.
- 4- \_\_\_ N \_\_\_ I \_\_\_ \_\_\_ is the country that produces the most  
chickpeas in the world.
- 5- Chickpeas are high in soluble \_\_\_ \_\_\_ B E \_\_\_.
- 6- \_\_\_ \_\_\_ L \_\_\_ F \_\_\_ L is a popular Middle Eastern dish  
made by mashing chickpeas and forming them into  
balls and then deep-frying.
- 7- Another name for chickpeas is  
\_\_\_ \_\_\_ C \_\_\_ \_\_\_ \_\_\_ E A \_\_\_ S.
- 8- In the United States, \_\_\_ A \_\_\_ I \_\_\_ \_\_\_ \_\_\_ \_\_\_ I \_\_\_ is  
the major state producing chickpeas.



Classroom Link...

## ANSWERS

**SOLVE**  
the



MYSTERY



## Chickpea Words...

- 1- Chickpeas are also called G A R B A N Z O B E A N S.
- 2- Chickpeas are an excellent source of the nutrient, P R O T E I N.
- 3- H U M M U S is a Middle eastern dip made with mashed chickpeas.
- 4- I N D I A is the country that produces the most chickpeas in the world.
- 5- Chickpeas are high in soluble F I B E R.
- 6- F A L A F E L is a popular Middle Eastern dish made by mashing chickpeas and forming them into balls and then deep-frying.
- 7- Another name for chickpeas is C E C I B E A N S.
- 8- In the United States, C A L I F O R N I A is the major state producing chickpeas.



**Home Link...** Have everyone in the family keep track of the fruits & vegetables they eat each day. Use a different colored marker or square for each family member. Place a check (✓) into the square each time you eat a serving of fruits or vegetables. Make sure to enter your ✓ under the correct day! Total the number of check marks for each family member at the end of the week. Who scored the highest??? Who ate the most fruits & vegetables for the week???

# Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.  
Just enter a check mark each time you eat one serving.  
Find out if you eat 5 A Day every day!

What is a Serving?

1 Serving =

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit

1 2 3 4 5



| SERVINGS |  | DAYS   |        |         |           |          |        |          |
|----------|--|--------|--------|---------|-----------|----------|--------|----------|
|          |  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|          |  |        |        |         |           |          |        |          |
|          |  |        |        |         |           |          |        |          |
|          |  |        |        |         |           |          |        |          |
|          |  |        |        |         |           |          |        |          |
|          |  |        |        |         |           |          |        |          |

Count up your servings every day and you'll  
be on your way to 5 A Day!

eProduct for Better Health Foundation, www.5aday.com, 302-256-2329



Home Link...

## SLOOPING THE KIWI

Which of the following statements most describes you?

1. I love kiwifruit and eat it all the time; peeling and slicing it is no problem at all.
- or-
2. I enjoy kiwifruit, but it sure is a pain to get past that fuzzy skin to enjoy the fruit inside.

If you answered yes to question #2 (and trust us, a lot of people feel the same way), we've got a solution for you. It's called  
**Slooping** –

It's the ideal way to enjoy California kiwifruit!

**Slooping** a kiwi is simple and quick, and can be done almost anywhere. Once you start **Slooping** you'll never look at a kiwi the same way again! Something that was once inconvenient and exotic will become an everyday, everywhere snack.



### How do you **Sloop** a kiwi?

It's Simple! Follow these directions:

Step One: Take a knife and slice the kiwi in half.

Step Two: While holding one half of the kiwi in your left hand, take a spoon and scoop out a bite of that tangy, tender, sweet and juicy fruit. Then scoop out another bite, then another.

Pretty soon you've consumed the most flavorful, nutritious and fun fresh fruit you can get your hands on, and you've done it with no fuss and no muss.

Eat the fruit right out of the skin, and then throw away the skin or, if you're really, really brave, eat the skin too – it's loaded with nutrition!

So start **Slooping** today!



Home Link...



# KIDS' KITCHEN



## Kiwifruits

### How to Cut and Slice a Kiwifruit:

- 1-Rinse kiwifruit under cold running water
- 2-Secure the kiwi on a cutting board
- 3-Cut off the top and bottom ends
- 4-Peel down the sides with a vegetable peeler or paring knife
- 5-Slice or quarter into bite-size pieces

OR

Try "SLOOPING" your Kiwi!

### Fun Ways to Eat:

- Cut in quarters or in half and eat with a spoon
- Mix into low fat yogurt
- Use as a topping for cereal
- Use as a topping for fruit pizza
- Make a kiwifruit sauce; Use it as a topping for pancakes, waffles, French toast, ice cream or yogurt (*See home recipes, "Early Start Sauce"*)
- Add to fruit salads, tossed salads and cold rice or pasta salads
- Use in a smoothie or shake

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include kiwifruit as an ingredient:

- Green Machine Milkshake
- Rainbow Fruit Platter with Strawberry Yogurt Dip
- Fruit Pizza



## KIDS' KITCHEN



# 5 A DAY AND KIWI FRUIT

## KIDS ACTIVITY SHEET

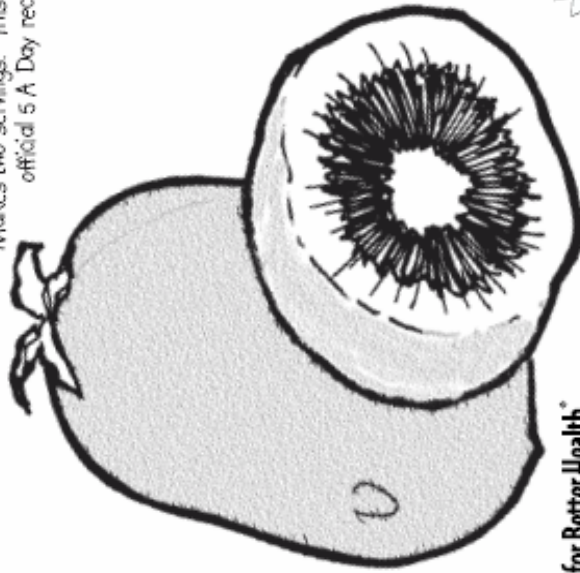
Try this fun & easy recipe

### GREEN MACHINE MILKSHAKE

- 1 cup (about 3 kiwi) ripe kiwifruit, peeled and sliced
- 1/2 cup 1% or less milk
- 1 tbsp. fresh lemon juice
- 2 large scoops lime sherbet

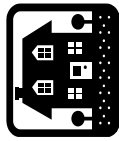
With the help of an adult, combine the kiwifruit pieces, milk, and lemon juice in a blender. Cover and blend on high speed for 10 seconds. Add the lime sherbet and blend on low speed until thick and smooth. Pour into tall glasses and serve immediately.

Makes two servings. This is an official 5 A Day recipe.



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY



Home Link...

# WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit  
 1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

# FRUIT SCRAMBLE

1. trapico \_\_\_\_\_
2. plape \_\_\_\_\_
3. nabaan \_\_\_\_\_
4. beerslibuer \_\_\_\_\_
5. sheerric \_\_\_\_\_
6. lmup \_\_\_\_\_
7. tead \_\_\_\_\_
8. ifg \_\_\_\_\_
9. truiprafge \_\_\_\_\_
10. prage \_\_\_\_\_
11. arpe \_\_\_\_\_
12. fwiikrtui \_\_\_\_\_
13. penur \_\_\_\_\_
14. graeno \_\_\_\_\_
15. mile \_\_\_\_\_
16. yrrebpsar \_\_\_\_\_

Scrabble is a registered trademark of Hasbro, Inc. © 1989 Hasbro, Inc. All rights reserved.  
 5 A Day is a registered trademark of the U.S. Department of Agriculture. © 1996 USDA.

**Eat 5 or more servings of fruits and vegetables  
 a day for better health**

**FOR MORE FUN FOR KIDS,  
 GO TO [WWW.5ADAY.COM](http://WWW.5ADAY.COM)**



Home Link...



# KIDS' KITCHEN



## Rainbow Fruit Platter with Strawberry Yogurt Dip

**Makes 6 servings**

*From: 5 A Day Kids' Cookbook/Dole*

### **Ingredients:**

#### Dip

- 1 cup chopped strawberries
- 1 (8 ounce) carton vanilla yogurt

#### Platter

- 1 cup whole Strawberries, washed
- 2 cups fresh Pineapple, cut into chunks
- 1 large Banana, peeled and cut into chunks
- 1 Red Delicious Apple, cored and sliced
- 1 Orange, peeled and sectioned
- 2 large Kiwifruit, peeled and sliced
- 1 cup Purple Grapes, washed

### **You will need:**

- ✓ Cutting Board
- ✓ Knife
- ✓ Large Serving Platter
- ✓ Six Individual Plates
- ✓ Small Bowl
- ✓ Spoon

### **Directions:**

#### *Dip*

- 1- Combine chopped strawberries and yogurt in small bowl; set aside

#### *Platter*

- 2- Arrange fruit on large serving platter to create bands of a rainbow. Give your friends their own small plates so they can make their own rainbow with their favorite fruits.
- 3- Serve with the bowl of fresh strawberry yogurt dip on the side. You can either dip pieces of fruit in the yogurt, or spoon the yogurt over the top of your rainbow.

**Nutrition information per serving:** Calories 163, Fat 1g, Saturated Fat .5g, Fiber 5g, Cholesterol 2mg, Vitamin A 202 IU, Vitamin C 100mg, Sodium 30mg, Calcium 100mg, Potassium 539mg





Home Link...



# KIDS' KITCHEN



## Fruit Pizza

Kids can make this fun and easy recipe. It will be a delicious work of art! Younger children may need some help from an adult. **A combination of kiwifruit, strawberries, raspberries, and blueberries is pretty and some light whipped topping can also be added.**

### **Ingredients:**

- 1 package (20 oz.) sugar cookie dough
- 1 qt. strawberries, washed and hulled  
(or other fresh fruit such as kiwi!)
- 1 large box (1.4 oz.) sugar-free vanilla instant pudding
- 3 cups skim milk
- 6 oz. ( $\frac{1}{2}$  of a 12 oz. tub) light cream cheese (room temperature)

### **Directions:**

- Preheat oven to 350°F degrees.
- Spray a 16-inch pizza pan with a non-stick spray.
- Slice cookie dough into  $\frac{1}{4}$  -inch thick slices.
- Arrange slices on pizza pan so that they are  $\frac{1}{2}$  to 1-inch apart.
- Bake for 18-20 minutes or until golden and set. Cool.
- In small mixing bowl, combine pudding mix and milk. Beat on low to mix.
- Add cream cheese to pudding mix and beat until smooth and thickened.
- Pour over cooled cookie crust.
- Arrange fruit on top.

**Yield: 18 slices (18 servings)**

**One serving: 1/18 the pie**

**Per serving:** 185 calories, 24 grams carbohydrate, 5 grams protein, 8 grams fat

**Exchanges:** 1 $\frac{1}{2}$  starch, 1 $\frac{1}{2}$  fat

**Source:** Quick & Healthy Recipes and Ideas



Home Link...



# KIDS' KITCHEN



## Chickpeas

### How to Prepare:

- 1-Open a can of chickpeas
- 2-Drain and rinse chickpeas in colander

### Fun Ways to Eat:

- Add to tossed salads
- Mix into pasta salads
- Add to brown or white rice
- Prepare a bean salad
- Try toasting *(recipe below)*
- Make hummus, great vegetarian item; Spread on crackers and mini breads *(Hummus: Pureed chickpeas, lemon juice, tahini, garlic, olive oil, salt and pepper)*

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe includes chickpeas as an ingredient:

## Spanish Nibbles: Paprika Toasted Chickpeas

*Recipe Courtesy Rachael Ray Show: Food Network Specials*

### Ingredients:

- 2 (15-ounce) cans chickpeas, rinsed and drained
- 2 teaspoons smoked paprika
- Salt and pepper

### Directions:

Place chickpeas in a medium skillet over medium heat and cook 15 minutes until crisp and dry. In the last 5 minutes, season the chickpeas with paprika, salt and pepper. *(If you season them up too soon, the paprika will blacken and become bitter.)* Munch and crunch! Great snack!



**Home Link...**



**Home Recipes**



**Your child/children will be offered**

**Kiwi**

**in March on their School Menu!  
Try a new Kiwifruit recipe at home!**

## **EARLY START SAUCE**

*From:* California KiwiFruit Commission

### **Ingredients:**

1/4 cup honey  
1/4 cup orange juice  
1/4 teaspoon grated orange peel  
4 California kiwifruit, pared, sliced, quartered

### **Directions:**

Combine honey, orange juice and orange peel. Microwave on high for 3 minutes or until mixture is smooth. Stir in kiwifruit. Serve on top of pancakes, waffles or French toast. Makes about 3/4 cup.



**Recetas de Casa**



¡Sus niño/niños serán ofrecidos

**Kiwi**

**En Marzo en su Menú de la Escuela!  
¡Trate una nueva receta de Kiwifruit en casa!**

## **SALSA DE COMIENZO**

*De:* Comisión de KiwiFruit de California

### **Ingredientes:**

¼ de taza de jugo de naranja  
¼ de taza de miel  
¼ de cucharilla de cascara de naranja rallada  
4 kiwifruit de California, pelado, cortado, dividido

### **Direcciones:**

Combina la miel, el jugo de naranja y la cáscara de naranja. Cocine en microonda en alto durante 3 minutos o hasta que mezcla sea suave. Mezcle con el kiwifruit y sirva encima de tortitas, los barquillos o la tostada.

Hace acerca de 3/4 de taza.



**Home Link... Try a new Kiwifruit recipe at home!**

## **Tropical Fruit Sundae**

**Makes 8 servings**

**Source:** PBH/Steve White

### **Ingredients:**

1 cup pineapple (fresh), bite size  
 1 cup strawberries (fresh), sliced  
 3 kiwifruit, sliced  
 1 cup sapote (sliced) (2–3 fruits)  
 1 orange, sectioned  
 2 tsp lemon juice  
 ½ cup pina colada yogurt  
 6 Tbsp peanuts, chopped  
 8 maraschino cherries

### **Directions:**

Combine first five ingredients and coat with lemon juice. Divide fruit among 8, five-ounce stemmed glasses. Top with yogurt, then nuts, then a cherry. Refrigerate.

**Nutrition information per serving:** Calories 110, Fat 4g, Calories from Fat 29%, Cholesterol 1mg, Fiber 2g, Sodium 12mg.



**Recetas de Casa**



## **Helado de Fruta Fresca Tropical**

**Hace 8 Porciones**

**Fuente:** PBH/Steve White

### **Ingredientes:**

1 taza de piña fresca, en trozos pequeños  
 1 taza de fresas frescas, en rebanadas  
 3 kiwis, en rebanadas  
 1 taza de zapote (2-3 frutas)  
 1 naranja, pelada y cortada  
 2 cucharaditas de jugo de limón  
 ½ taza de yogur de vainilla o piña  
 6 cucharillas de cacahuates, machacados  
 8 cerezas maraschino

### **Direcciones:**

Combine todas las frutas menos las cerezas y agregue el jugo de limón. Divida las frutas entre 8 vasos. Mezcle el yogur con los cacahuates. Use la mezcla para encima de los vasos de fruta. Termine poniendo una cereza encima. Refrigerere.

**Análisis nutritivo por cada porción:** calorías 110; grasa total 4g; % calorías de grasa 29%; colesterol 1mg; fibra 2g; sodio: 12mg



Home Link...



Home Recipes



## New Zealand Brown Rice Salad

Makes 6 servings.

Source: PBH/ENZA Fresh Inc.

### Ingredients:

- 1 cup brown rice
- 2 kiwifruit
- 1 Braeburn or Fuji apple
- ½ cup celery, thinly sliced
- ½ cup red pepper, cut into strips
- ¼ cup walnut pieces, toasted
- ¼ cup green onions, thinly sliced
- 2 Tbsp parsley, chopped
- 3 Tbsp sherry vinegar
- 1 Tbsp olive oil

### Directions:

- Cook rice according to package directions. Drain and cool.
- Peel kiwifruit and cut into ¼ inch thick slices. Cut slices in half to form half circles.
- Core apple and dice apple into ½ inch cubes.
- In a salad bowl, toss together rice, kiwifruit, apple, celery, red pepper strips, walnuts, green onions and parsley.
- Mix together vinegar and oil; drizzle over salad.
- Toss to mix well.
- Cover and refrigerate 1-2 hours to allow flavors to blend before serving.

**Nutrition information per serving:** Calories 202, Fat 7g, Calories from Fat 29%, Fiber 4g, Cholesterol 0g, Sodium 304mg



## Ensalada de arroz integral de Nueva Zelanda

Hace 6 Porciones

*Fuente:* PBH/ENZA Fresh Inc.

### Ingredientes:

- 1 taza de arroz integral
- 2 kiwis
- 1 manzana de Braeburn o de Fuji
- ½ taza de apio, en rebanadss finas
- ½ taza de pimenton rojo, cortado en tiras
- ¼ de taza de nuezes en pedazos, tostados
- ¼ de taza de cebollas verde, en rebanadas fina
- 2 cucharadas de perejil cortado
- 3 cucharadas de jerez de vinagre
- 1 cucharada de aceite de oliva

### Direcciones:

- Cocine el arroz integral según las direcciones del paquete. Escorra y enfria.
- Pele el kiwi y corte en rebanadas gruesas de ¼ de pulgadas. Corte las rebanadas por la mitad para formar semi-círculos.
- Quite el corazón a la manzana y corte la manzana en cubitos de ½ pulgada.
- En un tazón de ensalada, mezcle junto el arroz, kiwi, manzana, apio, tiras de la pimienta roja, nuezes, cebollas verde y el perejil.
- Mezcle juntos el vinagre y el aceite; ponga encima de ensalada y mezcla bien.
- Cubra y refrigere 1-2 horas para permitir que los sabores se mezclen bien antes de servir

**Información de la nutrición por la porción:** Calorías 202, 7g gordo, calorías de la grasa el 29%, fibra 4g, colesterol 0g, sodio 304mg.



[Home Link...](#)



[Home Recipes](#)



Your child/children will be offered

## Chickpeas

in March on their School Menu!

Try a new **Chickpea** recipe at home!

### Creole Chickpeas with Pasta

**Servings: 6 portions**

*Recipe From:* Michele Urvater/Food Network

#### **Ingredients:**

12 ounces corkscrews or wagon wheels  
¼ cup olive oil  
¼ cup chopped onion  
¼ cup chopped green bell pepper  
¼ cup chopped scallion  
1 tablespoon minced fresh garlic  
1 28-ounce can plum tomatoes, chopped, juices reserved  
1 to 2 cups chicken broth  
1 10-ounce package frozen corn, thawed  
16-ounce can of chickpeas, drained, rinsed  
½ teaspoon thyme  
1 whole bay leaf  
1/8 to 1/4 teaspoon cayenne pepper  
2 tablespoons parsley for garnish, minced  
Salt and pepper

#### **Directions:**

- Cook pasta according to package directions.
- In a large saucepan heat the olive oil.
- Add the onion, bell pepper and scallion and sauté for 3 to 4 minutes or until tender.
- Stir in the garlic and sauté a few seconds.
- Stir in the tomatoes, broth and corn and simmer 5 minutes.
- Add chickpeas, thyme, bay leaf and cayenne pepper and simmer until pasta is done.
- Boil down to thicken sauce or, conversely add more broth if you want it loose.
- Season with salt and pepper.
- Remove bay leaf before serving. When pasta is done transfer to a bowl and top with spicy chickpea mix. Garnish with minced parsley.



## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### Garbanzos

en Marzo en el Menú de la Escuela!

¡Trate una nueva receta de **Garbanzo** en casa!

### Garbanzos criollos con Pasta

**Porciones: 6 Porciones**

*Receta de:* Michele Urvater/Food Network

#### Ingredientes:

12 onzas de pasta de sacacorchos o ruedas de carro  
¼ de taza de aceite de oliva  
¼ de taza de cebolla cortada  
¼ de taza de pimenton verde cortado  
¼ la taza de cebolla larga cortada  
1 cucharada de ajo fresco picado  
1 lata de 28 onzas de tomates enlatados, cortados, jugo reservado  
1 a 2 tazas de caldo de pollo  
1 paquete de 10 onzas de maíz congelado, descongelado  
1 lata de 16 onza de garbanzos, drenados, enjuagados  
½ cucharadita de tomillo  
1 hoja de laurel entera  
1/8 a ¼ de cucharadita de pimienta de Cayena  
2 cucharadas de perejil para adornar  
Sal y pimienta

#### Direcciones:

- Cocine la pasta según direcciones del paquete.
- En una cacerola grande caliente el aceite de oliva.
- Añadir la cebolla, el pimenton y la cebolla larga y sauté durante 3 a 4 minutos o hasta que estén tiernos.
- Agregue el ajo y sauté unos segundos.
- Agregue los tomates, caldo y maíz y cocer a fuego lento 5 minutos.
- Añadir garbanzos, tomillo, hoja de laurel y ají de Cayena y hervir a fuego lento hasta que la salsa este hecha.
- Reducir para espesar la salsa o, añadir más caldo si quiere que la salsa quede menos espesa.
- Sasone con sal y pimienta.
- Quite la hoja de laurel antes de la servir. Cuando la pasta es hecha transferencia a un tazón y cubra con mezcla garbanzos sazonada. Adorne con perejil picado.



# **APRIL:**

**Fruit – Apricots**

**Veggie – Sugar Snap Peas**



# Apricots



## Fact Sheet

### **Where did they come from?**

Apricots originated in China and have been around for more than 4,000 years. Trimmings of the apricot tree were progressively brought through the Persian Empire to the Mediterranean where they became a very popular fruit. Apricots were introduced to America by Spanish explorers who planted this fruit in the gardens of Spanish missions throughout California. In 1792, the first major production of apricots started in northern California.





### **Where do they grow?**

Apricots are grown in the United States including California, Indiana and Washington State but are also grown in Chile, New Zealand, Turkey, France, Spain and Italy. California produces 95% of the apricots grown in the United States but only about 16% of these apricots are sold fresh. U.S. grown apricots are available mid-May to mid-August and imported apricots from Chile and New Zealand are available from December through March. However, peak seasons for apricots range between December to January and May to June.




### **How do they grow?**

Apricots are grown on small to medium sized trees, which contain spreading canopies. Apricots grow best in deep, fertile, well-drained soils and are most successful in mild, Mediterranean climates where the weather is warm and there is no possibility of frost. Apricots are picked by hand. The apricot resembles a peach, but is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. Fresh apricots are ripe when they yield to gentle pressure.

### **Are they healthy?**

-  Contains high amounts of vitamin A which keeps skin, eyes and bones healthy
-  Provides good amounts of vitamin C which helps in cell formation, iron absorption and cold prevention
-  Does not contain saturated fat, sodium or cholesterol
-  Contains good source of potassium

### **How do you pick a good one?**

-  Choose fresh apricots that are plump with golden orange color
-  Avoid ones that are pale yellow, greenish-yellow, shriveled or bruised
-  Select ones that are soft for the best flavor

# ☺ FUN FACTS! ☺

## Apricots

### Did you know...

- ☺ Did you know apricots are a member of the rose family?
- ☺ Did you know there are many varieties of apricots; Pattersons, Blenheims, Tiltens, Castlebrites?
- ☺ Did you know apricots may be eaten raw or cooked?
- ☺ Did you know apricots are a relative of the peach?
- ☺ Did you know that apricots ripen earlier than most other summer fruits?
- ☺ Did you know that apricots are very sweet?
- ☺ Did you know that any recipe that contains peaches or nectarines can be substituted with apricots?

**Remember ...  
Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting **Apricots**; Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with apricots ---  
Substitute canned apricots for peaches in  
Peach Muffin Squares/USDA B-20a
- Substitute apricots for peaches in Peach Cobbler and  
Peach-Honey Cobbler/USDA C-13;C13a
- Use apricots in your favorite Crisp recipe
- California Apricot-Oatmeal Breakfast Cake (see attached)
- ✓ Serve canned or frozen apricots in soufflé cups with granola topping
- ✓ Offer dried apricots as a fruit for breakfast or lunch
- ✓ Offer dried apricots as a healthy a la carte snack
- ✓ Add dried apricots to fresh tossed or spinach salads for a unique texture and sweetness
- ✓ Add dried apricots as a topping for hot or cold cereals

#### Presentation

##### Meal Appeal ---

##### Contrast Texture for Taste Appeal!

Add Granola as a Topping for Fruits  
- Adds Crunch!

### MARKETING:

- ✓ Contact the California Apricot Council for resources  
[www.apricotproducers.com](http://www.apricotproducers.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### Quality:

Chill Canned  
Fruit Before  
Portioning!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Awesome Apricots!*)
- ✓ Feature apricots as a Spring Menu Special ---  
*Spring into Awesome Apricots!*
- ✓ Feature "Orange Day" on the day that you offer apricots on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing orange
  - Invite a Special Guest to Lunch or Breakfast (*E.g.: Sports Star, College Athlete, Mayor, Congressman, TV Celebrity...*) Give it a try! You never know --- they may get very excited about visiting your school community!
  - Have a costumed mascot join elementary students for lunch or breakfast (*E.g.: Use local HS mascot; Contact USDA to use Power Panther costume – Free!*)  
[www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/) )
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### Safety:

Keep Can Openers  
Sanitized ---Run Through  
Dish Machine!



## School Food Service Link...



## School Food Service Recipes



### **California Apricot-Oatmeal Breakfast Cake**

**Created by:** Diane Wegner Deshler

**Source:** California Apricot Producers

*Sweet and nutritious with Vitamin A-rich apricots and heart-healthy oats!*

**Yield: 96 Servings**

#### **Ingredients:**

3 pounds 8 ounces all-purpose flour  
9 ounces oats old-fashioned  
1 tablespoon + 1 teaspoon baking powder  
1 tablespoon + 1 teaspoon baking soda  
1 tablespoon + 1 teaspoon cinnamon  
2 teaspoons salt  
3 pounds unsalted butter, softened  
2 pounds 12 ounces sugar  
1 pound 4 ounces brown sugar  
12 large eggs  
6 cups low-fat buttermilk  
1 #10 can California apricots, drained

#### **Directions:**

- Preheat convection oven to 325°F.
- Coat three 12"x18"x2" hotel pans with cooking spray. Line the bottom of the pans with parchment paper.
- In a large bowl, combine flour, oats, baking powder, baking soda, cinnamon, and salt. Set aside.
- Chop drained apricots into medium dice and set aside.
- In a 20-quart mixer, cream butter using the paddle attachment until soft and smooth.
- Add sugar and brown sugar slowly to butter; combine until mixture is smooth and creamy.
- Beat in eggs, one at a time, until combined and batter is smooth.
- Slowly add dry ingredients alternately with buttermilk, beginning and ending with dry ingredients.
- Stir in apricots; do not over-mix.
- Distribute the cake batter evenly among the three prepared hotel pans.
- Bake cakes about 30 minutes or until done. They will be golden brown on top and center will test clean with a toothpick or knife.
- Cool cakes for 1 hour. Carefully turn cakes over onto parchment lined sheet pans. Cool completely. Turn cakes back over onto new parchment lined sheet pans (so that the cake is right side up for serving).
- Serve or cover and store overnight. This cake keeps well and can easily be served the next day. Each pan makes 32 servings.
- Optional: After slicing, lightly sprinkle cake slices with powdered sugar.

**Nutrition Facts (per 3.30 oz. serving):** Calories 265.29, Calories from Fat 109.13, Fat 12.13 g, Protein 3.42 g, Carbohydrates 36.88 g, Cholesterol 57.75 mg, Dietary Fiber 0.97 g, Calcium 38.99 mg, Iron 1.20 mg, Sodium 146.64 mg



# Sugar Snap Peas



## Fact Sheet

### **Where did they come from?**

Peas have been used in dry form since ancient times, and were found in Egyptian tombs by archeologists. During the sixteenth century more tender varieties of peas were developed and eaten fresh. Sugar snap peas are one variety of peas, which are a cross between garden peas and snow peas. Sugar snap peas were developed in the seventeenth century but did not become commonly available in the United States until the 1970's.

### **Where do they grow?**

Sugar snap peas are grown in California, Connecticut, Florida, Illinois, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Mississippi, Missouri, New Hampshire, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina and Utah but are most abundantly grown in California. They are a cool weather crop and are available from late spring to early summer. Fresh sugar snap peas have a limited distribution throughout the states but frozen sugar snap peas are widely available all year long.

### **How do they grow?**

Sugar snap peas grow on a vine, which is supported by a trellis or other support system in order to keep the pods from touching the soil. The plants are generally about 4 feet high. After seeding, the sugar snap pea plant will mature in 70-75 days. At maturity the pods reach a length of 2½ to 3 inches. Before eating, the pods require "stringing" which is the removal of the thread-like string running the length of the pod.

### **Are they healthy?**

- ✎ Provides vitamins A and C, thiamin, riboflavin and niacin
- ✎ Contains adequate amounts of phosphorus, iron and potassium
- ✎ Provides almost no fat, are low in sodium and contain no cholesterol
- ✎ Contributes mostly water and vitamins

### **How do you pick a good one?**

- ✎ Look for bright green, firm pods with a slightly velvety feel
- ✎ Select plump pods which appear to be almost bursting
- ✎ Avoid limp, yellowed or heavily speckled pods

# ☺ FUN FACTS! ☺

## Sugar Snap Peas

### Did you know...

- ☺ **Did you know a 100-calorie serving of sugar snap peas contains more protein than a whole egg or tablespoon of peanut butter?**
- ☺ **Did you know sugar snap peas are from the legume family?**  
(Legumes are plants that produce pods containing edible, fleshy seeds.)
- ☺ **Did you know about 1 cup of sugar snap peas equals 45 calories?**
- ☺ **Did you know the pods of sugar snap peas are plump, sweet and tender?**
- ☺ **Did you know there are other varieties of snap peas including Sugar Rae, Sugar Bon and Sugar Ann?**
- ☺ **Did you know frozen or fresh sugar snap peas make a great cold snack with dip?**  
(Blanch, “shock” in ice water and chill. Serve as a finger food with your favorite dip.)
- ☺ **Did you know that sugar snap peas are only available fresh and frozen?**  
(The high temperatures used for canning would destroy the structure of the pod.)
- ☺ **Did you know sugar snap peas require very little cooking time?**  
(Cook only 2-3 minutes at a simmer. If overcooked the pods soften and the flavor is destroyed.)

**Remember ...**

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Sugar Snap Peas*  
Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with sugar snap peas ---  
Creamy Dip for Fresh Vegetables (USDA E-13)  
Vegetable Soup (USDA H-4)  
Chinese Style Vegetables (USDA I-9)
- ✓ Add sugar snap peas to pasta dishes, cold or hot
- ✓ Add peas to tossed salads
- ✓ Blanch, shock in ice water and chill. Serve as a raw vegetable with carrot sticks and/or cherry or grape tomatoes. Offer with a dip or low fat ranch dressing.
- ✓ Mix sugar snap peas into stir-fries
- ✓ Offer steamed, seasoned sugar snap peas as a vegetable component with lunch.
  - Add Chinese noodles or water chestnuts for crunch
  - Add diced red pepper or carrots for color

### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player; Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Meet with a group of students to discuss the school meal program. Bring new vegetables for them to taste test, such as sugar snap peas. Following the meeting, add their suggestions and the vegetables that they liked to your menus. Include these words next to new vegetables: "Taste-Tested & Student Approved!"
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Snap to It --- Try Snap Peas!!*)
- ✓ Feature "Green Day" on the day that you offer sugar snap peas on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing green
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### Presentation

Meal Appeal -----

#### Try a Crispy New Texture for Taste Appeal!

Add Sugar Snap Peas to:  
Green Salads, Pasta Salads, Raw Veggies, Cooked Rice & Mixed Vegetables.

#### Quality:

Batch Cook Vegetables Before Each Lunch!  
Do Not Overcook---  
Dulls Color and Destroys Flavor & Texture!

#### Safety:

Store Fresh Produce at Least 6" Off the Floor and Away From the Wall!



# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of Sugar Snap Peas and Apricots ...

*Items in bold are enclosed.*

- ✓ Review "**Fact Sheet**" and "**Fun Facts**"
- ✓ Have students color "**Green Pea Gang**"
- ✓ Distribute "**Orange Fruit Word Search**" and have students complete
- ✓ Have students do some shopping at the "**Happy Grocery**" and complete questions
- ✓ Check out the "Power Panther" web site for free resources  
[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard) ; Click on "Professionals Making It Happen"; Next click on "Order Materials" and then click on "Order Form";  
The POWER PANTHER is the spokes character for the USDA's Food and Nutrition Service's "Eat Smart. Play Hard." Campaign.
- ✓ Have students also check out the POWER PANTHER's web site: [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)
- ✓ Copy and distribute the **POWER PANTHER activity sheets**  
(Attached are four different activity sheets, even one in Spanish!)
- ✓ Display pictures of different types of peas
- ✓ Show the difference between sugar snap peas, green peas & snow peas
- ✓ Discuss different forms of apricots (dried, fresh, canned, apricot nectar...); Show pictures or actual products
- ✓ Discuss "**Project Green Thumb**" (*handout attached*) Encourage students to start a garden at home as a family project! Maybe plan a school or classroom garden project!
- ✓ Discuss "**Together at Home---- Let's Try New Foods**" (*handout attached*)  
Encourage students to taste and try new foods as a family project



## Home Link.....

Quick Steps to more fruits and vegetables at home ...

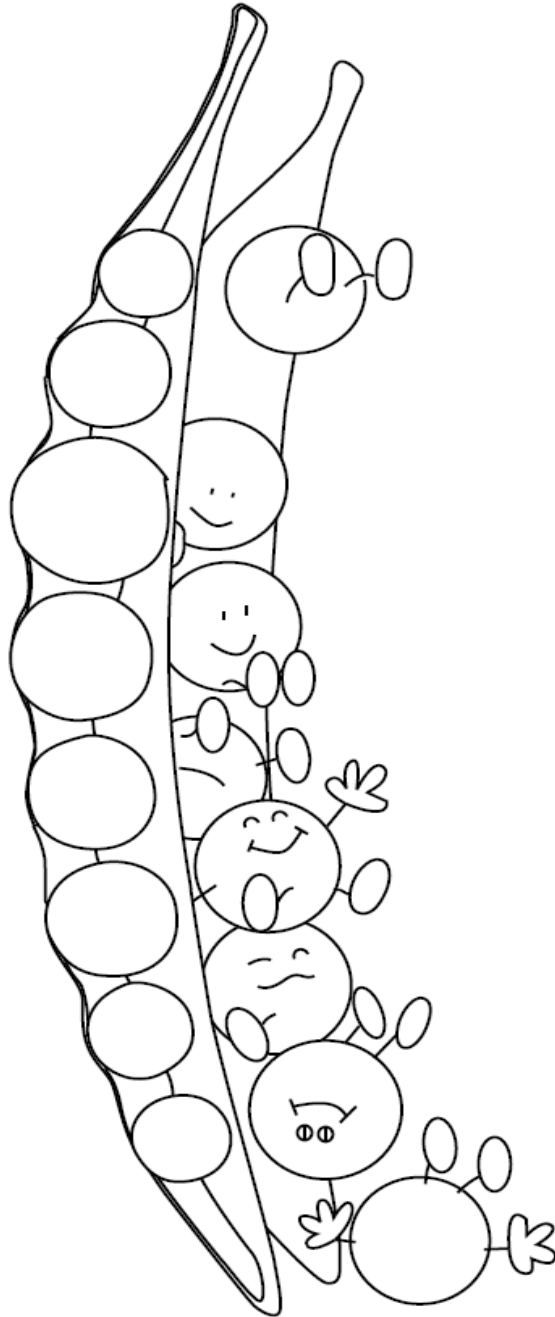
*Items in bold are enclosed.*

- ✓ Encourage ---- "**Project Green Thumb**" as a family activity (*handout attached*)
- ✓ Send home: "**Together at Home --- Let's Try New Foods**" (*handout attached*)
- ✓ **Kids' Kitchen Recipes**
- ✓ **Recipes for Home**



Classroom Link... *Coloring Page From: Dole 5-A-Day*

# Green Pea Gang



Green Pea Gang ©



# Classroom Link...



## ?ORANGE Fruit Word Search?



E T X X D Y Q E C E Z R E P O  
 Q N U T E A W N N D S Q E V J  
 V A I S B H P I J O Y A U O P  
 X L I T F J R R F P C S D I C  
 Z H H Q N E P A I H Y A P O Z  
 M M H U G E W T E C D N O Z N  
 G W R N S S M C J R O O D T Y  
 U P A Y R O J E P G U T G N B  
 Z T I U Z E Y N L T B O H U N  
 B S N M T W J I H C I R C O E  
 D P D H H B K U M Q U A T M I  
 B A B T Y K Z V K B X N L N H  
 E P U O L A T N A C C G R L Q  
 S Z P J I F T K X L L E K U L  
 V J Z X L V X O O I Y V P A W

### Can you find these "Orange" colored fruits?

*(Words are horizontally, vertically and diagonally hidden)*

**Apricot**  
**Nectarine**

**Cantaloupe**  
**Orange**

**Clementine**  
**Peach**

**Kumquat**  
**Tangerine**

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Classroom Link...



## Shopping at Happy Grocery



### Happy Grocery 's Prices:

Apples - 35 ¢ each  
 Apricots - \$1.99 lb.  
 Asparagus - \$2.99 bunch  
 Bok Choy (Baby) - 84 ¢ bunch  
 Carrots - 99 ¢ lb.  
 Corn (Yellow) - 22 ¢ ear  
 Corn (White) - 35 ¢ ear  
 Grapes (Red Seedless) - \$1.61 lb.  
 Grapes (Green Seedless) - 99 ¢ lb.  
 Lemons - 33 ¢ each

Limes - 56 ¢ each  
 Lettuce (Red Leaf) - \$1.32 lb.  
 Lettuce (Romaine) - \$1.26 lb.  
 Mangoes - 75 ¢ each  
 Onions (Vidalia) - \$1.99 lb.  
 Onions (White) - 79 ¢ lb.  
 Oranges - 40 ¢ each  
 Peaches (Organic ) - 65 ¢ each  
 Pears (Bartlett) - \$1.25 lb.  
 Pears (Bosc) - \$1.45 lb.

Potatoes (Red) - \$1.95 lb.  
 Raspberries - \$3.99 (16 oz. pkg)  
 Spinach - \$1.50 lb.  
 Squash (Yellow) - 76 ¢ each  
 Strawberries - \$2.99 (16 oz. pkg)  
 Sugar Snap Peas - \$1.75 lb  
 Tomatoes - \$1.49 lb.  
 Tropical Salad – \$3.95 lb.  
 Turnips - 79 ¢ lb.  
 Watermelons - \$7.50 each

1- Alexa would like to buy the following at Happy Grocery:

- 3 mangoes
- 5 limes
- Two pounds of tropical salad

Alexa had \$47 in her wallet before paying Happy Grocery. How much money does Alexa have left?

\_\_\_\_\_

2- Tyrone would like to buy the following at Happy Grocery:

- 7 oranges
- Two pounds of apricots
- Three pounds of sugar snap peas

Tyrone had \$86 in his wallet before paying Happy Grocery. How much money does Tyrone have left?

\_\_\_\_\_

3- Tanya would like to buy the following at Happy Grocery:

- One pound of pears (Bosc)
- Three pounds of onions (Vidalia)
- 6 apples
- Four pounds of tomatoes
- Two pounds of grapes (Red Seedless)
- 8 peaches (Organic )

Tanya paid for her food with a check. Tanya had \$1,789 in her checking account before paying Happy Grocery. What is her current checking account balance?

\_\_\_\_\_

4- Jimmy would like to buy the following at Happy Grocery:

- Two pounds of lettuce (Red Leaf)
- 6 lemons
- Two 16 oz. pkgs. of strawberries
- 12 ears of corn (White)
- Two pounds of turnips
- Three pounds of apricots

Jimmy used cash in his wallet to pay for the food. After leaving Happy Grocery, Jimmy had \$54.75. How much money did Jimmy have before buying groceries?

\_\_\_\_\_



Classroom Link...



# Orange Fruit WORD SEARCH Solutions



```

++C++C+++++++T
++LT++A+++++++O
++E+A++N+++++++C
++M++U++T++++++I
++E+++Q++A++++R
++N++++M++L++NP
++T+++++U++OE+A
ENIREGNATK+CU++
++N+++++++T++P+
++E+++++++A++++E
+++++++R++++G+
+++++++I++++N++
+++++++N++++A+++
PEACHE++++R++++
+++++++O+++++

```

(Over,Down,Direction)

APRICOT(15,7,N)

CANTALOUPE(6,1,SE)

CLEMENTINE(3,1,S)

KUMQUAT(10,8,NW)

NECTARINE(14,6,SW)

ORANGE(10,15,NE)

PEACH(1,14,E)

TANGERINE(9,8,W)

## Answers:



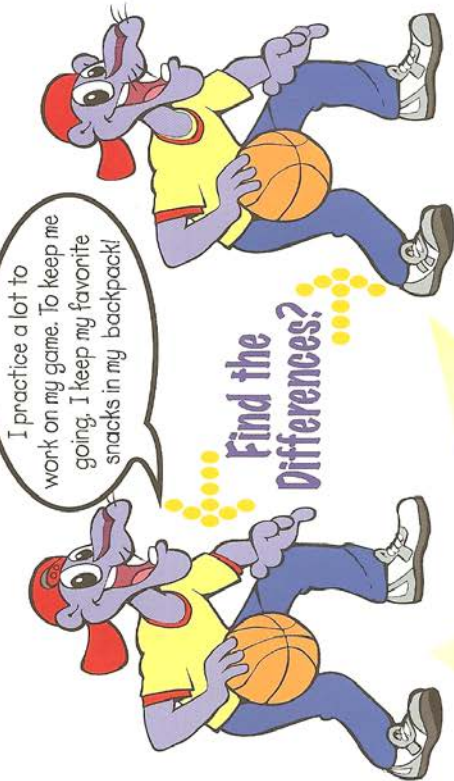
### Shopping at Happy Grocery



- 1- \$34.05
- 2- \$73.97
- 3- \$1,765.10
- 4- \$77.10



# Power Up to Gear Up



Circle the 10 differences between the two Power Panthers™.

**tip-** Play harder on days when you eat more than usual.

## Peachy Pops

Cool down with these fruity frozen treats.

- You need:
- 2 peaches;
  - 2 1/2 cups lowfat vanilla yogurt;
  - 2 cups orange juice;
  - 6 paper cups;
  - 6 plastic spoons;
  - aluminum foil.

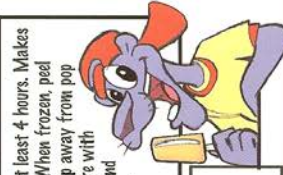
Chop peaches and divide among 6 paper cups.

Pour mixture over peaches.

Place yogurt in bowl. Slowly pour orange juice into yogurt, stirring until blended.

Get aluminum foil to cover tops of cups. Poke spoons through the foil in the center of each cup.

Freeze at least 4 hours. Makes 6 pops. When frozen, peel paper cup away from pop and share with family and friends. ENJOY!



## Funnies

Q: Why are basketball players such messy eaters?



Power Panther™ is a high scorer when it comes to food and fun. Create your own Power Profile to see what you have in common with Power Panther™.

## Power Panther™ Profile



|                     |   |
|---------------------|---|
| Height              | 5'10"   |
| Shoe Size           | 13  |
| Favorite Snacks     | Pretzels, Yogurt, Fruit, Nuts                           |
| Favorite Activities | Running, Basketball, Skateboarding, Pancing             |
| Favorite Subject    | Geography   |
| Interesting Fact    | Traveled over 400,000 miles and to most States          |
| Famous People I Met | President of the U.S., Kan Harvey (Pro Football Player) |

## Power Profile

|                     |  |
|---------------------|--|
| Your name           |  |
| Height              |  |
| Shoe Size           |  |
| Favorite Snacks     |  |
| Favorite Activities |  |
| Favorite Subject    |  |
| Interesting Fact    |  |
| Famous People I Met |  |



Food and Nutrition Service  
The USDA is an equal opportunity provider and employer.

Find the Difference Answers: Basketball team, number of whisks, buttons on cap, stripes on shoe, toe shield on shoe, extra finger on free hand, extra collar stripe, shorter bill on cap, missing ear, single sleeve.

Because

# Power Your Moves



**Word Scramble**  
Cross out all the fruit and vegetable names horizontally within the word puzzle below and reveal the message.

APPLEKIWIEATWATERMELON  
 PINEAPPLE5BANANAORANGE  
 CAULIFLOWERGRAPPEFRUIT  
 SQUASHFRUITSTOMATOPEAS  
 BEANSSPINACHANDBROCCOLI  
 RADISHCARROTKRACELERY  
 MANGOVEGETABLESPLUM  
 ASPARAGUSBLUEBERRYPEAR  
 CHERRYEAACHPEACHLETTUCE  
 ONIONKASPBERRYDAYLEMON

**Tip:** At a fast food restaurant? Try a grilled chicken sandwich and a side salad.

## Funnies

**Q: What do you call tired popcorn?**

Fruits and vegetables are my secret power-pack to help me play hard everyday.

### Chili Popcorn

Put some spice in your life!

**You need:**  
 4 cups popped popcorn;  
 1 tablespoon melted margarine;  
 1 teaspoon chili powder;  
 A dash of garlic powder.

Mix popcorn and margarine. Mix seasonings thoroughly. Sprinkle over popcorn. Mix well.



Serve immediately and enjoy with family and friends! Makes four 1-egg servings.

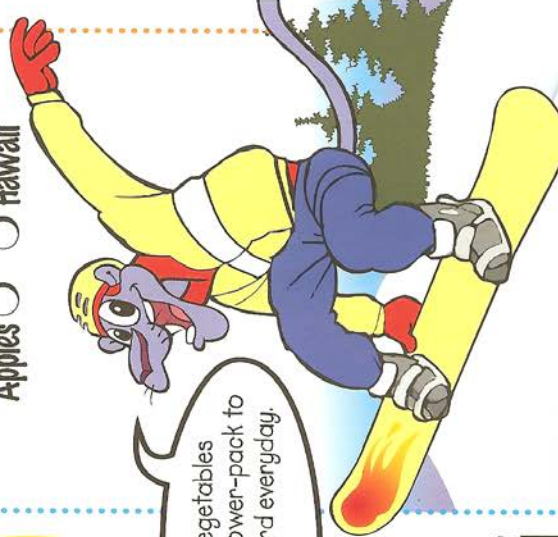
## WORLD TRAVELER

WHICH STATE IS THE LARGEST GROWER OF EACH OF THESE FRUITS AND VEGETABLES? MATCH 'EM UP!

### Fruits/Vegetables

### States

- Pineapple  Florida
- Sweet Potato  California
- Blueberries  Washington
- Cauliflower  North Carolina
- Eggplant  Michigan
- Apples  Hawaii



**Food and Nutrition Service**  
 The USDA is an equal opportunity provider and employer.

**Word Scramble Answers:** Eat 5 fruits and vegetables each day.

**World Traveler Answer:** Cauliflower-California, Pineapple-Hawaii, Sweet Potato-North Carolina, Blueberries-Michigan, Apples-Washington, Eggplant-Florida.

**Funnies Answer:** Pooped corn!



# Power Up With Breakfast

### Fruit Shake

Hey, how about a cool, easy-to-make shake for breakfast or anytime!

1/2 cup cut-up fruit (bananas, strawberries, apples, etc.)  
 1/2 cup nonfat yogurt  
 1/2 cup nonfat milk  
 1/2 cup ice

Serves 2.

Put the lid on tight, and give it a whirl!

Toss ingredients in a blender... Please, check with an adult before using the blender!

Breakfast is a really great way to start your day!

mmm mmm

Breakfast is one of my favorite meals. It gets me going. If I'm in a hurry, I grab a breakfast shake or eat leftovers from dinner.

### POWER POINTS

Eat a peanut butter and banana sandwich for a quick breakfast.

### FUNNIES

What happens when you tell an egg a joke?

### Power Panther Word Jumble

Unscramble the letters to come up with breakfast foods. Write only one letter to a space.

ALBGE      RELACE      KHESA      TIFRU      OSTAT

It's time to solve the jumble phrase. Use the letters in the circles in each word to fill the circles below and discover the jumble phrase.

The USDA is an equal opportunity provider and employer.

Jumble Answer: bagel, cereal, shake, fruit, toast      Jumble Phrase: Breakfast

Funnies Answer: It cracks up.

# ¡Para Jugar Con Energía... Desayuna Cada Día!



El desayuno es una de mis comidas favoritas. Me da energías. Si estoy apurado, tomo un licuado o como sobras de la cena.

**¡Una Idea Poderosa!**  
Come un sandwich de banana y mantequilla de cacahuete (maní) para un desayuno rápido.



**Licuado de Frutas**  
Oye, ¿qué te parece un licuado fácil de hacer para el desayuno o para cualquier momento?

- 1/2 taza de fruta cortada (bananas, fresas, manzanas, etc.)
- 1/2 taza de yogur descremado
- 1/2 taza de leche descremada y hielo a gusto



¡Por favor, consulta con un adulto antes de usar la licuadora!

Pon todo en la licuadora...

Ajusta bien la tapa y mezcla los ingredientes



El desayuno es una buena forma de comenzar tu día!



Para reír!

¿Qué le ocurre a un huevo si le dices un chiste?

## Ensalada de Letras de Power Panther

Ordena las letras para formar nombres de alimentos.  
Escribe una letra en cada casilla.

**AISWCDHN** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**EUENSC** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**RTAFSU** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**RYGUO** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**UNAEQUPE** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**USEOQ** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Es tiempo de resolver la palabra oculta. Usa las letras de los círculos de cada palabra debajo y descubre la palabra oculta.

[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Power Panther™ dice... **¡Eat Smart. Play Hard. Alimentate Bien y Juega Fuerte.**

USDA es un proveedor y empleador que ofrece oportunidades igual a todos. Power Panther™ dice... ¿Qué le ocurre a un huevo si le dices un chiste? Para reír! Ajusta bien la tapa y mezcla los ingredientes. ¡Por favor, consulta con un adulto antes de usar la licuadora! Pon todo en la licuadora... El desayuno es una buena forma de comenzar tu día! El desayuno es una de mis comidas favoritas. Me da energías. Si estoy apurado, tomo un licuado o como sobras de la cena. Es tiempo de resolver la palabra oculta. Usa las letras de los círculos de cada palabra debajo y descubre la palabra oculta.



Home or



Classroom Link...

*From: "Community Nutrition Action Kit"/USDA Team Nutrition*

# Project Green Thumb

Grab a hoe or a shovel and let's go start a garden! A great location may be right in your own backyard or a portion of ground in your schoolyard. You may even want to work with the school food service personnel and use products from the garden in a special school lunch, school-wide salad, or food festival.



Use the following information checklist to start a garden:

## **Materials Needed:**

- ✓ Planting, growing, and harvesting tools
- ✓ Seeds, seedlings, and organic material, such as compost, manure, or peat moss
- ✓ Long-handled shovels, hoes, rakes, garden spades, and three-pronged hand cultivators
- ✓ Scissors, knives, and containers (baskets, bowls, or cardboard boxes)

## **WHAT TO DO??**

### **To Join a Community Garden:**

- ✓ Call a local Cooperative Extension Service office, listed under county or state government, to find locations of nearby existing community gardens.

### **Pick a Spot:**

- ✓ Make sure the vegetable garden gets at least six hours of sunshine a day ---otherwise the seeds produce plants and leaves and not much food. If the plot chosen doesn't have enough sunshine, try growing vegetables that have leaves such as lettuce or, try vegetables such as carrots, parsley, chives, or zucchini, which need only 4 to 5 hours of daily sun. Keep drainage in mind --- a garden needs to drain well, so try to avoid the low spot where puddles form.

### **How Big Does the Garden Grow?**

- ✓ A big harvest can be gotten from a garden that is only four feet by four feet. You probably don't want a garden bigger than 10 feet by 10 feet unless you don't mind the work!

### **Plan Your Garden:**

- ✓ Point North. Find the north side of the plot, because that's where the tall plants should go, so they don't shade shorter ones. Stand facing the sunset, north is the direction to the right. Plants are grown in rows, so the garden will be a square or rectangle.

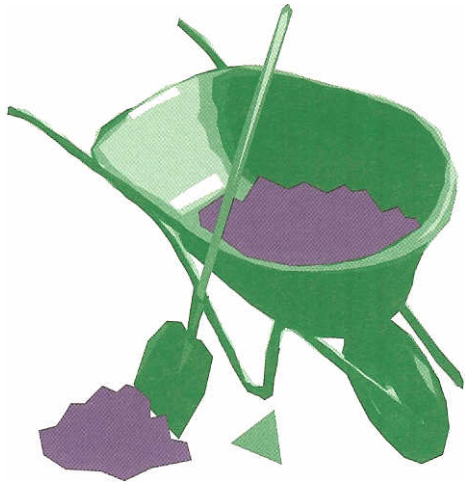


Home or



Classroom Link...

## PROJECT GREEN THUMB.... page 2



### Decide What to Plant:

- ✓ Think about what vegetables to grow and decide on the number of plants needed.

### Design the Site:

- ✓ Draw a picture of the garden and plan out what plants will grow in which rows. Figure how far apart the rows should be. Find out how wide the plants will get, add the two widths together and divide by 2. That's how far apart the rows should be. This will make it easier on planting day.

### Once the Garden is Designed-Then What?

### **GET READY!!!!**

#### **Test the Soil:**

- ✓ If the soil has not been tested, conduct a soil test. Call a local Cooperative Extension Service office, listed under county or state government, for the name and location of a laboratory to do testing for lead content and soil pH.
- ✓ What does a soil test tell? A soil test tells two things: (a) lead level of the soil; and (b) whether the soil is acid (sour), alkaline (sweet), or neutral (neither sour nor sweet). Lead is a poison and if it gets into the plants, it will get into the food. Plants will not grow well in soil that is either too acid or too alkaline.

#### **Get the Tools:**

- ✓ Long-handled shovels, gardening spades, spading forks, hoes, and rakes are all excellent tools for beginning a garden. To care for the garden, use hand tools such as 3-pronged hand cultivators, hose and nozzle, and/or watering cans. If you don't have your own garden tools, find someone who has what is needed and ask to borrow the tools. Or check "yard sales" to buy used tools.

### **GET SET!!!!**

#### **Prepare the Soil:**

- ✓ Once the soil is dry enough, dig it and loosen it.
- ✓ Remove grass and weeds (roots and all). Take the time to do this well.
- ✓ Dig the soil as deep as the blade of the spade and turn the soil. Or, find someone to till the soil with a rototiller.
- ✓ If the soil test showed the soil to be too acid, add limestone (lime); if the soil is too alkaline, add ground agricultural sulfur. Sprinkle either lime or sulfur evenly over the garden soil.
- ✓ Add organic material such as compost, manure, or peat moss. This helps feed the plants and enriches the soil. Spread evenly on top of the turned soil in a layer no deeper than 3 inches.
- ✓ Blend everything using a spading fork, until the soil is so soft that planting can be done with the hands.
- ✓ Rake the soil until the soil is smooth and level, with no hills or holes. This will allow the water to seep down to the roots.



Home or



Classroom Link...

## PROJECT GREEN THUMB.... page 3

### GO!!!!

#### READY TO PLANT:

- ✓ Children will enjoy accompanying adults on a trip to purchase seeds or seedlings (also called transplants) for the vegetables you intend to plant. Some plants do better if you start with seedlings rather than seeds. Seedlings are the fastest way to grow plants, and the easiest.
- ✓ To identify what you have planted, buy or make stakes, and write the names of the plants on the stakes with a waterproof marker. Save the stakes for later use.

#### ✓ **Seeds or Seedlings ----**

##### **If seeds are planted:**

- Make a shallow straight line (furrow) in the soil with a finger.
- Put the seeds in the furrow about half an inch apart or as suggested on the seed packaging.
- When the seeds are in the furrow, squeeze the furrow closed with thumb and finger.
- Water the soil right after seeds are planted --- water the plants so that the water comes out like a shower.
- Place the marker stakes in the soil at one end of the row to identify what has been planted.
- If another kind of plant is planted, check the distance between the rows following your design.

##### **If seedlings are planted:**

- In each row, mark the spot where the plants should go, by poking a hole in the soil using a finger or the end of a pole. Do the entire row at one time.
- Set each plant in the soil so that it isn't too high or too low but just above the root ball. Cover the root ball with soil and press the soil gently so there are no empty spaces near the roots.
- Feed the seedlings with a mixture of fertilizer and water. Water each plant once, let the water soak in, and water a second time. Depending on what plants are grown, this feeding may need to be done every two to three weeks. Check with a County Extension agent about how often to fertilize.



#### WORKING IN THE GARDEN:

- ✓ Visit the garden daily - check if the garden needs watering, weeding, feeding, and thinning.
- ✓ Make sure to bring the proper tools.
- ✓ Two hours is plenty of time to work in the garden at any one time.
- ✓ Children and youth can do weeding, thinning, and harvesting of crops.

### Harvest Time!

#### Tools for picking the harvest:

- ✓ Scissors or knife                      ✓ Baskets, bowls, or cardboard boxes
- ✓ As the vegetables are picked, place them carefully into containers.
- ✓ Put the heavier ones on the bottom so they don't damage lighter vegetables.



## Together at Home... Let's Try New Foods!

*Enjoy all kinds of foods!* That's good advice for kids – and for you. When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways. Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

*Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.*

- Offer a new food first, before foods your child eats already. Kids usually are more willing to try new foods when they are hungry.
- Have your child choose a new food as you shop. Trying new foods is more fun for kids when they pick them.
- Do a taste test. Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it.
- Go for at least “one bite.” But stay away from forcing your child to taste. Keep food trying positive.
- Try new foods, too. Encourage your whole family to try new foods! Kids copy what they see and hear. Don't say anything if you don't like the food.
- Prepare new foods in different ways. Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- Try and try again. Many kids need to try a new food 6 to 12 times before they like it. It's normal for kids to be cautious at first.
- Relax. Your child doesn't need to like every food. Everyone (you, too) has different food favorites.





Home Link...



From: USDA/Food & Nutrition Service

## Together at Home... Let's Try New Foods!

### Clip this!

Give your child credit for trying new foods. Keep an "I tried it" chart on the refrigerator. Write the name of each new food. Your child can add a star ★ each time he or she tries it.

*I Tried It!*

| My New Food | Tasting Stars ★★ |
|-------------|------------------|
| 1 _____     | _____            |
| 2 _____     | _____            |
| 3 _____     | _____            |
| 4 _____     | _____            |
| 5 _____     | _____            |
| 6 _____     | _____            |



Handout 2

Taste the Colors

### Try this:

Use new words as you explore new foods together.

Ask: How does this food:

- Look? Green, orange, purple, round, skinny, oval, tiny, huge
- Feel? Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy
- Sound? Crunch, crackle, splash, pop, snap
- Taste? Sweet, salty, bitter, spicy, bland, sour





Home Link...



# KIDS' KITCHEN












## Apricots

### How to Cut Fresh Apricots:

- 1-Rinse under cold running water, but do not peel
- 2-Secure the apricot on a cutting board
- 3-Slice the fruit around the seam
- 4-Twist the fruit in half
- 5- Lift out the pit
- 6-Slice or quarter into bite-size pieces

### Fun Ways to Eat:

-  Take a bite from a whole apricot or cut into slices
-  Add dried apricots to trail mix and eat for a snack
-  Use fresh, canned or dried as a topping for cereal
-  Prepare a cobbler or crisp
-  Add dried or fresh to low-fat yogurt or cottage cheese
-  Mix into fruit salads, tossed salads and cold rice or pasta salads
-  Use in a smoothie or shake
-  Broil or grill fresh apricots; brush with a little honey
-  Add to chicken dishes

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes apricots as an ingredient:

-  Refreshing Apricot Smoothie





Home Link...



# KIDS' KITCHEN



## Refreshing Apricot Smoothie

Makes 2 servings

*Recipe provided by:* [apricotproducers.com](http://apricotproducers.com)

### **Ingredients:**

- 1 (15.5 ounce) can apricot halves, chilled
- 1 cup (8 ounce) lowfat plain or vanilla yogurt
- 2-3 drops vanilla extract, to taste
- 6-8 ice cubes

### **Directions:**

1. Combine ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker consistency.

### **Approximate Nutrients Per Serving:**

|              |      |               |        |               |        |
|--------------|------|---------------|--------|---------------|--------|
| Calories     | 220  | Saturated Fat | 1.5 g  | Iron          | 1 mg   |
| Protein      | 7 g  | Cholesterol   | 5 mg   | Calcium       | 232 mg |
| Carbohydrate | 45 g | Vitamin A     | 894 RE | Sodium        | 90 mg  |
| Total Fat    | 2 g  | Vitamin C     | 6 mg   | Dietary Fiber | 4 g    |



Home Link...



# KIDS' KITCHEN



## Sugar Snap Peas

### How to Prepare Sugar Snap Peas:

- 1-Rinse the pods
- 2-Remove the strings before eating:
  - ✓ Pull the string up the front of the pod from the bottom tip
  - ✓ Snap the stem off and pull the string down the back of the pod

### Fun Ways to Eat:

- Munch on raw with dip
- Add to tossed green or pasta salads
- Combine with other vegetables in stir-fries
- Use in omelets, soups or stews
- Add to cooked pasta or rice

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes sugar snap peas as an ingredient:

- Chinese Vegetable Stir-fry



Home Link...



# KIDS' KITCHEN



## Chinese Vegetable Stir-fry

*From: 5 A Day Kids' Cookbook/Dole*

**Makes 4-6 servings**

**Preparation Time --- 20 minutes**

**Cooking Time ---- 5 minutes**

### **Ingredients:**

#### **Sweet 'N' Sour Sauce**

- ¾ cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 ½ teaspoons cornstarch
- 1 teaspoon light soy sauce

#### **Stir-Fry Vegetables**

- 4 teaspoons vegetable oil
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup cauliflower florets
- 1 cup sliced celery
- 1 cup chunked red bell pepper
- 1 cup sugar snap peas,  
stems removed

### **Directions:**

- 1- Combine the ingredients for Sweet 'N' Sour sauce in a mixing bowl.
- 2- Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery, cook for 2 minutes.
- 3- Add bell pepper and sugar peas, cook for 2 minutes.
- 4- Add Sweet 'N' Sour sauce, bring to a boil and cook for 1 minute, covered.
- 5- Serve vegetables while hot.

### **Utensils Needed:**

- ✓Mixing Cups and Spoons
- ✓Mixing Bowl
- ✓Mixing Spoon
- ✓Sharp Knife
- ✓Large Skillet with Lid

**Nutritional Info:** (per serving) 132 calories; 2g protein; 4g fat (1g sat.) 20g carbohydrate; 99mg sodium; 0mg cholesterol



Home Link...



Home Recipes

Your child/children will be offered

## **Apricots**

in April on their School Menu!  
Try a new **Apricot** recipe at home!

### **Couscous with Apricots**

Servings: 4-6

*Recipe from:* Tyler Florence/Food Network

#### **Ingredients:**

1½ cups couscous  
2 cups hot chicken stock  
10 dried apricots, chopped  
2 scallions, sliced thin, green parts only  
1 orange, juiced  
2 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
2 tablespoons chopped fresh parsley leaves, for garnish

#### **Directions:**

- ✓ Put the couscous in a medium bowl; pour the hot stock over it and stir to combine.
- ✓ Cover and let sit for 10 to 15 minutes.
- ✓ Uncover and fluff with a fork.
- ✓ Add the apricots, scallions, and orange juice; drizzle with olive oil and season with salt and pepper.
- ✓ Toss gently to combine. Garnish with chopped parsley.



## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### Albaricoques

En Abril en el Menú de la Escuela!

¡Trate una nueva receta de **Albaricoque** en casa!

## Couscous con Albaricoques

Porciones: 4-6

*Receta de:* Tyler Florence/Food Network

### Ingredientes:

- 1 ½ tazas couscous
- 2 tazas de caldo de pollo caliente
- 10 albaricoques secos, cortados
- 2 cebollas largas, cortadas finamente, partes verde solamente
- El jugo de 1 naranja
- 2 cucharadas de aceite de oliva extra-virgen
- Sal Kosher y pimienta negra molida
- 2 cucharadas de hojas de perejil frescas, cortadas, para adorno

### Direcciones:

- ✓ Ponga el couscous en un tazón mediano; derrame el caldo caliente sobre el couscous y revuelve para combinar.
- ✓ Tape y deje reposar durante 10 a 15 minutos.
- ✓ Destapar y revuelve con un tenedor.
- ✓ Añadir los albaricoques, cebollas, y jugo de naranja; rocié con el aceite de oliva y sazone con la sal y pimienta.
- ✓ Revuelva suavemente para combinarse. Adorne con perejil cortado.



## Apricot Cherry Cobbler

Makes 8 servings

Source: California Fresh Apricot Council

### **Ingredients:**

8 fresh apricots (1 lb), sliced  
1/3 cup sugar  
2 cups pitted fresh cherries (1/2 lb)  
1 tbsp flour  
1 cup all-purpose flour  
1/2 cup yellow cornmeal  
1/4 tsp salt  
1 1/2 tbsp plus 1 tsp sugar  
2 tsp baking powder  
1/2 tsp grated orange peel  
4 tbsp unsalted butter, chilled  
3/4 cup non-fat milk

### **Directions:**

- Heat oven to 375°F.
- Combine apricots and 1/3 cup sugar; set aside.
- Combine cherries and 1 Tbsp flour; set aside.
- Combine dry ingredients; reserve 1 tsp sugar.
- Stir in orange peel.
- Cut in butter until mixture resembles coarse meal.
- Add milk; stir just to moisten dry ingredients.
- Place fruit in buttered 1 1/2-quart baking dish; spoon batter over top.
- Sprinkle with remaining sugar. Bake 25 to 30 minutes or until golden brown.
- Cool slightly and serve.

***Nutrition information per serving:*** calories 186, protein 3g, fat 6g, percent calories from fat 30%, cholesterol 15mg, carbohydrates 31g, fiber 2g, sodium 219mg



## Postre de Cereza y Albaricoque

Hace 8 Porciones

**Fuente:** Consejo de Albaricoque Fresco de California

### **Ingredientes:**

8 albaricoques frescos (1 libra), cortados  
1/3 de taza de azúcar  
2 tazas de cerezas frescas (½ lb)  
1 cucharadita de harina  
1 taza de harina de uso múltiple  
½ taza de harina de maíz amarilla  
¼ cucharadita de sal  
1½ Cucharada más 1 cucharadita de azúcar  
2 cucharaditas de polvo de hornear  
½ cucharadita de cáscara de naranja rallada  
4 Cucharadas de mantequilla sin sal, enfriada  
¾ de taza de leche sin grasa

### **Direcciones:**

- Caliente el horno a 375°F.
- Combine los albaricoques y 1/3 de taza de azúcar; coloque a un lado.
- Combine cerezas y 1 cucharad de harina; coloque a un lado
- Combine los ingredientes secos; reserve 1 cucharadita de azúcar.
- Agregue la cáscara de naranja.
- Corte en la mantequilla en la mezcla hasta que la mezcla se ponga gruesa.
- Añadir la leche; revuelva sólo para humedecer los ingredientes secos.
- Ponga la fruta en un plato de hornear de 1 ½ cuarto untado de mantequilla. Ponga la mezcla encima
- Rocia con el azúcar que sobra. Hornee 25 a 30 minutos o hasta que se dore.
- Deje enfriar un poco y sirva.

**Información de nutrición por porción:** calorías 186, proteína 3g, grasa 6g, por ciento de calorías de grasa 30 %, colesterol 15 mg., carbohidratos 31g, fibra 2g, sodio 219 mg.



Home Link...



Home Recipes

Your child/children will be offered

## Sugar Snap Peas

in April on their School Menu!

Try a new **Sugar Snap Pea** recipe at home!

# PASTA SALAD GREGORY

*Yield: Approx. 14 cups*

*Printed From: COOKS.COM*

### Ingredients:

1/2 lb. green fettucini  
1/2 lb. egg fettucini  
1/2 cup olive oil  
1 red onion, minced  
1 lb. cooked snow peas, boil for 1 min.  
1 box sugar snap peas, boil for 1 min.  
2 red peppers, sliced  
2 tomatoes, sliced  
1 can black olives  
1 bunch chopped green onion  
1/2 cup Parmesan cheese  
1/2 lb. prosciutto  
4 tbsp. raspberry vinegar

### Directions:

- ✓ Boil fettucini until cooked. Drain.
- ✓ Add 1/2 cup olive oil to hot fettucini.
- ✓ Combine all other ingredients in a large bowl.
- ✓ Add other ingredients to fettucini.
- ✓ Can be served warm or cold.





## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### **Guisantes Repentinos de Azúcar**

en Abril en el Menú de la Escuela!

¡Trate una nueva receta de **Guisante Repentino de Azúcar** en casa!

## **ENSALADA DE PASTA ESTILO GREGORY**

*Producción: Aproximadamente 14 tazas*

*Impreso de: COOKS.COM*

### **Ingredientes:**

- ½ libra de fettucini verde
- ½ libra de fettucini de huevo
- ½ taza de aceite de oliva
- 1 cebolla roja, picada
- 1 libra guisantes snow peas cocinados, hervido por 1 minuto
- 1 caja de guisantes sugar snap, hervido por 1 minuto
- 2 pimientones rojos, cortados
- 2 tomates, cortados
- 1 lata de aceitunas negras
- 1 tanda de cebolla verde o larga cortada
- ½ taza de queso Parmesano
- ½ libra de prosciutto
- 4 cucharadas de vinagre de frambuesa

### **Direcciones:**

- ✓ Hierva fettucini hasta cocinado.
- ✓ Añada ½ taza de aceite de oliva al fettucini caliente.
- ✓ Combine todos otros ingredientes en un tazón grande.
- ✓ Añada otros ingredientes a fettucini.
- ✓ Puede ser servido caliente o frío.



## ORANGE-GLAZED CHICKEN

Makes 4 servings

Printed from: COOKS.COM

### Ingredients:

- 3 chicken breast halves,  
boneless, skinless, cut in thin strips
- 1 tbsp. oil
- 1 1/2 cups chicken broth
- 1/2 cup orange juice
- 2 tbsp. soy sauce, reduced sodium
- 1 tbsp. cornstarch
- 1 tsp. brown sugar
- 1/2 tsp. ginger, ground
- 1/2 tsp. garlic powder
- 1 (8 oz.) pkg. snap peas, frozen, thawed, drained
- 1 (10 oz.) pkg. baby carrots, frozen, thawed, drained
- 1 1/2 cups MINUTE instant brown rice

### Directions:

- ✓ Cook and stir chicken in hot oil in large skillet until lightly browned.
- ✓ Stir broth, orange juice, soy sauce, cornstarch, sugar, ginger and garlic powder in medium bowl. Add to skillet and bring to boil.
- ✓ Stir in vegetables and rice. Return to boil.
- ✓ Cover, reduce heat and simmer 5 minutes. Remove from heat and stir.
- ✓ Cover and let stand 5 minutes. Fluff with fork.



## POLLO A LA NARANJA-GLAZED

Marcas 4 porciones

de: COOKS.COM

### Ingredientes:

- 3 mitades de pechuga de pollo,  
deshuesado, sin piel, cortado en tiras delgadas
- 1 cucharado de aceite
- 1 1/2 taza de caldo de pollo
- 1/2 taza de jugo de naranja
- 2 cucharadas de salsa de soya, bajo en sodio
- 1 cucharada de maizena
- 1 cucharada de azúcar morena
- 1/2 cucharadita de jengibre molido
- 1/2 cucharadita de polvo de ajo
- 1 paquete (8 onz.) de guisantes snap peas congelados, descongelados, escurridos
- 1 paquete (10 onz.) de zanahorias de bebé, congeladas, descongelados, escurridos
- 1 1/2 taza de arroz integral instantaneo MINUTE

### Direcciones:

- ✓ Cocine y revuelva el pollo en aceite caliente en un sartén grande hasta que este un poco dorado.
- ✓ Junte el jugo de naranja, salsa de soya, maizena, azúcar, jengibre y polvo de ajo en un tazón mediano. Añada al sartén y hievir.
- ✓ Agrege las verduras y arroz. Hervir de nuevo.
- ✓ Tape, reduzca el calor y cueza a fuego lento 5 minutos. Quite de calor y revuelva.
- ✓ Tape y deje reposar por 5 minutos. Revuelva con un tenedor.



## SAUTEED SUGAR SNAP PEAS

*Yield: 5 each 1/2 cup servings*

*Printed from: COOKS.COM*

### Ingredients:

- 1 lb. sugar snap peas
- 3 tbsp. vegetable oil (½ sesame oil is great)
- 1 tsp. finely minced garlic
- 1 tbsp. fresh ginger, finely shredded
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/3 cup red onion, julienned

### Directions:

- ✓ String peas by beginning at tip and pulling it down. *(If peas are very young, omit this step.)*
- ✓ Cut off stem ends and leave whole.
- ✓ Place in colander and rinse under cold water. Shake well and drain.
- ✓ In large skillet heat oil.
- ✓ Add garlic and ginger and sauté briefly about 30 seconds.
- ✓ Add peas and, over medium high heat, toss and cook for 2-4 minutes, depending on how large they are. Do not overcook.
- ✓ Add salt, pepper & red onion just as they are finished cooking. Serve immediately.

## GUISANTES SALTEADOS REPENTINOS DE AZÚCAR

*Producción: 5 porciones de 1/2 taza*

*de COOKS.COM*

### Ingredientes:

- 1 libra de guisantes sugar snap
- 3 cucharadas de aceite de vegetal (½ de aceite de ajonjolí es bueno)
- 1 cucharadita de ajo picada finamente
- 1 cucharada de jengibre fresco, triturado finamente
- 1/2 cucharadita de sal
- 1/4 de cucharadita de pimienta negra
- 1/3 de taza de cebolla roja, cortada en tiras

### Direcciones:

- ✓ Quite la cuerda de los guisantes comenzando en la punta y halándolo. (Si los guisantes son muy jóvenes, omiten este paso.)
- ✓ Corte las puntas del tallo y deje entero.
- ✓ Ponga en un colador y enjuague bajo agua fría. Sacuda bien y deje escurrir.
- ✓ En un sartén grande caliente el aceite.
- ✓ Añada el ajo y el jengibre y sauté brevemente aproximadamente 30 segundos.
- ✓ Añada guisantes y, sobre calor alto mediano, cocine durante 2-4 minutos, según que grande sean ello. No cocinar demasiado
- ✓ Añada la sal, la pimienta y la cebolla roja quando esten terminandose de coninar. Sirva inmediatamente.

# **MAY:**

**Fruit – Bananas**

**Veggie – Spinach**



# **Bananas**



## **Fact Sheet**

### **Where did they come from?**

Bananas originated in the Malaysian jungles of Southeast Asia. Some researchers believe that bananas were the earth's first fruit and in some countries bananas were considered the principal food. Early travelers and settlers carried roots of banana plants as they migrated to the Middle East and Africa. Spanish explorers brought bananas on their journeys and introduced the fruit to the New World. However, it was not until the 1876 Philadelphia Centennial Exhibition when the bananas were officially introduced to the American public. Since the late 1800's bananas have been imported from other countries into the United States.




### **Where do they grow?**

Bananas grow in tropical areas throughout the world. Bananas are not commercially grown in the United States, but imported from countries in Central and South America including Colombia, Costa Rica, Ecuador, Guatemala, Honduras, Panama, Mexico, and Nicaragua. Costa Rica and Ecuador are the largest exporters of bananas. Bananas are available all year long throughout the United States.




### **How do they grow?**

Most people think bananas grow on trees but they actually grow on herb plants. Banana plants are a member of the lily family and are the largest herb plants in the world! Bananas grow best in tropical conditions since they require warm weather, rich soil and plenty of water. Bananas are formed inside a large bud, which grows upward from the root of the plant. As the bud grows, its petals open to a bunch of bananas called a "hand" which contains about 20 "fingers". Bananas are harvested when green and ripen while in the supermarket or after they are purchased.

### **Are they healthy?**

-  Provide good source of fiber, vitamin C and B6
-  Supply high amounts of potassium which helps muscles work
-  Contain no fat, cholesterol or sodium and are low in calories

### **How do you pick a good one?**

-  Choose bananas that are firm and free of bruises
-  Avoid those with brown spots or ones that seem soft
-  Select ripe ones that have yellow peels speckled with brown dots

# 😊 FUN FACTS! 😊

## Bananas

### Did you know...

- 😊 **Did you know bananas are the most popular fresh fruit in the United States?**
- 😊 **Did you know bananas received a new name each time a different group of people discovered them?**  
(Some of these included “banna”, “ghana” and even “funana”! The people of Africa are credited for giving the banana its permanent English name.)
- 😊 **Did you know bananas are the fruit choice of many athletes?**  
(The reason --- they have both a high amount of carbohydrates as well as potassium! Potassium is a mineral that helps the muscles work.)
- 😊 **Did you know you can store ripe bananas in the refrigerator; the peel turns brown but the fruit inside will still be good?**
- 😊 **Did you know there is a banana primarily used for cooking?**  
(It is called a “plantain”. It is used like a potato in many tropical lands.)
- 😊 **Did you know there are several different varieties of bananas?**  
(These include “finger bananas”, “red bananas” and “plantains”. The popular yellow banana, “Cavendish” is the one we commonly see in grocery stores.)
- 😊 **Did you know that an average person eats 33 pounds of bananas each year?**
- 😊 **Did you know bananas have been produced for over 1 million years?**
- 😊 **Did you know more than 96% of American households purchase bananas at least once a month?**
- 😊 **Did you know that Dole packs single bananas in a special way specifically for school food service?**  
(There are 150 single packed bananas in a case. These are always consistent in size, quantity, and quality and are pre-washed and pre-trimmed; ready to serve from the carton!)

Remember ...

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Bananas*; Choose ideas at your own discretion

### RECIPES:

- ✓ Try a new recipe with bananas ---  
Baked Bananas (USDA C-34)  
Banana Bread Squares (USDA B-5 or B-5a)
- ✓ Offer peanut butter and banana sandwiches
- ✓ Sneak some fruit in pudding desserts; Add banana slices to vanilla or chocolate pudding
- ✓ Offer a whole banana or slices with hot or cold cereal
- ✓ Top banana slices with a spoonful of low fat yogurt and granola for crunch
- ✓ Offer banana-nut bread or muffins for breakfast, lunch or After School Snack
- ✓ Feature a "banana split or blast" for lunch!

*(One each banana, 4 oz. low-fat yogurt, ½ or ¼ cup of crushed pineapple, diced peaches or cherries, ¼ cup or 1 ounce of granola and 1 oz. of peanuts, almonds or walnuts; Add a bag of animal or shaped graham crackers equaling 1 bread serving; Package in a plastic or boat style container.)*

This can also be offered for breakfast --- simply change the portions!

### Presentation Meal Appeal ---

Add Bananas to Puddings or Fruit Salads for a Unique Texture; Top with Granola for Crunch!

### MARKETING:

- ✓ Contact Dole for super resources!  
*(Examples: Fruit character cut-outs, posters, placemats, folders.... You can even use their Dole Banana costume for FREE!)*  
Phone: (973) 402-1192      nicholas\_schneider@na.dole.com
- ✓ Check out the Dole web site for ideas [www.dole5aday.com](http://www.dole5aday.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### Quality:

Store Bananas at Room Temperature!  
Ideal Storage Temperature is 56° -60°.

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day, Give this menu a special name  
*(Examples: Banana Blast! Blast Off with Bananas! Banana Blitz!)*
- ✓ Feature "Yellow Day" on the day that you offer bananas on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing yellow
- ✓ Offer a "Banana Trivia" quiz. Place all returned quizzes in a box and pick out several winners, but be sure their answers are correct!
- ✓ Promote a "Blast Off with Bananas" day; Use space names for all the menu components

### Safety:

Remember, Gloves Protect Food --- Not Hands!  
Hands Should Always be Clean Before Putting on Gloves!



# Spinach



## Fact Sheet

### Where did it come from?

Spinach is thought to be of Persian origin. It was first brought to Europe in the ninth century when Persian Arabs, who gave the plant its name, introduced it to Spain. It was also grown in Italy as a Lenten food and was planted in the fall and picked in February, just in time for Lent, when meat cannot be consumed. Since the early 19<sup>th</sup> century, spinach has become a versatile and commonly used vegetable in the United States.






### Where does it grow?

Spinach is grown throughout the country including Alaska, California, Connecticut, Kansas, Maine, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Ohio, Oregon, Pennsylvania, Rhode Island, South Carolina, Texas, Utah, Virginia and Washington. California is responsible for over one half of the production of spinach in the United States. Texas is the next largest producer of spinach, yielding one third of the total crop production. New Jersey has significant acreage of spinach grown throughout the state.




### How does it grow?

Spinach is a green, leafy plant that grows close to the ground. The stems of the leaves grow straight up from the ground in clusters. Spinach is composed of a taproot, which is a type of root that grows downwards into the soil, with branching roots toward the surface of the soil. Leaves usually grow 6 to 8 inches long. Spinach is considered a hardy cool season crop, which can be grown almost anywhere within the United States, but grows best in 50°- 60°F temperatures. It is available to purchase year-round. Its best seasons are in the fall and spring because it grows good in cool, damp weather.

### Is it healthy?

-  Provides good source of iron, fiber, folic acid, magnesium and manganese
-  Contains iron (*To improve iron absorption in spinach, eat vitamin C rich foods such as orange juice, citrus fruits or tomatoes with your spinach*)
-  Provides high amount of vitamin A and good amounts of vitamins C and K
-  Contains more protein than most other vegetables
-  Supplies the phytochemical (*pronounce "fight-o-chemical"*) lutein (*pronounce "loo-teen"*) which keeps your eyes healthy

### How do you pick good ones?

-  Select green and crisp leaves with a fresh, sweet fragrance
-  Choose leaves with a springy texture
-  Avoid leaves that are limp, damaged or spotted



# 😊 FUN FACTS! 😊

## Spinach

### Did you know...

- 😊 **Did you know there are three different varieties of spinach?**  
(Flat or Smooth Leaf that has smooth leaves; Savoy that has curly leaves; Semi-Savoy which has slightly curly leaves.)
- 😊 **Did you know that spinach is good for you?**
- 😊 **Did you know you can find spinach in your local supermarket in the following forms --- fresh, canned or frozen?**
- 😊 **Did you know spinach contains phytochemicals** (*pronounce "fight-o-chemicals"*), **which helps protect the plant from insects and helps protect your health too?**
- 😊 **Did you know eating and preparing spinach is simple because it can be eaten raw or cooked?**
- 😊 **Did you know raw spinach provides 3 grams of protein per 3 cup serving?**
- 😊 **Did you know spinach can contain a lot of grainy dirt particles and, therefore, should be washed thoroughly and gently to avoid tearing the leaves?**
- 😊 **Did you know slightly damp spinach can be steamed or microwaved without adding any additional water?**

Remember ...  
Eat more fruits and vegetables everyday!

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Spinach*

Choose ideas at your own discretion

### RECIPES:

- ✓ Try new recipes with spinach ---  
Warm Spinach Salad (see attached)  
Turkey Pita Pizzazz (see attached)  
Orange Spinach Salad with Honey Dill Dressing (see attached)  
Spinach Dip (see attached)
- ✓ Offer fresh spinach salads with hard boiled eggs as a lunch choice
- ✓ Offer pizza with a topping of cooked spinach
- ✓ Add cooked, chopped spinach to soups, tomato sauce, rice, and pasta dishes
- ✓ Add fresh spinach leaves to iceberg and/or romaine lettuce for a colorful nutritious salad
- ✓ Add fresh spinach leaves, instead of iceberg lettuce, as a sandwich topping

### Presentation

#### Meal Appeal ---

#### Vary Colors for Eye Appeal:

Add Spinach to Iceberg and Romaine for a Colorful Healthy Tossed Salad!

### MARKETING:

- ✓ Contact the "Leafy Greens Council" for posters and other resources  
They also have a great website --- Check it out!  
Call: 1-651-484-3321 [www.leafy-greens.org](http://www.leafy-greens.org)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### Quality:

For Crisp Spinach Leaves ---  
Wash and Pat Dry  
Just Before Using!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Examples: Super Star Spinach! Sensational Spinach Day!*)
- ✓ Feature "Green Day" on the day that you offer spinach on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing green
- ✓ May is "Salad Month" --- Celebrate by featuring a variety of exciting salads as vegetable choices; Try different types of leaves in your salads such as fresh spinach, romaine, red leafy greens, and cabbage red and/or green...
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

### Safety:

Wash Spinach Leaves Thoroughly Before Use!



School Food Service Link...



**School Food Service Recipes**



## **Warm Spinach Salad**

**Serving Size:** ½ cup

**Recipe From:** SNA Database

**Yield:** 200

**Source:** NH Department of Education

### **Ingredients:**

- 20 oz. Spinach
- 1/2 cup or 4 oz. Olive Oil
- 24 each Apples, Red Delicious
- 8 onions Red Onions, Sliced
- 2 cups or 16 oz. Balsamic Vinegar
- 2 cups. Olive Oil
- 2 cups. Almonds, Toasted, Sliced or Silvered

### **Directions:**

1. Wash and de-vein spinach, removing stems. Air-dry spinach or put into a salad spinner until dry.
2. Heat olive oil in large sauté pan or tilt skillet.
3. Halve apples lengthwise and cut into quarters. Remove cores. Slice into long thin slices.
4. Skin and slice onion in half. Slice into thin strips or julienne.
5. Add apples and onions to hot olive oil and sauté until slightly wilted and red onion begins to bleed.
6. De-glaze pan with balsamic vinegar and remove from heat. Add remainder of olive oil and toss hot onion apple mixture into washed and dried spinach. Toss well.
7. Serve 1/2 cup per portion with garnish of toasted almonds.

HACCP Tips: Wash hands and clean all food preparation surfaces.



## School Food Service Link...



### School Food Service Recipes



# **Turkey Pita Pizzazz**

**Serving Size:** ½ Pita

**Recipe From:** SNA Database

**Yield:** 100

### **Ingredients:**

- 50 each 6-inch Pita pockets, whole wheat or white
- 3 lbs., 2 oz. Spinach leaves, wilted
- 6 lbs., 4 oz. Turkey breast, cooked, julienne
- 6 lbs., 4 oz. Mozzarella cheese, shredded
- 1 tsp Garlic, minced
- 8 each Bay Leaf
- 1 Tbsp., 1 tsp. Basil Leaves, Dry
- 2 tsps. Thyme Leaves, Dry
- 1/4 tsp. White Pepper
- 1 Tbsp., 1 tsp. Oregano Leaves
- 1/2 cup. Tomato Juice, Canned
- 1 qt. Tomato Sauce, Canned
- 3 1/2 cups Tomatoes, Crushed, Canned

### **Directions:**

1. Combine garlic, spices and tomato juice in a saucepan or steam kettle. Boil and reduce until nearly dry.
2. Add tomato sauce and tomatoes. Bring to a boil and simmer for 10 minutes.
3. Remove from heat. Remove bay leaves.
4. Spread 1 oz. tomato mixture over each whole pita bread.
5. Place 1/4 cup lightly blanched spinach on sauce and top with 2 oz. turkey.
6. Place 2 oz. (or 1/2 cup) shredded cheese on top of turkey.
7. Bake in a conventional oven at 350° F for 13 minutes or a convection oven at 350° F for 8 minutes, until cheese is melted.
8. Cut into halves and serve one half per portion.

HACCP Tips: Wash hands and clean all food preparation surfaces



## School Food Service Link...



## School Food Service Recipes



### **Orange Spinach Salad with Honey Dill Dressing**

Serving Size: ½ cup

Yield: Approx. 30 each

#### **Ingredients:**

- 10 oz. Fresh Spinach
- 1 Head Iceberg lettuce
- 2 Tablespoons Onions, Diced
- 2 Tablespoons Green Pepper, Diced
- 2 Large Oranges, Peeled & Sectioned
- 1 Cucumber, Shredded

#### **Directions:**

Place all ingredients in bowl. Toss.

### **Honey Dill Dressing**

Serving Size: 1 Tablespoon

Yield: 2 cups or 32 Servings

#### **Ingredients:**

- 1½ cups Low-Fat Mayonnaise
- ¼ cup Honey
- 2 Tablespoons Lemon juice
- 2 Tablespoons Dill Weed

#### **Directions:**

Mix all ingredients in bowl.

Pour over salad or serve on side.

### **Yummy Spinach Dip**

#### **Ingredients:**

Yield: Approx. 4 cups

- 2 each 10 oz. Packages Frozen Chopped Spinach, Thawed
- ½ cup Mild White Onion, Finely Chopped
- 3 Cloves Garlic, Finely Chopped
- 2 cups Raw Red Pepper, Finely Chopped
- 1 cup Low-Fat Sour Cream
- 1 cup Low-Fat Mayonnaise
- Optional: Salt & Pepper for Additional Seasoning
- Assorted Colorful Raw Vegetables for Dipping

#### **Directions:**

Squeeze the water out of the spinach, and place the spinach in a mixing bowl. Stir in the onion, garlic, red pepper, sour cream, and mayonnaise. Season with salt and pepper. Let the dip sit at room temperature for 1 hour for the flavors to mix. Stir again before serving. This dip keeps well refrigerated for 1 week.

**Recipe From:** Dole Food Company, Inc.

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of  
**Spinach & Bananas ...**

*Items in bold are enclosed.*

- ✓ Review **"Fact Sheet"** and **"Fun Facts"**
- ✓ Have students color the Cruciferous Crusader ----**"Spinachraptor"**
- ✓ Discuss **"Meet the Cruciferous Crusaders"** ; A short introduction to some of the Cruciferous Crusader characters (*Handout attached*)
- ✓ Check out the Leafy Greens Council web site for ideas --- [www.leafy-greens.org](http://www.leafy-greens.org)
- ✓ Copy and distribute the **activity sheets: "What's in Lucy Lettuce's Salad?"** and **"Kurt & Casey Collard Greens' Leafy Greens Word Search"** (*Attached are activity sheets and answers*)
- ✓ Display pictures of different types of spinach
- ✓ Have students color, **"Bobby Banana" Coloring Page**
- ✓ Show **an easy method to peel a banana**; Method outlined in **"Kids' Kitchen"** handout
- ✓ **Distribute "Banana Crossword Fun"** (*Answers attached*)
- ✓ Discuss **"Country Snapshot"** (*Handout attached*); Encourage students to learn and taste fruits, vegetables and also other foods from different cultures; Three countries are discussed in the attached handouts, Mexico, Russia and Ethiopia
- ✓ Discuss **"Parent/Guardian Letter on Family Meals"** (*Letter attached*)  
Encourage students to taste and try new foods at family meals

## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

- ✓ Distribute **"Parent/Guardian Letter"**, **"Family Meal Conversation Starters"**, **"Salad Bowl"** and/or **"Family Salad Bar/Spinach Lasagna"** encouraging families to eat together and try new foods together (*Handouts attached*)
- ✓ **Kids' Kitchen Recipes**
- ✓ **Recipes for Home**



Classroom Link... Coloring Page From: [www.leafy-greens.org](http://www.leafy-greens.org)

# CRUCIFEROUS CRUSADERS



**SPINACHRAPTOR**



**Classroom Link...** From: [www.leafy-greens.org](http://www.leafy-greens.org)

## MEET the **CRUCIFEROUS CRUSADERS!**

CRUCIFEROUS CRUSADERS



Hi, Boys and Girls! My name is **Cabbagesaurus** and I am the **team captain of the All-Star Cancer Fighting Team -- the CRUCIFEROUS CRUSADERS**. My strength is in the **high mineral and vitamin content**, which you can get from cabbage. **CRUCIFEROUS** is a big word that stands for the **leafy green vegetables, cabbage, spinach, broccoli, kale, red and green lettuce**. Our team is very important because we can **help you have a healthy diet, AND we can help you lower the risk of certain types of cancer**.

Let me **introduce** to you the other members of our **All-StarTeam**:

First is our **pitcher, Broccadactyl**. He has helped carry the CRUSADERS to world championship because his **power source** is the **fiber**, which **comes from broccoli**.



BROCCADACTYL



May I introduce the **Red and Green Lettuceratops**. They play 1st and 2nd base. The **healthy, low calorie content of lettuce** makes them a team favorite.

Our **right fielder** is the fantastic **Kal-O-Don**. He is a versatile team player and has **lots of calcium** from kale, which gives him his strong right arm.



KALE-O-DON



SPINACHRAPTOR

And say hello to **Spinachraptor**. He is our **power hitter**. He is known throughout the world for the **power** that comes **from spinach**.

Altogether, the **mighty CRUCIFEROUS CRUSADERS Team** can help you have a **healthy body and fight cancer**. So, won't you join our team and be on your way to better health?





**Classroom Link...** From: [www.dole5aday.com](http://www.dole5aday.com)



## **What's in Lucy Lettuce's Salad?**

Lucy's salad is filled with all sorts of tasty fruits and vegetables. Can you name them and identify their colors?

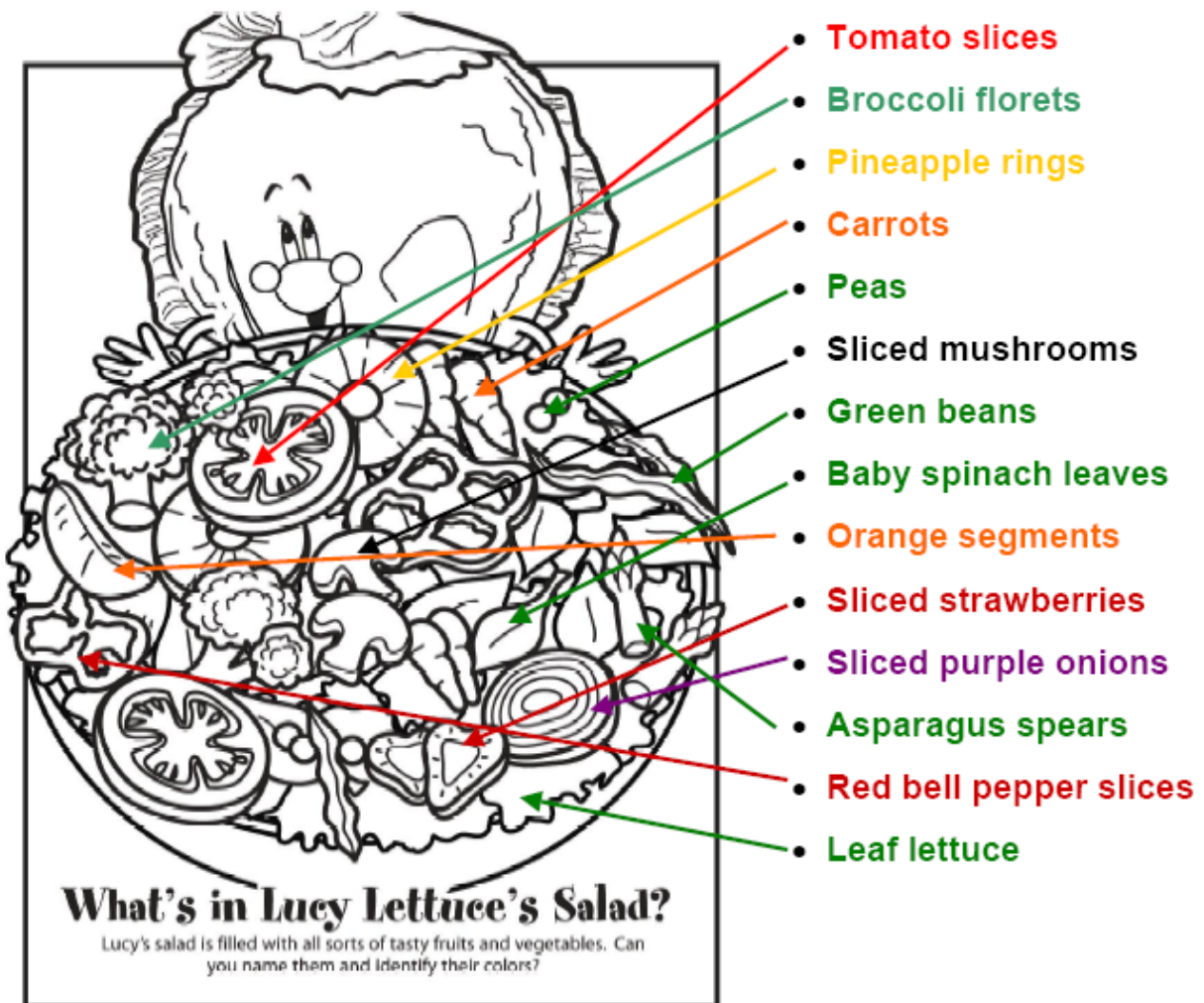
Copyright 2004 Dole Food Company, Inc. Find more 5 A Day Activity Sheets at [www.dole5aday.com](http://www.dole5aday.com).



## Classroom Link...

From: [www.dole5aday.com](http://www.dole5aday.com)

### Answers to “What’s in Lucy Lettuce’s Salad?”



Copyright © 2004 Dole Food Company, Inc. Find more 5 A Day Activity Sheets at [www.dole5aday.com](http://www.dole5aday.com).



# Kurt & Casey Collard Greens' Leafy Greens Word Search



Howdy, partner  
My name is Kurt, and here, in the red boots, is my dance partner Casey. When we're not out dancing, we love to create word search puzzles. We created this leafy greens word search puzzle just for you! Have fun finding words that describe these delicious vegetables and the nutrients they contain.

All the words in the list below are in the puzzle. You can find them spelled horizontally, vertically, diagonally, forward or backward ...but they will always be in a straight line. Circle each word or phrase.



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| E | D | O | Q | A | A | D | D | A | V | C | Q | E | E | S |
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| S | N | E | E | R | G | P | I | N | R | U | T | D | Y | R |
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| T | O | T | S | Z | S | P | N | R | M | N | I | A | A | G |
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| G | V | N | X | P | D | X | R | W | F | M | A | L | L | E |
| E | C | U | T | T | E | L | E | N | I | A | M | O | R | E |
| T | T | S | U | X | Z | L | E | E | X | T | I | C | T | N |
| E | L | A | K | W | M | G | N | V | K | I | N | A | M | S |
| R | I | W | F | D | R | D | S | X | B | V | A | Z | E | D |

- Spinach
- Romaine Lettuce
- Collard Greens
- Arugula
- Dandelion Greens
- Turnip Greens
- Kale
- Mustard Greens
- Calcium
- Fiber
- Iron
- Vitamin A
- Vitamin C
- Folic Acid
- Raw
- Salad
- Leafy Greens





# Answers to Kurt & Casey Collard Greens' Leafy Greens Word Search



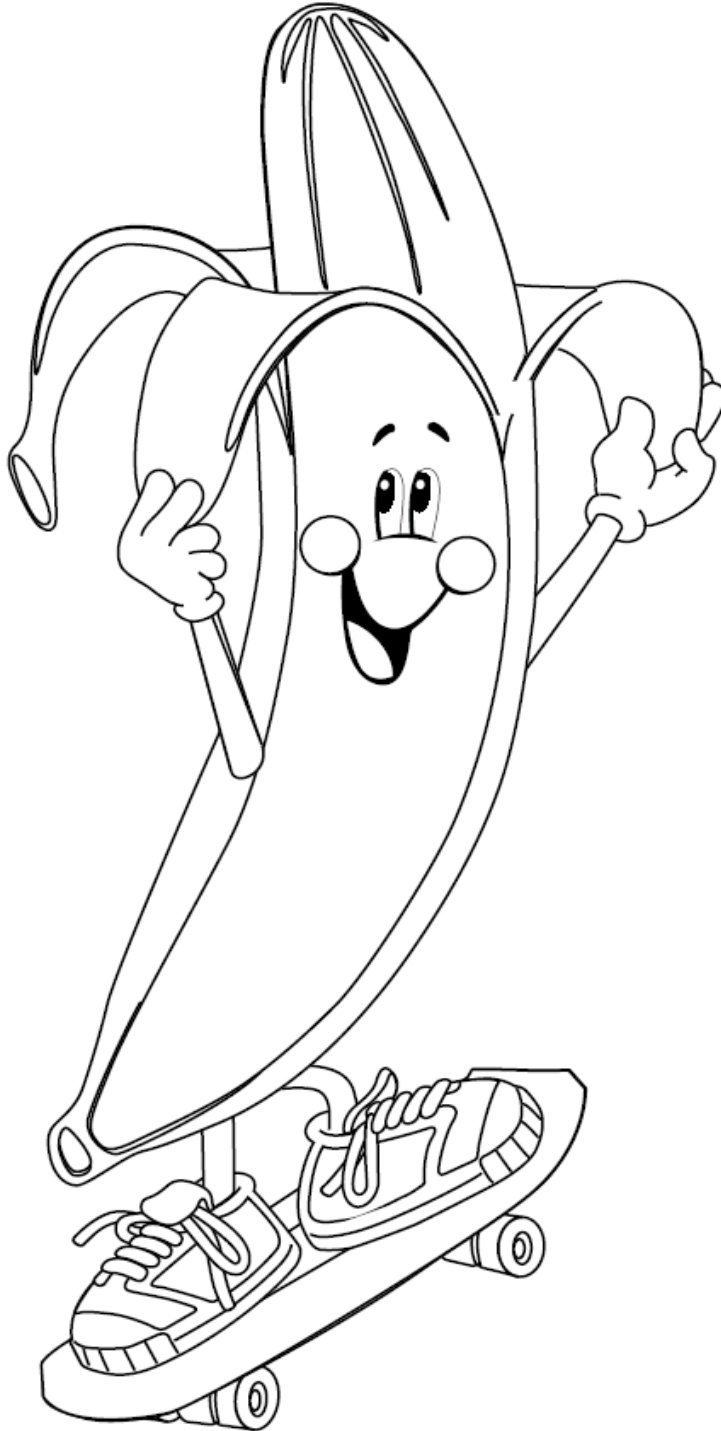
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| E | C | U | T | T | E | L | E | N | I | A | M | O | R | E |
| T | T | S | U | X | Z | L | E | E | X | T | I | C | T | N |
| E | L | A | K | W | M | G | N | V | K | I | N | A | M | S |
| R | I | W | F | D | R | D | S | X | B | V | A | Z | E | D |

- Spinach
- Romaine Lettuce
- Collard Greens
- Arugula
- Dandelion Greens
- Turnip Greens
- Kale
- Mustard Greens
- Calcium
- Fiber
- Iron
- Vitamin A
- Vitamin C
- Folic Acid
- Raw
- Salad
- Leafy Greens



# Classroom Link... Coloring Page: Bobby Banana

From: Dole 5-A-Day Web-Site; [www.dole5aday.com](http://www.dole5aday.com)

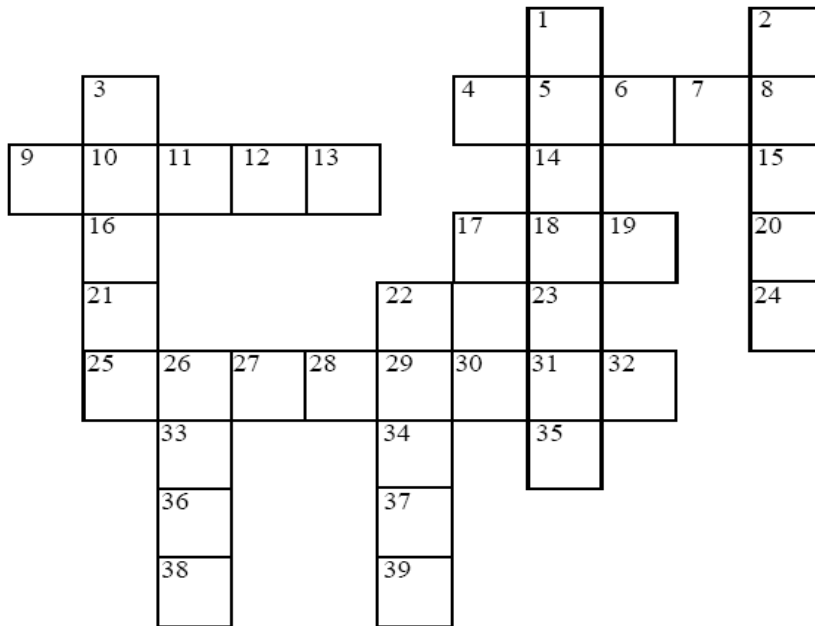


Bobby Banana ©



Classroom Link... From: [www.dole5aday.com](http://www.dole5aday.com)

# Banana Crossword Fun



## ACROSS

- 4. Bananas require warm tropical sun, rich soil, and lots of \_\_\_\_\_
- 9. Bananas are harvested when they're \_\_\_\_\_
- 17. One banana counts as one serving of your 5 A \_\_\_\_
- 25. Bananas grow in \_\_\_\_\_ areas

## DOWN

- 1. \_\_\_\_\_ are the most popular fruit in America
- 2. Bananas do NOT grow on \_\_\_\_\_
- 3. Bananas were probably the first \_\_\_\_\_ farmed by man
- 22. Bananas are a good source of vitamin C, \_\_\_\_\_ and potassium
- 26. Store bananas at \_\_\_\_\_ temperature



Classroom Link... From: [www.dole5aday.com](http://www.dole5aday.com)

# Answers to **BANANA Crossword Fun**

## ACROSS:

- 4- WATER
- 9- GREEN
- 17- DAY
- 25- TROPICAL

## DOWN:

- 1- BANANAS
- 2- TREES
- 3- FRUIT
- 22- FIBER
- 26- ROOM



## Classroom Link...

From: "Community Nutrition Action Kit"/USDA Team Nutrition

# Country Snapshot

All aboard for a trip around the world! Learning about foods eaten in different cultures adds excitement and inspires a sense of adventure to taste foods that are new and different!

### Materials Needed:

- Map of the world
- Crayons or markers
- Poster board
- Clear contact paper
- Travel posters, magazines, etc.
- Scissors
- Glue
- Cassette tape, cassette player
- Food Guide Pyramid/MyPyramid poster
- "International Food List" handout
- Story, attached

### Time Needed:

45 minutes

### OBJECTIVES:

- ◆ To learn about foods and food customs in different countries.
- ◆ To classify foods from another culture by food groups of the Food Guide Pyramid.
- ◆ To taste new foods.

### KEY CONCEPTS:

- ◆ People from other cultures eat foods that are similar and different from the food we eat.
- ◆ Tasting "new" foods can be fun and delicious.

### PREPARATION NEEDED:

- ◆ Collect travel posters and travel magazines about foreign countries that can be cut up.
- ◆ Obtain a map of the world.
- ◆ Cut poster board into "placemat" size pieces, one for each youth.
- ◆ Obtain cassette tapes of music from several countries around the world and a cassette player (optional).
- ◆ Photocopy "International Food List" for distribution to group.

### BACKGROUND:

Each country of the world has unique foods and food preparation techniques and food customs. These are important parts of the culture of each country. The foods eaten often depend on what foods grow in the area, what animals can be raised in the area, the climate, whether the country is located close to the sea, etc. "Special" foods are often prepared for celebrations.

This activity introduces the youth to three different cultures and some of their foods and food customs. Read the attached story for a little background on these three countries. You may want to do more research on your own at your local library or even choose different countries and make up your own stories. **The countries discussed in the story are: Mexico, Russia, and Ethiopia.**

Remind the youth that using their senses to enjoy the various flavors, textures, smells, and colors of food makes eating a fun adventure, and it can expand their appreciation for a wider variety of foods.





## Classroom Link: Country Snapshot Continued...

### STORY ACTIVITY

#### **Introduction:**

1- Explain that the youth will be learning about different cultures and some of the foods and food customs through a story. Have the youth sit while you read aloud the story "Food Stories from Around the World." The group leader should point out each country on a world map as the story is read.

2- Suggested discussion questions:

*What countries did the children visit?*

*Can you describe each country?( Its climate, where it is located in the world, etc.)*

*Name some of the foods that were eaten in more than one of the countries.*

### PLACEMAT ACTIVITY

1- Spread out the posters and pictures according to country, and have youth create placemats about any of the countries in the story using art materials. Give everyone a piece of poster board and glue.

2- When the group has finished, cover both sides of each placemat with clear contact paper.

3- Have youth share their placemats with the group.

4- Display placemats in the school cafeteria.



### FOOD GROUPING ACTIVITY

1- Display the Food Guide Pyramid/MyPyramid poster.

2- Give each youth a copy of the "International Food List" and a pencil, and have them work in groups to write in the name of the food group to which each food belongs.

3- When the lists are completed, compare the answers to the answer key. Refer back to the story, if necessary. Discuss the similarities and differences in the foods eaten in the three countries.

#### **CLOSURE:**

Have each youth set a goal to taste a food from the story in the coming week.



**Classroom Link: Country Snapshot Continued...**

## **Food Stories From Around the World**

### **MEXICO**

These stories follow a teacher, Ms. Santos, and four of her students, Marcus, Carlos, Tanisha and Liz as they visit different countries and learn about foods and food customs.

"Where are we?" asked Marcus, always the first of the group to open his mouth.  
"We're not in any more \_\_\_\_\_ (name of your town) \_\_\_\_\_, that's for sure."

"We're in a little town in Mexico called La Penita," said Ms. Santos. "It's on the Pacific Coast and very warm here."

The group strolled over to the main street, where people were selling fruits and vegetables in open-air markets. "I recognize some of this food," said Marcus, looking at the fruits and vegetables in one small shop. "I see **tomatoes, watermelons, and pineapples**. What are those things over there?"

"Those are **papayas**, and those are **mangoes**," said Carlos.  
"We eat them at my house. My father was born in Mexico."

"What's this? It looks like a hairy, brown turnip!" laughed Liz.

A small voice piped up from behind the counter.  
"That is **jicama** (HI-cah-ma). It's crunchy and sweet. Want to try?"

"Who are you?" asked Liz.

"I am Tia. This is my mother's shop."

"How come you speak English so well?" asked Marcus.

"We learn English in school. Here, have some jicama. Then tell me why you are here."

"We're visiting different countries to learn about the food they eat," said Carlos.

"Hey, this stuff's not half bad," said Marcus, his mouth full of jicama. "What other kinds of food do you eat here?"

Tia pointed to different piles of vegetables. "To us this food is not strange. It is what we eat every day. Here are **chili peppers, lettuce, zucchini, platanos** (PLA-ta-nos) and **cactus leaves**."

"Cactus leaves? Do people really eat those things?" said Marcus.



## Classroom Link: Country Snapshot Continued...

Tia laughed. "But after you boil them, they are very good. Platanos, too. See how they look like big bananas? Sometimes we fry them, or put them in a stew. I like platanos very much."

"What about these bananas?" asked Tanisha. "They're tiny!"

"Those are **apple-bananas**. They grow on plantations very near here. Try one. They are so good!"

"Hey," mumbled Carlos with his mouth full. "She's right. They may be little, but they are sure good."

"Tia, what does your family usually eat besides fruits and vegetables?" asked Carlos.

"We eat lots of **tortillas**," said Tia. "We eat them at almost every meal --- with **beans, meat, lettuce, and tomatoes**. We also eat fresh **fish, shrimp, and oysters**. And we make juice from fresh fruits, like **guava** or **watermelon**. For snacks, we can buy a mango on a stick or **ice cream**. Another thing we like very much is '**pan dulce**' --- it's a sweet bread. Sometimes my mother bakes it and sometimes we buy it at the store."

"Wow, I never thought there was so much cool food in Mexico," said Marcus. "I thought all you ever ate was beans."

Tia laughed again. "And we think Americans only eat hamburgers and french fries. Today you have learned many things about what Mexican people eat. Thanks so much for visiting!"

# RUSSIA

"Brr. This is definitely not sunny Mexico," said Tanisha. She clutched at her coat, blew on her fingers and gazed at the huge buildings in Moscow's Red Square. "Not at all."

"That's right," said Ms. Santos. "We're on the other side of the world from Mexico, and a lot further north. We've been invited to a family's apartment for lunch, so we better get going."

Ms. Santos and the children hopped on the squeaky clean Moscow subway, and soon they came to their stop. They found the right apartment building, and soon were climbing, climbing, climbing up the stairs.

"Welcome. Come in. Welcome," said a woman at the top of the stairs. "You must be the group from the United States."

"That's right. And we're pooped, too," said Marcus. "I'm Marcus."

"This is my husband, Sergei, and our son, Piet. Come in. Come in."

Their apartment was very small. But right in the middle of the living room was a round table, full of dishes of food in all shapes and colors. The kids just stared. Even Marcus, for once, had nothing to say.



## Classroom Link: Country Snapshot Continued...

"What is all this?" stammered Liz.

"I mean, there's so much. I thought we'd just have ... "

"You thought the Russians only ate **soup, bread** and **tea**, yes?" said Tatyana. "Well, we do. But many other things, too. This is **prostokvasha** (pro-sto-KVAsha). It is like your yogurt, but not as sweet, like buttermilk. Russian people often eat this for breakfast."

"And look at the bread!" whispered Tanisha. "It's beautiful and black!"

"Yes, Russians love **dark, rich bread**," said Sergei. "We buy it fresh almost every day at the bakery. Some days we have to stand in line for a long time before we can buy bread."

"And this?" asked Tanisha. She was warm now, and her curiosity was making her talk more.

Piet finally got brave enough to try out his English. "**Sour cream, potatoes** and **mushrooms!** We love sour cream in everything!"

"You see, for a long time many of us didn't have refrigerators," Piet's mom explained. "We learned to use sour milk and sour cream in our cooking. Another thing we use in cooking is **hard-cooked eggs**. Meat can be very expensive here, so we get much of our protein from eggs and dairy products."

"What's this red stuff?" asked Marcus, pointing to a steaming bowl of deep red-purple liquid.

"That's **borscht** --- Russian beet soup. It is a big favorite with many Russians," answered Sergei. "And here are pickled vegetables. Our ancestors used to pickle many foods to make them last longer. Today we still eat **pickled beets, beans, cabbage**, and even **mushrooms**."

"Does everyone in this huge country eat this kind of food?" asked Tanisha.

"Oh, no," said Tatyana. "Russia has many different climates and types of food. In the warmer climates, people eat a lot of **figs, dates, apricots, nuts** and **seeds**. And instead of eating bread and potatoes, like we do, they eat **rice** or **corn**. They also like to eat **lamb** or **chicken**."

"We better sit down and start eating this food," said Ms. Santos.

## ETHIOPIA

The children looked at the rugged hills and bright sunlight and smiled. "I don't care where we are. I'm just glad to be warm," said Tanisha.

"It just so happens that today we're visiting Ethiopia," said Ms. Santos. "Ethiopia is in East Africa."

"I thought Ethiopia was one big desert," said Liz.



## Classroom Link: Country Snapshot Continued...

"No," said Carlos. "There are many kinds of geography in Ethiopia. There are deserts, mountains, and plains."

"That's right," said Ms. Santos.

"But right now we have to go on. A family is expecting us for lunch."

After a short walk, the group entered a round, dark hut. They were at the home of Jarra, his wife, Ama, and their 2-year-old daughter, Jabu.

"Welcome to our house! Welcome to our table," boomed Jarra. He was a tall, thin man who held his head very high. "Here, first you must have some cool water. Then sit down. We will have a meal."

The kids sat down on a low couch near a table. In the middle of the table was a steaming **stew**, and pieces of **bread** that were flat, soft and full of holes.

"In this country, we do not use your knife and fork," said Ama in a quiet voice. "Instead, we take pieces of bread and scoop up the stew. Watch me. Now you try."

Marcus tore off a piece of bread, dipped it into the stew and immediately slopped some on his pants. "Oh brother, it's going to be a long lunch," he said under his breath.

"What's in this stew, and what's it called?" asked Carlos.

"This dish is called **wat**," said Jarra. (Wat rhymes with swat.) "Ethiopians cook many kinds of wat. This one has **chicken, onion, lemon juice, hard cooked eggs, hot peppers**, and many spices. Some wats only have vegetables or **beans**. Some are made with **beef**."

"What else do you like to eat?" asked Liz.

"**Bread**. The bread we are eating now is made from millet. We also eat **lentils** and **chickpeas**, and **curds** made from milk. And **honey**. Honey to us is like heaven."

"Does everybody in Africa eat like this? 'Cause if they do, they sure are lucky," mumbled Marcus with his mouth full. By now he had learned how to dip and eat.

"No, there are many different cultures in Africa," said Jarra, "and people eat differently. Some people live where it is very hot. They eat lots of fruits, like **mangoes, breadfruit, and bananas**. Some people live near the oceans and eat lots of **fish**."

Ama nodded her head. "Yes. Food and water are very important. We have had drought here for many years. The crops have been bad. Many people have gone hungry or died. Before every meal, we give thanks for our food, because so many people have so little to eat."

The group looked at the floor of the dark hut and let this young woman's words sink in. After a bit, Ms. Santos stood up.

"We thank you for your wonderful food. And now we must go."

Source: Nutri-Kids Go Around the World. Expanded Food and Nutrition Education Program. Oregon. 1994. (11).  
Team Nutrition Community Nutrition Action Kit



## Classroom Link: Country Snapshot Continued...

# INTERNATIONAL FOOD LIST

*(These foods were all mentioned in the story)*

| <b>MEXICO</b> | <b>FOOD GROUP</b> | <b>RUSSIA</b>   | <b>FOOD GROUP</b> |
|---------------|-------------------|-----------------|-------------------|
| cactus leaves |                   | potato          |                   |
| jicama        |                   | mushroom        |                   |
| mango         |                   | black bread     |                   |
| papaya        |                   | prostokvasha    |                   |
| tomato        |                   | sour milk       |                   |
| watermelon    |                   | hard-cooked egg |                   |
| pan dulce     |                   | borscht         |                   |
| pineapple     |                   | pickled cabbage |                   |
| platanos      |                   | figs            |                   |
| tortilla      |                   | rice            |                   |
| zucchini      |                   | pickled beans   |                   |
| apple-banana  |                   | pickled beets   |                   |
| beans         |                   | corn            |                   |
| oysters       |                   | dates           |                   |
| fish          |                   | apricots        |                   |
| shrimp        |                   | nuts and seeds  |                   |
| guava juice   |                   |                 |                   |

| <b>ETHIOPIA</b> | <b>FOOD GROUP</b> |
|-----------------|-------------------|
| flat bread      |                   |
| stew (wat)      |                   |
| hot pepper      |                   |
| beans           |                   |
| lentils         |                   |
| chickpeas       |                   |
| curds from milk |                   |
| honey           |                   |
| hard-cooked egg |                   |
| onion           |                   |
| chicken         |                   |
| lemon juice     |                   |
| beef            |                   |



## Classroom Link: Country Snapshot Continued...

### INTERNATIONAL FOOD LIST—ANSWER KEY

#### MEXICO

|               | FOOD GROUP        |
|---------------|-------------------|
| cactus leaves | vegetable         |
| jicama        | vegetable         |
| mango         | fruit             |
| papaya        | fruit             |
| tomato        | vegetable         |
| watermelon    | fruit             |
| pan dulce     | grain             |
| pineapple     | fruit             |
| platanos      | fruit             |
| tortilla      | grain             |
| zucchini      | vegetable         |
| apple-banana  | fruit             |
| beans         | meat or vegetable |
| oysters       | meat              |
| fish          | meat              |
| shrimp        | meat              |
| guava juice   | fruit             |

#### RUSSIA

|                 | FOOD GROUP               |
|-----------------|--------------------------|
| potato          | vegetable                |
| mushroom        | vegetable                |
| black bread     | grain                    |
| prostokvasha    | milk                     |
| sour milk       | milk                     |
| hard-cooked egg | meat                     |
| borscht         | combination or vegetable |
| pickled cabbage | vegetable                |
| figs            | fruit                    |
| rice            | grain                    |
| pickled beans   | meat or vegetable        |
| pickled beets   | vegetable                |
| corn            | vegetable                |
| dates           | fruit                    |
| apricots        | fruit                    |
| nuts and seeds  | meat                     |

#### ETHIOPIA

|                 | FOOD GROUP         |
|-----------------|--------------------|
| flat bread      | grain              |
| stew (wat)      | combination        |
| hot pepper      | vegetable          |
| beans           | meat or vegetable  |
| lentils         | meat or vegetable  |
| chickpeas       | meat or vegetable  |
| curd from milk  | milk               |
| honey           | fats, oils, sweets |
| hard-cooked egg | meat               |
| onion           | vegetable          |
| chicken         | meat               |
| lemon juice     | fruit              |
| beef            | meat               |



## Home Link...



To: Parents/Guardians  
From:  
Subject: Family Meals  
Date:

A great way to spend quality time with your child or children is to sit down together as a family to eat meals.

### ***Did you know?***

**Having dinner with your children is one of the best things a parent or guardian can do.**

**Children that share in frequent positive family meals are:**

- ✓ Better communicators
- ✓ Healthier eaters
- ✓ Less likely to use tobacco, alcohol and drugs
- ✓ Better performers in school

Below are some suggestions to make your family mealtimes a positive memory:

- ✓ Use the attached “Conversation Starters” to involve everyone in talking at the family table.
- ✓ Assign a team of family members a monthly meal. Have them plan a theme, decorate, play music and games.
- ✓ Try a new food together. Select items from the attached “Salad Bowl” list.
- ✓ Try a new recipe together such as “Spinach Lasagna” attached.
- ✓ Celebrate a “Family Salad Bar Night” each week. (*Ideas are in “School/Family Salad Bar Project” attached.*)

**Plan time each week to enjoy a few meals as a family.  
Remember, you and your children will be happier!**





Home Link...



## Conversation Starters



- \* If you were a food, what would you be?
- \* Why do people drive on parkways and park on driveways?
- \* What do you think is the greatest invention? Why?
- \* Describe what it means to be a best friend.
- \* What is your earliest childhood memory?
- \* Is there something that you memorized long ago and still remember?
- \* Which way does the toilet paper roll go? Over or under?
- \* What is your favorite season of the year? Why?
- \* How many people are in your whole family? How many are male? Female?
- \* Who controls the TV remote control in your family?
- \* Name your favorite animated movie and tell why you like it.
- \* Which person would you like to see more often than you do now?
- \* If you were an animal, what would you be?
- \* What superpower would you like to have? What would you do with it?
- \* If you had to move to another state, which one would you choose?
- \* Name three animals that have toes. Name three that don't.
- \* Close your eyes. Now tell everyone the color of their eyes.
- \* What special talent do you have?
- \* What can you do that makes people laugh?
- \* How many people do you know who are left-handed?
- \* Can you pat your head and rub your stomach at the same time?
- \* Name four items that can always be found in your refrigerator.
- \* Who is the best laundry folder in the family?
- \* If somebody makes a mess, who cleans it up?
- \* When was the last time you sent or received a card from someone?
- \* Which do you prefer, a shower or a bath? Why?
- \* If you were in danger, who would protect you?
- \* Name three sports that are played in teams. Name three that are not.
- \* What is your grandfather or grandmother's middle name?
- \* What color do you get when you mix blue and yellow? How about red and blue?
- \* How many teeth do you have in your mouth?
- \* Where does the water in your home come from? Where do the drains go?
- \* Which do you prefer, inside or outside? Why?
- \* Close your eyes. How many prongs are on your fork?



# Salad Bowl

The foods and recipes contributed by the many ethnic groups making up the United States population are what make the foods we eat so wonderful. It is interesting to learn how many of the fruits and vegetables eaten by different ethnic groups are eaten by your family.

Using a colored pencil, circle the foods your family now eats from the list below.

## ASIAN

### Fruits:

apple  
banana  
carambola  
Chinese banana  
Chinese pear  
dates  
fig  
fruit juices  
grape  
guava  
kumquat  
kitchi  
lime  
loquat  
lychee  
mango  
orange  
papaya  
passion fruit  
persimmon  
pineapple  
pomelo  
pomegranate  
plum  
tangerine  
watermelon

### Vegetables:

bamboo shoots  
bean sprouts  
bitter melon  
bok choy

broccoli  
celery  
cucumber  
daikon  
eggplant  
fuzzy melon  
ginger  
leek  
mushroom  
mustard greens  
napa cabbage  
onion  
potato  
snow peas  
spinach  
squash  
taro  
tomato  
turnip  
water chestnut  
winter melon  
yam

## AFRICAN-AMERICAN

### Fruits:

apple  
banana  
berries  
fruit juices  
peach  
watermelon

### Vegetables:

beets  
broccoli  
cabbage  
chard  
collard greens  
corn  
garlic  
green beans  
green pepper  
hominy  
hot pepper  
kale  
mustard greens  
okra  
onion  
potato  
spinach  
squash  
sweet potato  
tomato  
yam

## LATINO

### Fruits:

apple  
avocado  
banana  
canned fruit  
cherimoya  
coconut  
guava  
lemon  
lime

mango  
melon  
orange  
papaya  
passion fruit  
pineapple  
strawberry  
sugar cane  
zapote

### Vegetables:

agave  
avocado  
cabbage  
cactus leaves  
carrot  
cassava  
chilies  
corn  
jicama  
onion  
peas  
potato  
squash  
squash blossoms  
sweet potato  
tomatillo  
tomato  
turnip

## NATIVE AMERICAN

### Fruits:

blackberry

blueberry  
canned fruit  
chokeberry  
crab apple  
cranberry  
currants  
elderberry  
grapes  
ground cherry  
huckleberry  
musk melon  
peach  
persimmon  
raspberry  
salmon berry  
strawberry  
watermelon  
wild plum  
wild rhubarb

### Vegetables:

bitter root  
cactus leaves  
corn  
Jerusalem artichoke  
kelp  
miners lettuce  
mushroom  
pumpkin  
turnip  
wild carrot  
wild celery  
wild potato

**FAMILY ACTIVITY:** Choose a food that you are not familiar with from the list, circle the name with a pencil. Purchase the food, prepare, and eat it. Select a new food item to try each week. Adding new fruits and vegetables will expand the variety of foods your family eats.



Home Link...



# KIDS' KITCHEN



## Bananas

### How to Peel a Banana:

- 1- Grab a banana like a handle with the stem facing the floor
- 2- Peel the banana from the top, not from the stem end where it was attached to the other bananas

**Much easier and you won't break the banana!**

### Fun Ways to Eat:

- Mix with your favorite fruit ---- create a fruit salad**
- Make a fruit kabob** (*skewer with different types of cut up fruit onto a stick*)
- Top banana slices with low fat yogurt and granola for crunch**
- Try topping your hot or cold cereal with banana slices**
- Create a new recipe for breakfast ---- Banana Pancakes**
- Hide some fruit in pudding desserts; Add banana slices to vanilla or chocolate pudding**
- Add banana slices to peanut butter sandwiches**
- Create a "banana split or blast" for breakfast or as a snack!**  
Take one banana, slice lengthwise  
Place fresh fruit or canned fruit such as crushed pineapple or diced peaches on top of banana  
Add a spoonful of low-fat yogurt on top of fruit  
Sprinkle granola, almonds, peanuts or walnuts on the yogurt
- Try banana-nut bread or muffins for breakfast, lunch or after school snack**

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

**The following recipes are attached and include bananas as an ingredient:**

- Fruity Breakfast Parfait**
- Banana Peanut Butter Sandwich**



Home Link...



# KIDS' KITCHEN

## Fruity Breakfast Parfait

**Makes 4 servings**

**Reprinted from: Dole's "5 A Day Kids Cookbook"**

**A fun food to eat for breakfast or as a snack! Be creative and use your favorite fruits, yogurt or pudding and nuts to create your own breakfast parfait or sundae!**

### Ingredients:

2 cups Chopped Fresh Pineapple  
1 cup Frozen Raspberries or Strawberries, Thawed  
1 cup Low Fat Vanilla Yogurt  
1 Firm, Medium Banana, Peeled and Sliced  
1/3 cup Chopped Dates  
1/4 cup Sliced Almonds, Toasted

### You will need:

☞ Measuring Cups  
☞ 4 (6-oz.) Stemmed Sundae Glasses  
☞ Spoon  
☞ Knife

### Directions:

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

**Nutritional analysis per serving:** Calories 224, Protein 6g, Fat 6g, Saturated Fat 1g, Cholesterol 3mg, Carbohydrate 41g, Sodium 43mg

## Parfait de Desayuno con Frutas

**Hace 4 porciones**

Reimprimido del Dole's 5 A Day Kids Cookbook

¡Un alimento divertido para comer en el desayuno o como un bocado! ¡Sea creador y utilice sus frutas favoritas, el yogur o el pudín y las nueces para crear su propio parfait del desayuno o helado con frutas y nueces!

### Usted necesitará:

☞ Las Tazas para medir    ☞ Cuchara    ☞ Cuchillo  
☞ 4 vasos de 6 onzas para helado

### Los ingredientes:

2 tazas de piña fresca picada  
1 taza frambuesas o fresas congeladas, descongelado  
1 taza el yogur de vainilla bajo en grasa  
1 banano mediano firme, pelado y cortado  
1/3 de taza de datiles cortados  
1/4 de taza de almendras, tostadas en el horno

**Direcciones:** En lo vasos ponga en capas la piña, las frambuesas, el yogur, el banano, y datiles. Rocíe encima con almendras.

**El análisis nutricional por porción:** Calorías 224, Proteína 6g, Grasa 6g, Grasa Saturada 1g, el Colesterol 3 mg, el Carbohidrato 41g, el Sodio 43 mg



Home Link...



# KIDS' KITCHEN



## Banana Peanut Butter Sandwich

Makes 2 servings

**Reprinted from: Dole's "5 A Day Kids Cookbook"**



### Ingredients:

- 2 tablespoons peanut butter
- 4 slices raisin bread
- 1 firm, small banana, peeled and sliced

### **Utensils Needed:**

Measuring Spoons  
Table Knife  
Cutting Board  
Knife

### Method:

1. Spread peanut butter on 2 bread slices.
2. Arrange banana slices over peanut butter. Top with remaining bread.
3. Place sandwiches on cutting board and cut into quarters.

### **Nutritional Info:**

(per serving)  
278 calories  
9g protein  
9g fat (2g sat.)  
39g carbohydrate  
260mg sodium  
0mg cholesterol

## **Emparedado de Cacahuete y Banano**

hace 2 porciones

*Receta de:* Dole Food Company, Inc.

### Los ingredientes:

- 2 cucharadas de mantequilla de cacahuete
- 4 toreas de pan con pasas
- 1 banano firme pequeño, pelado y cortado en rajas

### Direcciones:

1. Esparza la crema de cacahuete en 2 tajadas de pan.
2. Arregle las rajas de banano sobre la mantequilla de cacahuete. Cubra con el otro pan.
3. Ponga el emparedado en una plancha y corte en cuartos.

**Información nutricional:** (Por porción) calorías 278, proteína 9g, grasa 9g, grasa saturada 2g, carbohidrato 39g, sodio 260 mg, colesterol 0 mg



Home Link...



# KIDS' KITCHEN



## Spinach

### How to Prepare Spinach:

- 1-Tear off the stem
- 2-Separate the leaves and place in a large bowl of water
- 3-Wash leaves allowing the sand to float to the bottom of the bowl
- 4-Remove leaves, repeat process with fresh water as needed
- 5-Completely dry the leaves using a salad spinner or by patting dry with a paper towel

### Fun Ways to Eat:

- 👉 Add raw spinach to salads
- 👉 Use raw spinach, instead of lettuce, on sandwiches or wraps
- 👉 Try cooked spinach as a pizza topping
- 👉 Make a spinach dip for raw veggies
- 👉 Try a spinach omelet or add to scrambled eggs
- 👉 Stir-fry spinach with garlic, onion and chopped red bell peppers
- 👉 Add chopped spinach to lasagna, soups or tomato sauce
- 👉 Stir yogurt into chopped or pureed cooked spinach and create creamed spinach
- 👉 Toss cooked spinach with pasta or rice

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include spinach as an ingredient:

- 👉 Strawberry Spinach Salad
- 👉 Spinach Lasagna



Home Link...



# KIDS' KITCHEN

## Strawberry Spinach Salad

**Makes 6 servings**

*From:* 5 A Day Kids' Cookbook/Dole

### Ingredients:

- 1 (6 ounce) package Baby Spinach
- 1 pint Strawberries, washed, stemmed and sliced
- 1 medium Red Delicious Apple, cored and sliced
- ½ cup shredded Part-Skim Mozzarella Cheese
- ½ cup bottled Low Fat Raspberry Vinaigrette Dressing

### Directions:

- 1- Combine spinach, sliced strawberries, apples, and cheese in salad bowl.
- 2- Toss with dressing and serve immediately.

### Utensils Needed:

- ✓ Cutting Board
- ✓ Sharp Knife
- ✓ Measuring Cups & Spoons
- ✓ Large Salad Bowl
- ✓ Salad Tongs

**Nutritional Info:** (per serving) 80 Calories; 3g Protein; 2g Fat (1g Saturated Fat); 14g Carbohydrate; 365mg Sodium; 6mg Cholesterol; 228mg Potassium; 4g Fiber; 1560IU Vitamin A; 36mg Vitamin C; 103mg Calcium; 2mg Iron

## Ensalada de fresa y espinaca

**Hace 6 porciones**

*De:* 5 A Day Kids' Cookbook/Dole

### Ingredientes:

- 1 paquete (de 6 oz) de espinaca de bebé
- 1 pinta de fresas, lavadas, provenientes y rebanadas
- 1 manzana Red Delicious, sin corazón y rebanada
- ½ taza de queso mozzarella bajo en grasa, rallado
- ½ taza de vinagrete de frambuesa para ensalada en botella bajo en grasa

### Direcciones:

- 1- Combine espinaca, rebanadas de fresas, manzanas, y queso en un tazón de ensalada.
- 2- Mezcle con vinagrete y sirva inmediatamente.

### Los utensilios necesario:

- Tabla de cortar
- Cuchillo afilado
- Tazas y cucharas para medir
- Tazón de ensalada grande
- Pinzas para ensalada

**Información nutricional:** por porción - 80 calorías; proteína 3g; grasa 2g (grasa saturada 1g); carbohidrato 14g; sodio 365mg; colesterol 6mg; potasio 228mg; fibra 4g; vitamina A 1560IU; vitamina C 36mg; calcio 103mg; hierro 2mg



# KIDS' KITCHEN

## 5 A DAY AND SPINACH KIDS ACTIVITY SHEET

Try this fun & easy recipe

### SPINACH LASAGNA

- 2 cups low-fat ricotta cheese
- 1/4 cup fresh parsley, chopped
- Non-stick cooking spray
- 2 1/2 cups low-sodium spaghetti sauce
- 1 pound no-cook lasagna noodles
- 1 10 oz.-package frozen spinach, thawed and chopped
- 1/2 pound reduced-fat mozzarella cheese, grated
- 1/2 cup Parmesan cheese, grated

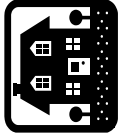
the spinach over the ricotta; sprinkle with mozzarella. (If desired, you may add other vegetables to the spinach mixture.) Repeat layers of noodles, 1/3 sauce, and remaining ricotta, spinach and mozzarella cheese finishing with a layer of noodles, the remaining sauce, and a sprinkle of Parmesan. Bake at 375° for 30 minutes or until hot and bubbling. Makes 8 servings. This is an official 5 A Day recipe.



Mix ricotta cheese and parsley. Coat a 13" x 9" x 2" baking pan with non-stick cooking spray, coat bottom of pan with a bit of the spaghetti sauce. Place a layer of the noodles over the bottom of the pan. Cover noodles with about 1/3 of spaghetti sauce. Spread half of the ricotta mixture over the sauce. Spread half of

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# WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit  
 1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## SCHOOL/FAMILY SALAD BAR PROJECT

Talk to your teacher or cafeteria director and organize a classroom or school-wide salad bar. (This could also be accomplished with a church group, club or as a family activity.) Ask classmates to bring in their favorite salad topping. If the entire school takes part, each class could bring in one salad item. Start with salad greens: different types of lettuce (Iceberg, Boston, Romaine, etc.). Try other greens such as: spinach, endive, escarole, or cabbage. Ask each student or class to contribute salad toppings of their choice. (Family members could suggest salad items to be added to the family salad. Family salad night could replace Friday pizza night.) Another option: pass out slips of paper with a letter on it and ask person to bring a salad item that starts with that letter.

Some salad topping suggestions: tomatoes, celery, cucumbers, mushrooms, broccoli, cauliflower, red and/or green peppers; beans, carrots, peas, sprouts, radishes, onion, tuna, chicken, ham, cheese, hard-cooked eggs, olives, sun-flower seeds, troutons, or other items of your choice. Allow everyone to pick and choose their favorites to make their own personal salad. Serve with a choice of low-fat salad dressings.

To save leftover salad fixings, store in plastic bags and put them in the refrigerator.

Eat 5 or more servings of fruits and vegetables  
a day for better health

**FOR MORE FUN FOR KIDS,  
GO TO WWW.5ADAY.COM**





Home Link...



Home Recipes

Your child/children will be offered

## Bananas

in May on their School Menu!

Try a new **Banana** recipe at home!

### **Raisin Buddy Banana Muffins**

Makes 48 mini muffins  
**Cookbook”**

*Reprinted from: Dole’s “5 A Day Kids*

#### **Ingredients:**

- 2 very ripe, medium bananas, peeled
- 1 egg, beaten
- 1/3 cup vegetable oil
- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 6 tablespoons cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup raisins

**Preparation Time:**



**Cooking Time:**



#### **Method:**

1- Spray muffin pans or loaf pans with cooking spray. Preheat the oven to 350°F.

2- Put bananas into a food processor bowl or blender. Secure lid and blend until smooth.

3- Scrape banana into a mixing bowl and combine with eggs and oil.

4- In another mixing bowl, combine flour, sugar, cocoa, baking soda, salt, and baking powder. Add banana mixture, and stir until moistened. Stir in raisins.

#### **To make Mini-Muffins:**

Spoon 1 tablespoon of batter into each muffin pan cup. Bake for 12 to 15 minutes. Cool muffins before popping them out.

#### **To make Regular Muffins:**

Spoon 1/3 cup of batter into 10 to 12 prepared muffin pan cups. Bake for 20 to 25 minutes.

#### **To make a Loaf:**

Pour the batter into a prepared 9" x 5" loaf pan. Bake for 55 to 60 minutes. Cool for 10 minutes before removing from pan. Cool bread completely before slicing.



## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### Banano

En Mayo en el Menú de la Escuela!

¡Trate una nueva receta de Banano en casa!

### Molletes de Banano de con Pasas

Hace 48 molletes mini

*Reimprimido de:* Dole's 5 a Day Kids

#### **Ingredientes:**

- 2 bananos medianos, bien maduros, pelados
- 1 huevo, batido
- 1/3 de taza de aceite de vegetal
- 1 ½ taza de harina de uso múltiple
- 1 taza de azúcar
- 6 cucharadas de polvo de cacao
- 1 cucharada de bicarbonato de soda
- 1/2 cucharadita de sal
- 1/4 de cucharadita de polvo de hornear
- ½ taza de pasas

#### **Método:**

1-Rocie spray de cocina a una cazuela de molletes o cazuela de pan. Precaliente el horno a 350°F.

2-Coloque bananos en licuadora o en un tazón de procesador de alimentos y mezcle hasta que esté suave

3- Raspe el plátano en un tazón para mezclar y combine con los huevos y el aceite.

4-En otro tazón de mezcla, combine la harina, el azúcar, el cacao, el bicarbonato de sosa, la sal, y el polvo de hornear. Añada la mezcla de banano, y el bata hasta que este húmedo. Agregue las pasas.

#### **Hacer Minimolletes:**

Ponga 1 cucharada de mezcla en cada taza de cazuela de mollete. Hornee durante 12 a 15 minutos. Deje molletes enfriarse completamente antes de sacarlos.

#### **Hacer Molletes Regulares:**

Ponga 1/3 de taza de mezcla en 10 a 12 tazas de cazuela de mollete listas. Hornee durante 20 a 25 minutos.

#### **Hacer un Pan:**

Vierta la mezcla en un molde de pan 9" x 5". Hornee durante 55 a 60 minutos. Deje enfriar durante 10 minutos antes de quitar del molde. Enfriar completamente antes de cortar.



Home Link... Home Recipes



## Pint-Size Banana Raisin Pancakes

Makes 4 servings

*Reprinted from: Dole's "5 A Day Kids Cookbook"*

### Ingredients:

- 2 very ripe, medium bananas, peeled
- 1 egg
- 3/4 cup low-fat milk
- 1 tablespoon vegetable oil
- 1 cup pancake/waffle mix
- 1/2 cup raisins
- 1/8 teaspoon ground cinnamon



**Preparation Time:**



**Cooking Time:**



### Method:

1. Break up bananas into a mixing bowl. With back of fork, mash until smooth, about 1 cup. Add egg, milk, and oil; combine.
2. In another mixing bowl, combine pancake mix, raisins, and cinnamon.
3. Add pancake mix to banana mixture and stir until moistened.
4. Heat skillet over a medium high heat. Measure 1/4 cup batter and pour into skillet. Cook as many pancakes at one time as you can. Brown the underside of the pancake and when bubbles appear on the surface, carefully flip pancakes over and continue cooking for another minute. Slide pancakes onto a platter while you continue cooking the remaining batter.
5. Spoon warm fruit topping or fresh fruit over hot pancakes.



Home Link...



Home Recipes

Your child/children will be offered

## Spinach

in May on their School Menu!

Try a new **Spinach** recipe at home!

### **Yummy Spinach Dip**

**Yield:** Approx. 2 cups

**Recipe From:** Dole Food Company, Inc.

#### **Ingredients:**

- 1 each 10 oz. Package Frozen Chopped Spinach, Thawed
- ¼ cup Mild White Onion, Finely Chopped
- 2 Cloves Garlic, Finely Chopped
- 1 cup Raw Red Pepper, Finely Chopped
- ½ cup Low-Fat Sour Cream
- ½ cup Low-Fat Mayonnaise
- Optional: Salt & Pepper for Additional Seasoning
- Assorted Colorful Raw Vegetables for Dipping

#### **Directions:**

- Squeeze the water out of the spinach, and place the spinach in a mixing bowl.
- Stir in the onion, garlic, red pepper, sour cream, and mayonnaise.
- Season with salt and pepper.
- Let the dip sit at room temperature for 1 hour for the flavors to mix.
- Stir again before serving. This dip keeps well, refrigerated, for 1 week.



## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### Espinaca

En Mayo en el Menú de la Escuela!

¡Trate una nueva receta de **Espinaca** en casa!

### **Deliciosa Salsa de Espinaca**

**Producción: Aprox. 2 tazas**

*Receta de:* Dole Food Company, Inc.

#### **Ingredientes:**

- 1 paquete de 10 oz. de espinaca cortada congelada; descongelada
- ¼ de taza de cebolla blanca, picada finamente
- 2 dientes de ajo, picados finamente
- 1 taza de pimenton rojo crudo, cortado finamente
- ½ taza de crema agria de pocas calorías
- ½ taza de mayonesa de pocas calorías
- Opcional: sal y pimienta para condimento adicional
- Variedad de vegetales crudos

#### **Direcciones:**

- Apriete la espinaca para sacar el exceso de agua y coloque la espinaca en un tazón de mezclar.
- Añada a la cebolla, ajo, pimenton rojo, crema agria, y mayonesa.
- Sazonar con la sal y pimienta.
- Dejar reposar la salsa a la temperatura de cuarto durante 1 hora para que los sabores se mezclen.
- Revuelva otra vez antes de servir. Esta mezcla se mantendrá bien, refrigerada durante 1 semana.



Home Link... Home Recipes



## SPINACH PIZZA

**Makes 6 servings**

*Printed from: "Super Star Foods"/Stop & Shop*

### Ingredients:

2 tablespoons olive oil  
 2 cloves of garlic, minced  
 1 teaspoon of Italian seasoning  
 1 tube (13.8 ounces)  
 refrigerated pizza crust  
 3 plum tomatoes  
 ½ of 10 ounce bag of baby spinach  
 4 ounces part-skim mozzarella cheese  
 (8 ounces pre-shredded)

### Directions:

- ✓ Preheat oven to 400°F.
- ✓ Combine olive oil, garlic and Italian seasonings in a small mixing bowl.
- ✓ Brush pizza crust with oil mixture.
- ✓ Cut tomatoes into thin slices.
- ✓ Wash spinach, remove stems and pat dry.
- ✓ Cut mozzarella into thin slices or shred.
- ✓ Layer pizza crust with spinach then tomatoes and top with mozzarella cheese.
- ✓ Bake for 10-20 minutes or according to directions on pizza crust package.



Recetas de Casa



## PIZZA DE LA ESPINACA

**Hace 6 porciones**

*De: "Super Star Foods"/Stop & Shop*

### Ingredientes:

2 cucharadas de aceite de oliva  
 2 dientes de ajo, picaditos  
 1 cucharadita de condimento italiano  
 1 tubo (13.8 onzas) de corteza de pizza refrigerado  
 3 tomates plum  
 Mitad de una bolsa de 10 onzas de espinaca de bebé  
 4 onzas de queso mozzarella parte-desnatada (8 onzas pre-rallado)

### Direcciones:

- ✓ Precaliente el horno a 400°F.
- ✓ Combine el aceite de oliva, el ajo y el condimento Italiano en un tazón de mezclar pequeño.
- ✓ Cepille la corteza de la pizza con la mezcla del aceite.
- ✓ Corte los tomates en rebanadas finas.
- ✓ Lave la espinaca, quite los tallos y sece con papel toalla.
- ✓ Corte la mozzarella en rebanadas finas o ralle la mozzarella.
- ✓ Acomode la corteza de la pizza con los tomates y tape con espinaca y despues con el queso mozzarella.
- ✓ Hornea por 10-20 minutos o según direcciones en el paquete de la corteza de la pizza.

# **JUNE:**

**Fruit – Blueberries**

**Veggie – Cucumbers**



# Blueberries



## Fact Sheet

### **Where did they come from?**

Blueberries have origins in both Europe and the United States. Blueberries have been around for thousands of years and were once called “star berries” because of their star-shaped crown on the top of the berry. Native Americans were the first to incorporate berries into their diets. Lewis and Clark found that Indians in the Northwest Territory smoked wild blueberries to preserve them for the winters. One of the first meals exchanged between Lewis and Clark and the Indians was venison that had wild blueberries pounded into the meat. The cultivated blueberry, the variety that is primarily sold fresh, was a development made in the 1900’s by a New Jersey botanist, Frederick Coville. He crossed different varieties of wild blueberries to create an easily grown blueberry for gardens and farms.

### **Where do they grow?**

Blueberries are native to North America where 95% of commercial blueberries are grown between the United States and Canada. Michigan and New Jersey together produce 66% of all the blueberries in the United States. Michigan produces 41% and New Jersey produces 25%. Other states, which grow blueberries, include North Carolina, Oregon and Washington. Maine and Eastern Canada grow wild blueberries, since these grow well in cool climates. Blueberry season ranges from mid-April to late September beginning in the southern states and moving north as the season continues. Frozen blueberries are available year round.

### **How do they grow?**

Cultivated blueberries, which are the most common variety seen in the supermarkets, are grown on thousands of farms across the United States. Blueberry plants grow on a bush. They like moist, well-drained acidic soils. Today, most of them are grown on highbush plants, which are 10 to 15 feet in height. These highbushes are easier for hand or machine picking. Blueberries are grown in clusters that do not ripen all at the same time. Sometimes the blueberries on the bottom of the clusters may be ripe while the fruit on top are still green. On average it takes about two to five weeks for blueberries to ripen on the bush.

### **Are they healthy?**

- 👉 Supplies good source of vitamin C, potassium, phosphorus, iron,
- 👉 Provides soluble fiber which helps lower cholesterol
- 👉 Contains anthocyanin, a disease fighting and anti-aging substance  
(*Eating blueberries each day may help keep the gray away!*)

### **How do you pick good ones?**

- 👉 Choose those with deep blue color
- 👉 Look for skins with a white sheen called a “bloom” which is a sign of freshness
- 👉 Select firm, dry, plump and smooth skinned berries
- 👉 Choose frozen blueberries that rattle in the bag  
(*If frozen in a clump, it indicates that they were thawed and refrozen*)



# ☺ FUN FACTS! ☺

## Blueberries

### Did you know...

- ☺ **Did you know over 200 million pounds of blueberries are produced each year in North America?**
- ☺ **Did you know blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable?**
- ☺ **Did you know the blueberry is the second most popular berry in the United States? What do you think the favorite berry is?**  
*(Strawberries are our favorite!)*
- ☺ **Did you know there are two varieties of blueberries; cultivated, and wild?**  
*(Wild blueberries are much smaller than the cultivated ones that we commonly eat fresh. The wild ones are usually sold in cans or as frozen. Wild blueberries also have a chewy, stronger flavor.)*
- ☺ **Did you know that there are 1,600 wild blueberries in a pound and 500 cultivated blueberries in a pound?**
- ☺ **Did you know blueberries are also available dried?**  
*(Dried blueberries make a great healthy snack! They can be used in recipes, just as you would use raisins.)*
- ☺ **Did you know that if you dust fresh blueberries with flour, just before you add them to a batter that they will not sink to the bottom of the pan?**

**Remember ...**

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for *Blueberries*; Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with blueberries ---  
Blueberry Muffin Squares (USDA B-20a)  
Blueberry Delight (see attached)
- ✓ Offer blueberries with whipped topping or vanilla yogurt for lunch
- ✓ Offer blueberry crisp or cobbler
- ✓ Add blueberries to fruit salads and tossed salads
- ✓ Offer fresh blueberries as a topping for cereal at breakfast
- ✓ Offer a blueberry sauce as a topping for pancakes, waffles or French toast for breakfast or lunch
- ✓ Serve blueberry muffins for breakfast, lunch or After School Snack

#### **Presentation Meal Appeal**

Place Fruits and Vegetables at the Beginning of the Line to Promote their Selection!

#### MARKETING:

- ✓ Check out the North American Blueberry Council for ideas and resources [www.blueberry.org](http://www.blueberry.org)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Thaw Frozen Fruit in Refrigerator! Use Immediately When Thawed to Maintain Freshness!

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day! Give this menu a special name!  
(*Examples: Build Brain Power---Eat Blueberries! Blast Off with Blueberries!*)
- ✓ Feature Red-White-Blue fruit desserts for Flag Day! Line up soufflés cups filled with cherries and topping, and a row of blueberries with topping
- ✓ Feature "Blue Day" on the day that you offer blueberries on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing blue
- ✓ Turn your salad bar into a self-serve topping bar for breakfast or lunch; Let them create a "Yogurt Sundae"!
  - Distribute 4 ounces of low-fat yogurt
  - Offer assorted frozen, canned and dried fruits, granola, nuts... at the topping bar (*Be sure to offer blueberries!*)
  - Let students add their own toppings for a healthy fruit'n'yogurt treat!

#### **Safety:**

Wash Produce Before You Cut It so the Knife Does Not Become Contaminated!



School Food Service Link...



School Food Service Recipes



## Blueberry Delight

**Yield: 130 each 4 oz. servings**

**Recipe From:** Mary Farmer, Upper Deerfield Twp. School District

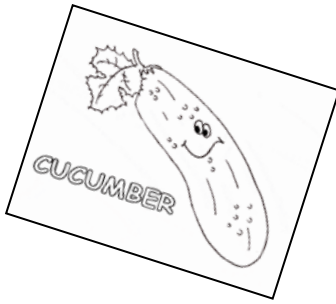
### **Ingredients:**

- 1 each 16 oz. Box of Cornstarch
- 1 lb of Butter or Margarine
- 5 cups Sugar
- ¼ cup Lemon Juice
- 3 Tbsp. Vanilla Extract
- 2 Tbsp. Lemon Extract
- 1 each 30 lb. Box of Frozen Blueberries
- 1 each 10.8 oz. Bag Whipped Topping (follow directions on bag)

### **Directions:**

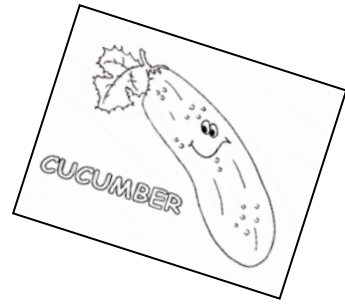
Combine in a large steam pot blueberries, butter, sugar, lemon juice, vanilla and lemon extract. Bring to a boil. Remove 1 qt. blueberry juice and mix with cornstarch. Pour back into blueberries to thicken. Cook 20 minutes until blueberry mixture thickens.

Cool down blueberries in two four-inch steam pans for 15 minutes. While still warm use #8 scoop and dip into clear plastic 5 oz. dessert dishes. Refrigerate for one hour. Use #30 scoop to garnish with whipped topping before serving to your customers.



# Cucumbers

## Fact Sheet

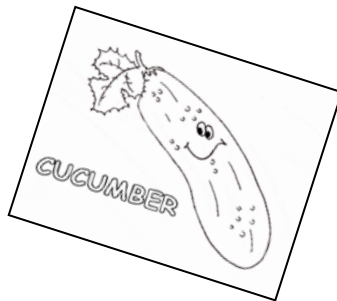


### **Where did they come from?**

Cucumbers have been cultivated for over 3,000 years and may be one of the oldest crops ever grown. Cucumbers originated in India where they spread through Greece and Italy. By 1539 cucumbers were grown in Florida by the natives and by 1584 they were grown in Virginia. During the 16<sup>th</sup> century cucumbers were being produced throughout North America. Today, cucumbers are grown all over the world and are eaten as a fresh raw vegetable or they are used for pickling.

### **Where do they grow?**

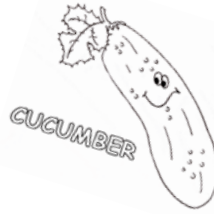
Cucumbers are grown in all states throughout the country but the majority of the cucumbers produced come from Florida. The major states that grow cucumbers that are sold fresh are Florida, Georgia, North Carolina, South Carolina, New York and California. Michigan, Wisconsin, North Carolina and Texas are major states that produce processing cucumbers those which are used primarily for pickling. During the fall and winter months cucumbers are imported from Mexico into the United States and, therefore, they are available to us all year long. The best months to purchase cucumbers are May through July.





# Cucumbers

## Fact Sheet



### **How do they grow?**

Cucumbers are produced by seeds, which are directly planted into the soil. The stems of the cucumber plants develop into vines, which can be trained to grow on trellises to save space and improve their yield and quality. Cucumber plants have moderately deep roots. Cucumbers grow best in warm temperatures and require good irrigation, weed control, disease and insect management.

Two types of cucumbers are grown, those used to be eaten as a fresh, raw vegetable and those used to make pickles. Pickling cucumbers are usually smaller and fatter with bumpy, lighter green colored skins. The skins of cucumbers eaten raw are often waxed after they are picked, as this prevents them from going bad quickly. “Cukes”, as they are commonly called, grow in a variety of sizes from the 1-inch gherkin which is usually pickled, to ones that are 20 inches or longer. The varieties that are used for eating raw are usually 6 to 9 inches long.

Today, many cucumbers are grown in greenhouses. Most of these are slender with a thin, smooth skin and are seedless, or contain very small seeds. They are usually 1 to 2 feet long and are also milder in flavor. These are often called “burpless cucumbers” or “English cucumbers” and are easier to digest.

### **Are they healthy?**

- ✎ Provide good source of iron, calcium, vitamin A and C
- ✎ Contain carbohydrates, protein and dietary fiber

### **How do you pick a good one?**

- ✎ Choose ones that are very firm with rounded ends
- ✎ Select ones with rich green color skins  
(“Kirby” and “burpless” varieties are lighter in color)
- ✎ Avoid those that are withered, shriveled or contain soft spots
- ✎ Choose slender cucumbers as they usually have less seeds

# 😊 FUN FACTS! 😊

## Cucumbers

### Did you know...

- 😊 **Did you know cucumbers are 95% water?**
- 😊 **Did you know the inner temperature of a cucumber can be 20° degrees cooler than the outside air?**  
(This is how we got the catchy phrase “Cool as a Cucumber”!)
- 😊 **Did you know cucumbers are cool and moist due to their water content?**
- 😊 **Did you know there are many varieties of cucumbers?**  
(English, Persian, Pickling, Armenian and Japanese)
- 😊 **Did you know cucumbers are a member of the gourd family along with pumpkins, zucchini, watermelon and squash?**
- 😊 **Did you know some cucumbers are called “burpless”?**  
(These cucumbers have no seeds or tiny seeds, which makes this variety easier for people to digest.)
- 😊 **Did you know the “kirby” cucumber, used to make dill pickles, is also a popular raw cuke?**  
(The “kirby” is popular as a fresh cucumber because it has a thin skin with a crisp flesh or inside and tiny seeds. Its skin is also not waxed!)
- 😊 **Did you know an average sized cucumber has only 15 calories?**
- 😊 **Did you know there are two types of cucumbers; slicers and picklers?**  
(“Slicers” are eaten raw or fresh and “picklers” are used to make pickles.)

**Remember ...**

**Eat more fruits and vegetables everyday!**

# FRUIT & VEGETABLE IDEAS



## School Food Service Link...

### Quick Steps to more fruits and vegetables at school...

Listed below are suggestions for promoting *Cucumbers*; Choose ideas at your own discretion

#### RECIPES:

- ✓ Try a new recipe with cucumbers ---  
Cucumber Sauce (USDA G-13); This is a Grecian sauce called "Ttatziki" and is used as a topping for Greek gyros (USDA F-09); Also use sauce to top baked potatoes or as a dressing for Greek salads.
- ✓ Try a quick cucumber sauce! Add 1 lb. 10 oz. of grated cucumbers to 3 cups of prepared Ranch dressing; This makes a great raw vegetable dip or use it as a topping for sandwiches and wraps
- ✓ Add cucumber slices to fresh, tossed salads
- ✓ Prepare a cucumber salad with a twist of flavor! Slice cucumbers and onions up very thin and mix with ranch dressing; Serve on your salad bar, as a side vegetable or as a garnish with cold sandwiches or prepackaged salads
- ✓ Add cucumber sauce to baked or grilled chicken
- ✓ Offer cucumber slices/sticks and carrot circles/sticks with vegetable dip; Vary color and shape for added eye appeal!

#### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name  
(Examples: *Cuky for Cucumbers! Chill Out with Cukes! Cucumber Craze!*)
- ✓ Feature a week filled with cukes! Serve cucumbers in an assortment of recipes; Offer a different one for each day of the week!
- ✓ Feature "Green Day" on the day that you offer cucumbers on your menu
  - Encourage the entire school to get involved
  - Reward students with a small prize if they are wearing green
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - Select produce in season
  - Utilize commodity frozen and canned fruits and vegetables and dried fruits

#### **Presentation Meal Appeal**

Add a Decorative Tou  
Run Tines of a Fork Down  
Entire Length of Cucumber,  
Penetrating the Skin;  
Slice into Circles.

#### **Quality:**

Refrigerate Cucumbers---  
Do Not Overchill  
as this will Make the  
Inside of the Cucumber  
Mushy!

#### **Safety:**

Wash the Outside of All  
Fresh Produce  
Before Use!

# FRUIT & VEGETABLE IDEAS



## Classroom Link...

Quick Steps to increasing your students' knowledge of Blueberries ...

*Items in bold are enclosed.*

- ✓ Review "**Fact Sheet**" and "**Fun Facts**"
- ✓ Have students color "**Betty the New Jersey Blueberry**"
- ✓ Have students color "**Cuky Cucumber**" **Coloring Page**
- ✓ Show the difference between wild lowbush blueberries and cultivated blueberries
- ✓ Have students research how many different kinds of berries there are --- blueberries, raspberries, boysenberries, blackberries....
- ✓ Have students complete "**Cutie Fruitie's Alphabet Challenge**"; Let them take this home; Suggest that they hang this up on their refrigerator as a reminder to eat lots of fruits and veggies over the summer months!
- ✓ Play a game by having students name a fruit or vegetable that begins with each letter of the alphabet! Older students may even have fun with this as some letters are really tough --- "Q" and "Z"!
- ✓ Distribute **Discover "Berried" Treasure**; Let students search for the hidden berries and color the picture.
- ✓ Have students complete "**Berry Word Search**"
- ✓ Show and discuss different varieties of cucumbers --- burpless, kirby, slicers...
- ✓ Discuss how pickles are made --- See handout "**What Is A Pickle?**"



## Home Link...

Quick Steps to more fruits and vegetables at home ...

*Items in bold are enclosed.*

- ✓ **Kids' Kitchen Recipes**---Check out "**A Very Berry Scramble**", **Blueberry Syrup** Recipe and "**What is A Pickle?**"!
- ✓ **Recipes for Home**
- ✓ Encourage families to eat veggies and fruits over the summer months

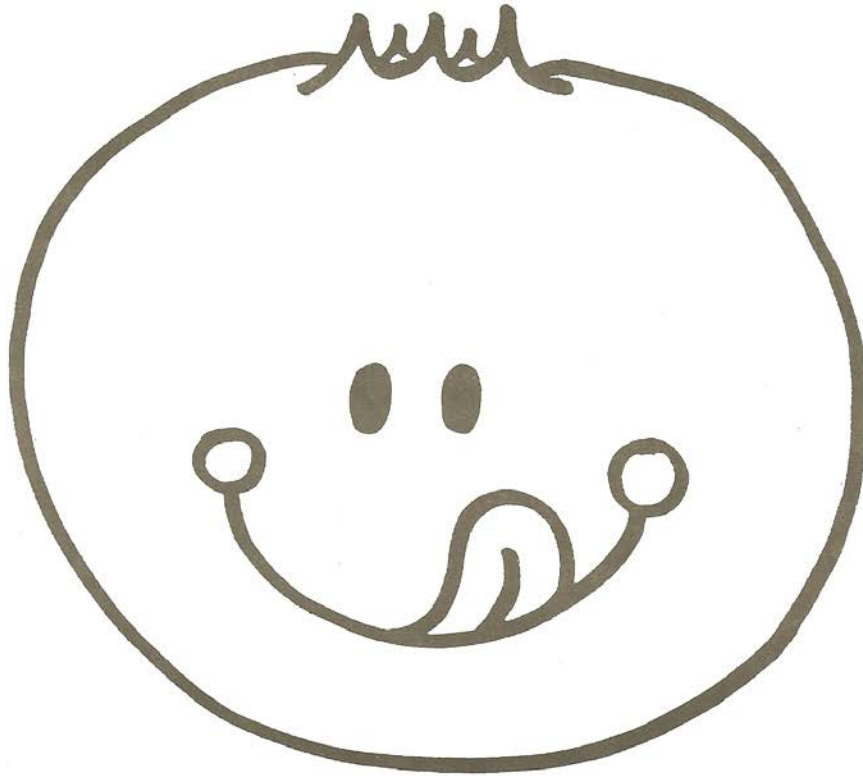




**Classroom Link...** Coloring Page From: Jersey Fresh Coloring Book

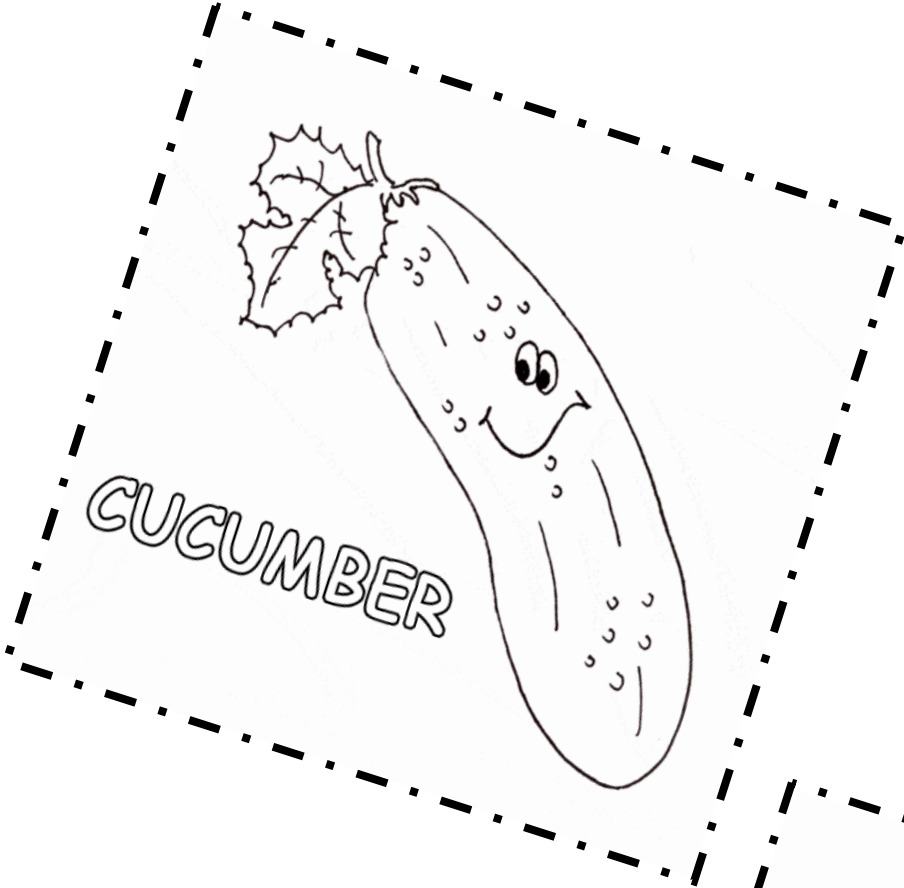
# BETTY

THE NEW JERSEY BLUEBERRY



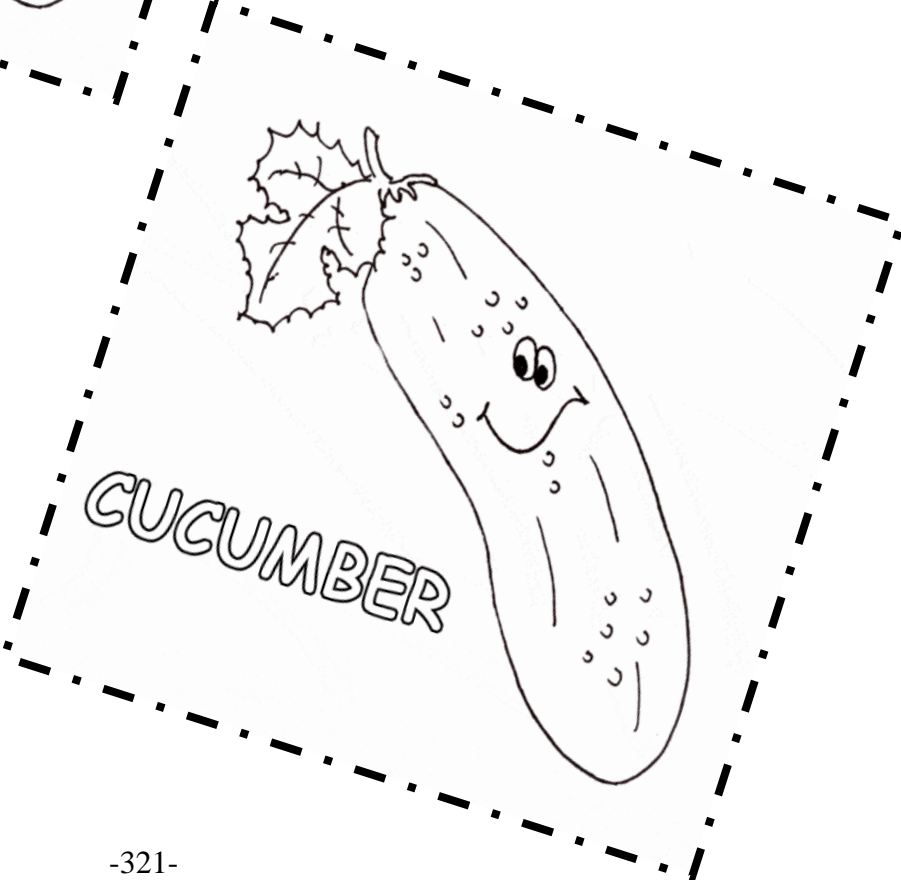


Classroom Link... Coloring Page : **Cuky Cucumber**



**Cuky Cucumber**

**Cuky Cucumber**





Classroom Link... From: Dole 5-A-Day Web-Site



# Cutie Fruitie's Alphabet Challenge

Hey friends! I know school is out, but use that brain and see if you can name one fruit or vegetable for each letter of the alphabet. Or, if you're really up for a challenge, see how many fruits and vegetables you can come up with for each letter of the alphabet!!

My name is: \_\_\_\_\_

My favorite fruit is: \_\_\_\_\_

My favorite vegetable is: \_\_\_\_\_

A



B

C



D

E

F

G

H

I

J

K



L

M



N

O

P



Q

R

S

T



U

V



W

X



Z



Classroom Link... From: Dole 5-A-Day Web-Site

# Discover "Berried" Treasure

Blueberries, cranberries, raspberries and strawberries are bursting with fiber, vitamin C and other healthy nutrients. Find the hidden berries, then have fun with this color-by-number activity.



Color Key (For variety, use different shades of the colors)



1=Red/Pink



2=Orange/Yellow



3=White/Tan



4=Green



5=Purple/Blue

© 2005 Dole Food Company, Inc.  
Find more 5 A Day Activity Sheets at [www.dole5aday.com](http://www.dole5aday.com)



# Classroom Link...



## ?BERRY WORD SEARCH?



T Y C B J M N R G Y P N B Y R  
 G E R W L U J J R Y Q O X R A  
 O C C R R U Z R C X Y T T R S  
 Z Q V G E R E R F S M L X E P  
 K L X L F B A B E X C L M B B  
 J E F U E N W N E F V Y N K E  
 D U G S B M B A A R D I C C R  
 E U O E G E B L R Q R X W A R  
 Z O R J R X L T O T X Y W L Y  
 G R Y R R E B L U M S O M B M  
 Y L Y L O G A N B E R R Y Y A  
 E R M Y Y U I L U V Y O O D E  
 Y R R E B E L K C U H M H X L  
 L J V G K K J C Q V B H Q J Z  
 H N D Q J F N E C L X K Q J V

**BLACKBERRY**  
**CRANBERRY**  
**LOGANBERRY**  
**STRAWBERRY**

**BLUEBERRY**  
**GOOSEBERRY**  
**MULBERRY**

**BOYSENBERRY**  
**HUCKLEBERRY**  
**RASPBERRY**



## Classroom Link...



## BERRY WORD SEARCH Solution



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | C | + | + | B | Y | + | + | + | + | H | + | + | + | Y |
| R | R | R | + | O | + | R | + | + | U | + | + | + | R | + |
| R | A | + | A | Y | + | + | R | C | + | M | + | R | + | + |
| E | N | + | + | S | + | + | K | E | U | + | E | + | + | + |
| B | B | + | + | E | P | L | + | L | B | B | + | + | + | + |
| E | E | + | + | N | E | B | B | + | N | K | + | + | + | + |
| S | R | + | + | B | + | E | E | A | + | + | C | + | + | + |
| O | R | + | E | E | R | + | G | R | + | + | + | A | + | + |
| O | Y | R | + | R | + | O | + | + | R | + | + | + | L | + |
| G | R | + | Y | R | L | + | + | + | + | Y | + | + | + | B |
| Y | + | + | + | Y | B | L | U | E | B | E | R | R | Y | + |
| + | + | Y | R | R | E | B | W | A | R | T | S | + | + | + |
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| + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |

(Over,Down,Direction)

BLACKBERRY(15,10,NW)

BLUEBERRY(6,11,E)

BOYSENBERRY(5,1,S)

CRANBERRY(2,1,S)

GOOSEBERRY(1,10,N)

HUCKLEBERRY(11,1,SW)

LOGANBERRY(6,10,NE)

MULBERRY(11,3,SW)

RASPBERRY(3,2,SE)

STRAWBERRY(12,12,W)

### “A Very Berry Scramble” ANSWERS

**Raspberry, Blackberry, Strawberry, Blueberry, Boysenberry, Cranberry, Gooseberry, Mulberry**



Home Link...



# KIDS' KITCHEN










## Blueberries

### How to Prepare Blueberries:

- 1-Sort through and discard any undesirable berries
- 2-Remove any leaf or snippet of a stem
- 3-Rinse blueberries under cold running water
- 4-Drain and pat dry

### Fun Ways to Eat:

-  Munch on fresh, raw berries
-  Mix into pancake, waffle or muffin batter
-  Toss into cold or hot cereal
-  Use as a topping for cakes, ice-creams or frozen yogurts
-  Blend fresh blueberries into low-fat yogurt and top with granola
-  Make a smoothie --- In a blender combine ice, blueberries, bananas and low-fat or non-fat milk
-  Add “blueberry syrup”, recipe attached, to lemonade and create “Blumonade”

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include blueberries as an ingredient:

-  Blueberry Pancakes
-  Blueberry Syrup



Home Link...



# KIDS' KITCHEN



## Blueberry Pancakes

**Makes: 2 servings**

*From: kidshealth.org*

**Serving Size: 3 or 4 medium pancakes**

### Ingredients:

- 3/4 c. flour
- 1 tbsp. sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tbsp. margarine
- 1 egg
- 3/4 c. milk
- extra margarine for the pan
- 1/2 c. blueberries, washed and drained

### You will need:

- Large bowl
- Mixing spoon
- Saucepan
- Medium-size bowl
- Whisk
- Measuring cups and spoons
- Spatula

### Directions:

- 1- In a large bowl, sift together the flour, sugar, baking powder, and salt. Set the bowl aside.
- 2- Melt the margarine in a small saucepan.
- 3- Crack the egg into a medium-size bowl, then add the milk and melted margarine.
- 4- Whisk until everything is well mixed.
- 5- Add the flour mixture to the egg mixture. Whisk again until both mixtures are blended together.
- 6- Put extra margarine in the saucepan and heat it on the stovetop on medium heat. It is hot enough when the margarine starts to bubble.
- 7- Use a measuring cup or a small ladle to spoon the batter into the pan. Put some blueberries on top of each pancake.
- 8- Cook your pancakes on medium heat until small bubbles appear on the top.
- 9- Use a spatula to see when your pancakes are light brown on the bottom. When they are, flip them over with the spatula.
- 10- Cook for another few minutes until the pancakes are light brown on the other side.
- 11- Remove your pancakes and put them on plates to enjoy!

***Nutrition information per serving:*** Calories 333, Protein 11g, Fat 9g, Cholesterol 108g, Carbohydrates 52g, Fiber 3g, Sodium 915mg.

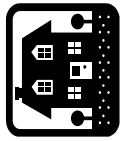




# KIDS' KITCHEN



Home/Classroom Link...



## 5 A DAY AND BLUEBERRIES

### KIDS ACTIVITY SHEET

Try this fun & easy recipe  
**BLUEBERRY SYRUP**

- 6 cups fresh blueberries, washed
- 1/4 tsp. ground ginger or 2 tbsps. fresh ginger, minced
- 1/2 tsp. cinnamon
- 2 tbsps. honey
- 1 tbsps. lemon juice
- 1/4 cup sugar

Place blueberries and ginger in a food processor and coarsely chop with the help of an adult. Transfer to a bowl and stir in cinnamon, honey, lemon juice, and sugar. Cover and let stand for 2 hours.

Place blueberry mixture in a large saucepan over medium heat and bring to a boil. Simmer for 5 minutes. Strain. Pour syrup into a pint jar. Cover and store in refrigerator for up to 1 month. Pour over pancakes or add a bit to a glass of lemonade. Makes 6 servings (2 cups total). This is an official 5 A Day recipe.



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY



## WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK**

- 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## A VERY BERRY SCRAMBLE

rsabpnyre \_\_\_\_\_

rabrybckle \_\_\_\_\_

ydwtraser \_\_\_\_\_

urbryelbe \_\_\_\_\_

ybrsoreynbe \_\_\_\_\_

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lburmye \_\_\_\_\_

Source: National Cancer Institute, National Heart, Lung, and Blood Institute

**Eat 5 or more servings of fruits and vegetables  
a day for better health**

**FOR MORE FUN FOR KIDS,  
GO TO WWW.5ADAY.COM**



Home Link...



# KIDS' KITCHEN



## Cucumbers

### How to peel and trim cucumbers:

- 1- Rinse cucumbers under cold running water
- 2- Lay the vegetable peeler flat against the cucumber
- 4- Scrape the peeler toward the counter or cutting board, peeling off the skin *(If using a "kirby" or unwaxed cucumber you may not want to peel skin)*
- 4- Rotate the cucumber until all the skin is scraped off
- 5- Secure the cucumber on a cutting board; Trim off the ends
- 6- Slice the cucumbers into circles or sticks
- 7- Cut the cucumber in half lengthwise first --- If slicing into sticks
- 8- Remove seeds if desired; cut the peeled cucumber in half lengthwise and scoop out the seeds with the tip of a teaspoon

### Fun Ways to Eat:

- Crunch on raw with dip
- Add to tossed green salads
- Toss into cold pasta salads
- Try a cucumber salad recipe
- Dice and mix into tuna, chicken, turkey and egg salads
- Try sliced or chopped as a sandwich topper --- Adds crunch!
- Make a cucumber sauce, also known as "tzatiki", a Greek sauce served with gyros *(An easy sauce can be prepared by mixing diced cucumbers with prepared low-fat ranch dressing; Try it with grilled chicken or on wraps)*

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

The following recipe is attached and includes cucumbers as an ingredient:

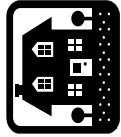
- Creamy and Chunky Veggie Dip
- What Is A Pickle? / Cucumber Dip



## KIDS' KITCHEN



Home/Classroom Link...



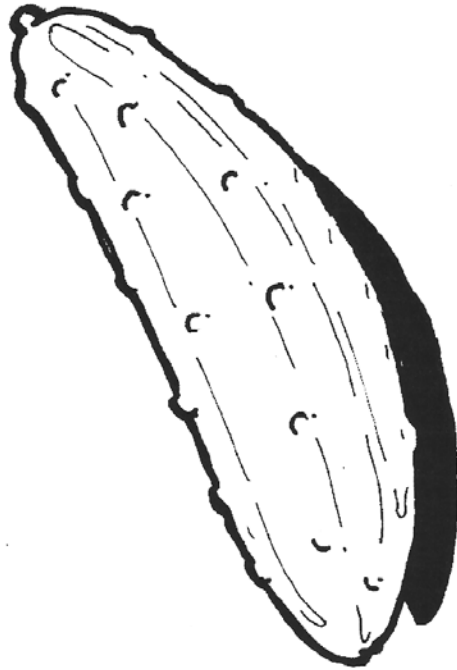
# 5 A DAY AND CUCUMBERS KIDS ACTIVITY SHEET

Try this fun & easy recipe

## CUCUMBER DIP

- 1 large cucumber, peeled, seeded, and cut into 1-inch pieces
- 1/4 cup parsley
- 1 scallion
- 1/2 cup plain low-fat yogurt
- 1 tbsp. cider vinegar

With the help of an adult, blend all ingredients in a food processor until smooth. Chill. Dip your favorite veggies! Makes 4 servings (1 cup). This is an official 5 A Day recipe.



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY



# WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK**

- 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

# WHAT IS A PICKLE?

**You will need:** adult supervisor, 1 large cucumber, fork, knife, 1 medium onion, 1/2 cup vinegar, 5 tbsps. water, 5 tbsps. sugar, 1/2 tsp. salt, and bowl.

Wash cucumber. With the help of an adult, using a fork, scrape the length of the unpeeled cucumber to make stripes all around. Cut cucumber and onion into thin slices. Mix onion and cucumber in one bowl. In another bowl, mix vinegar, water, sugar, and salt, and pour over onion-cucumber mixture. Cover and refrigerate for at least 24 hours before eating. Pickles can be kept for 2 weeks in a refrigerator.

**Eat 5 or more servings of fruits and vegetables  
a day for better health**

**FOR MORE FUN FOR KIDS,  
GO TO [WWW.5ADAY.COM](http://WWW.5ADAY.COM)**



Home Link...



# KIDS' KITCHEN



## Creamy and Chunky Veggie Dip

Try this easy and creamy dip with fresh, crispy cucumber sticks!

**Serves:** 3-each/1 cup of veggies

**Recipe from:** Produce for Better Health

### Ingredients:

- 2 tablespoons salsa, mild
- 4 tablespoons fat-free ranch dressing
- 2 cups fresh cucumber sticks, with skin
- 2 cups fresh carrot sticks

### Directions:

- Combine dressing and salsa.
- Stir until blended.
- Wash, peel and cut carrots into 2-inch sticks.
- Wash and cut cucumbers into 2-inch sticks.
- Chill and serve.

### Approximate Nutrients Per Serving:

|              |       |               |        |
|--------------|-------|---------------|--------|
| Calories     | 81    | Saturated Fat | 0.1 g  |
| Protein      | 2 g   | Cholesterol   | 0 mg   |
| Carbohydrate | 18 g  | Sodium        | 380 mg |
| Total Fat    | 0.5 g | Dietary Fiber | 3 g    |



## La Cocina de los Niños



## Salsa de Vegetales Cremosa y Gruesa

¡Intente esta salsa fácil y cremosa con palos de pepino frescos, crujientes!

**Sirve:** 3-cada uno/1 taza de vegetales

**Receta de:** Produce for Better Health

### Ingredientes:

- 2 cucharadas de salsa, sin picante
- 4 cucharadas de aderezo rancho sin grasa
- 2 tazas de palos de pepino frescos, con piel
- 2 tazas palos de zanahoria frescos

### Direcciones:

- Combine aderezo y la salsa.
- Revuelva hasta mezclado bien
- Lave, pele, y corte zanahorias en palos de 2 pulgadas.
- Lave, pele, y corte pepinos en palos de 2 pulgadas.
- Enfríe y sirve.

### Alimentos Nutritivos Por Porción:

|               |       |                   |        |
|---------------|-------|-------------------|--------|
| Calorías      | 81    | Grasa Saturada    | 0.1 g  |
| Proteína      | 2 g   | Colesterol        | 0 mg   |
| Carbohidratos | 18 g  | Sodio             | 380 mg |
| Grasa Total   | 0.5 g | Fibra Alimenticia | 3 g    |



**Home Link...**



**Home Recipes**



Your child/children will be offered

## **Blueberries**

in June on their School Menu!

Try a new **Blueberry** recipe at home!

### Fruit Slush

**Makes: 4 servings**

**From:** National Cancer Institute

**Ingredients:**

- 3 cups frozen fruit (strawberries, blueberries, raspberries or melon)
- 1 teaspoon vanilla extract
- 1 cup fat free milk or non-fat plain yogurt
- Sweetener as needed: about 1-3 tablespoons sugar or the equivalent in artificial sweetener

**Directions:**

Blend first three ingredients until smooth. Sweeten to taste.

***Nutrition information per serving:*** Calories 115, Fat 0g, Cholesterol 2mg, Fiber 1g, Sodium 80mg.



## **Recetas de Casa**



¡Sus niño/niños serán ofrecidos

## **Arándanos**

en Junio en el Menú de la Escuela!

¡Trate una nueva receta de Arándano en casa!

### Aguanieve de fruta

**Hace: 4 porciones**

**De:** Instituto Nacional de Cáncer

**Los ingredientes:**

- 3 tazas de fruta congelada (fresas, arándanos, frambuesas o melón)
- 1 cucharada de extracto de vainilla
- 1 taza de leche sin grasa o yogur simple sin grasa
- El edulcorante como necesario: acerca de 1-3 cucharones de azúcar o el equivalente en el edulcorante artificial

**Las direcciones:**

Mezcle los tres primero ingredientes hasta que suavice. Endulce al gusto.

***Información de nutrición por porción:*** Calorías 115, Grasa 0g, el Colesterol 2 mg, la Fibra 1g, Sodio 80 mg.



Home Link... Home Recipes



## Very Blueberry Cobbler

**From:** Jersey Fresh Cookbook

**Contributed By:** Richard Fitzgerald, Pennington, NJ

### **Ingredients:**

- 3 tablespoons unsalted butter, melted
- 2 cups Jersey Fresh blueberries
- 1/2 cup flour
- 2 teaspoons baking powder
- 1/4 cup sugar
- 1/2 tsp salt
- 1/2 cup milk
- 2 tsp sugar (optional)

### **Directions:**

- 1- Use a 9-inch glass pie plate. Spread melted butter over the bottom.
- 2- Cover the butter with the blueberries.
- 3- In a medium-sized bowl, whisk together the flour, baking powder, sugar and salt and add milk.
- 4- When blended, pour the batter over the blueberries.
- 5- Optional: sprinkle sugar over the batter.
- 6- Bake 45-50 minutes at 350°F or until top is nicely browned.
- 7- Delicious with vanilla ice cream!



Recetas de Casa



## Postre de Muchos Arándanos

**De:** Jersey Fresh Cookbook

**Contribuido Por:** Richard Fitzgerald, Pennington, NJ

### **Ingredientes:**

- 3 cucharadas de mantequilla sin sal, derretida
- 2 tazas de arándanos Jersey Fresh
- 1/2 taza de harina
- 2 cucharaditas de polvo de hornear
- 1/4 de taza de azúcar
- 1/2 cucharadita de sal
- 1/2 taza de leche
- 2 cucharadas de azúcar (opcional)

### **Las direcciones:**

- 1- Use un plato de torta de cristal de 9 pulgadas. Unte mantequilla derretida en el fondo.
- 2- Cubra la mantequilla con los arándanos.
- 3- En un tazón de tamaño mediano, bata juntos la harina, el polvo de hornear, el azúcar y la sal y añada la leche.
- 4- Cuando esté mezclado, vierta el rebozado sobre los arándanos.
- 5- Opcionales: rocíe azúcar sobre el rebozado.
- 6- Hornean 45-50 minutos en 350°F o hasta que la cima se dore.
- 7- Deliciosos con helado de vainilla!



[Home Link...](#)



[Home Recipes](#)



Your child/children will be offered

## **Cucumbers**

in June on their School Menu!

Try a new **Cucumber** recipe at home!

## **Shell Pasta Salad with Veggies**

**Serves: 6**

*Recipe from:* Team Nutrition/ "Food, Family & Fun"

### **Ingredients:**

- 10 ounces of small shell pasta,  
cooked and chilled
- 1 sweet green pepper, diced
- 1 sweet red pepper, diced
- 1 cup of cucumber, diced
- 2 medium carrots, diced
- 1 rib of celery, diced
- 1 small red onion, diced
- 5 radishes, diced
- 7 oz can of tuna, packed in water (optional)

### **Mustard Vinaigrette Dressing:**

In a jar, combine 2 tbsp of apple cider vinegar, 2 tbsp vegetable oil (such as olive), ¼ cup orange juice, 2 tsp mustard, 1 tbsp grated parmesan cheese, 1 tsp garlic powder, 1 tsp dried oregano, and ¼ tsp salt. Shake to blend.

### **Directions:**

- 1- In a large pot of water, cook pasta until firm-tender (*al dente*). Drain and rinse under cold water; chill.
- 2- Dice all vegetables and add to pasta.
- 3- Add tuna (*optional*).
- 4- Dress with mustard vinaigrette dressing. Serve.



## Recetas de Casa



¡Sus niño/niños serán ofrecidos

### Pepinos

en Junio en el Menú de la Escuela!

¡Trate una nueva receta de **Pepino** en casa!

## Ensalada de Pasta de Caracol con Vegetales

**Sirve:** 6

**Receta de:** Team Nutrition/ "Food, Family & Fun"

### Ingredientes:

- 10 onzas de pasta de caracoles pequeños, cocinada y enfriada
- 1 pimenton verde dulce, cortado en cuadritos
- 1 pimenton rojo dulce, cortado en cuadritos
- 1 taza del pepino, cortado en cuadritos
- 2 zanahorias medias, cortado en cuadritos
- 1 tallos del apio, cortado en cuadritos
- 1 pequeña cebolla roja, cortado en cuadritos
- 5 rábanos, cortado en cuadritos
- 1 lata de atún (7 oz), empacado en agua (opcional)

### Vinagreta de Mostaza

#### Vestirse:

En un jarro, combine 2 cucharadas de vinagre de cidra de manzana, 2 de aceite de vegetal (como la aceituna), ¼ de taza de jugo de naranja, 2 cucharaditas de mostaza, 1 cucharada de queso Parmesano rallado, 1 cucharadita de polvo de ajo, 1 cucharadita de orégano séco, y

### Direcciones:

- 1-En una holla grande de agua, cocine la pasta hasta firme. Escurrir y enhurage bajo agua fría; deje enfriar.
- 2- Añade todas las verduras a la pasta.
- 3-Añaden al atún (*opcional*).
- 4-Mezcle con vinagreta de mostaza. Servir.