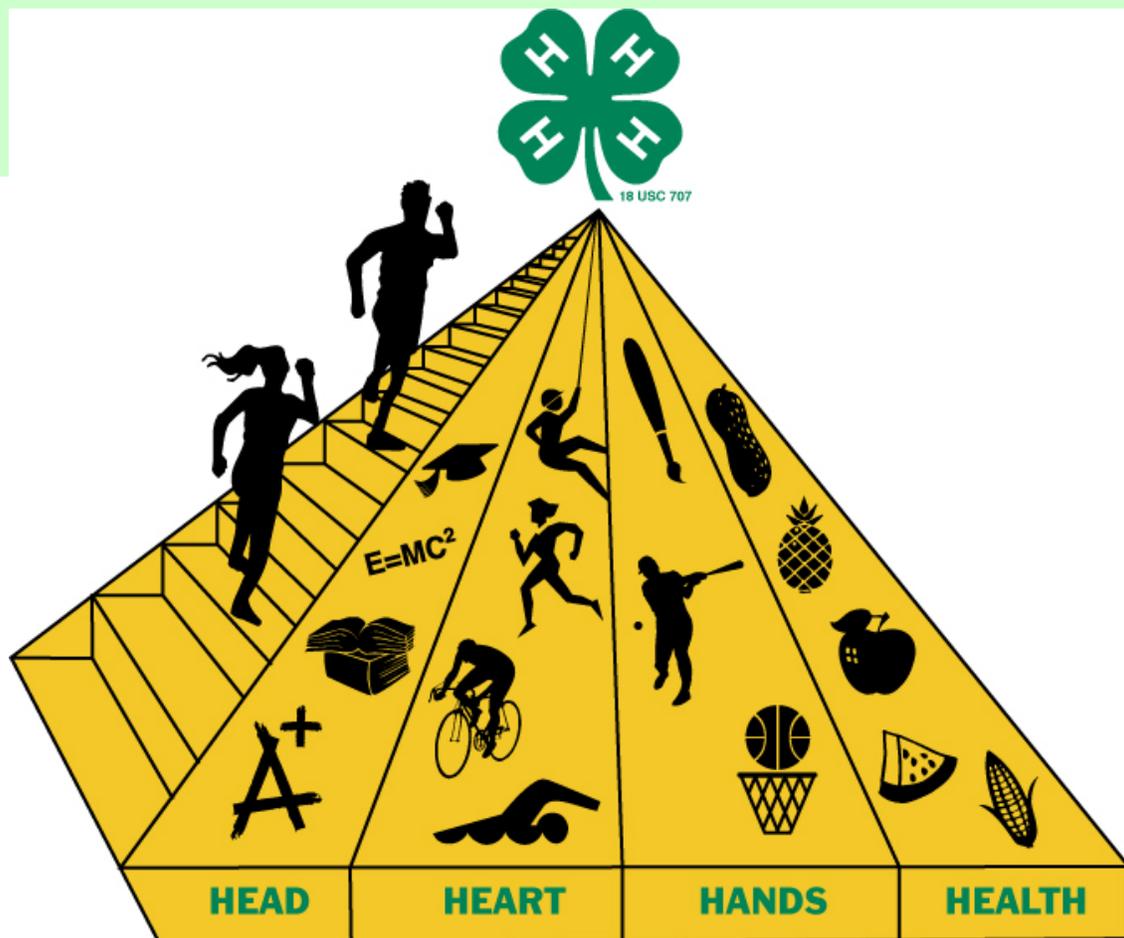


FOODS AND NUTRITION



4-H Family Back Pack #7

*4-H After School Program
University of California Cooperative Extension*



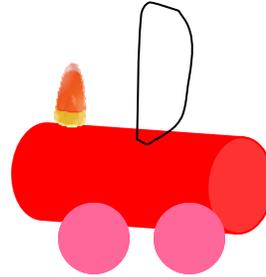
EDIBLE ART

Train Fun

A fun project that can also be used as an ornament.

Supplies:

- 4 rolls wrapped hard candy (like Lifesavers),
- 4 wrapped peppermint candies
- a wrapped caramel,
- wrapped chocolate kiss
- String
- Glue Gun/white glue.



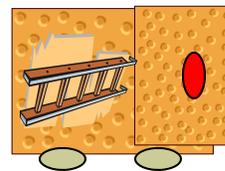
Directions:

Using a hot glue gun, glue four wrapped peppermint candies to a roll of candy; the peppermint candies are the wheels of the train. Glue a wrapped caramel to the top, at one end the train. Glue a wrapped chocolate kiss on top of that. To use the train as a tree ornament, glue a small length of string to the top

Fire Truck Fun

Supplies

- A paper plate
- Spoon
- Graham crackers (1 1/2 per fire truck)
- Tiny Ritz crackers (for wheels)
- Stick pretzels
- Black licorice
- Softened cream cheese (or thick frosting)
- Red food coloring
- A red jellybean, a red Dots candy, a cherry, or a strawberry





EDIBLE ART

Mix a few drops of food coloring to the cream cheese (or frosting). This will be the edible "glue" to put their fire truck together.

Start with a whole graham cracker. Using the back of a spoon, spread some of the "glue" on one side of it.

Put half a graham cracker on top of the "glue." This is the cab of the fire truck.

Put a red jellybean, a red Dots candy, a cherry, or a strawberry on top of the cab. (Use your glue to make it stick) This is the fire truck's red light.

Glue" four of the tiny round crackers to the sides - these are the wheels.

Glue" on a piece of licorice - this is the fire hose. You now have a tiny fire truck that is great for snack and party time!

Oh Boy! It is Clay!

Supplies

- Measuring Cup
- 1/2 cup light corn syrup
- 3/4 cup Peanut Butter
- 1/2 cup soft margarine
- 1/2 teaspoon salt
- 1 teaspoon of vanilla
- 1 cup sugar
- 1 cup flour



Mix ingredients well, knead and you are ready to play.



EDIBLE ART

Finger Painting Fun

You can paint with it and then taste test your creations.

Supplies:

- finger painting paper
- corn syrup (thick)
- food coloring



Directions:

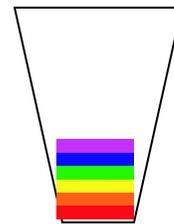
1. Put a good size blob of syrup on each child's paper.
2. Add a drop or two of food coloring onto their syrup
3. Let them dig in with their hands and paint on the finger painting paper.
4. Let the painting dry for a day or so.

Rainbow Fun

Make a Rain Bow Jell-O for any special holiday or event. This cute snack is simple to make, but each layer has to set before you add the next layer, so start days before you want to eat it.

Supplies:

- Red, orange, yellow, green, blue, and purple Jell-O
- Hot and cold water
- Clear plastic cups
- Refrigerator



Directions:

1. Make the red Jell-O directions following the instructions on the box.
2. Pour a small amount in each of the plastic cups. (about 1/6 of a cup).
3. When the red Jell-O is set, (it will take a few hours and possibly over night), prepare the orange Jell-O according to the package and pour on top (1/6) of a cup.
4. Repeat with the additional colors. Serve at a Party or with your dinner.



Fun and Simple Cooking Recipes

Simple cooking recipes that
your family can make together
at home.





TUNA PITAS

A tuna sandwich filling that uses salsa instead of mayonnaise

Ingredients

- 1 can 6 oz water packed tuna, drained
- 1/3 C. green onions, Chopped
- 1/3 C. salsa
- 2 C. dark green lettuce, shredded
- 1 C. garbanzo beans drained
- 1 C. tomatoes, chopped
- 4 Pita bread halves

Toppings

- Shredded low fat cheese
- Sliced ripe olives



Directions:

1. Toss together tuna, onions and salsa until combined. If time permits refrigerate filling to all flavor to blend.
2. Add filling to Pita bread.
3. Add shredded lettuce, garbanzo beans, tomatoes filling the remainder of the pita bread.
4. Add toppings

Serves 4.

Variations:

Use other variety breads such as English muffins, taco shells, and flour tortillas as the base for sandwich.

Salsa

- | | |
|--|------------------------------|
| 2 (16 oz) cans tomatoes, chopped and drained | 1 (8 oz.) can tomato sauce |
| 1/2c chopped onion | 2 cloves minced garlic |
| 2 tsp lemon juice | 1 tsp hot peppers (optional) |
| Salt & Pepper to taste | |

Directions:

Mix ingredients and refrigerate for flavors to blend.

** These recipes have been developed through Project Lean .*



GRAHAM CRACKER SCRAM & CRUCHY BANANA

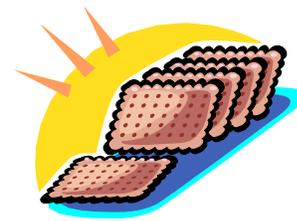
Graham Cracker Scram

Ingredients:

- 2 low fat graham crackers
- 1 tablespoon reduced fat peanut butter, creamy or crunchy
- $\frac{1}{2}$ banana

Directions:

1. Spread peanut butter on one cracker.
2. Slice banana and put slices on top of peanut butter.
3. Top with other cracker. **Serves 1.**



Crunchy Banana

Ingredients:

- 1 banana
- $\frac{1}{4}$ cup low fat vanilla yogurt
- $\frac{1}{4}$ cup ready-to-eat lower sugar cereal

Directions:

1. Peel banana and cut in half.
2. Roll in yogurt, then roll in cereal.
3. Freeze until firm.
4. Remove from freezer, serve and enjoy. **Serves 2**



Snacking can be an important part of a healthy diet. Snacks help with between meal hunger, and can also add important nutrients to your diet. Snacking is especially important for children because they need a lot of calories to help them grow.



FROZEN YOGURT POPS & LETTUCE WRAPS

Frozen Yogurt Pops

Ingredients:

- 1 cup low-fat vanilla or lemon yogurt
- 2½ cups nonfat milk
- 1 (6 ounce) can orange juice concentrate
- 1 teaspoon vanilla (optional)



Directions:

1. Place all ingredients in a bowl or blender. Mix well with spoon, whisk, or blender.
2. Pour into small paper cups and add a wooden popsicle stick or plastic spoon for the handle.
3. Freeze until firm and enjoy! **Serves 8.**

Lettuce Wraps

Ingredients:

- 4 large lettuce leaves
- 4 teaspoons diced onion
- 12 ounces of cooked chicken
- ½ cup diced tomatoes
- 8 teaspoons fat-free ranch dressing



Directions:

1. Lay the lettuce leaves flat.
2. Place thinly sliced chicken on top.
3. Add onion, tomatoes, and dressing. Roll up tightly. **Serves 4.**

Use low fat milk, cheese and other dairy products. Keep in mind that more than half the fat from dairy products is *saturated*, a concern for heart disease.

* These recipes have been developed Placer County FSNEP



BAKED APPLE SLICES

Fresh fruits and vegetables are an important part of everyone's diet and they're ready to eat so be sure to give your children plenty of them.

Ingredients:

- 2 oranges
- 1 teaspoon honey
- $\frac{1}{4}$ teaspoon cinnamon
- 3 apples, peeled, cored, and cut in $\frac{1}{2}$ inch slices
- 2 tablespoons raisins
- $\frac{1}{4}$ cup chopped walnuts (optional)
- $\frac{1}{4}$ cup low-fat yogurt (optional)



Directions:

1. Preheat the oven to 500 degrees.
2. Grate the zest of one of the oranges and set aside.
3. Squeeze the juice from both oranges into a small bowl.
4. Stir the honey, cinnamon, and the zest (orange peel) into the juice.
5. Lay the apple slices in a small glass baking dish.
6. Sprinkle the raisins on top.
7. Pour the juice mixture over the apple slices and top with the walnuts (optional).
8. Cover lightly with foil and bake 30 minutes or until the apples are soft. Serve warm or cold with the low-fat yogurt. **Serves: 4 - 6**

**This recipe has been developed Placer County FSNEP*



STROMBOLI

Ingredients

- Loaf French bread, cut in half lengthwise
- 1 medium onion, thinly sliced
- 2 cloves fresh garlic, minced
- 2 tomatoes, thin sliced
- 1/4 tsp. pepper
- 1 cup prepared spaghetti sauce
- 2 oz. mozzarella cheese, shredded

This quick and easy recipe can be used as an entrée or a delicious snack.

Directions

1. Brown onion, garlic, and pepper in pan using nonstick cooking spray.
2. Stir in spaghetti sauce.
3. Heat until bubbly.
4. Spreads sauce mixture over both halves of the French bread and top with sliced tomatoes and cheese.
5. Broil 6 inches under broiler until cheese is melted and slightly brown. Slice and serve. Makes 4 servings.

Variations

- To make this a heartier main dish, add ground beef to the spaghetti sauce. Use other vegetables to change your Stromboli flavor.





FRUIT DIP

Fresh fruits and vegetables are an important part of everyone's diet and they're ready to eat so be sure to give your children plenty of them.

Ingredients:

- $\frac{1}{2}$ cup plain low-fat yogurt
- 1 tablespoon unsweetened 100% orange juice
- Cinnamon
- Seasonal fruit: apples, peaches, oranges, bananas, berries, or pears

Directions:

1. Mix the yogurt and orange juice in a small bowl.
2. Sprinkle cinnamon on top.
3. Cut up finger-sized pieces of fruit.
4. Dip the fruit pieces into the mixture and enjoy.



Family Fun with Cooking Game

Supplies needed:

- ☺ Markers: Dry beans or elbow macaroni, buttons, plastic discs, etc. small enough to put on each square.
- ☺ Box or can for mixing the caller's statement game cards.
- ☺ 10 Game Cards for the players

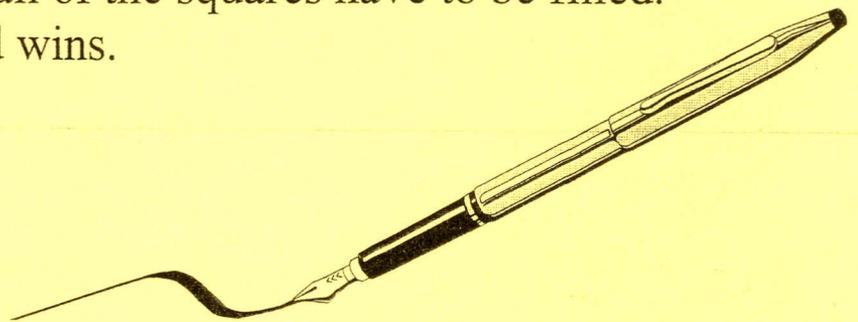
Directions:

This is a food game designed just like "Bingo" for 11 people. One person is designated as the "caller", the other ten people are the "players".

Step one: Put the cards with the statements on them in the box or can and shake them to mix them up. The caller will call out the letter and the title bolded on the card and if the players have a match they will mark their square with the item used for the marker. The caller also reads the nutrition tip as a fun way to give out information related the title on their card.

Step two: Players will look in the row below the letter called and see if the title called out matches the one given by the caller. If it matches then they place the marker on their card.

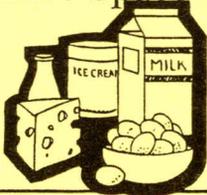
Step three: The first person to get a full row across, down or diagonally in any direction wins and calls "Game!" You can also play "black out" where all of the squares have to be filled. The first one to fill their card wins.



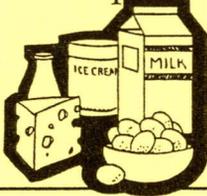
Family Fun with Cooking

G	A	M	E	S
Bagels	Energy	Carrots	Fruits/ Vegetables	Movement
Dance	Pineapple	Pots & Pans	Herbs	Wash Your Hands
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts.	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Read Labels	Bake	Arm lifts	Fruits
Biking	Electric cords	First Aid	Brown	Boil

Family Fun with Cooking

G	A	M	E	S
Wash Fruits and Vegetables	Energy	Carrots	Food Groups	Microwave Safe Containers
Dance	Pineapple	Pots & Pans	Herbs	Wash Your Hands
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Read Labels	Hot Foods	Arm lifts	Fruits
Biking	Apron	First Aid	Brown	Boil

Family Fun with Cooking

G	A	M	E	S
Wash Fruit and Vegetables	Energy	Carrots	Food Groups	Microwave Safe Containers
Dance	Apples	Pots & Pans	5mg = 1 teaspoon	Wash Your Hands
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Read Labels	Cold Foods	Arm lifts	Fruits
Walking	Apron	First Aid	Brown	Chop

Family Fun with Cooking

G	A	M	E	S
Wash Fruits & Vegetables	Crack an Egg	Carrots	Food Groups	Measuring cups
Lids	Apples	Cover Foods	5mg = 1 teaspoon	Wash Your Hands
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Colors and Textures	Assemble Ingredients	Plan	Fruits
Walking	Apron	First Aid	Brown	Clean up

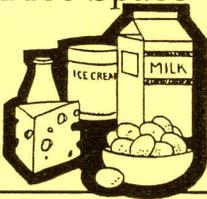
Family Fun with Cooking

G	A	M	E	S
Store left-overs	Grease	Eat 3 to 4 Servings of Vegetables a day	Food Groups	Casserole Dish
Measure	Apples	Grate	Fast Foods	Use your Noodle
Butter/ Margarine	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Colors and Textures	Assemble Ingredients	Recipe Tip	Fruits
Exercise	Water	French Toast	Brown	Clean up

Family Fun with Cooking

G	A	M	E	S
Store left-overs	250ml =1 cup	Eat 3 to 4 Servings of Vegetables a day	Food Groups	Measuring cups
Lids	Apples	Cover Foods	Cool	Knead
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Colors and Textures	Assemble Ingredients	Plan	Fruits
Walking	Apron	First Aid	Brown	Clean up

Family Fun with Cooking

G	A	M	E	S
Store left-overs	250ml = 1 cup	Eat 3 to 4 Servings of Vegetables a day	Food Groups	Breakfast
Stir Fry	Apples	Cover Foods	Shop Wisely	Knead
Vegetables	Meat, Poultry Fish, Dry Beans Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Colors and Textures	Assemble Ingredients	Plan	Fruits
Walking	Crafts	Bubbles	Brown	Clean up

Family Fun with Cooking

G	A	M	E	S
Store left-overs	Grease	Eat 3 to 4 Servings of Vegetables a day	Food Groups	Casserole Dish
Measure	Apples	Cover Foods	Oatmeal	Knead
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Colors and Textures	Assemble Ingredients	Plan	Fruits
Walking	Crafts	French Toast	Brown	Clean up

Family Fun with Cooking

G	A	M	E	S
Store left-overs	Grease	Eat 3 to 4 Servings of Vegetables a day	Food Groups	Casserole Dish
Measure	Apples	Brown Sugar	Oatmeal	Table setting
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Colors and Textures	Assemble Ingredients	Recipe Tip	Fruits
Exercise	Cooking is Fun	French Toast	Brown	Clean up

Family Fun With Cooking

G	A	M	E	S
Wash Fruits and Vegetables	Crack an Egg	Carrots	Food Groups	Measuring cups
Chill	Apples	Cover Foods	5mg = 1 teaspoon	Wash Your Hands
Vegetables	Meat, Poultry Fish, Dry Beans, Eggs, Nuts	Free Space 	Fats, Oils & Sweets	Milk, Yogurt & Cheese
Bread, Cereal, Rice & Pasta	Read Labels	Cold Foods	Simmer	Fruits
Walking	Apron	First Aid	Brown	Chop

G) Bagels-Eat on the run and are a good healthy snack

E) Fruits and Vegetables. Are a better snack than candy or cookies because they help you feel better, provide energy and help you control your weight.

A) Pineapple. Spice up fruit juice with crushed pineapple for a very special taste.

S) Wash your hands. before handling foods to keep germs from food.

M) Free Space

G) Vegetables. You need 3 to 4 servings a day. A serving could be 1 cup of mixed greens, or 1/2 cup raw or cooked vegetables, 3/4 cup vegetable juice.

A) Energy. Eat healthy foods to build up your energy to study, play sports, and have fun.

S) Movement. Add movement to your day as often as possible to help you stay healthy.

M) Pots and Pans. Be sure to turn all pot and pan handles towards the middle of the stove to prevent accidents.

G) Biking. Riding a bike instead of watching TV or a video is lots more fun and burns up calories.

E) Herbs.-Enjoy the fresh taste of herbs on vegetables that are in season.

A) Meat/poultry, fish/ dry beans/eggs, and nuts. 2 to 3 servings a day: 3 oz of cooked lean meat or 1/2 cup dry beans; 2 TBS of Peanut Butter or 1 egg.

M) Carrots. Clean and carry baby carrots in small plastic bag for a snack that will stick with you during a busy day.

G) Dance. Listen and move to your favorite dance music whether with a friend or at home.

E) Arm lifts. Stand up with both arms against body. Pick up small soda/water bottle in each hand, extend arms straight out and bring down 15 times. Repeat other arm.

A) Electric Cords. Keep away from water to prevent shocks.

S) Milk, Yogurt and Cheese. You need 2 to 3 serving every day. A serving = 1 cup of milk or 2 oz. of processed cheese.

M) Bake. This means cooking food in the oven.

E) Fats, Oils & Sweets. Try not to eat foods with lots of fat, oil or sugar. They provide few vitamins and minerals and lots of empty calories.

A) Read labels. To see how much 1 serving is and how many calories there are per serving.

S) Boil. Cook food on the top of the stove over high heat until big bubbles form on the top and break the surface.

M) Microwave Safe containers
Use only microwave safe containers when cooking in the microwave.

G) Walking. Exercising 20 to 30 minutes a day helps keep you healthy. Walking is an excellent way to include exercise in your lifestyle.

E) 5 ml = 1 teaspoon. This is a form of measurement used in cooking.

S) Fruits. You need 2 to 3 servings every day: $\frac{1}{2}$ cup cooked, canned or frozen or $\frac{1}{4}$ cup dried or $\frac{1}{2}$ cup 100% fruit juice or 1 medium apple, etc.

M) First Aid. Know where the First Aid kit is. In case of a burn place your hand immediately under cold water.

G) Wash Fruits and Vegetables. before you eat them.

E) Hot Foods. When preparing hot foods, keep them hot when serving.

A) Apple. 1 medium apple = one serving of fruit.

S) Chop. Ask an adult for help. First slice food evenly into small pieces. Then cut the slices into lots of small pieces that are the same size = to the size of a pea.

G) Bread, cereal, rice & pasta. Eat 6 to 9 servings every day. A serving = 1 slice of bread, 1 ounce of cereal or $\frac{1}{2}$ cup of cooked rice, cereal or pasta.

E) Brown. Cook food until it starts to look brown on the outside.

A) Apron. Wear an apron to keep your clothes and body clean.

S) Food Groups. Include foods from the different food groups in your meals to make them fun, healthy and more attractive.

M) Cold Foods. Keep cold foods cold.

G) Lids. Tip lids open on hot pots or on casserole dishes away from you to avoid being burned by steam from the cooked food.

A) Colors and Textures.

Choose foods with a variety of color and texture. This makes them more attractive and fun to eat.

M) Assemble ingredients.

Assemble ingredients and equipment before preparing food.

E) Plan. Plan so that all foods are ready to eat at the same time.

S) Clean up. Clean up kitchen and eating area as cleanliness is important for healthy cooking and eating.

G) Butter/Margarine. 1 cube or stick of margarine or butter equals 1 cup. Check wrapper for smaller marks and use a table knife to cut the proper amount.

A) Water. Drink lots of water because your body is more than half water and it helps keep your system in good running shape.

M) Grate. Rub a food, such as a carrot, across the holes on a grater to break the ingredients into the smallest pieces possible.

E) Forget Fast Foods. Try making a hamburger at home. Grill it to save calories and cut down on fats, and top with all of your favorite low fat toppings..

S) Use Your Noodle. Add 1 cup of frozen vegetables cooked with the macaroni to make a ready to eat meal that is fast and easy,

G) Store leftovers. Store leftovers in proper containers and use up within 3 days.

A) 250 ml = 1 cup. Measurement in recipes used throughout the world and converted to US measurement.

M) Eat 3 to 4 servings of vegetables a day. Servings are 1 cup of mixed greens, ½ cup of raw or cooked vegetables.

E) Cool. Let food stand out on the counter until it is no longer hot. Food cools better on a wire cooling rack to allow air to circulate.

S) Knead. This is a process in which you work with dough on the counter using your hands to push against the dough. Fold it in half and push against it again.

G) Stir Fry. This is a method in which food is quickly cooked in a small amount of oil in a hot skillet or wok.

A) Crafts. You can make a mix to model shapes, using flour, water, food coloring and Borax or salt.

M) Bubbles. A recipe for fun at home for bubbles: 1/4 cup liquid detergent, ½ cup water, 1 teaspoon sugar or 3 tablespoons glycerine.

E) Shop Wisely. Example: Compare the cost of several brands of macaroni. See which brand is less expensive and what is in the ingredients.

S) Breakfast. Eat breakfast & your body will jump start in the morning. You learn better at school, play sports longer and have more energy to play.

M) French Toast. Bread that was too dry to eat was called "lost bread". French toast was a method to use it by dipping it in eggs and milk.

G) Chill. Put your food in the refrigerator to make it completely cold.

G) Measure. Put a specific amount of a wet or dry ingredient into a cup or spoon to add to a recipe.

E) Oatmeal. Add your favorite fruit to oatmeal or use frozen berries to make it a warm and fruity experience.

A) Crack an Egg. Tap the middle of an uncooked egg lightly on the edge of a bowl or crack with table knife. Separate from the shell.

A) Grease. Put some shorting/butter/margarine on a paper towel and rub it over the pan to prevent sticking of food to be cooked.

F) Casserole Dish. A dish with a lid used for baking food in the oven

M) Cover food . Always cover food with wrap or lid to the keep the air out. Helps keep food from drying out or picking up odors when in refrigerator.