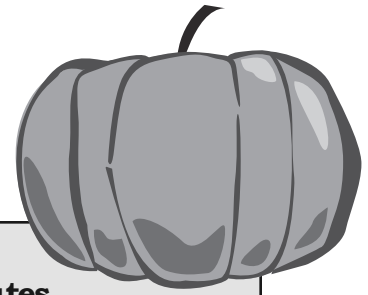


TRY THIS AT HOME:
Pumpkin Bars



You will need:

1 2/3 cups sugar
3/4 cup vegetable oil
4 eggs
16-ounce can of pumpkin
1 cup all-purpose flour
1 cup whole-wheat flour

PREP TIME: 30 minutes

1 teaspoon ground cinnamon
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
Help from an adult

Practice measuring by making pumpkin bars!

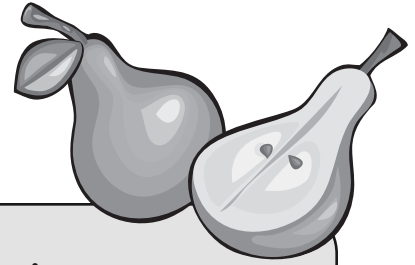
1. Preheat oven to 350°F.
2. Spray a 10x15x1 inch pan with non-stick cooking spray.
3. Add sugar, eggs and oil to a large bowl. Mix together. (Always wash your hands after touching raw eggs.)
4. Add the pumpkin and mix.
5. Add the all-purpose flour, whole-wheat flour, cinnamon, salt, baking soda and baking powder. Mix together.
6. Pour into pan.
7. Bake for 25-35 minutes or until toothpick comes out clean.
8. Allow to cool in the pan. Cut into 36 bars.

SERVING SIZE: 1 bar

Fun Fact

Pumpkins are a type of gourd. Butternut and acorn squash are gourds too. All three of these gourds are high in beta-carotene (vitamin A). Vitamin A is important for eye sight and fighting off infections. You can use pumpkins to make desserts, casseroles and even pumpkin soup!

TRY THIS AT HOME: Yogurt Fruit Dip



You will need:

1 cup light vanilla yogurt
1/3 cup creamy peanut butter
1/8 teaspoon ground cinnamon

PREP TIME: 20 minutes

1/2 cup light whipped cream
Fresh fruit such as apples,
pears, bananas and strawberries

Did you know bacteria in yogurt could be so tasty and healthy?

1. In a small bowl, mix vanilla yogurt and peanut butter.
2. Add cinnamon and mix.
3. Fold or gently stir in the whipped cream.
4. Serve with fresh fruit such as sliced apples, pears, bananas, and strawberries.

SERVING SIZE: 1 bar

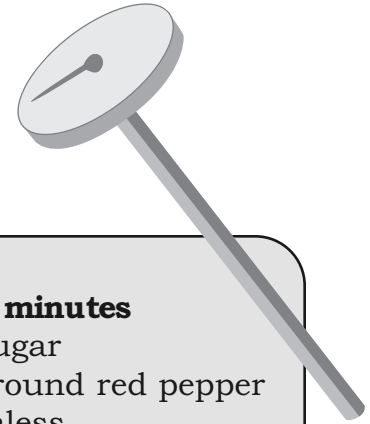
Fun Fact

Yogurt not only tastes great but it provides your body with calcium, protein and good bacteria. Good bacteria in yogurt such as ***Lactobacillus acidophilus*** can help your digestive system stay healthy. You'll know your yogurt contain good bacteria if "Live and Active Cultures" is written on the label.

Leftovers

- Throw away leftovers that sit out for four hours or more
- Put leftovers in small containers and refrigerate or freeze right away
- Eat refrigerated leftovers within 3-4 days
- Reheat meat and casserole leftovers to 165° F in the oven or microwave
- Only reheat foods one time

TRY THIS AT HOME: **Breaded Chicken**



You will need:

1 slice whole-wheat bread crumbs
1/2 cup wheat germ
1 teaspoon salt
1 teaspoon onion powder

PREP TIME: 35 minutes

1/2 teaspoon sugar
1/4 teaspoon ground red pepper
4 boneless, skinless
chicken-breast halves
2 eggs

Practice your thermometer skills with this delicious chicken!

1. Preheat oven to 400 degrees Fahrenheit. Spray a baking sheet with vegetable cooking spray.
2. Tear whole-wheat bread into small crumbs and place in a medium bowl.
3. Beat eggs in a medium bowl. Dip chicken in eggs and then in breadcrumbs. Turn chicken over to cover with crumbs.
4. Place chicken breasts on baking sheet.
5. Bake for 35 minutes. Check the inside temperature of the chicken by putting the end of your thermometer into the thickest part of the chicken. (Chicken should be cooked to 165 degrees Fahrenheit or higher.) Serves 4.

SERVING SIZE: 1 chicken-breast halve

Fun Fact

If you have leftovers of this yummy chicken, then refrigerate them immediately in a small container with a lid. All leftovers should be reheated to 165°F. Use your kitchen thermometer to check the temperature.

Safe Cooking Temperatures

145° F: Beef, veal, and lamb steaks, roasts and chops

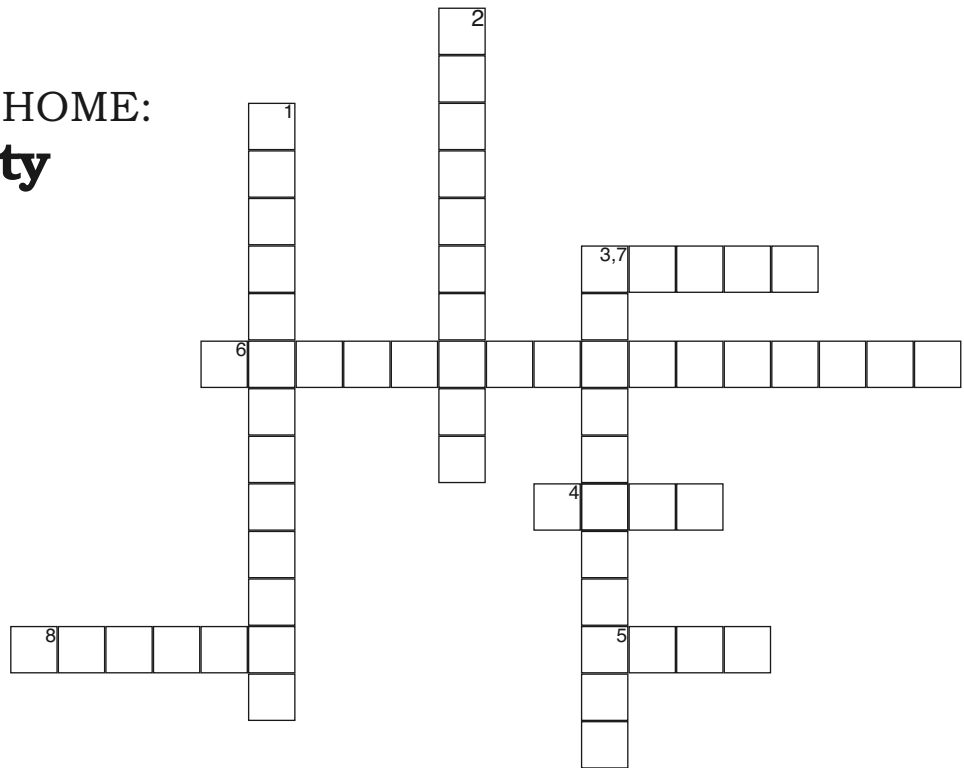
160° F: Pork, ground beef (hamburger meat), ground veal, ground lamb, egg dishes

165° F: Chicken, turkey, stuffing, casseroles and leftovers

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TRY THIS AT HOME:

Super Safety Crossword



Keep foods safe by practicing good food safety!

Down:

1. A _____ is so tiny it can only be seen with a microscope.
2. The temperature _____ is from 41 to 135 degrees Fahrenheit.
3. Test the temperature of cooked meat with a _____.

Across:

4. The ____ hour rule says never leave food on the counter for over 4 hours.
5. Never ____ frozen food on the counter or in the sink.
6. Salmonella is a harmful bacteria that can cause _____.
7. When in doubt, _____ it out.
8. _____ are not killed by cooking.

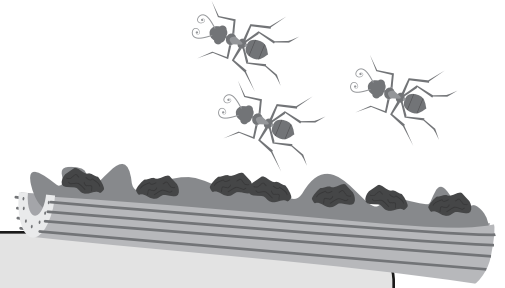
Fun Fact

When packing lunches, use insulated containers to keep hot foods hot and use cold packs to keep cold foods cold.

Thawing Food

- Thaw foods in the microwave or in the refrigerator
- Never thaw foods on the counter
- Only thaw foods in the sink if they are covered in cold water and water is continuously running over them or changed every 30 minutes

TRY THIS AT HOME:
Ants on a Log



You will need:

2 celery stalks
4 tablespoons peanut butter

PREP TIME: 5 minutes

2 tablespoons of raisins
Help from an adult

How do you make a quick easy snack using celery?

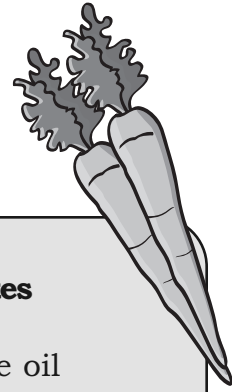
1. Wash the celery and cut it into long pieces (about 2-3 inches long).
2. Spread the peanut butter in the U-shaped part of celery, from one end to the other.
3. Press raisins gently into the peanut butter.
4. Enjoy your ants on a log!

SERVING SIZE: 1 celery stalk or $\frac{1}{2}$ cup

Fun Fact

Celery is a good source of potassium. Potassium is important for healthy nerves and muscles. One stalk of celery will give you $\frac{1}{2}$ cup on your way to the recommended 2 cups of vegetables per day.

TRY THIS AT HOME: **Copious Carrots**



You will need:

2 whole carrots
1 teaspoon salt
1 teaspoon pepper

PREP TIME: 5–10 minutes

Water
1/2 tablespoon vegetable oil
Help from an adult

How do you bake a carrot?

1. Scrub carrots under running water to remove dirt from the surface. (Store carrots unwashed; only wash them when you are ready to use them.)
2. Get rid of any green leaves by trimming the ends of the carrots.
3. Use a vegetable peeler to trim thin slices from the outside of the carrot until the entire surface (outside layer) is peeled.
4. Cut carrots into 1 1/2 inch pieces.
5. Place carrots on a baking sheet and lightly sprinkle with oil, salt and pepper.
6. Bake in the oven at 400 degrees Fahrenheit for 20 to 30 minutes or until carrots are tender and lightly browned.
7. Serve while hot and enjoy!

SERVING SIZE: 1/2 cup

Quick Fix

Buy canned or frozen carrots and heat in microwave.

Fun Fact

Carrots contain beta-carotene (vitamin A), which gives carrots their orange color and helps with good eyesight. A half cup of carrots gives you 1/2 cup of vegetables on your way to the recommended 2 cups of vegetables per day.

TRY THIS AT HOME:

Lean Green Bean Casserole



You will need:

1 can *low fat* condensed cream
of mushroom soup
1/2 cup skim milk

PREP TIME: 10 minutes

Dash of ground pepper
2, 16-ounce cans of green beans
Help from an adult

How can you make green bean casserole healthier?

1. Mix the soup, milk, pepper and beans in a 1 1/2-quart casserole dish.
2. Bake at 350 degrees Fahrenheit for 25 minutes or until hot.

SERVING SIZE: 2/3 cup (provides 1/2 cup of green beans)

Fun Fact

Half a cup of green beans provides 2 grams of the 25-30 grams of fiber recommended every day. Fiber helps keep your digestive system health. A half cup of green beans helps you on your way to the recommended 2 1/2 cups of vegetables a day.

TRY THIS AT HOME:
Green Leaf Lettuce Salad



You will need:

4 cups romaine lettuce, washed
and chopped
1/2 cup carrots, chopped
2 tomatoes, diced
1/2 cup white beans, canned,
rinsed and drained

PREP TIME: 10 minutes

2 tablespoons bacon bits (optional)
3 tablespoons sunflower seeds
1/2 cup fat-free herb
vinaigrette dressing
Help from an adult

How many vegetables can you fit in one salad?

PREP TIME: 10 minutes

1. Combine the first four ingredients in a large salad bowl and mix.
2. Sprinkle the bacon bits and sunflower seeds on top.
3. Then carefully pour or drizzle vinaigrette dressing on top.
4. Enjoy!

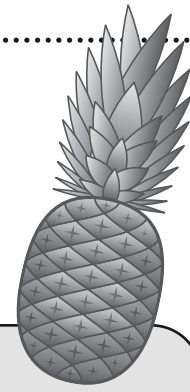
SERVING SIZE: 1 cup (provides about 2/3 cups of vegetables)

Fun Fact

Tomatoes contain a phytochemical called lycopene that helps the body fight off diseases. Adding colorful vegetables like tomatoes, carrots, broccoli and cauliflower to your salad adds more nutrients. It takes one cup of fresh leafy vegetables to equal 1/2 cup of the recommended 2 1/2 cups of vegetables a day.

TRY THIS AT HOME:

Citrus & Pineapple Medley



You will need:

2 cups of orange sections
(fresh or canned)
1 cup of grapefruit sections
(fresh or canned)

PREP TIME: 5 minutes

1 cup canned pineapple chunks
Help from an adult

Oranges, grapefruit, pineapple... Oh my!

1. Drain canned fruit.
2. Combine all fruit in a medium bowl.
2. Chill in the refrigerator.
3. Enjoy!

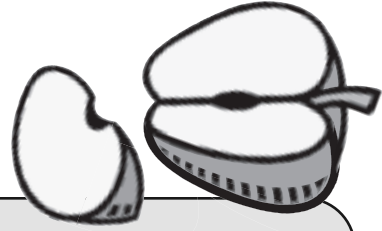
SERVING SIZE: 3/4 cup (serves 5)

Fun Fact

Fruits differ in nutritional content so it is important to vary your fruit choices. Citrus fruits are high in vitamin C. Vitamin C helps your body fight off infections and heal cuts and scrapes. It keeps your teeth and gums healthy too. Eat 3/4 cup of Citrus Salad Medley on your way to 1 1/2 cups of fruits a day!

TRY THIS AT HOME:

Apple Crisp



You will need:

4 baking apples, peeled and sliced
(Granny Smith or Rome Beauty)
1 tablespoon water
1/4 teaspoon salt
1/2 cup flour

PREP TIME: 15 minutes

4 teaspoons brown sugar
4 teaspoon butter
1 teaspoon cinnamon
Help from an adult

How do you make a delicious apple dessert?

1. Place apples, water and salt in an 8-inch baking dish sprayed with vegetable cooking spray.
2. Combine remaining ingredients in a separate bowl with a fork, until crumbly.
3. Sprinkle mixture over apple slices.
4. Bake in oven for 25 minutes at 350 degrees.
5. Let cool slightly and cut into nine squares. Enjoy!

SERVING SIZE: 1 square

Fun Fact

Apples are in season during the late summer and fall. Buying fresh fruits that are in season may cost less and be more flavorful than fruits that are out of season. Strawberries are in season in the spring, peaches in the summer, pears in the fall and cantaloupe in the winter. If your favorite fruit is not in season you can always buy it frozen, dried, or canned.



TRY THIS AT HOME:

Yummmmm... Hot Chocolate

You will need:

2 cups powdered sugar
1 cup baking cocoa
2 1/2 cups non-fat dry milk

PREP TIME: 5 minutes

1 teaspoon salt
1 cup of skim milk, 1% milk
or water
Help from an adult

Hot chocolate mix for cold winter days!

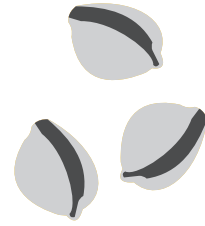
1. Pour all the dry ingredients into a mixing bowl and mix well.
2. Store the dry mix in an airtight container.
3. Fill your mug with 3 tablespoons of the dry mix.
4. Heat 1 cup of water or milk in the microwave for 1 minute and 20 seconds.
5. Pour heated water or milk over the dry ingredients and stir.

SERVING SIZE: 1 cup of cocoa (dry mix will make about 30 cups of cocoa)

Fun Fact

Milk is a great source of nutrients like proteins, carbohydrates, calcium, phosphorus, riboflavin and vitamins A and D. Nutritionists recommend eating or drinking 3 cups from the milk group everyday. Using milk to make hot chocolate will get you on your way to 3 cups from the milk group a day.

TRY THIS AT HOME:
Velvety Mac 'n' Cheese



You will need:

1 pound macaroni shells
(whole wheat)
12-ounce can evaporated skim milk
2, 8-ounce packages of fat-free
shredded cheddar cheese

PREP TIME: 10 minutes

3-4 slices fat-free
American cheese
Salt and pepper to taste
Help from an adult

Cheeeeesy, make you own macaroni and cheese!

1. Cook macaroni according to package directions, then drain.
2. In a large microwave safe bowl, mix the evaporated skim milk, cheeses and spices.
3. Heat in the microwave for 4 minutes, mixing halfway through.
4. Pour cheese over macaroni noodles.
5. Enjoy this creamy dish!

SERVING SIZE: 1/2 cup

Fun Fact

You can make macaroni and cheese healthier by using no-fat or low fat cheeses and whole wheat macaroni shells. When choosing no-fat or low-fat cheeses for your macaroni & cheese, look for words like “fat-free,” “reduced fat,” “made with skim milk” or “made from 2% milk”. All it takes to reach 3 cups a day from the milk group is a cup of skim milk with breakfast, a cup of low-fat yogurt at lunch and a helping of Velvety Mac 'n' Cheese for dinner.

TRY THIS AT HOME:
Meatloaf



You will need:

1 pound ground beef
1 slice of whole wheat bread
1 egg
2 tablespoons milk (skim or 1%)
1/2 small onion, finely chopped
2 large carrots, shredded

PREP TIME: 10 minutes

1/4 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon pepper
1/2 teaspoon salt
Ketchup or barbecue sauce
Help from an adult

Meat with a kick!

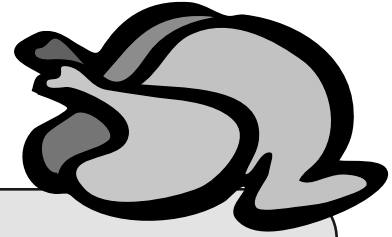
1. Put the ground beef in a large mixing bowl.
2. Soak the piece of bread in a small bowl of warm water and then gently squeeze the water out of the bread with clean hands.
3. Break the bread into small pieces and add the pieces to the large bowl.
4. Add all the other ingredients except the ketchup to the large bowl. Mix.
5. Put the mixture in a loaf pan and shape by patting it down. Remember to wash your hands after touching raw meat and raw eggs.
6. Bake in the oven for 35 minutes at 350°F. Use oven mitts to take the meatloaf out of the oven. Cover the top of the meatloaf with ketchup or barbecue sauce.
7. Bake in the oven for another 10 to 15 minutes.

SERVING SIZE: 1/5 of a loaf

Fun Fact

Beef provides key nutrients like zinc, iron, vitamin B12 and protein. Zinc is important for growth and it helps your body fight off illness by boosting the immune system. You'll get 2-3 ounces of meat from one serving of this recipe. Nutritionists recommend eating about 5-ounces of meat and beans everyday.

TRY THIS AT HOME:
Curious Curry Chicken



You will need:

2, 4-ounce boneless,
skinless chicken breasts
4-ounces plain or vanilla yogurt
(or soy yogurt)

PREP TIME: 10 minutes

1 1/2 teaspoons cilantro
1 1/2 teaspoons curry powder

Chicken and yogurt, that's curious!

1. Preheat oven to 375 degrees Fahrenheit.
2. Combine yogurt, cilantro and curry powder in a shallow bowl.
3. Add chicken to yogurt sauce and coat evenly.
4. Place chicken in a greased casserole dish.
5. Spoon remainder of yogurt sauce on top of the chicken.
6. Bake chicken for 35 minutes or until the inside temperature is 165 degrees Fahrenheit.

SERVING SIZE: 1 chicken breast

Fun Fact

Chicken is naturally lower in fat than many meats. But watch out breaded and fried chicken have lots of added fat. For healthier options, try eating baked or grilled chicken. Remove the skin from chicken for an even leaner dish!

TRY THIS AT HOME:
Delicious Deviled Eggs



You will need:

2 eggs, hard boiled
1/2 teaspoon milk (skim or 1%)
1 1/2 teaspoons light mayonnaise
Dash of salt

PREP TIME: 20 minutes

Dash of dry mustard
Dash of sugar
Paprika to taste
Help from an adult

Great for an after school snack!

1. Peel eggs. Cut in half lengthwise.
2. Remove yolks and place in a mixing bowl. Place whites in rows on a tray.
3. Mash yolks, using a wire whisk, fork or hand mixer.
4. Add the milk to the mashed yolks and mix until blended.
5. Add the mayonnaise and a dash of salt, dry mustard and sugar to yolks.
6. Mix until smooth.
7. Refill each egg white half with about 1 1/2 tablespoons of the yolk mixture.
8. Sprinkle with paprika (optional).

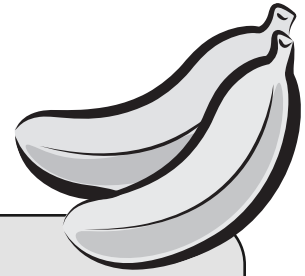
SERVING SIZE: 2 halves

Fun Fact

Eggs are full of nutrients but every large egg yolk contains over 200mg of cholesterol. Too much cholesterol can be bad for your heart. Try limiting egg yolks to 3 to 4 a week. When making omelets or scrambled eggs you can use two egg whites for every one egg yolk.

TRY THIS AT HOME:

Outrageous Banana Pudding



You will need:

3 eggs
1 large package banana cream pudding mix (not instant)
3 3/4 cups milk (skim or 1%)
30 vanilla wafers

PREP TIME: 25 minutes

2 large ripe bananas, sliced
Dash of salt
1/3 cup sugar
Help from an adult

It's bananas!

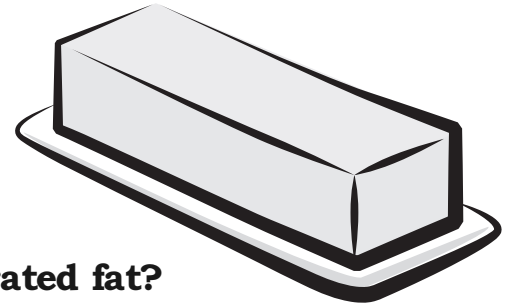
1. Carefully break eggs and pour whites into a small mixing bowl, set aside.
2. Pour egg yolks, pudding mix, and milk into a saucepan. Beat with a fork.
3. Cook over medium heat, stirring, until mixture comes to a boil. Remove from heat.
4. Put a layer of vanilla wafers in the bottom of a 2-quart baking dish.
5. Add a layer of banana slices and then cover with layer of pudding. Continue layering the vanilla wafers, banana slices, and pudding. End with pudding on the top.
6. To make meringue add just a dash of salt to the egg whites and beat until foamy. Continue beating as you slowly add the sugar (add 1 tablespoon of sugar at a time). Beat the mixture until the foam forms stiff shiny peaks (Slowly, lift beaters out of mixture to see if stiff peaks have formed).
7. Spoon the meringue over pudding, spread meringue all the way to the edge of dish.
8. Bake at 375 degrees Fahrenheit for about 10 to 15 minutes, until meringue is cooked and lightly browned.
9. Serve warm or chilled. Store in refrigerator.

SERVING SIZE: 1/2 cup

Fun Fact

Need a healthy snack? Mix 1/2 cup strawberries with 1/2 cup low-fat pudding. It's a fun and tasty way to add fruit and milk to your day! Remember nutritionists recommend 1 1/2 cups of fruit and 3 cups of milk a day.

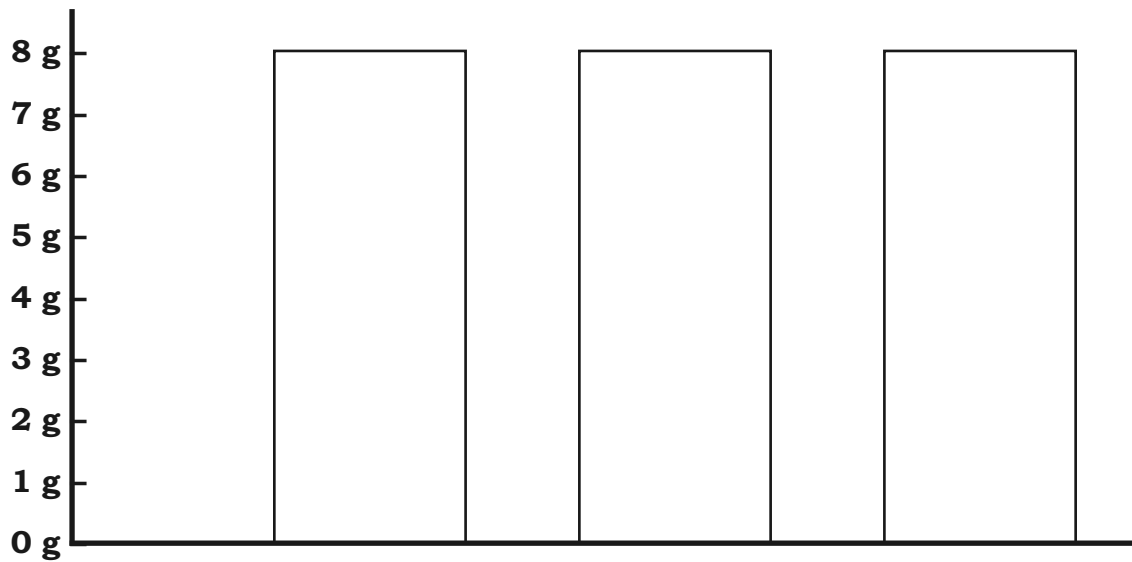
TRY THIS AT HOME:
Saturated Fats



Are your favorite snack foods low in saturated fat?

Take three of your favorite snack foods from the refrigerator or pantry. Read the food labels and complete the bar graph for the grams of saturated fat in one serving of each snack food.

Saturated Fat (g = grams)



Food: _____

Serving Size: _____

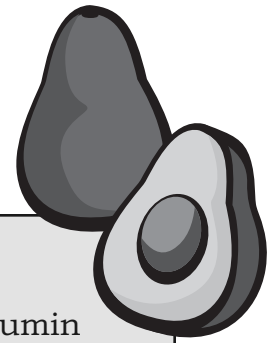
Fun Fact

Be sure to choose a diet that is low in saturated fat and trans fat and moderate in total fat intake. Try these easy ways to eat less saturated and trans fats:

- Choose low-fat milk, cheese and yogurt instead of eating regular dairy products
- Instead of eating fatty meats and fatty processed meats, try buying lean meats and removing any extra fat including the skin of poultry
- Cook with olive oil or canola oil instead of lard, butter or margarine
- Choose fruits and vegetables for snacks instead of chips or cookies

TRY THIS AT HOME:

Great Green Guacamole Dip



You will need:

1/2 cup light mayonnaise
2 ripe avocados, peeled, mashed
(about 1 1/2 cups)
1 tablespoon lime juice
1 to 2 pickled jalapeño peppers,
minced

PREP TIME: 5 minutes

1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon garlic powder
Help from an adult

Make your vegetables more fun with a dip!

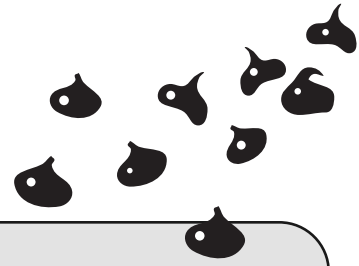
1. Mix all the ingredients together in a medium-small bowl.
2. Chill in the refrigerator for 1 hour.

SERVING SIZE: 1 ounce

Fun Fact

Avocados are one of the few vegetables that have fat in them. They are high in monounsaturated fats which are healthy fats. Eating this tasty guacamole dip will add a healthy fat and a small serving of vegetables to your day. Try dipping vegetables, crackers, baked chips or pretzels into the guacamole. Or use the guacamole to top quesadillas and enchiladas.

TRY THIS AT HOME:
Pudding Paradise



You will need:

1/2 cup sugar
1/4 cup cornstarch
4 cups skim milk

PREP TIME: 25 minutes

6 ounces semisweet chocolate chips
2 teaspoons vanilla
Help from an adult

Make your own thick pudding!

1. Measure and pour the sugar and cornstarch into a large pot.
2. Gradually stir in the milk.
3. Cook over low to medium-low heat. Stir continuously until the sugar dissolves and the mixture begins to boil and thicken.
4. Add the chocolate chips.
5. Continue heating until the chocolate melts and the mixture is thick (about 5 more minutes).
6. Remove from heat and let cool.
7. Stir in the vanilla.
8. Enjoy!

SERVING SIZE: 1/2 cup

Fun Fact

You can make low-fat pudding by using skim milk. You'll get the same delicious taste with fewer calories and less fat. Pudding is a tasty way to add milk to your day. One half cup of pudding counts as 1/2 cup from the milk group.

TRY THIS AT HOME:

Sensational Cinnamon Rolls



You will need:

2 packages dry yeast
1/4 cup warm water*
2 eggs
1 cup warm skim milk*
1/4 cup canola oil
1/3 cup sugar

PREP TIME: 3 hours

1/4 teaspoon salt
2 3/4 cups all-purpose flour
2 3/4 cups whole-wheat flour
3/4 cup packed brown sugar
2 tablespoons ground cinnamon
3/4 cup chopped pecans
(optional)

For Glaze:

1 1/4 cups sifted powdered sugar 1/4 teaspoon vanilla
3 tablespoon skim milk

*Warm water and milk should be about 110 degrees Fahrenheit.

Breakfast with a twist

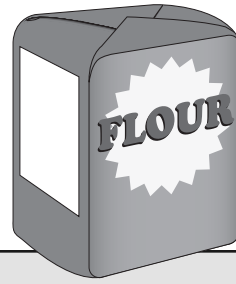
1. In a small bowl, stir yeast into warm water. Let sit for 5 minutes.
2. In a large bowl, beat eggs. Stir in warm milk, canola oil, sugar, salt, and yeast/water. Continue stirring and slowly add both flours to form a soft dough ball.
3. Put dough on a floured surface; knead for 5-8 minutes (push, fold, turn).
4. Put dough in large bowl, cover with a towel and let rise for 1 1/2 hours.
5. Divide dough into 2 balls. Roll each dough ball into a large rectangle about 16-inches x 8-inches; spray the dough with cooking spray.
6. In a small bowl, mix brown sugar and cinnamon; sprinkle over dough. Top with pecans if you want.
7. Beginning at long side, roll each rectangle into a log; press edges and ends together securely. Cut into 1-inch slices.
8. Spray baking pans with cooking spray and place slices, cut side down, on pans. Let rise 1 more hour. Bake at 350 degrees Fahrenheit for 15 minutes.
9. Mix vanilla glaze ingredients in a bowl and spread on warm cinnamon rolls.

SERVING SIZE: 1 roll

Fun Fact

You can eat more whole grains by replacing half of the all-purpose flour in baked goods with “whole wheat flour.” Be aware, plain “wheat flour” is not whole grain. Look for the word “whole” on the flour package label.

TRY THIS AT HOME: **Groovy Gluten Balls**



You will need:

Water
Bread flour

PREP TIME: 35 minutes

Help from a friend and/or an adult

Let's explore gluten!

1. Measure 1/4 cup of flour into a small bowl.
2. Slowly add 2 tablespoons of water to the bowl.
3. Use your fingers to mix the flour and water into a dough ball. If the dough is really sticky, add a little more flour. If it is too dry, add a little more water.
4. Knead the dough by pushing, folding and turning it or by rolling and squeezing it for 8-10 minutes or until it is a soft, rubbery ball of dough.
5. Let the dough ball sit for about 10 minutes.
6. Take the dough ball to a sink and run it under water.
7. Gently squeezing the dough ball to remove the starch.
8. Cup your hands around the ball to hold it together, try not to let the dough fall apart.
9. The water will turn milky as the starch washes away from the dough.
10. Keep squeezing and washing the starch away until your dough ball becomes a gummy, slimy network of gluten strands.
11. When the water no longer turns milky, you know there's no more starch in the dough. You'll have a much smaller, strong ball of gluten.
12. Use a measuring tape to measure the circumference of your gluten ball.
13. Bake you gluten ball in the oven for about 20 minutes at 450 degrees Fahrenheit.
14. Measure the circumference of your gluten ball again. How did it change?

Fun Fact

Gluten is found in wheat and other grains like rye, barley and farina. It helps make bread rise and keep its shape. Eating foods made from whole wheat, rye, barley and farina is a healthy choice for most people. But people with celiac disease should not eat grains containing gluten because they have an immune system response to gluten. If they eat gluten, it can damage their small intestines and cause problems with absorption of nutrients.

TRY THIS AT HOME:
Sandwich Pocket or Wrap



You will need:

PREP TIME: 10 minutes

- 1 whole wheat tortilla (wrap) or 1/2 pita bread
 - 2 tablespoons cream cheese or 2 slices cheddar cheese
 - 2 ounces sliced chicken or turkey
 - 1/2 cup fresh spinach or romaine lettuce
 - 2 slices tomato, 4 slices of green pepper or 4 olives
 - 1 glass of skim milk or low-fat chocolate milk
 - 1 medium size apple or orange or 1/2 cup of grapes
 - 1/2 cup carrots and celery or broccoli and cauliflower
- Help from an adult

Create your sandwich just the way you like it!

1. Circle the ingredients you want to use.
2. Spread cream cheese or place the cheddar cheese slices on one-half of the tortilla or in the pita.
3. Place the meat and leafy green vegetable on one-half of the tortilla or into the pita.
4. Place tomato, green pepper or olives on the meat or in the pita.
5. If you chose the tortilla, fold it. Then place your sandwich pocket or wrap on a plate. Serve with your choice of milk, fruit and an additional vegetable.
6. Enjoy your delicious meal!

SERVING SIZE: 1 sandwich, 1 medium fruit, 1/2 cup raw vegetables, 1 cup milk

Fun Fact

You will make healthy choices at the store and at home when you have a plan. Try planning menus for all your meals at the beginning of the week. Your family can save time at the grocery store by using your menus to buy groceries for the whole week. Make sure your lunch and dinner menus meets the plate rule (1/4 meat, 1/4 starch, 1/2 vegetable).

Today's Menu

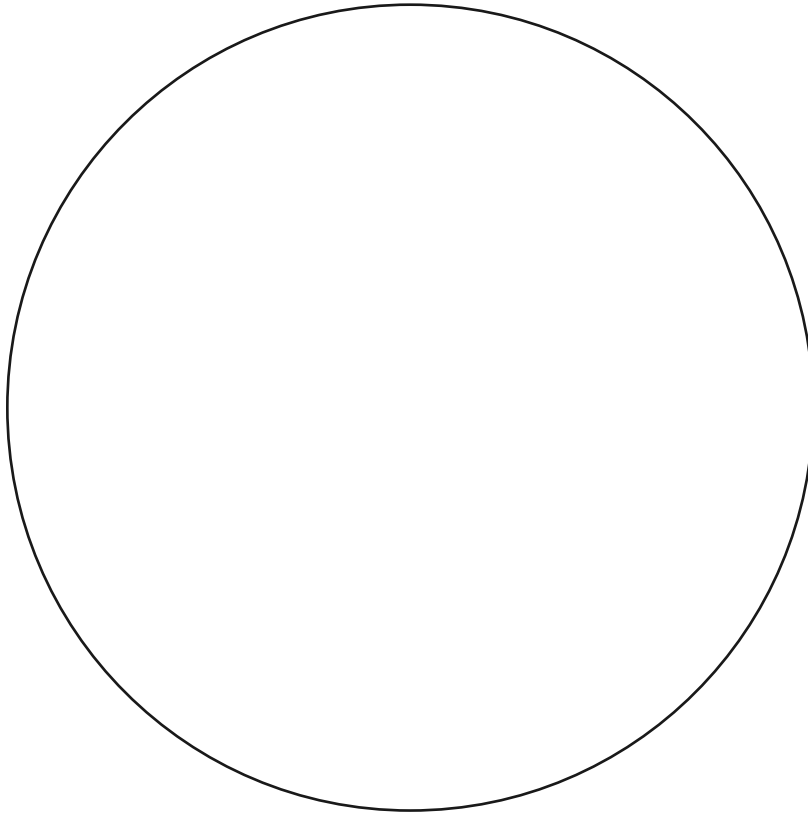
TRY THIS AT HOME:

Dining Out

Does your meal have enough variety!

Bring this page with you the next time you eat at a restaurant. Choose a meal. Write the name of the meal below. Then draw a picture of the meal on the plate below. Finally, fill in the variety checklist.

Name of Meal: _____



Variety

Are there a variety of colors?

Yes or No

Are there a variety of shapes?

Yes or No

Are there a variety of textures?

Yes or No

Are there a variety of tastes?

Yes or No

Do you think this meal has enough variety?

Yes or No

Fun Fact

A healthy meal should give you a variety of nutrients. Meals that include different colored fruits and vegetables look tasty and give your body a variety of vitamins and minerals. Remember, you need to eat foods from each of the five food groups (grains, vegetables, fruits, milk, and meat & beans) to get all the nutrients your body needs.