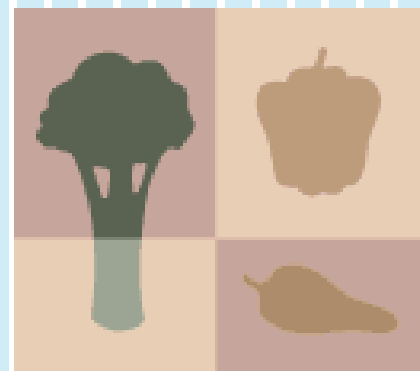


TEAM NUTRITION RECIPE BOOK



SNACK IDEAS FROM
TRI-COUNTY HEAD START
CLASSROOMS AND FAMILIES

MARCH 2007

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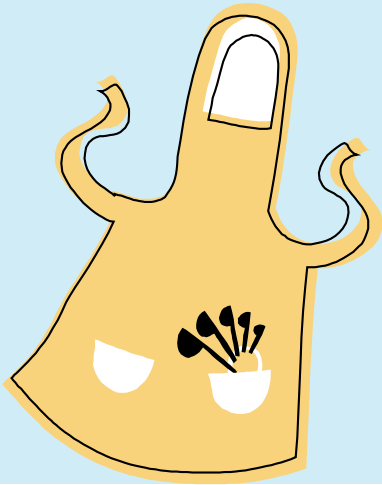
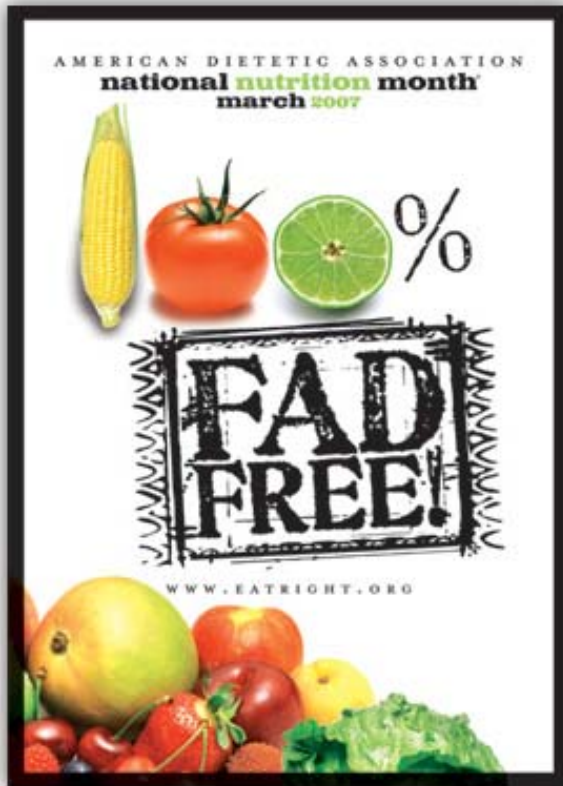


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To celebrate National Nutrition Month during March 2007, Head Start Staff and families shared healthy snack ideas to make a Team Nutrition recipe book.



Healthy eating is an important part of child development. Fruits, vegetables and whole grains are part of a healthy diet. These foods provide children with energy, vitamins, minerals and fiber they need to grow and stay healthy.

Try these easy recipes featuring fruits, vegetables and whole grains to help your child get a taste for good nutrition. These are cooking activities children can help prepare and enjoy.

INTRODUCTION

Age-appropriate Cooking Skills

Food handling skills improve over time as children develop physical skills. They encourage the growth of arm and hand muscles and require eye-hand coordination. There are many ways to include children in food preparation that promote learning and are fun!

Kitchen Safety Rules For Kids and Families

- Fasten hair back if it's long.
- Wear clean clothes.
- Wash hands and food preparation surfaces.
- Taste with a clean spoon only, licked spoons go in the sink, not back in the bowl.
- Stay away from hot surfaces and utensils and sharp objects. Adults should be in charge of using sharp knives.
- Wipe up spills as soon as they occur.
- Keep raw and cooked foods separate.
- Cook food to the proper temperature.
- Keep hot foods hot and cold foods cold before serving them.

2-year olds

- Scrub
- Tear
- Break
- Snap
- Dip

3-year olds

- Wrap
- Pour
- Mix
- Shake
- Spread

4-year olds

- Peel
- Roll
- Juice
- Crack
- Mash

5-year olds

- Measure
- Cut
- Grind
- Beat with an egg-beater



INTRODUCTION

A Close Look at MyPyramid For Kids

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

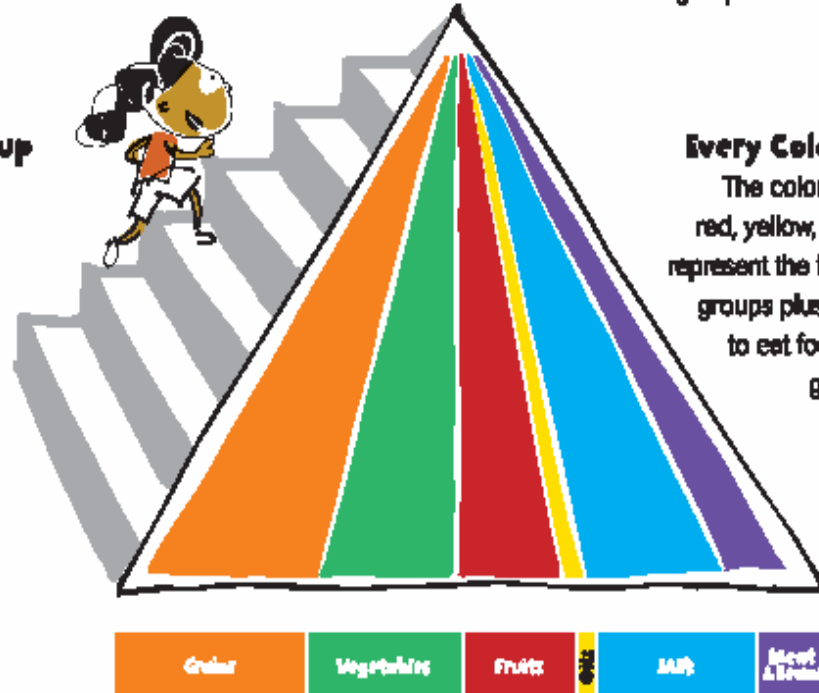
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

INTRODUCTION

**RECIPE NAME : PEANUT BUTTER GRAHAM
CRACKERS** (CONTAINS FOODS THAT ARE CHOKING
HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)

Ingredients	Directions
. Peanut butter	Spread peanut butter on graham cracker and top with an apple slice.
. Graham crackers	
. Apple slices	

RECIPE NAME : JELLO WITH FRUIT

Ingredients	Directions
. 1 box sugar free strawberry/banana jell-o	Prepare jell-o according to box directions. Slice banana and add to jell-o before you put it into the refrigerator to set up. Add whipped topping right before you serve.
. 1 large banana	
. Whipped topping(optional)	

RECIPE NAME : BERRY STRIPED POPS

Ingredients	Directions
. 2 cups strawberries	Puree strawberries. Pour evenly into cups or muffin tin.
. 6 kiwis	
. 2 cups sliced peaches	Freeze for 30 minutes or until firm.
. 12 paper cups or muffin tin	Insert popsicle stick.
. 12 popsicle sticks	Puree kiwi and pour on top of strawberries and freeze until firm.
	Puree peaches and add as final layer. Freeze until firm and then eat.



Home Based:
**Shawna
Folken**

Classroom:
**EMA
Furry Foxes**

Classroom:
**EMA
Flutterflies
AM**

FRUITS

RECIPE NAME : FRUIT & YOGURT SMOOTHIE

Ingredients	Directions
. ½ cup fruit (your child's favorite)	Peel fruit and cut in small pieces. Put all of the ingredients into a blender and mix together until smooth. Pour into a chilled glass and serve with a straw. Suggestions: Frozen fruit will make a super cold smoothie. A banana will make a creamy smoothie. Keep skin on fruit for extra fiber.
. ¾ cup low-fat or fat-free yogurt	
. 1 cup milk	
. 1 tbsp. sugar (optional)	

RECIPE NAME : APPLE SMILES

(CONTAINS FOODS THAT ARE CHOKING HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)

Ingredients	Directions
. Apples	Using an apple slicer, slice/core the apples.
. Peanut Butter	
. Raisins	Use a plastic knife and spread peanut butter on section of apple. Count 5 raisins and place on peanut butter. Smile and enjoy!



Classroom:
EMA
Fantastic
Frogs

Classroom:
Lou Henry A

FRUITS

RECIPE NAME : FLOWERY SNACK

Ingredients	Directions
. 8 oz. light cream cheese	Soften cream cheese and shredded cheese and mix together. Add pineapple. Arrange 5 crackers on a plate. Make a round cheese ball for the center of the flower. Cover with plastic wrap and chill until serving.
. ¾ lb shredded low-fat cheese	
. 1 small can of pineapple, drained	
. Round crackers	

**Classroom:
Maywood
Busy Bees**

RECIPE NAME : FRESH FRUIT-WICHES

Ingredients	Directions
. Fresh fruit pieces (strawberries, grapes or kiwi)	Spread cream cheese on a cracker. Add one or two pieces of fruit. Enjoy!
. Ritz crackers	
. Light spreadable cream cheese (fruit flavored or plain)	

**Classroom:
EMA
Curious
Caterpillars
PM**



FRUITS

RECIPE NAME : BANANA DOGS (CONTAINS FOODS THAT ARE CHOKING HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)

Ingredients	Directions
. Hot dog buns	Got leftover hot dog buns?
. Peanut butter	Make a PBJ with left over buns.
. Jelly	Before you fold it back up, put
. Bananas	a banana in place of the
. Oranges or Apples	hotdog.
	Serve apple or orange wedges
	in place of chips.

RECIPE NAME : MELON BALL CATERPILLARS (CONTAINS FOODS THAT ARE CHOKING HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)

Ingredients	Directions
. Cantaloupe melon balls	Give each child 3 melon balls
. Large pretzel sticks	and 1 large pretzel. Have the
. Parsley or celery sprigs	child place melon balls on the
. Shelled sunflower seeds	pretzel stick.
	Poke a hole with the pointed
	end of sunflower seed into
	“caterpillar’s” head for eyes
	and antennae.
	Insert sunflower seeds for
	eyes and sprigs for antennae.



Classroom:
Home Base
Laura
Edmondson

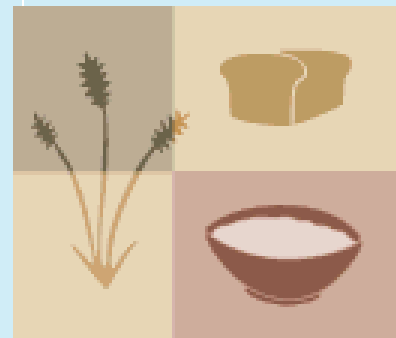
Classroom:
Valley
View 1

FRUITS

RECIPE NAME : BAG BREAD

Ingredients	Directions
. 3 cups whole wheat flour	In a gallon sized heavy plastic zip-lock freezer bag, place 1 ½ cup flour, dry yeast and salt. Close. Mix ingredients by shaking and working the bag with fingers to blend well. Add the oil and warm water to the ingredients in the bag. Reseal the bag and continue to mix the ingredients. Gradually add the remaining flour until the mixture forms a stiff ball. Grease hands with a solid vegetable oil. Remove the dough from the bag and place on a lightly floured surface. Knead about 5 minutes. Small air pockets that appear as bubbles will form under the surface of the dough when it has been kneaded enough. Allow dough to rest for 5-10 minutes. Grease 2 bread pans. Divide dough in half. Shape into 2 loaves and place in pans. Cover with a towel and let rise for an hour. Bake at 375 degrees for 25-30 minutes.
. 2 packages fast-rising yeast	
. ¼ cup sugar	
. 1 ½ tsp salt	
. 1 ½ cup warm water	
. 4 tsp. vegetable oil	

**Center:
EXPO
Roots and
Wings**



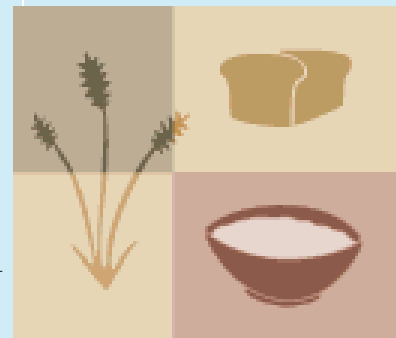
WHOLE GRAINS

RECIPE NAME : PEANUT BUTTER PLAYDOUGH**(CONTAINS HONEY, DO NOT SERVE TO INFANTS UNDER 12 MONTHS)**

Ingredients	Directions
. 1 cup peanut butter	Combine all ingredients. Mix well. Make something beautiful and then eat it!
. 1 cup honey	
. 1 cup powdered milk	
. 1 cup oatmeal	

RECIPE NAME : OATMEAL & PEANUT BUTTER**BREAD (CONTAINS HONEY, DO NOT SERVE TO INFANTS UNDER 12 MONTHS)**

Ingredients	Directions
. 1 cup all-purpose flour	In a large bowl mix flours, oats, baking powder and salt; set aside. Add milk gradually to peanut butter, stirring to blend well. Add honey, oil and eggs; beat well. Add to flour mixture, stirring just enough to moisten. Stir in raisins. Turn into greased 9x5x3-inch loaf pan. Bake in preheated 375 oven 40-45 minutes or until pick inserted into center comes out clean. Cool slightly in pan. Invert on rack, turning topside up.
. 1 cup whole-wheat flour	
. 1 cup quick cooking rolled oats	
. 3 tsp. salt	
. 1 ½ cups milk	
. ½ cup chunky peanut butter	
. ¼ cup honey	
. 3 tbsp. oil	
. 2 eggs	
. 1 cup raisins	



**Classroom:
EMA
Playful Pups**

**Classroom:
EMA
Hip
Hoppers**

Whole Grains

RECIPE NAME : SURPRISE MUFFINS

Ingredients	Directions
. 1 cup whole wheat flour	Preheat oven to 400.
. 1 cup quick-cooking oats	Mix dry ingredients, except brown sugar in a bowl.
. ½ tsp. cinnamon	Combine brown sugar, oil, egg and milk until smooth.
. ¼ cup brown sugar	Add brown sugar mixture to dry ingredients and mix until moistened.
. ¼ cup oil	
. 1 egg	
. 1 cup milk	Fill 12 greased muffin cups ¼ full. Spoon 1 tsp. jam over batter and fill each cup ¾ full with remaining batter.
. ¼ cup jam	Bake 25-20 minutes.

RECIPE NAME : PEACH BREAD PUDDING

Ingredients	Directions
. 5 slices whole wheat bread	Cut bread into 1-inch cubes.
. 2 eggs	Mix eggs, milk, sugar, vanilla and cinnamon.
. 2 cups skim milk	Add cubed bread mixture to eggs and let soak for 5 minutes. Stir in peaches and raisins.
. ½ cup sugar	
. 1 tsp. vanilla	
. ½ tsp. cinnamon	
. 1-15 oz can diced peaches in light syrup, drained	Pour mixture into lightly greased 8" x 8" baking dish.
. ½ cup raisins	Bake at 350 degrees for 50 minutes or until knife inserted in center comes out clean.



**Team
Nutrition
Recipe
Card**

**Team
Nutrition
Recipe
Card**

WHOLE GRAINS

RECIPE NAME : PEANUT BUTTER/BANANA SANDWICH (CONTAINS FOODS THAT ARE CHOKING HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)

Ingredients	Directions
. 1 Banana	Spread peanut butter on whole wheat bread. Slice banana and place on bread.
. 2 TBL Peanut Butter	
. 2 pieces whole wheat bread	

RECIPE NAME : GRANOLA YOGURT

Ingredients	Directions
. Yogurt (any flavor) . granola	Add granola to yogurt and enjoy.

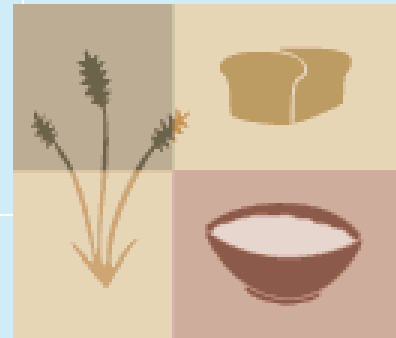
RECIPE NAME : CHEESY HERB CORN CHIPS

Ingredients	Directions
. 4 corn tortillas (4-6 inch size)	Place tortillas on a baking sheet. Spray tortillas lightly with cooking spray. Mix parmesan cheese and Italian seasoning and sprinkle on the tortillas. Cut tortillas into 8 wedges with a pizza cutter. Bake at 400 degrees for 8-10 minutes or until crispy.
. Non-fat cooking spray	
. 1 cup parmesan cheese	
. 1 tbsp. Italian seasoning	

Home Based:
Teresa Dane

Home Based:
Teresa Dane

Team
Nutrition
Recipe
Card



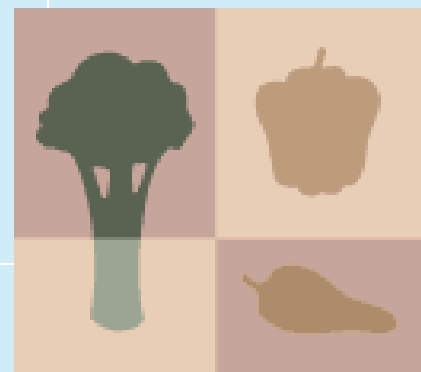
WHOLE GRAINS

RECIPE NAME : ANTS ON A LOG**(CONTAINS FOODS THAT ARE CHOKING HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)**

Ingredients	Directions
. Celery	Wash and cut celery into 3 inch pieces. Spread with peanut butter. Top with raisins, coconut or grated carrots.
. Peanut Butter	
. Raisins	
. Coconut	
. Grated Carrots	

RECIPE NAME : SNAPPY VEGETABLES WITH**BASIL DIP (CONTAINS FOODS THAT ARE CHOKING HAZARDS, DO NOT SERVE TO CHILDREN UNDER 3 YEARS OLD)**

Ingredients	Directions
. 1/3 cup light mayonnaise	Combine mayonnaise, milk, basil and onion powder in a small bowl.
. 2 tbsp. skim milk	
. 1 tbsp. fresh chopped basil or 1 tsp. dried basil	Wash and cut up fresh vegetables.
. 1 tsp onion powder	Dip vegetables for a tasty snappy snack.
. Fresh crisp vegetables. Choose from cauliflower, broccoli, carrots, cherry tomatoes, bell peppers and zucchini	



Classroom:
EMA
Flutterflies
PM &
Valley
View 2

Team
Nutrition
Recipe
Card

VEGETABLES

RECIPE NAME : PUMPKIN DIP

Ingredients	Directions
. 3 tbsp. canned pumpkin	Combine pumpkin, yogurt and orange juice concentrate. Stir with a spoon until well blended. Serve as a dip with graham crackers.
. 1 cup low-fat vanilla yogurt	
. 1 tbsp. orange juice concentrate	
. Cinnamon graham crackers	

RECIPE NAME : BIRD'S NEST SALAD

Ingredients	Directions
. 1/3 cup grated carrots	Stir carrots and mayonnaise together. Place mixture in the center of a plate and make a "carrot nest" with the back of a spoon. Place the grapes in the center for the eggs.
. 6 grapes (cut in half for children under 2)	
. 1 tsp. light mayonnaise	

**Head Start
"Snacktivity"
November
2006**

**Team
Nutrition
Recipe
Card**



VEGETABLES

