2013 Summer Snack of the Week Recipe & Activity Booklet

This booklet has been developed to assist parents and child care providers in teaching children about cooking, as well as nutrition and physical activity, by utilizing resources such as ChooseMyPlate and the 5-4-3-2-1-Go! healthy living message. It provides a variety of healthy recipes that children can be involved in preparing to help increase their cooking skills and confidence in the kitchen.

This booklet includes a snack recipe and a corresponding activity for each week in the summer. It is our hope that this booklet will help enable children to make healthier food choices as well as take more responsibility for helping in the kitchen. Have a fun, safe, healthy summer!

This booklet is brought to you by:

Compiled by Kimberly Wolfer (UNL Dietetic Intern) Reviewed by Emily Hulse & Dr. Karla Lester

TEACH A KID TO FISH
“Energizing the movement to prevent childhood obesity.”
Peanut Butter Nuggets

Ingredients:
- ½ tsp. Ground Cinnamon
- ¼ cup Nonfat Dry Milk Powder
- ½ cup Peanut Butter
- 1/3 cup Rolled Oats
- ¼ cup Unsweetened Apple Juice Concentrate (Thawed)
- ¼ cup Unsweetened Coconut (Shredded)
- ¼ cup Wheat Germ

Directions:
1. Wash your hands.
2. Combine coconut, milk powder, and peanut butter in a large mixing bowl.
3. Add apple juice concentrate, ground cinnamon, oats, and wheat germ. Stir well.
4. Shape mixture into 1” balls. Chill for 20 to 30 minutes.
5. Enjoy!
Fresh Fruit Salsa

Ingredients:
- 1 Apple (Cored and Diced)
- 1 Banana (Diced)
- ½ tsp. Cinnamon
- 1 Kiwi (Peeled and Diced)
- 2 tbsp. Lemon Juice
- ¾ tsp. Nutmeg
- 1 cup Strawberries (Diced)
- ¾ cup Sugar

Directions:
1. Wash your hands.
2. Combine fruit in a medium bowl.
3. Add lemon juice.
4. Add cinnamon, nutmeg, and sugar. Mix well.
5. Chill for 20 to 30 minutes.
7. Enjoy!
Pretzels

Ingredients:
- 1 1/3 cups Flour
- 1 tsp. Honey
- 1 tsp. Salt
- 1/2 cup Warm Water
- 1 tbsp. Yeast

Directions:
1. Wash your hands.
2. Preheat oven to 325°F.
3. Place honey, warm water, and yeast in a small bowl. Stir gently. Allow mixture to set for 5 minutes.
4. Place flour and salt in a medium bowl. Mix well.
5. After 5 minutes, check the yeast mixture. It should appear bigger, as well as a bit bubbly. Add yeast mixture to flour and salt mixture.
7. Sprinkle cutting board with flour. Place dough on cutting board. Knead for 2 to 3 minutes.
8. Tear off a piece of dough that’s about the size of a quarter. Roll the piece of dough into a 12” strip the width of a pencil. Twist the strip of dough into the shape of a pretzel.
10. Repeat 12 times.
11. Bake pretzels for 10 minutes. Allow pretzels to cool.
12. Enjoy!
### CHECK IT OFF!

Keep track of your progress every day by filling in the circles.

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Carrot Slaw

Week of June 24, 2013

Ingredients:
- 1 cup Carrots (Shredded)
- ¾ tsp. Cinnamon-Sugar
- ½ tsp. Lemon Juice
- 1/8 cup Low-Fat Mayonnaise
- ¼ cup Raisins
- ¼ cup Sunflower Seeds

Directions:
1. Wash your hands.
2. Place ingredients in a medium bowl. Mix well.
3. Chill for 20 to 30 minutes.
4. Enjoy!
Patriotic Parfait

Week of July 1, 2013

Ingredients:
- 2 tbsp. Blueberries
- 2 tbsp. Granola
- ¾ cup Strawberries
- ½ cup Vanilla Yogurt

Directions:
1. Wash your hands.
2. Cut each strawberry into 4 pieces.
3. Place yogurt in a small bowl.
4. Top with blueberries, granola, and strawberries.
5. Enjoy!

Happy 4th of July
Chef Solus and the explorers need to add some healthy milk products to their plate. Circle all the milk products you find.
Miniature Rice Cake Stacks

Ingredients:
- 4 Banana Slices
- 8 Miniature Apple-Cinnamon Rice Cakes
- 1 ½ tbsp. Peanut Butter

Directions:
1. Wash your hands.
2. Spread peanut butter on 4 of the rice cakes.
3. Top with banana slices.
4. Top with remaining rice cakes.
5. Enjoy!
Exercise:

whole body exercise provides more opportunities for inclusion and physical activity. Opportunities for indoor play can be expanded to outdoor play.

Did you Know?

conditioning improve new ways and children move in skills help stretching These equipment, including throwing. Child practice balls to help your other type of use beach balls.

Moving with Beach Balls

Cooperation Carry:
Pair two children to walk across a play area.

strike it again, and again.

Thick white bar. Once it lands on the ground, run after the ball and across an open outdoor space with a larger open hand or strike it with a beach ball. Set the beach ball in the court. Children can hit the ball.

Toss it in: Place laundry baskets around an open space. Toss beach balls into the laundry baskets or other large containers. To increase ball skills, children move in a different direction. Carry the ball through the obstacle course. Now fill the course with obstacles.

Try to Kick it:
Balloons start again.

The ball to another child.

Catch and roll on each section of a beach ball. (Traditionally sectioned)

Week outside! Take it!
Farmer’s Market Salsa

Ingredients:
- 1 can (15 oz.) Black Beans (Drained and Rinsed)
- ½ cup Corn
- 2 cloves Garlic (Minced)
- ½ cup Green Bell Pepper (Diced)
- 2 tbsp. Lime Juice
- ½ cup Onion (Diced)
- ½ cup Picante Sauce
- 1 cup Tomato (Diced)

Directions:
1. Wash your hands.
2. Combine ingredients in a large bowl.
3. Chill for 20 to 30 minutes.
4. Serve with tortilla chips.
5. Enjoy!
Where do fruits and vegetables grow?

Draw a line from the fruit or vegetable to the place they grow:
Banana Bites

Ingredients:

- 3 Bananas (Firm)
- 1 tbsp. Canola Oil
- ¼ cup Coconut or Walnuts
- 2 tbsp. Honey
- 2 tsp. Vanilla
- 1 cup Yogurt

Directions:

1. Wash your hands.
2. Mix coconut oil, honey, vanilla, and yogurt in a bowl.
3. Place bowl in freezer, stirring every 2 to 3 minutes.
4. Cut bananas into small chunks.
5. Allow yogurt mixture to thicken. Remove yogurt mixture from freezer.
8. Dip banana chunks in coconut (shredded) or walnuts (chopped).
9. Place banana chunks on wax paper.
10. Place baking sheet in freezer for 10 minutes.
11. Enjoy!
Whisk
Strainer
Spatula
Soup ladle
Rolling pin
Oven mitts
Potato peeler
Soup pot
Measuring cup
Grater
Cutting board
Cookie sheet
Baking pans
Apron

Match up the cooking item with the right picture.
How well do you know the items that live in your kitchen?

Chef Solus A-Z list of cooking supplies
Lemon Blueberry Pancakes

Ingredients:
- ½ cup All-Purpose Flour
- 1 tsp. Baking Powder
- ½ tsp. Baking Soda
- 1 cup Blueberries
- 2 tbsp. Canola Oil
- 1 egg
- 1 tsp. Lemon Juice
- ½ cup Lemon Yogurt
- ⅓ tsp. Salt
- ½ cup Skim Milk
- 2 tbsp. Sugar
- ⅓ cup Whole-Wheat Flour

Directions:
1. Wash your hands.
2. In a small bowl, whisk canola oil, egg, lemon juice, skim milk, and yogurt until blended.
3. Combine baking powder, baking soda, flour, salt, and sugar. Dig a well in the dry ingredients. Add the wet ingredients. Stir until just combined.
5. Pour batter on a hot griddle coated with cooking spray. When bubbles form on the top, flip the pancake. Cook until both sides are golden brown.
6. Enjoy!
Start Your Day With A Healthy Breakfast

| skip | 1% | three | 100% whole grain | eggs | fiber | vegetables | eat |

Fill in the Blank

1. You need at least ___________ food groups in your breakfast.

2. It’s hard for your brain to think when you ___________ breakfast.

3. Add ___________ milk to your cereal.

4. ___________ seeds, and nuts are a great source of protein for breakfast.

5. Make your toast with ___________ bread.

6. Choose cereal high in ___________.

7. It’s better to ___________ your fruit then drink it.

8. Add some ___________ to you omelet.


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Frozen Yogurt Pops

Ingredients:
- 1 container (6 oz.) Flavored Yogurt
- 2 Paper Cups (4 oz.)
- 2 Wooden Popsicle Sticks

Directions:
1. Wash your hands.
2. Pour yogurt into paper cups. Fill cups ¾ full.
3. Stretch a small piece of plastic wrap across the top of each cup.
4. Using a popsicle stick, poke a hole in the plastic wrap. Set popsicle stick straight up in the center of the cup. Repeat.
5. Place cups in freezer until yogurt is frozen solid.
6. Remove plastic wrap, peel away paper cup, and enjoy!
Exercise is FUN! - Track your Move-It Minutes:

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Extra Move-It minutes

My favorite Move-It activities are:
Incredible Edible Veggie Bowl

Ingredients:
- 1 Bell Pepper (Green, Red, or Yellow)
- 1 Carrot
- 2 ½ stalks Celery
- 2 tsp. Favorite Salad Dressing

Directions:
1. Wash your hands.
2. Remove stem from bell pepper. Cut bell pepper in half (lengthwise). Clean the inside of the bell pepper. You now have 2 halves, and 1 will be used as a bowl.
3. Cut the other half of the bell pepper into thin slices.
4. Cut carrot into thin slices about 4” long.
5. Cut celery into thin slices about 4” long.
6. Pour salad dressing in the bottom of bell pepper bowl.
7. Place bell pepper slices, carrot slices, and celery slices in bell pepper bowl.
8. Enjoy!
Moving with Pool Noodles

Sample play activities: create outdoor opportunities for many children.

Many children are healthier when happier and smarter.

Did you know?

Skills: large muscle of gross motor develop a partner help your child with pool noodles to

Pool noodles are inexpensive.

(Play inside/outside)

Take it!
Power Bites

Ingredients:
- 1/3 cup Applesauce
- 1 tsp. Baking Powder
- ½ cup Brown Sugar
- ¾ cup Carrots (Shredded)
- 1 tsp. Cinnamon
- 1 Egg
- ½ cup Oatmeal
- ¾ cup Pecans (Chopped)
- ½ cup Raisins
- 1 tsp. Vanilla
- 1 cup Whole-Wheat Flour

Directions:
1. Wash your hands.
2. Preheat oven to 350°F. Lightly coat a 9x9-inch pan with cooking spray.
3. Combine applesauce, brown sugar, carrots, egg, and vanilla in a large bowl.
4. Add remaining ingredients. Mix well.
5. Pour mixture into prepared pan.
7. Cut, serve, and enjoy!
Complete your plate: Fill in the right words to get your plate in shape.

1. You should replace your whole milk with fat free or ________ milk.

2. Choose ____________ instead of white bread.

3. Protein helps build new skin, ____________, and blood.

4. Half of your plate should be filled with _______ and ____________ because they taste great and are high in vitamins and minerals.

5. It’s better to_______ your fruit than drink it.


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Roasted Chickpeas

Ingredients:
- 1 can Chickpeas (Drained and Rinsed)
- 1 ½ tsp. Garlic Salt
- 2 tbsp. Olive Oil

Directions:
1. Wash your hands.
2. Preheat oven to 450°F.
3. Pat beans dry.
4. Toss beans in olive oil.
5. Arrange beans in a single layer on a baking sheet.
6. Top with garlic salt.
7. Bake for 20 to 25 minutes. Allow beans to cool.
8. Enjoy!
15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream.
2. Work on moving in different ways—go outside and practice walking.
3. Time to March! Pretend to have your favorite instrument and march as running, galloping, skipping, jumping, and hopping.
4. Rainbow Run—Talk about the colors of the rainbow as you name colors.
5. Go for a walk. Breathe in the air as you swing your arms and hold your head high.
6. Take a walk. First go on straight lines, then curvy lines, and then try walking backwards.
7. Get outside and practice running. When you are running, work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over. Go around and avoid obstacles.
9. Find an open space and work on rolling in different ways. Long, straight.
11. Pretend you are a zoo. Identify an animal—move and sound like that animal.
12. Pretend to be a growing flower. First you are a tiny seed in the ground, and then grow into a big flower.
13. Pretend to be a balloon—first without air, then blow up, then floating around, and then being popped.
14. Motions of the weather—use your body to pretend to be different types of weather: rain, wind, thunder, snow...
15. Pretend to move like different foods—melt like a popsicle or pop like popcorn.

When adults...

When kids...

Did You Know?

1. Your brain is an important physical activity for young children.
2. Early brain development and learning.
3. Important component of healthy behaviors and practices.
4. Children are active by nature.
5. Physical activity for young children is an important ingredient in imagination and learning.
6. Your child’s ability to move is essential.

Use these simple activities...