

Tulsa Health Department

# Cooking Club Handbook

*Teachers Edition*

19.18.01.02 9/2024



**TULSA HEALTH**  
Department

*School Health Program*



|                  |   |  |   |
|------------------|---|--|---|
|                  | <b>School Health Provides</b>   | <b>School Provides</b><br><br><i>Check the student handbook for exact measurements on ingredients listed.<br/> Amount of food items will vary with number of students in cooking club.</i><br><br><b>*YIELD is shown for amount of ingredients listed on this page</b>                   |   |
|                  |   | <b>Paper plates, spoons, forks, bowls, napkins/paper towels.</b>   |   |
| <b>Vegetable</b> | <ul style="list-style-type: none"> <li>• 4oz soufflé cups</li> <li>• Crayons/color pencils and student booklets</li> <li>• Measuring Cups and utensils</li> <li>• Mixing Bowls</li> <li>• Can opener</li> </ul> | <b>Guacamole Recipe (Yield: approx. 15 servings)</b> <ul style="list-style-type: none"> <li>• Ripe avocados (~9)</li> <li>• Limes (~5)</li> <li>• Baby carrots</li> <li>• Corn tortillas (~30)</li> <li>• Cilantro</li> <li>• Garlic Powder</li> <li>• Cumin</li> <li>• Forks</li> </ul> | <b>Spinach Artichoke Dip (Yield: 4 cups)</b> <ul style="list-style-type: none"> <li>• Frozen spinach (~10 ounces)</li> <li>• Artichoke hearts (~10 ounces)</li> <li>• Light mayonnaise (~3/4 cup)</li> <li>• Light sour cream (~1 ¼ cups)</li> <li>• Worcestershire sauce</li> <li>• Onion powder</li> <li>• Garlic powder</li> <li>• Salt</li> </ul> |
| <b>Fruit</b>     | <ul style="list-style-type: none"> <li>• Crayons/color pencils and student booklets</li> <li>• Griddles</li> <li>• Measuring cups and utensils</li> </ul>   | <b>Berry Smoothie</b> <ul style="list-style-type: none"> <li>• Fresh or frozen strawberries (~5 cups)</li> <li>• Fresh or frozen blueberries (~5 cups)</li> <li>• Plain or vanilla Greek yogurt (~5 cups)</li> <li>• Bananas (~5)</li> <li>• Oats</li> <li>• Water</li> </ul>            | <b>Green Power Smoothie (Yield: 2 servings)</b> <ul style="list-style-type: none"> <li>• Light vanilla Greek yogurt (~4 cups)</li> <li>• Frozen pineapple (~3 cups)</li> <li>• Frozen peaches (~3 cups)</li> <li>• Medium bananas (~4)</li> <li>• Spinach (~4 cups)</li> <li>• Water</li> <li>• Oats</li> </ul>                                       |
|                  |   | <b>Grilled Apples (Yield: 6 servings)</b> <ul style="list-style-type: none"> <li>• Apples, sweet (~3 large)</li> <li>• Lemon juice (~1 lemon)</li> <li>• Oil (pecan or canola)</li> <li>• Honey</li> <li>• Cinnamon</li> <li>• Brown sugar</li> <li>• Butter</li> </ul>                  | <b>Crunchy Berry Parfait (Yield: 1 serving)</b> <ul style="list-style-type: none"> <li>• Nonfat vanilla yogurt (~1/2 cup)</li> <li>• Blueberries frozen or thawed (~1/4 cup)</li> <li>• Strawberries diced fresh or frozen (~1/4 cup)</li> <li>• Granola (~1/2 cup)</li> </ul>  |
| <b>Grain</b>     | <ul style="list-style-type: none"> <li>• Crayons/color pencils and student booklets</li> <li>• Griddles</li> <li>• Mixing Bowls</li> <li>• Whisks</li> <li>• Spatulas</li> <li>• Measuring utensils</li> </ul>  | <b>ABC Pancakes (Yield: 12 pancakes)</b> <ul style="list-style-type: none"> <li>• Plain yogurt (~4 cups)</li> <li>• Milk (~4 cups)</li> <li>• Eggs (~12)</li> <li>• Oil</li> <li>• Whole wheat flour</li> <li>• Baking soda</li> <li>• Baking powder</li> </ul>                          | <b>Chocolate Sun butter No-Bake Energy Bites</b> <ul style="list-style-type: none"> <li>• Dry Oatmeal</li> <li>• Toasted Unsweetened Coconut Flakes</li> <li>• Sun Butter</li> <li>• Ground Flaxseed</li> <li>• Honey or Agave Nectar</li> <li>• Unsweetened Cocoa Powder</li> </ul>  |

|                |  |  |   |
|----------------|--|--|---|
|                | <ul style="list-style-type: none"> <li>Pancake turners</li> </ul>  | <ul style="list-style-type: none"> <li>Salt</li> <li>Syrup</li> <li>Fruit for topping (optional)</li> </ul>  | <ul style="list-style-type: none"> <li>Vanilla Extract</li> <li>Chia seeds (optional)</li> </ul>  |
| <b>Dairy</b>   | <ul style="list-style-type: none"> <li>Crayons/color pencils and student booklets</li> <li>4oz soufflé cups</li> <li>Ice Cream Freeze Balls</li> <li>Whisks</li> <li>Mixing Bowls</li> <li>Spatulas</li> </ul>       | <b>Banana Waldorf (Yield: 4 servings)</b> <ul style="list-style-type: none"> <li>Bananas (~3)</li> <li>Apple (~1)</li> <li>Nonfat Vanilla Yogurt (~4 cups)</li> <li>Cinnamon</li> <li>walnuts</li> </ul>   | <b>Healthy Strawberry Milkshake (Yield: 2 servings)</b> <ul style="list-style-type: none"> <li>Frozen strawberries (~3/4 cup)</li> <li>Frozen banana (~1)</li> <li>Low-fat milk or milk of choice (~10 oz.)</li> <li>Maple syrup or honey (optional)</li> </ul> |
|                |  | <b>Frozen Fruit Yogurt (Yield: 1 pint)</b> <ul style="list-style-type: none"> <li>Fresh or frozen Raspberries or Bananas (~1 cup)</li> <li>Honey</li> <li>Low fat Vanilla yogurt (~2 cups)</li> <li>Kosher Salt</li> </ul>   |   |
| <b>Protein</b> | <ul style="list-style-type: none"> <li>Crayons/color pencils and student booklets</li> <li>Pancake turners</li> <li>Griddles &amp; mixing bowl</li> <li>Measuring cups &amp; utensils</li> <li>Can opener</li> </ul> | <b>Eggs in Bread (Yield: 1 serving)</b> <ul style="list-style-type: none"> <li>Whole wheat bread</li> <li>Eggs</li> <li>Butter</li> <li>Salt &amp; Pepper</li> </ul>   | <b>Chicken Salad (Yield: 2 servings)</b> <ul style="list-style-type: none"> <li>Canned chicken (~12.5 ounces)</li> <li>Light mayonnaise (~1/3 cup)</li> <li>Mustard (~1/4 cup)</li> <li>Pepper</li> <li>Relish (~1/4 cup)</li> </ul>                            |
|                |  | <b>3 Bean Salad (Yield: 3 cups)</b> <ul style="list-style-type: none"> <li>Cilantro finely (~1/2 cup)</li> <li>Garbanzo beans (~15 ounce can)</li> <li>Kidney beans (~15 ounce can)</li> <li>Red onion</li> <li>Honey</li> <li>Lime (~1)</li> <li>Salt</li> <li>Olive oil</li> <li>Ground cumin</li> </ul> |   |





## THD School Health Cooking Club Pre-Assessment

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

1. Which Nutrient do you get from eating Whole Grain Foods?
  - ☒ a. Fiber
  - b. Saturated Fat
  - c. Zinc
  - d. All of the above
2. Which of the following foods does **NOT** belong the grains food group?
  - a. Pancakes
  - ☒ b. Potatoes
  - c. Pita bread
  - d. Oatmeal
3. Which of the following does not belong in the fruit food group?
  - ☒ a. Fruit roll-up
  - b. Kiwi
  - c. Blueberry
  - d. 100% orange juice
4. Which nutrients are found in dairy products?
  - a. Protein
  - b. Calcium
  - c. Vitamin D
  - ☒ d. All of the above
5. How many ounce equivalents of protein should you eat in one day?
  - a. 1
  - b. 3
  - ☒ c. 5
  - d. 10
6. How many cups of vegetables should you eat in one day?
  - a. 1 cup
  - ☒ b. 2 – 2 ½ cups
  - c. 5 cups
  - d. 3 – 4 cups
7. If you don't have a one – cup dry measure, but you need 1 cup of flour, how can you measure 1 cup?
  - a. Fill the ½ cup four times
  - b. Fill the 1/8 cup four times
  - c. Fill the ¼ cup two times
  - ☒ d. Fill the ½ cup two times
8. How confident do you feel helping in the kitchen?
  - a. Not confident
  - b. Somewhat confident
  - c. Confident



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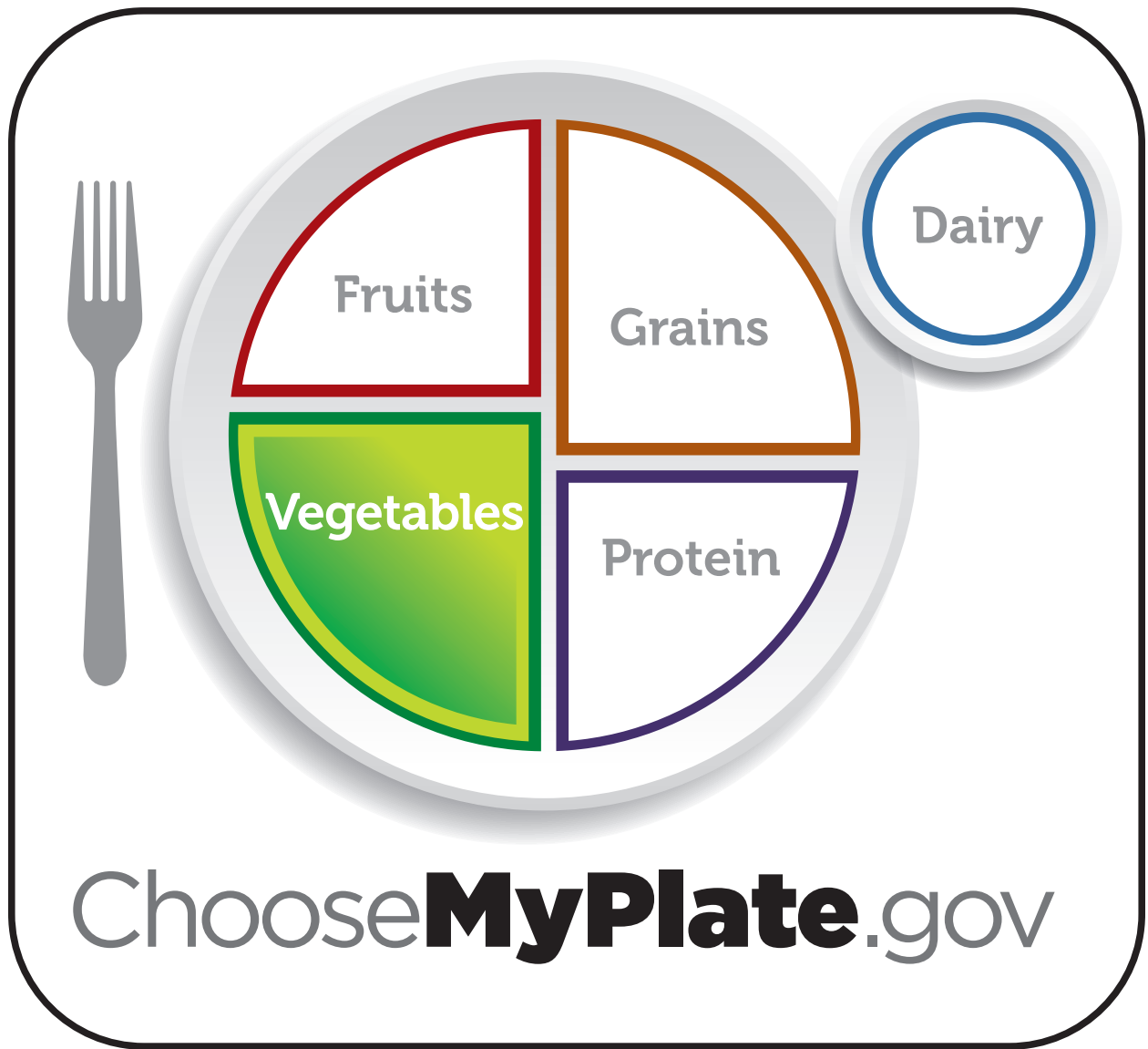
Lesson 3: Grains | 32

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Draw or write what you're  
most excited about for  
Cooking Club!

# Rules and Procedures



# Vegetables

## Vary your Veggies

**Goal to eat 2 to 2 ½ cups of veggies per day!\***

### **What counts as a cup?**

- 1 cup raw or cooked vegetables
- 1 cup vegetable juice
- 2 cups raw leafy greens

*\*Goal of 2 cups of veggies per day for girls ages 9–13 and 2 ½ cups for boys ages 9–13. You may need to be eating more if you're in sports.*

## Enjoy veggies every day!

**Veggies are a good source of fiber!\*\***

**Focus on eating veggies with every meal or snack!**

*\*\*Fiber is a form of a carbohydrate that cannot be broken down in your body. It helps you feel fuller longer, aids in digestion, and can help prevent disease!*

# Spinach Dip

## Ingredients:

- 10 oz frozen chopped spinach
- 10 oz artichoke hearts
- $\frac{3}{4}$  cup mayonnaise
- 1  $\frac{1}{4}$  cups sour cream
- 1 teaspoon Worcestershire sauce
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt

## Directions:

1. Thaw the spinach and squeeze as much water out as you can, wring it liked a towel.
2. In a small mixing bowl, mix the mayonnaise and sour cream.
3. Add in the Worcestershire sauce, onion powder, garlic powder and salt.
4. Stir in the spinach and artichoke then mix until everything is combined.
5. Enjoy with veggies or crackers!



# Guacamole

## Ingredients:

- ½ avocado
- ½ tsp garlic powder
- ½ tsp cumin
- 1 wedge of lime juice
- Assorted cut vegetables
- 1 Corn tortilla
- Cilantro

## Directions:

1. Wash cilantro and place it into a bowl. Remove the stems from the cilantro using a knife or just by picking them off.
2. Cut an avocado in half and scoop it out into a bowl.
3. Add the garlic powder, cumin, and lime juice to the bowl.
4. Mash the avocado until it's smooth and mixed well with the spices.
5. Enjoy with vegetables or corn tortilla chips.

# Eating Vegetables

Did you know that most people need to eat more vegetables to reach the recommended daily amount?

Girls need to eat at least 2 cups of vegetables every day. Boys need to eat at least 2 ½ cups of vegetables every day. You can eat whole, mashed, sliced, fresh, frozen or canned vegetables. Be sure to vary your veggies. This means try to eat vegetables of every color and from every group each week. Remember the five groups of vegetables are roots, stems, leaves, fruits and flowers.

When you eat a variety of vegetables, you get a lot of vitamins and minerals. Vitamins and minerals help keep your body healthy and strong. For example, many green vegetables like broccoli and green beans have vitamin C. Vitamin C helps heal cuts and scrapes. Orange vegetables like carrots and sweet potatoes are full of vitamin A, which helps eyesight. Starchy vegetables like potatoes and lima beans are full of the mineral called potassium. Potassium keeps your nerves and muscles healthy. So remember to make 2–2 ½ cups of vegetables part of your day.

## Taco 'Bout It

- In the reading, draw a box around how many cups of vegetables you should eat a day.
- Can you think of a mashed vegetable that we eat? What vegetable is it? *Potatoes- sweet and russet*
- Underline the sentence that tells what vitamin C helps your body do.
- What color are the vegetables that are full of vitamin A?  
*Orange*

# Vegetable Jungle

Did you know food scientists group vegetables based on where the vegetable grows on the plant?

Did you know that carrots are roots? Turnips and potatoes are roots too. The roots of all plants grow underground and store food to be used as energy.

Asparagus and celery are stems of plants. The stems are the long skinny parts of the plant that spurt up from the ground. Stems move the plant's food from one part to another. For example, stems move food from leaves to roots. We eat the leaves of plants all the time. Like stems, leaves grow above the ground. The green leaves are the food factories, using energy from the sun to make food for the plant.

Some vegetables are the fruits or flowers of the plant. Fruits grow above ground and hold the plant's seeds. Cucumbers and tomatoes are both vegetables that are fruits of plants. There are even vegetables that have tasty flowers. When you eat cauliflower and broccoli, you are eating tiny flowers.

Now you can classify vegetables into five groups based in the parts of the plant. Remember the five groups include roots, leaves, stems, fruits, and flowers.

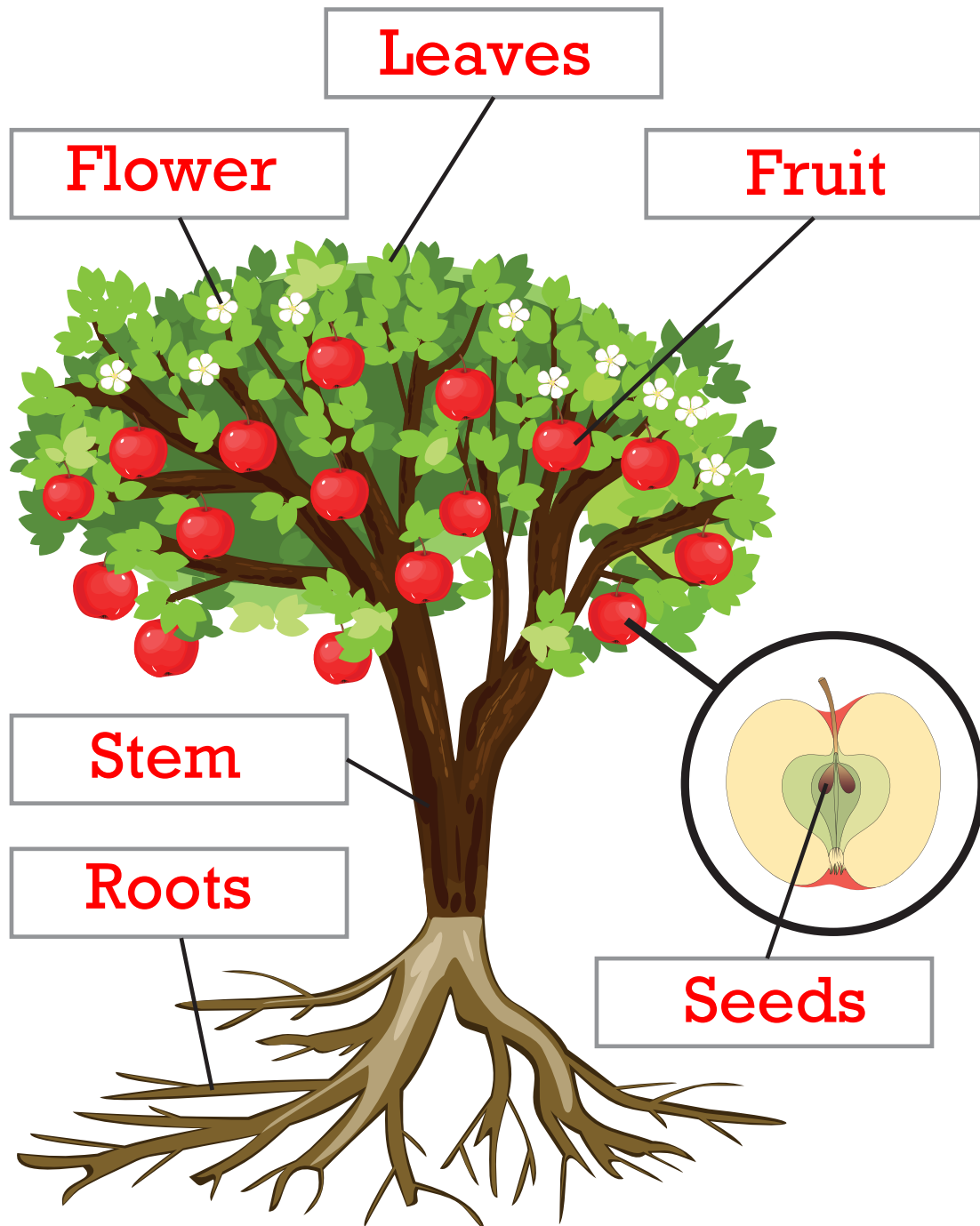
## Taco 'Bout It

- Circle a root vegetable listed in the reading.
- Draw a box around a stem vegetable.
- Can you think of a vegetable that is the leaf of a plant?  
*Lettuce, spinach, cabbage, cilantro, parsley, etc*
- Do you think a pumpkin is the fruit or flower of the plant? Why? *Fruit, because of the seeds.*

# Parts of the plant

## Word Bank

Leaves  
Seeds  
Stem  
Fruit  
Root  
Flower



# Parts of the plant

Next to each food, write the appropriate matching plant part from the word bank. Each plant part will be used more than once.

1. Onion \_\_\_\_\_ **root**

2. Broccoli \_\_\_\_\_ **flower**

3. Carrot \_\_\_\_\_ **root**

4. Basil \_\_\_\_\_ **leaves**

5. Celery \_\_\_\_\_ **stem**

6. Cucumber \_\_\_\_\_ **fruit**

7. Lettuce \_\_\_\_\_ **leaves**

8. Garbanzo Beans \_\_\_\_\_ **seeds**

9. Asparagus \_\_\_\_\_ **stem**

10. Jalapeno Pepper \_\_\_\_\_ **fruit**

11. Sunflower Seeds \_\_\_\_\_ **seeds**

12. Peanuts \_\_\_\_\_ **seeds**

13. Cilantro \_\_\_\_\_ **leaves**

14. Pumpkin \_\_\_\_\_ **fruit**

15. Cauliflower \_\_\_\_\_ **flower**

16. Green Bell Pepper \_\_\_\_\_ **fruit**

17. Potato \_\_\_\_\_ **root**

18. Black Beans \_\_\_\_\_ **seeds**

19. Spinach \_\_\_\_\_ **leaves**

20. Butternut Squash \_\_\_\_\_ **fruit**

# Veggie Word Search!



cauliflower

cabbage

potato

stem

flower

fiber

root

celery

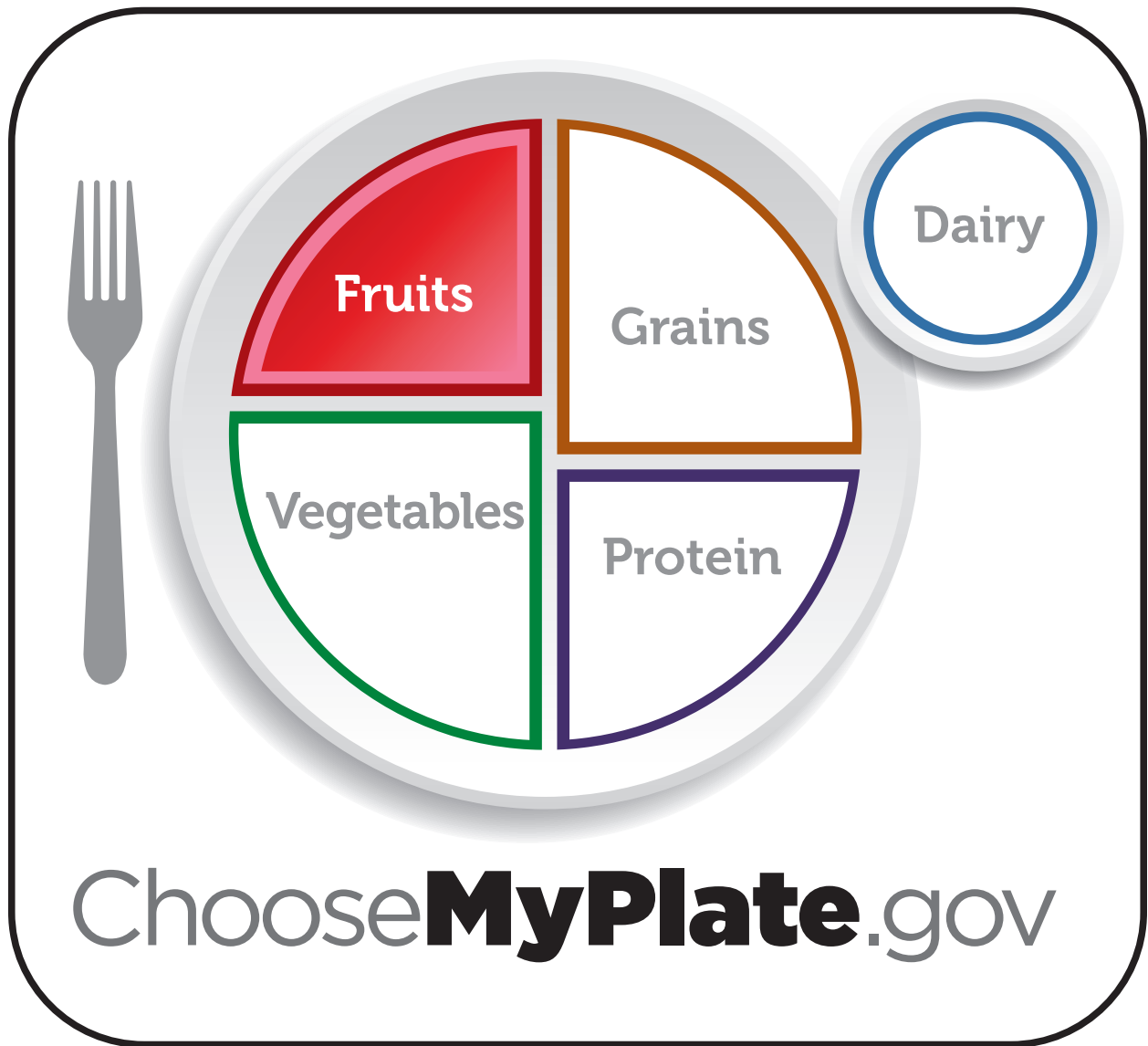
VitaminA

leaves

seeds

lettuce

**Draw your Favorite Veggie  
or Veggie Recipe!**





# Fruits

## Focus on Whole Fruits!

**Goal to eat 1 ½ cups of fruit per day!\***

### **What counts as a cup?**

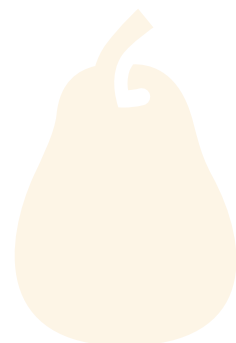
- 1 small apple
- 1 large orange
- 1 cup, whole or cut-up, grapes
- About 8 large strawberries
- ½ cup dried fruit

*\*Goal of 1 ½ cups of fruit per day for girls and boys ages 9–13. You may need to be eating more if you're in sports.*

## Enjoy fruits every day!

**Focus on eating fruits with every meal or snack!**

**Fruits can be enjoyed fresh, canned, frozen, dried, and more!**



# Berry Smoothie

## Ingredients:

- 1 cup frozen or fresh blueberries
- 1 cup frozen or fresh strawberries, sliced
- 1 cup yogurt, plain or vanilla
- 1 banana
- $\frac{1}{4}$  cup oats
- $\frac{1}{4}$  cup water

## Directions:

1. Place all ingredients into a blender.
2. Blend until smooth.

# Green Power Smoothie

## Ingredients:

- 1 cup light vanilla Greek yogurt
- ½ cup water
- 2 tablespoons oats
- ½ cup frozen pineapple
- ½ cup frozen peaches
- 1 medium banana (~2/3 cup sliced)
- 1 cup spinach

## Directions:

1. Place all ingredients into a blender.
2. Blend until smooth.

# Grilled Apples

## Ingredients:

- 3 apples cored and cut into ½ inch slices
- 2-3 Tablespoons lemon juice
- 2 Tablespoons pecan oil or canola oil
- 2 Tablespoons honey
- ½ teaspoon cinnamon
- ⅓ cup brown sugar
- 1 Tablespoon butter

## Directions:

1. Stir the lemon juice into 3-4 cups of water in a shallow baking pan. Place the apple slices in the lemon water, making sure to cover the slices.
2. When ready to cook remove apple slices and pat dry, then brush with oil.
3. Combine butter, brown sugar, cinnamon and honey and heat over medium low heat until butter is melted.
4. Grill apple slices over medium heat 4-6 minutes on one side.
5. Turn apple slices and brush with brown sugar mixture if desired.
6. Cook additional 2 minutes or until apples are tender.

# Crunchy Berry Parfait

## Ingredients:

- ½ cup yogurt, non-fat vanilla
- ½ cup blueberries (fresh or frozen- thawed)
- ½ cup strawberries diced (fresh or frozen- thawed)
- ½ cup granola

## Directions:

1. Spoon yogurt into a cup.
2. Sprinkle berries over the yogurt.
3. Sprinkle granola on top of the berries.
4. Repeat the layers again.

# Fruit Groups

**Did you know there are many different types or groups of fruits?**

Pomes, drupes, berries, melons, and citrus fruits are all types or groups of fruits. All pomes hold their seeds in a little paper like core. Apples and pears are both pomes. Drupes are fruits with a single seed inside a hard pit. Did you know when you eat apricots, cherries, and coconuts you're eating drupes?

Berries are small fruits with lots of seeds. The seeds can be on the inside or outside of the fruit. Strawberry seeds cling to the outside, while blueberry seeds sit inside the fruit. Blueberry seeds are so tiny you might not even see or feel them. Melons, like berries, have many seeds, but their seeds are always on the inside. Melons are much bigger than berries. They have a tough outside layer called a rind. Watermelon and honeydew are both melons.

Have you ever seen a lemon tree? Citrus fruits like lemons and limes grow on trees. They have many sections inside a peel. You may find seeds in some or all of the sections. Other fruits, like tropical fruits, don't seem to fit into any of these groups. Bananas, papayas, mangos, and pineapples grow near the equator where it's hot and are called tropical fruits.

## Taco 'Bout It

- In the reading, underline the sentence that lists the different types of fruits.
- Circle an example of a drupe.
- Draw a square around a berry.
- Draw a melon.  
(Show the seeds by drawing the melon cut in half.)

# Scientific Inquiry:

## Pomes, Drupes, Melons & Citrus Fruit

Your group will need:

- Pictures of cherry, apple, cantaloupe, clementine, peach, and strawberry
- 1 package colored pencils

Start by matching the fruit group with its definition. In the blank, beside each fruit group, write the letter of the definition that best matches.

  D   Drupe

  A   Pome

  E   Berry

  B   Melon

  C   Citrus fruit

A. Fruit with a paper-like core with seeds

B. Large fruit with lots of seeds and a rind

C. Fruit with many sections inside a peel

D. Fruit with a single pit

E. Small fruit with lots of seeds

Look at the pictures and study your five fruits. Then draw a detailed picture of each fruit above the name. Be sure to show the seeds and both the inside and outside of the fruit.

Plum

Cantaloupe

Peach

Apple

Orange

Strawberry

# Fruit Facts

In the table below, state the facts about fruits such as the number and location of seeds and outside and inside color. Then decide if the fruit is a pome, drupe, melon or citrus fruit.

|            | Number of seeds/pit and location         | Color of fruit (inside and outside)                       | Group name (pome, dupe, berry, melon, citrus fruit) |
|------------|--|---|---|
| Plum       | One pit center of fruit                  | inside: maroon<br>outside: yellow                         | Drupe   |
| Apple      | 10 or less seeds/paper-like core         | inside: white<br>outside: red                             | Pome  |
| Cantaloupe | Over 100 seeds in the center             | inside: light orange<br>outside: green and yellow-ish tan | melon   |
| Orange     | No seeds or 1 or 2 seeds in each section | inside: orange<br>outside: orange                         | citrus fruit  |
| Peach      | One pit center of fruit                  | inside: bright peach, red flecks<br>outside: pale peach   | Drupe   |
| Strawberry | Over 100 seeds on the outside            | inside: pale red<br>outside: bright red                   | Berry   |



# Create Your Own Smoothie!



# Fruit Word Search!

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

strawberry

endocarp

exocarp

pome

cantaloupe

smoothie

grapes

melon

mesocarp

blueberry

drupe

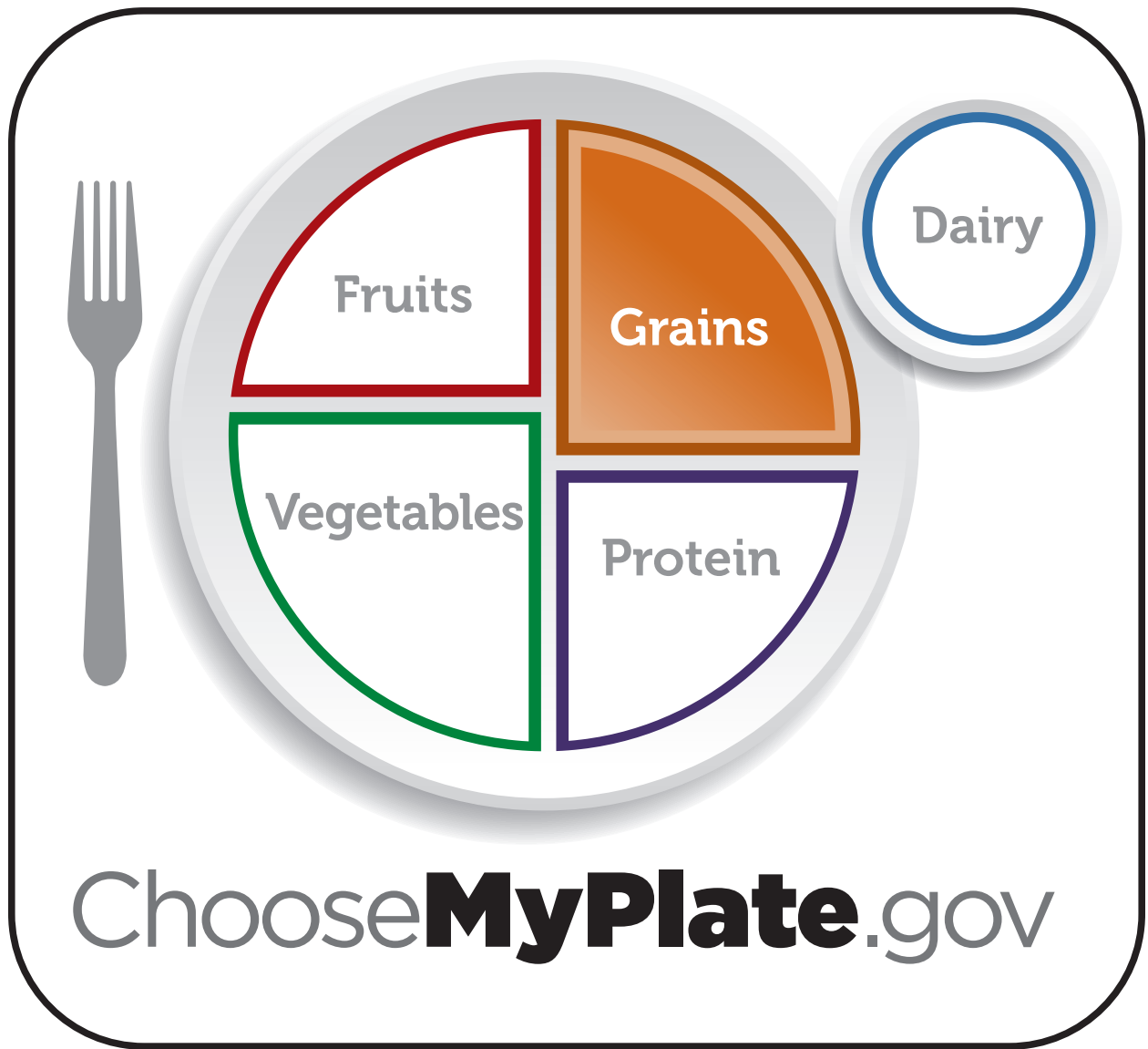
kiwi

pineapple

citrus

berry

**Draw your Favorite Fruit or  
Fruit Recipe!**



# Grains

## Make Half Your Grains Whole Grains!

**Goal to eat 5–6 ounce equivalents per day!\***

**What counts as an ounce equivalent?**

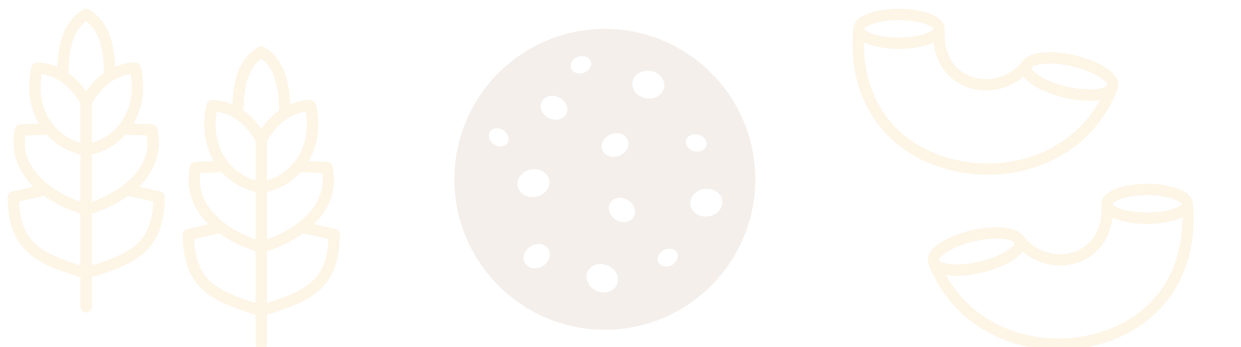
- 1 slice of bread
- 1 cup ready-to-eat cereal
- ½ cup cooked rice or pasta
- ½ cup cooked cereal

*\*Goal of 5 ounce equivalents per day for girls ages 9–13 and 6 ounce equivalents for boys ages 9–13. You may need to be eating more if you're in sports.*

## Make at least half your grains whole grains!

**Grains are a good source of fiber!**

**Enjoy whole grains everyday!**



# Alphabet Pancakes

## Ingredients:

- $\frac{3}{4}$  cup plain yogurt
- 1  $\frac{1}{2}$  cups milk
- 2 eggs
- 3 Tbsp. Oil
- 1 $\frac{1}{2}$  cups whole wheat flour
- $\frac{3}{4}$  tsp. baking powder
- $\frac{3}{4}$  tsp baking soda
- Pinch of salt
- Syrup or yogurt and fruit for a topping

## Directions:

1. In a small bowl, stir together flour, baking powder, baking soda, and salt.
2. In a large bowl, combine and mix yogurt, milk, eggs, and oil.
3. Add about  $\frac{1}{3}$  of the dry ingredients at a time to the wet ingredients by whisking until it is all combined.
4. Fill empty squeeze bottles with batter. Cut nozzle off to enlarge if necessary.
5. Heat greased skillet over medium heat.
6. For each pancake, squeeze batter from the bottle onto the skillet surface, making letters of the alphabet.
7. Cook pancakes 2 minutes or until bubbles start appearing on surface, then turn and cook the other side.
8. Serve with your favorite fruit and yogurt or syrup.

# Chocolate Sun Butter No-Bake Energy Bites

(Naturally Sweetened)

## Ingredients:

- 1 cup (dry) oatmeal
- 2/3 cup toasted unsweetened coconut flakes
- 1/2 cup Sun Butter
- 1/2 cup ground flax seed
- 1/3 cup honey or agave nectar
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

## Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for at least half an hour, (or freezer for 10–15 minutes) to make the mix easier to handle and mold.
2. Once chilled, roll the mixture into 1" balls.
3. Makes about 20–25 balls.

\*If the mix seems to dry, add in an extra tablespoon or two of honey or sun butter. If the mix seems too wet add extra oatmeal.

# Selecting Cereal

## Did you know some breakfast cereals are healthier than others?

Almost half of all Americans start their day with a bowl of cereal. However, some people choose healthier cereals than others. Eating whole grain breakfast cereals is a great way to fuel your body for the day.

Whole grains have all three healthy parts of the grain including the bran, endosperm, and germ. Cereals made from whole wheat, rice, corn, or oat grains are full of starch, fiber, vitamins, and minerals. Starch gives you energy for the day. Fiber keeps your digestive system clean and healthy. Vitamins and minerals are needed to keep you healthy.

Some cereals are not made from whole grains and may have too much added sugar. In fact, 816 million pounds of sugar are added to breakfast cereal each year. You can use the Nutrition Facts label to help you choose healthier cereals. Look for cereals with more fiber, less sugar, and whole grain ingredients. If a whole grain is an ingredient, you'll see the word "whole" before the grain on the ingredient list. For example, look for "whole wheat" or "whole grain rolled oats" on ingredient lists. In today's lesson, you will practice choosing healthier breakfast cereals.

### Taco 'Bout It

- In the reading, circle three parts of a whole grain.
- Underline the sentence that tells what you should look for in a healthy cereal.
- Which is a whole grain choice? (Circle one.)

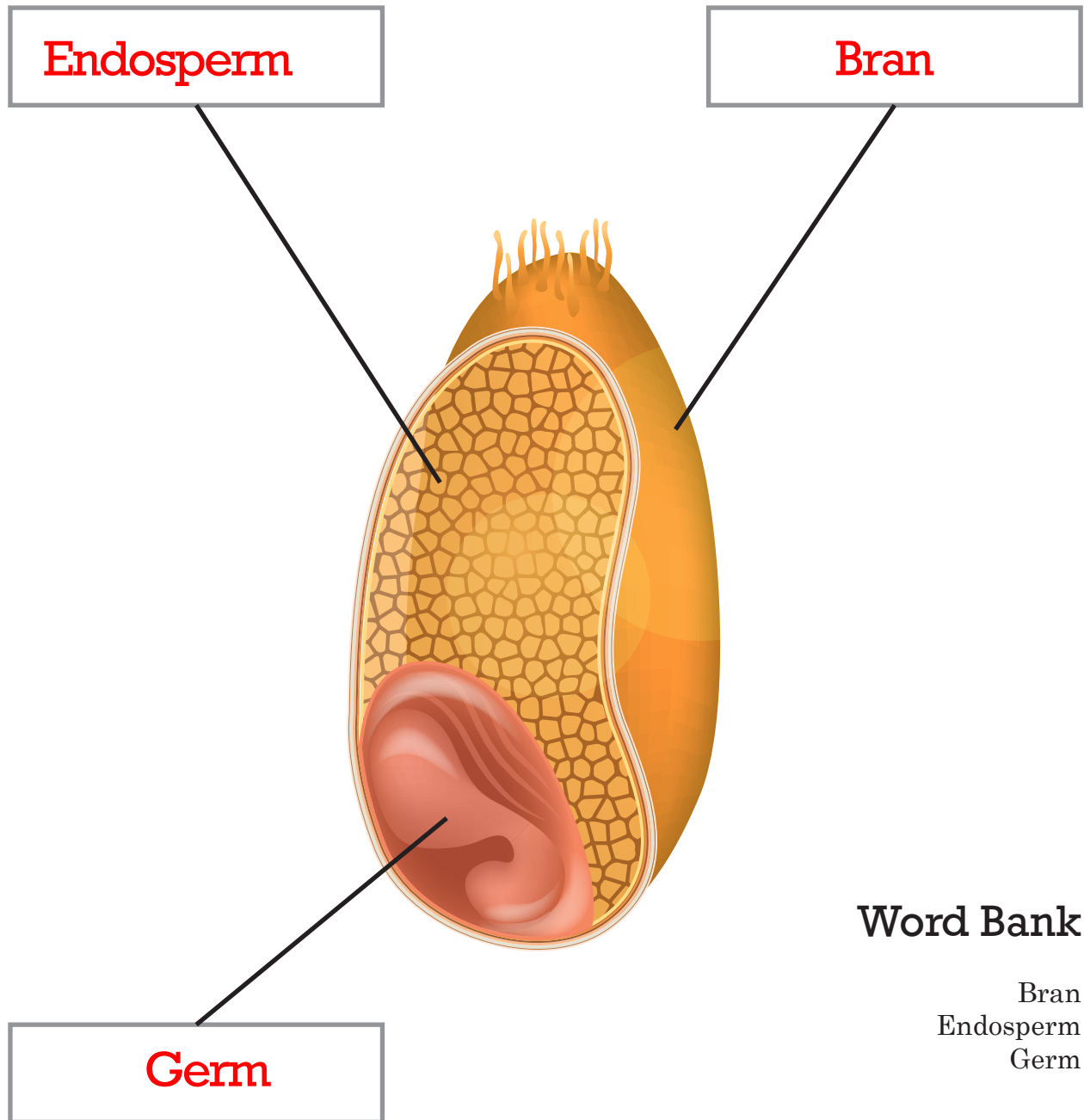
Wheat

Whole wheat

Multi-Grain



# Parts of a Grain!



# Scientific Inquiry:

## Cereal Nutrition Facts

Look at the Nutrition Facts on the food labels. Fill out the table below.

| Frosted Flakes  | Fruit Loops  | Frosted Mini Wheats   | Wheat Chex  | Cheerios   |
|---|--|---|---|--|
| <b>Nutrition Facts</b><br>14 servings per container<br><b>Serving size</b> 3/4 Cup (31g)<br><b>Amount Per Serving</b><br><b>Calories</b> <b>120</b><br><small>% Daily Value*</small><br>Total Fat 0g 0%<br>Saturated Fat 0g 0%<br>Trans Fat 0g 0%<br>Cholesterol 0mg 0%<br>Sodium 150mg 7%<br>Total Carbohydrate 28g 10%<br>Dietary Fiber 1g 4%<br>Total Sugars 12g 24%<br>Includes 15g Added Sugars 30%<br>Protein 1g 2%<br>Vitamin D 2mcg 10%<br>Calcium 0mg 0%<br>Iron 4.5mg 25%<br>Potassium 47mg 0%<br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | <b>Nutrition Facts</b><br>1 servings per container<br><b>Serving size</b> 1 box (27g)<br><b>Amount Per Serving</b><br><b>Calories</b> <b>100</b><br><small>% Daily Value*</small><br>Total Fat 1g 1%<br>Saturated Fat 0g 0%<br>Trans Fat 0g 0%<br>Cholesterol 0mg 0%<br>Sodium 125mg 5%<br>Total Carbohydrate 24g 9%<br>Dietary Fiber 3g 11%<br>Total Sugars 11g 22%<br>Includes 10g Added Sugars 20%<br>Protein 1g 2%<br>Vitamin D 1.6mcg 8%<br>Calcium 0mg 0%<br>Iron 3.6mg 20%<br>Potassium 0mg 0%<br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | <b>Nutrition Facts</b><br>9 servings per container<br><b>Serving size</b> 21 Biscuits (54g)<br><b>Amount Per Serving</b><br><b>Calories</b> <b>190</b><br><small>% Daily Value*</small><br>Total Fat 1g 1%<br>Saturated Fat 0g 0%<br>Trans Fat 0g 0%<br>Polyunsaturated Fat 0.5g 0%<br>Cholesterol 0mg 0%<br>Sodium 0mg 0%<br>Total Carbohydrate 46g 17%<br>Dietary Fiber 6g 21%<br>Total Sugars 11g 22%<br>Includes 8g Added Sugars 16%<br>Protein 5g 10%<br>Vitamin D 0mcg 0%<br>Calcium 0mg 0%<br>Iron 16.2mg 90%<br>Potassium 282mg 6%<br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | <b>Nutrition Facts</b><br>8 servings per container<br><b>Serving size</b> 3/4 cup (47g)<br><b>Amount Per Serving</b><br><b>Calories</b> <b>160</b><br><small>% Daily Value*</small><br>Total Fat 1g 1%<br>Saturated Fat 0g 0%<br>Trans Fat 0g 0%<br>Cholesterol 0mg 0%<br>Sodium 270mg 12%<br>Total Carbohydrate 39g 14%<br>Dietary Fiber 6g 21%<br>Total Sugars 5g 10%<br>Includes 0g Added Sugars 0%<br>Protein 5g 10%<br>Vitamin D 2mcg 10%<br>Calcium 130mg 10%<br>Iron 14.4mg 80%<br>Potassium 235mg 4%<br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | <b>Nutrition Facts</b><br>8 servings per container<br><b>Serving size</b> 1 cup (30g)<br><b>Amount Per Serving</b><br><b>Calories</b> <b>120</b><br><small>% Daily Value*</small><br>Total Fat 2g 3%<br>Saturated Fat 0.4g 2%<br>Trans Fat 0g 0%<br>Cholesterol 0mg 0%<br>Sodium 270mg 12%<br>Total Carbohydrate 22g 8%<br>Dietary Fiber 3g 11%<br>Total Sugars 1g 2%<br>Includes 0g Added Sugars 0%<br>Protein 4g 8%<br>Vitamin D 0mcg 0%<br>Calcium 52mg 4%<br>Iron 5.4mg 30%<br>Potassium 0mg 0%<br><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |

|                       | Calories<br>per serving | Fiber<br>grams per serving | Sugar<br>grams per serving | Whole grain<br>ingredients?<br>yes or no |
|-----------------------|-------------------------|----------------------------|----------------------------|--|
| ★ Wheat Chex          | 160 kcal                | 6g                         | 5g                         | yes                                      |
| Cheerios              | 120 kcal                | 3g                         | 1g                         | yes                                      |
| ★ Frosted Mini Wheats | 190 kcal                | 6g                         | 11g                        | yes                                      |
| Frosted Flakes        | 120 kcal                | 1g                         | 12g                        | no                                       |
| Fruit Loops           | 100 kcal                | 3g                         | 11g                        | yes                                      |

1. Circle the cereal with the least sugar.
2. Put a star by the cereal with the most fiber.
3. List the cereals in order from most to least fiber.

a. Wheat Chex

b. Frosted Mini Wheats

c. Cheerios

d. Fruit Loops

e. Frosted Flakes

4. List the cereals in order from most to least sugar.

a. Frosted Flakes

b. Frosted Mini Wheats

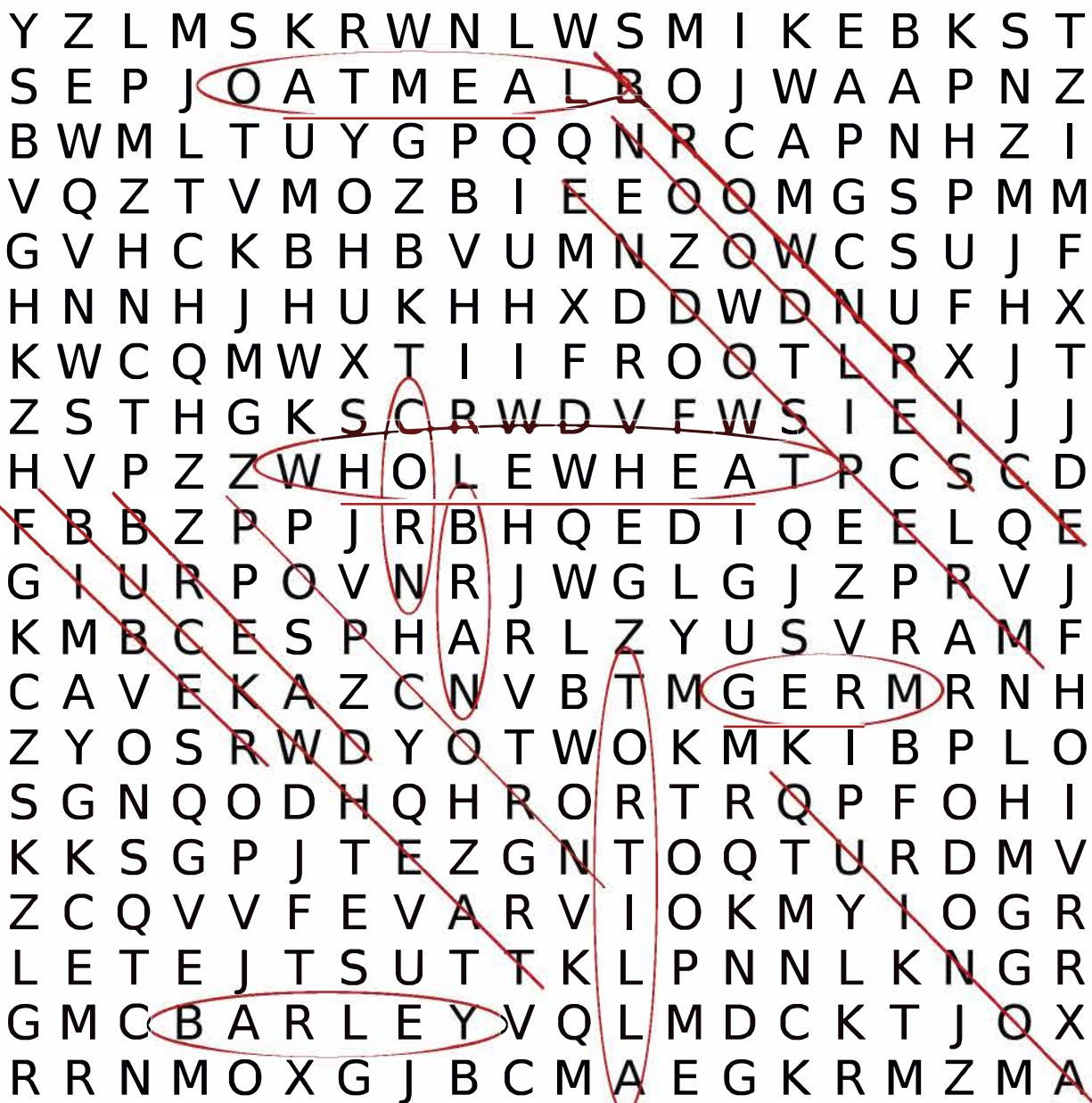
c. Fruit Loops

d. Wheat Chex

e. Cheerios

5. Which cereal do you think is the healthiest choice? Why?

# Grains Word Search!



whole wheat

endosperm

brown rice

buckwheat

tortilla

noodles

popcorn

quinoa

oatmeal

barley

fiber

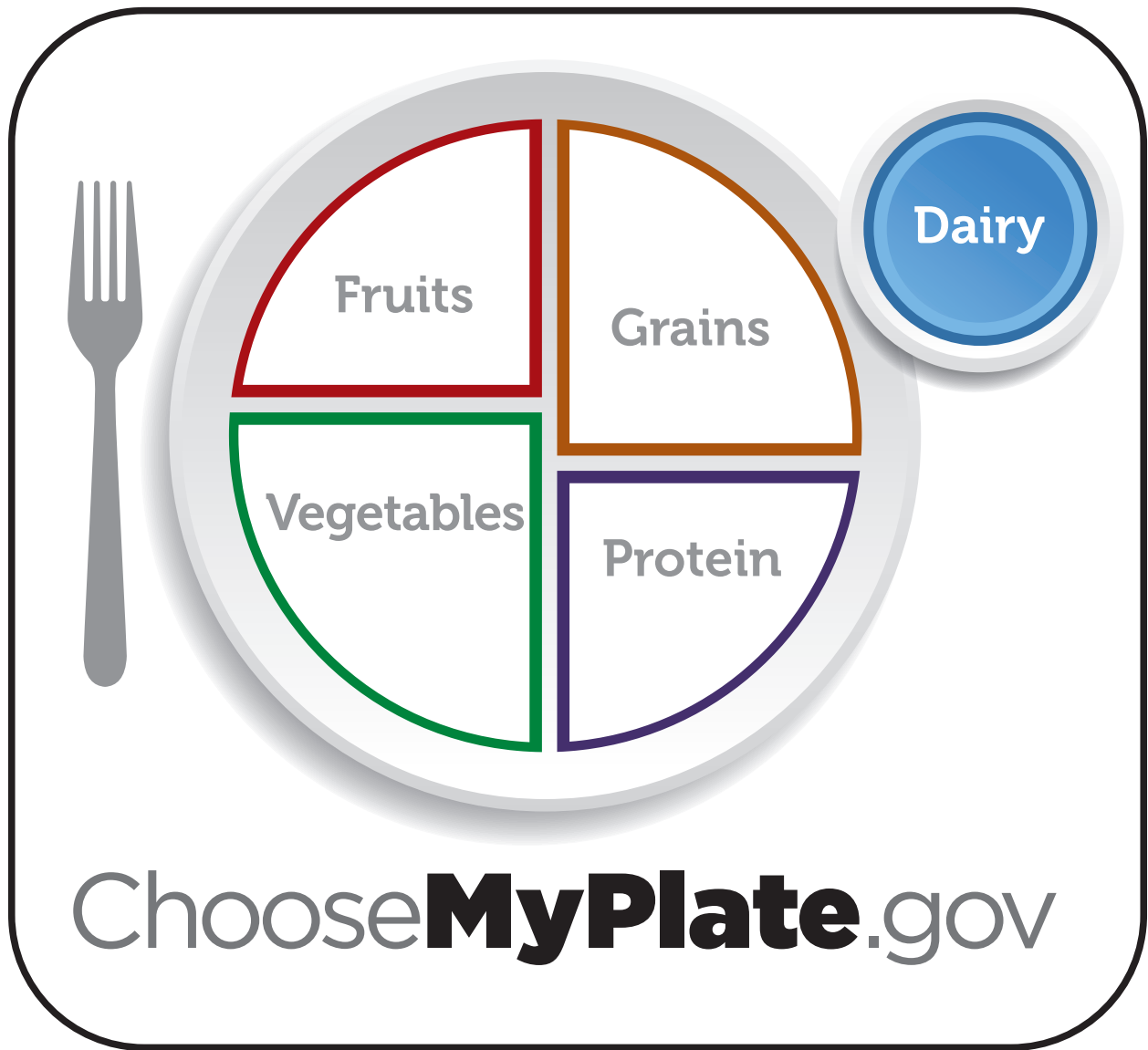
bread

germ

bran

corn

**Draw Your Favorite  
Whole-Wheat or  
Whole-Grain Food or Meal!**



# Dairy

**Choose Low-Fat or Fat-Free Milk or Yogurt**

**Enjoy low fat dairy everyday**

Goal to eat/drink 3 cups of dairy per day!

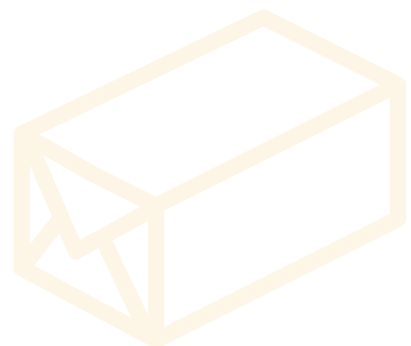
**What counts as a cup?**

- 1 cup (8oz) milk
- 1 ½ ounces of hard cheese (cheddar, mozzarella, swiss, parmesan)
- 2 ounces processed cheese (cheese slice)

**Dairy is a good source of calcium, potassium, and vitamin D!**

**Focus on eating dairy that is not sweetened with added sugar**

\*Goal of 3 cups per day for girls and boys ages 9–13.  
You may need to be eating more if you're in sports.



# Banana Waldorf

## Ingredients:

- 3 bananas (peeled and sliced)
- 1 apple (cored and sliced, with peel)
- 4 cups nonfat vanilla yogurt
- $\frac{1}{8}$  teaspoon cinnamon
- $\frac{1}{8}$  cup walnuts

## Directions:

1. Mix all ingredients together in large mixing bowl.
2. Place in individual serving dishes and chill until ready to serve, up to 1 hour.



# Healthy Strawberry Milkshake

## Ingredients:

- $\frac{3}{4}$  cup frozen strawberries
- 1 frozen banana
- 10 oz low-fat milk or milk of choice
- $\frac{1}{2}$  tsp maple syrup or honey (optional)

## Directions:

1. Add all ingredients into the blender and blend until smooth.

# Frozen Fruit Yogurt in a Ball

## Ingredients:

- 1 cup fresh or frozen raspberries or bananas. If using frozen fruit, make sure to thaw it first.
- 2 tablespoons of honey
- 2 cups Lowfat French Vanilla yogurt

## Directions:

1. Mash raspberries or bananas in a large bowl. Add honey and yogurt and stir well to combine.
2. Using the Ice Cream ball, pour yogurt mixture into the metal cylinder, leaving about an inch at the top for expansion. Close lid tightly and fill the outer chamber with as much ice as possible. Add 1/2 cup rock salt and close tightly.
3. Roll, shake or pass the ball around as you mix and freeze the ingredients for 7 minutes. (Do not drop, kick, throw or bounce!) Open the chamber with the yogurt and scrape the freezing yogurt off the sides with a large plastic or wooden spoon, mix and close the lid. Check the outer chamber and add more ice and up to 1/4 cup additional rock salt if needed. Close the lid and continue to roll, shake or pass the ball for 7 more minutes. Check the texture (longer time will make firmer yogurt), scoop out your frozen yogurt and enjoy!

# Many Milks

## Did you know there are many different kinds of milk?

Around the world, people drink many different kinds of milk including cow milk, goat milk, buffalo milk and camel milk. In the United States, “milk” usually means cow milk. You can easily find different types of cow milk at the grocery store. For example, you can buy whole milk, 2% milk, 1% milk and skim milk.

No other single food can match the nutrition of milk! Milk is full of calcium, which helps build strong bones. It is also packed with other nutrients your body needs. These include protein, carbohydrates, phosphorous, riboflavin, vitamin A and vitamin D.

Sadly, some people cannot drink regular milk without getting sick. They may be able to drink soy milk, rice milk, or lactose-free milk. Soy milk and rice milk don't come from cows or any other animals. Instead, they are made from plants. Calcium is usually added to these milks. Lactose-free milk is made from cow milk but has an added ingredient that makes it easier to digest. Enjoy tasting many milks.

### Taco 'Bout It

- In the reading, circle the nutrient that helps build strong bones.
- Draw a box around two milks that do not come from animals.
- What kinds of milk have you tasted?

# Scientific Inquiry:

## Comparing Milk

Use the Nutrition Facts on the milk food labels below to fill in the table on the next page.

### Whole Milk

| Nutrition Facts   |        |               |
|---|--------|---------------|
| Serving Size: 1 cup                                     |        |               |
| Servings Per Container: 8                               |        |               |
| Amount Per Servings                                     |        |               |
| Calories 150  |        |               |
| Calories from Fat 70                                    |        |               |
|   |        | % Daily Value |
| Total Fat   | 8 g    | 12%           |
| Saturated Fat   | 5 g    | 25%           |
| Trans Fat   | 0 g    | 0%            |
| Cholesterol   | 35 mg  | 11%           |
| Sodium  | 125 mg | 5%            |
| Total Carbohydrate                                      | 12 g   | 4%            |
| Dietary Fiber   | 0 g    | 0%            |
| Sugars  | 12 g   |               |
| Protein   | 8 g    |               |
| Vitamin A   |        | 6%            |
| Calcium   |        | 30%           |
| Vitamin C   |        | 4%            |
| Iron  |        | 0%            |
| *Percent Daily Values are based on a 2,000 calorie diet |        |               |

### 2% Milk

| Nutrition Facts   |        |               |
|---|--------|---------------|
| Serving Size: 1 cup                                     |        |               |
| Servings Per Container: 8                               |        |               |
| Amount Per Servings                                     |        |               |
| Calories 130  |        |               |
| Calories from Fat 45                                    |        |               |
|   |        | % Daily Value |
| Total Fat   | 5 g    | 8%            |
| Saturated Fat   | 3 g    | 15%           |
| Trans Fat   | 0 g    | 0%            |
| Cholesterol   | 20 mg  | 7%            |
| Sodium  | 125 mg | 5%            |
| Total Carbohydrate                                      | 13 g   | 4%            |
| Dietary Fiber   | 0 g    | 0%            |
| Sugars  | 12 g   |               |
| Protein   | 8 g    |               |
| Vitamin A   |        | 10%           |
| Calcium   |        | 30%           |
| Vitamin C   |        | 4%            |
| Iron  |        | 0%            |
| *Percent Daily Values are based on a 2,000 calorie diet |        |               |

### Skim Milk

| Nutrition Facts   |        |               |
|---|--------|---------------|
| Serving Size: 1 cup                                     |        |               |
| Servings Per Container: 8                               |        |               |
| Amount Per Servings                                     |        |               |
| Calories 80   |        |               |
| Calories from Fat 0                                     |        |               |
|   |        | % Daily Value |
| Total Fat   | 0 g    | 0%            |
| Saturated Fat   | 0 g    | 0%            |
| Trans Fat   | 0 g    | 0%            |
| Cholesterol   | <5 mg  | 0%            |
| Sodium  | 130 mg | 5%            |
| Total Carbohydrate                                      | 12 g   | 4%            |
| Dietary Fiber   | 0 g    | 0%            |
| Sugars  | 12 g   |               |
| Protein   | 8 g    |               |
| Vitamin A   |        | 10%           |
| Calcium   |        | 30%           |
| Vitamin C   |        | 4%            |
| Iron  |        | 0%            |
| *Percent Daily Values are based on a 2,000 calorie diet |        |               |

### Soy Milk

| Nutrition Facts   |       |               |
|---|-------|---------------|
| Serving Size: 1 cup                                     |       |               |
| Servings Per Container: 8                               |       |               |
| Amount Per Servings                                     |       |               |
| Calories 100  |       |               |
| Calories from Fat 22                                    |       |               |
|   |       | % Daily Value |
| Total Fat   | 2.5 g | 4%            |
| Saturated Fat   | 0 g   | 0%            |
| Trans Fat   | 0 g   | 0%            |
| Cholesterol   | 0 mg  | 0%            |
| Sodium  | 90 mg | 4%            |
| Total Carbohydrate                                      | 16 g  | 5%            |
| Dietary Fiber   | 2 g   | 0%            |
| Sugars  | 8 g   |               |
| Protein   | 4 g   |               |
| Vitamin A   |       | 6%            |
| Calcium   |       | 30%           |
| Vitamin C   |       | 4%            |
| Iron  |       | 0%            |
| *Percent Daily Values are based on a 2,000 calorie diet |       |               |

|             | Calories<br>per serving | Fat<br>grams per serving | Calcium<br>percent daily value |
|-------------|-------------------------|--------------------------|--------------------------------|
| Whole Milk  | 150 kcal                | 8g                       | 30%                            |
| 2% Milk     | 130 kcal                | 5g                       | 30%                            |
| ★ Skim Milk | 80 kcal                 | 0g                       | 30%                            |
| Soy Milk    | 100 kcal                | 2.5g                     | 30%                            |

Draw a star beside the milk that has the least amount of fat.

List the kinds of milk in order from least fat to most fat.

|                  |       |       |                 |
|------------------|-------|-------|-----------------|
| skim             | soy   | 2%    | whole           |
| _____            | _____ | _____ | _____           |
| <i>least fat</i> |       |       | <i>most fat</i> |

Did any kind of milk have less than 30% of the Daily Value of calcium?

If so, which one? No

If you drink whole, 2%, or 1% milk, do you think you can switch to skim milk?

# Dairy Word Search!



Cottage cheese

Vitamin D

Calcium

Soy milk

Low fat milk

Mozzarella

Cheddar

Yogurt

Potassium

Ice cream

Parmesan

Swiss

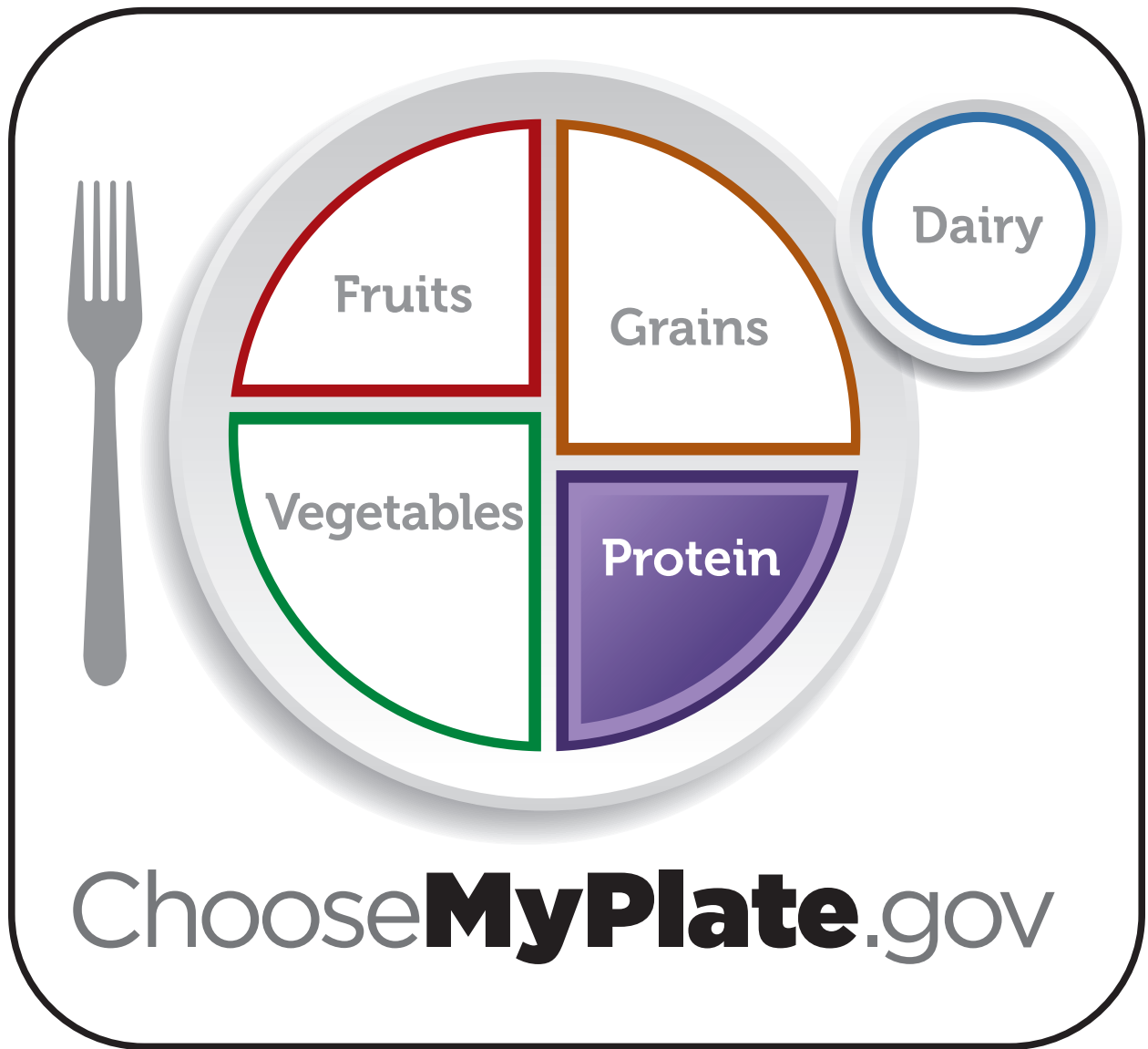
Whole milk

Skim milk

Protein



**Draw Your Favorite  
Dairy Food or Meal!**





# Protein

## Vary Your Protein Routine

Goal to eat 5 ounce equivalents per day

### What counts as an Ounce equivalent?

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce of nuts or seeds

Enjoy lean protein everyday!

Protein is a good source of iron

Protein is used by your body to build and repair tissue

\*Goal of 5 ounce equivalents per day for girls and boys ages 9–13. You may need to be eating more if you're in sports.

# Eggs in Bread

## Ingredients:

- 1 slice whole wheat bread
- 1 egg
- 1 tsp. soft butter
- Pinch salt
- Pinch pepper

## Directions:

1. Spread a small amount of butter on both sides of bread.
2. Make a hole in the middle of the bread (about 2 inches in diameter) using a cookie cutter or by ripping with your fingers.
3. Place bread on hot skillet.
4. Break an egg into a small bowl and pour into the hole in the bread.
5. Cook until the egg white turns white.
6. Flip bread and continue to cook until the yolk is firm.
7. Add seasoning and enjoy!

# Chicken Salad

## Ingredients:

- 12.5 ounces of canned chicken
- $\frac{1}{3}$  cup light mayonnaise
- $\frac{1}{4}$  cup mustard
- $\frac{3}{4}$  teaspoon pepper
- $\frac{1}{4}$  cup relish

## Directions:

1. Pour chicken into bowl, separate with fork if needed.
2. Add light mayonnaise, mustard, and relish, and stir together.
3. Season with pepper.

# 3 Bean Salad (Vegetarian)

## Ingredients:

- 15 oz Cannelloni beans
- ½ cup fresh cilantro finely chopped
- 15 oz Garbanzo beans
- 15 oz Kidney beans
- ½ Red onion finely diced
- 2 tbsp Honey
- ¼ cup Lime juice
- ½ tsp Kosher salt
- 2 tbsp Olive oil
- 1 tsp ground cumin

## Directions:

1. In a small bowl, whisk together the honey, lime juice, kosher salt, olive oil and cumin.
2. In a large bowl, combine beans, onion, cilantro.
3. Pour the small bowl mixture into the large bowl and stir until combined.

# Something is Fishy

## Did you know there are different types of fish?

Worldwide people eat more than 1000 different kinds of fish. Fish is a good source of protein. Fish live in streams, rivers, ponds, lakes and oceans. You can divide fish into two groups called finfish and shellfish. Finfish have bony skeletons and include fish like catfish, flounder, and salmon. Shellfish have soft bodies inside a shell or exoskeleton. Shellfish are divided into two more groups. The first group is called mollusks. They have one body section covered by a shell. Clams and scallops are mollusks. Crustaceans are the second group of shellfish. They have many body parts surrounded by a hard outer covering called an exoskeleton. Crabs, lobster and shrimp are crustaceans.



Shellfish (crustacean)



Finfish



Shellfish (mollusk)

There are lots of reasons to eat fish. Fish are a good source of protein and healthy fats called omega-3 fatty acids. Studies by scientists show that omega-3 fatty acids are good for the heart. Fatty fish like salmon, sardines, and herring are high in omega-3 fatty acids.

### Taco 'Bout It

- In the reading, circle the two main groups of fish.
- Draw a box around examples of shellfish.
- Underline the sentence that lists fish that are high in omega-3 fatty acids.
- Guess how many times a week you should eat fish: 2

# Double and Triple Recipes

|              | Single Recipe (1x) | Double Recipe (2x)    | Triple Recipe (3x)    |
|--------------|--------------------|-----------------------|-----------------------|
| Salmon       | 1 pouch 6–7 oz.    | 2 pouches (12-14 oz.) | 3 pouches (18-21 oz.) |
| Cream Cheese | 4 oz.              | 8 oz.                 | 12 oz.                |
| Chunky Salsa | 1/4 cup            | 1/2 cup               | 3/4 cup               |
| Vegetables   | 3/4 cup            | 1 1/2 cup             | 2 1/4 cup             |
| Crackers     | 25                 | 50 crackers           | 75 crackers           |

# Egg-Ceptional Eggs

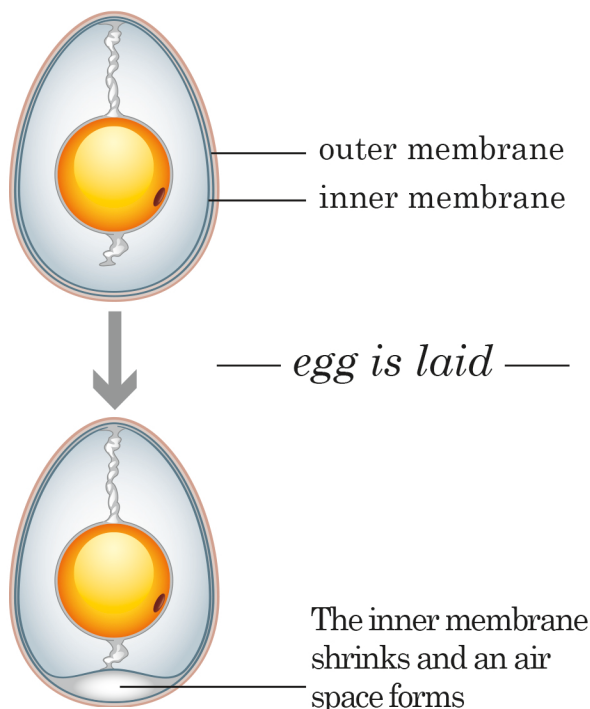
Did you know that eggs have more parts than just the shell, whites and yolk?

Eggs have many parts surrounded by a shell. These parts include an outer membrane, inner membrane, white, vitelline membrane, yolk, and chalazae. The egg shell is porous, which means it has thousands of tiny pores or holes. The tiny holes are almost invisible. But air and smells can still move in and out of eggs through the pores.

Right under the shell are two thin skins or membranes that surround the egg white. They are called the outer and inner membranes. After an egg is laid, the inner membrane shrinks but the outer membrane doesn't shrink. A gap or air space forms between the two membranes.

The egg white is high in protein and lies right under the inner membrane. A third membrane is called the vitelline membrane. It separates the egg white from the egg yolk.

The yolk looks like a small yellow ball in the center of the egg. All of the fat of an egg is found in the yolk, plus some protein and other nutrients. The chalazae are two thick white strings that stick out of both ends of the egg yolk. They hold the yolk in the center of the egg. Today, you will explore the parts of an egg.



## Taco 'Bout It

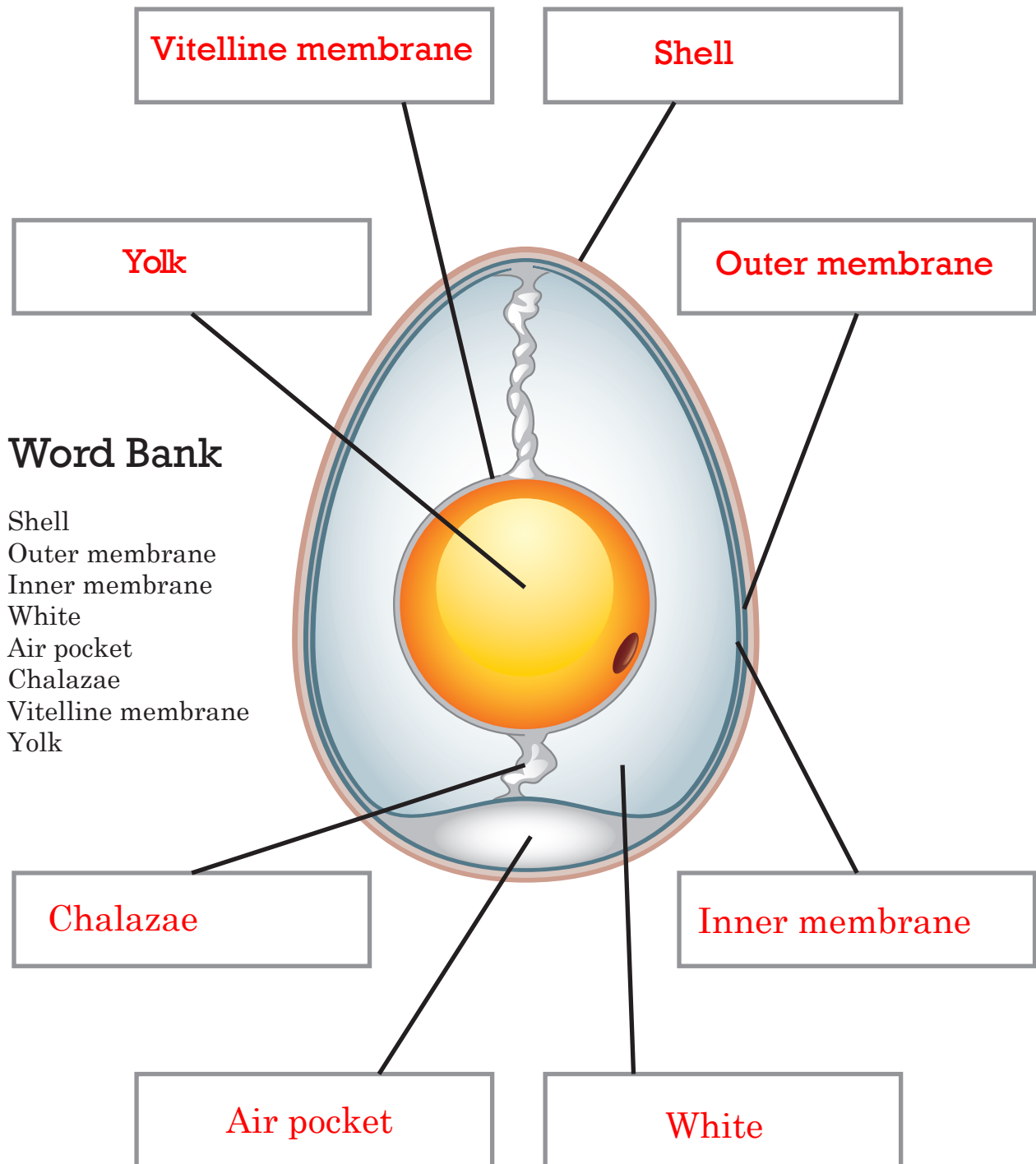
- In the reading, underline the sentence that lists many parts of an egg.
- Draw a picture of a porous egg.

- Which part has the most fat?  
(circle one)

The egg white

The egg yolk

# Egg Anatomy!





# Crack The Protein Group Code!

| A  | B  | C  | D  | E  | F  | G  | H  | I  |
|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| J  | K  | L  | M  | N  | O  | P  | Q  | R  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| S  | T  | U  | V  | W  | X  | Y  | Z  |    |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |    |

1.  $\frac{s}{19} \frac{a}{1} \frac{l}{12} \frac{m}{13} \frac{o}{15} \frac{n}{14}$

2.  $\frac{s}{19} \frac{h}{8} \frac{e}{5} \frac{l}{12} \frac{l}{12} \frac{f}{6} \frac{i}{9} \frac{s}{19} \frac{h}{8}$

3.  $\frac{t}{20} \frac{o}{15} \frac{f}{6} \frac{u}{21}$

4.  $\frac{m}{13} \frac{u}{21} \frac{s}{19} \frac{c}{3} \frac{l}{12} \frac{e}{5} \quad \frac{r}{18} \frac{e}{5} \frac{p}{16} \frac{a}{1} \frac{i}{9} \frac{r}{18}$

5.  $\frac{i}{9} \frac{r}{18} \frac{o}{15} \frac{n}{14}$

6.  $\frac{o}{15} \frac{m}{13} \frac{e}{5} \frac{g}{7} \frac{a}{1} - \frac{3}{3}$

$\frac{f}{6} \frac{a}{1} \frac{t}{20} \frac{t}{20} \frac{y}{25} \quad \frac{a}{1} \frac{c}{3} \frac{i}{9} \frac{d}{4} \frac{s}{19}$

7.  $\frac{5}{15} - \frac{o}{21} \frac{u}{14} \frac{n}{3} \frac{c}{5} \frac{e}{5}$

$\frac{e}{5} \frac{q}{17} \frac{u}{21} \frac{i}{9} \frac{v}{22} \frac{e}{1} \frac{l}{12} \frac{e}{5} \frac{n}{14} \frac{t}{20} \frac{s}{19}$

# Draw Your Favorite Protein Food or Meal!





## THD School Health Cooking Club Post-Assessment

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

1. Which Nutrient do you get from eating Whole Grain Foods?
  - ☒ a. Fiber
  - b. Saturated Fat
  - c. Zinc
  - d. All of the above
2. Which of the following foods does **NOT** belong the grains food group?
  - a. Pancakes
  - ☒ b. Potatoes
  - c. Pita bread
  - d. Oatmeal
3. Which of the following does not belong in the fruit food group?
  - ☒ a. Fruit roll-up
  - b. Kiwi
  - c. Blueberry
  - d. 100% orange juice
4. Which nutrients are found in dairy products?
  - a. Protein
  - b. Calcium
  - c. Vitamin D
  - ☒ d. All of the above
5. How many ounce equivalents of protein should you eat in one day?
  - a. 1
  - b. 3
  - ☒ c. 5
  - d. 10
6. How many cups of vegetables should you eat in one day?
  - a. 1 cup
  - ☒ b. 2 – 2 ½ cups
  - c. 5 cups
  - d. 3 – 4 cups
7. If you don't have a one – cup dry measure, but you need 1 cup of flour, how can you measure 1 cup?
  - a. Fill the ½ cup four times
  - b. Fill the 1/8 cup four times
  - c. Fill the ¼ cup two times
  - ☒ d. Fill the ½ cup two times
8. How confident do you feel helping in the kitchen?
  - a. Not confident
  - b. Somewhat confident
  - c. Confident



## References

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