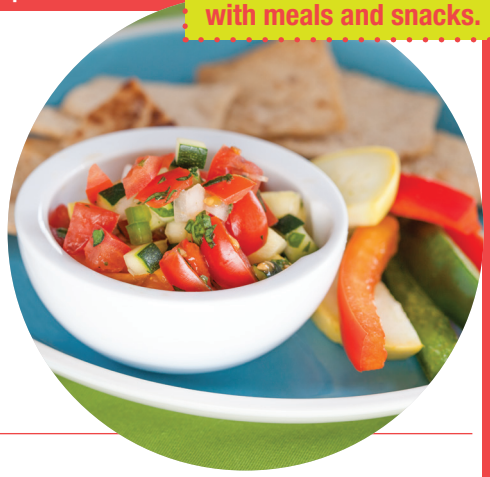
BE THE CHEF! **PREP TIME: 15 MINUTES**

Summer Vegetable Salsa

Cook with your kids, and they will learn about healthy eating. Plus, they can practice math, measuring, and reading skills by following the recipe.

Eat fruits and veggies with meals and snacks.

Servings: 6 | **Serving Size:** ½ cup



INGREDIENTS

1 medium zucchini
1 medium white onion
3 Roma tomatoes
1 jalapeño pepper (optional)
4 cloves garlic
½ cup fresh cilantro or parsley, chopped
½ teaspoon salt
¼ cup lime juice

DIRECTIONS

1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and tomatoes into small pieces and put into a medium bowl.
3. Because the jalapeño* can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add the seeded and minced jalapeño and garlic to the tomato mixture. *Wear latex gloves when handling the jalapeño.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

OPTIONS

- Grill the vegetables before dicing and adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber.
- Add watermelon, peaches, or pineapple for a fruity summer salsa.
- Serve alongside cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish!

NUTRITION INFORMATION

Amount per serving: ½ cup; **Calories:** 25; **Total Fat:** 0 g; **Saturated Fat:** 0 g; **Sodium:** 198 mg; **Potassium:** 212 mg; **Total Carbohydrate:** 6 g; **Dietary Fiber:** 1 g; **Sugars:** 3 g; **Protein:** 1 g; **Vitamin A:** 444 IU; **Vitamin C:** 18 mg; **Vitamin D:** 0 IU; **Calcium:** 19 mg; **Iron:** 0 mg.

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Summer Meals, Summer Friends

ACTIVITY GUIDE FOR FAMILIES

Your Guide to a Summer of Togetherness

Get together with friends to play, cook, and make memories.



Find out how to...

- Come together in creative new ways
- Cook together using kid-friendly recipes
- Move together and get active as a family

SUMMER FOOD SUMMER MOVES

TEAM NUTRITION • USDA

Come Together

It's always fun to come together with friends and family. Try these fresh ideas for family get-togethers that inspire and motivate.



Rainbow Potluck

Invite friends and family over for a Rainbow Potluck and ask each person to bring a fruit or vegetable dish of a specific color. Your serving table will look gorgeous, and you'll be teaching your kids an important lesson: **Vary your fruits and vegetables**.

Why? Eating fruits and veggies in a variety of colors — red, orange, yellow, green, blue and purple, white, brown — helps everyone get the nutrients needed for good health.

Young Artists Table

Set up a fruit bowl with different melons — honeydew, cantaloupe, watermelon — and a few additional fruits, in the center of a table. Give kids paper and colored pencils to draw colorful pictures. Then, make and enjoy a delicious fruit salad together.

Why? Explain to your kids that fruits are one of the five food groups they need to eat each day to stay healthy and strong. Fruits have many important nutrients including potassium, vitamin C, folate, and fiber.





Asian Pear



Edamame (Soybeans)



Daikon Radish



Guava

Try-Day Friday

Having folks over on a Friday evening? Serve one unfamiliar summer fruit or vegetable for everyone to taste, such as Asian pears, dried black currants, steamed green soybeans (edamame), sliced daikon radish, guavas, or anything else you can find!

Why? This is a fun way to encourage kids to try new fruits and veggies. Try-Days take place in many schools around the country to introduce kids to new fruits and veggies.

Play Together

Move more, sit less!

Kids need at least 60 minutes of moderate to vigorous physical activity every day. That means their bodies need to be moving and their heart rate should be up. When your kids have friends over, encourage them to get off the couch and get active with these fun activities.

Water Balloon Toss

Fill balloons with water. Have pairs toss a balloon gently back and forth, taking one step back with each toss. Or, play the game with a ball instead.



These games aren't just for kids! Try them out at your next summer celebration!

Indoor Balloon Volleyball

This game is best for younger kids. Remove all breakable furniture from the playing area. Make a net by tying a piece of yarn to two chairs and putting them on opposite sides of the room. The teams have to keep the balloon in the air and swat the balloon back and forth across the line. If the balloon hits the ground, the other team gets a point. This game is even more fun when played with two balloons at the same time.

Lip Sync Dance-Off

Instead of watching music videos, make your own! Put on music and give kids time to make up coordinated dances. Then, host a performance.



Eat Smart, Play Hard Cheer

This fun group cheer is a great indoor or outdoor activity, especially for kids who like to show off their dance moves. Stand in the middle of a circle. Start to clap and have kids repeat the last word of each line after you. When you say an activity, such as a sport or a dance, do an action to imitate it. On the last line, point to a new person when you say his or her name. The chosen person comes to the center of the circle instead of you. Continue playing for 10 minutes.

Here is an example, with the group repeating back the last word.

My name is _____.	*My name is Tanya. (Tanya!)*
I live in_____.	*I live in Brooklyn. (Brooklyn!)*
I like to eat smart	*I like to eat smart (eat smart!)*
so I can play hard.	*so I can play hard. (Play hard!)*
First I eat _____,	*First I eat apples, (apples!)*
then I _____,	*then I chicken dance, (chicken dance!)*
then I _____,	*then I hopscotch, (hopscotch!)*
then I choose a friend named _____. Yeah!	*then I choose a friend named Tom." (Yeah!)*