



# KIDS COOKING CLUB

Building confidence and healthy habits



Visit us at [stopandshop.com/nutrition](https://stopandshop.com/nutrition) | Email us at [nutrition@stopandshop.com](mailto:nutrition@stopandshop.com)



# WELCOME

## to the Stop & Shop Kids Cooking Club!

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This comprehensive guide contains ten cooking lessons. We hope this inspires your participants to get excited about cooking, while learning about nutrition, too! Together, we're feeding it forward and nourishing our tomorrow.



# Food SAFETY 101

Follow these food safety tips to help protect against food poisoning and foodborne illness.



## CLEAN

- Wash hands with warm soapy water for at least 20 seconds before, during and after handling food and cooking.
- Wash utensils, cutting boards, countertops and other cooking surfaces before preparing food.
- Pull hair back or wear a hair net.
- Rinse fruits and vegetables before preparing.



## COOK

- When cooking food, ensure it has reached the appropriate internal temperature to kill germs that can make you sick. Use a food thermometer to test the food's temperature, inserting the thermometer in the thickest part of the food.
- Click [here](#) for a chart from FoodSafety.gov detailing safe minimum internal temperatures.



## SEPARATE

- Use separate cutting boards for fresh produce and raw meat, poultry and seafood to prevent cross contamination.



## CHILL

- Bacteria that cause food poisoning multiply quickest between 40°F–140°F. This is commonly referred to as the “danger zone.”
- Never leave perishable food out of the fridge for more than two hours. If the food is exposed to temperatures over 90°F, refrigerate it within one hour.
- Leftovers should be stored in the fridge as soon as possible after preparing to help prevent the growth of foodborne bacteria.
- Refrigerated leftovers should be consumed by 3–4 days after preparation. If not, freeze the items or throw them away.

These are general food safety guidelines.  
Please follow the food safety guidelines and policies of your site.

**For more food safety tips, visit [foodsafety.gov](https://www.foodsafety.gov).**

# Food ALLERGIES

Part of ensuring a safe cooking environment is being aware of possible food allergies within your group. We suggest obtaining written documentation of food allergy information from all participants before starting this program. Some of the recipes mentioned in this guide

may include the top food allergens listed below. We recommend you review all products with the caregiver of the participant with food allergies before the start of the program. Contact the food manufacturer directly with any questions.

## 9 Major food allergens in the U.S.



**MILK**



**EGGS**



**PEANUTS**



**TREE NUTS**



**WHEAT**



**SOY**



**FISH**



**CRUSTACEAN  
SHELLFISH**



**SESAME**

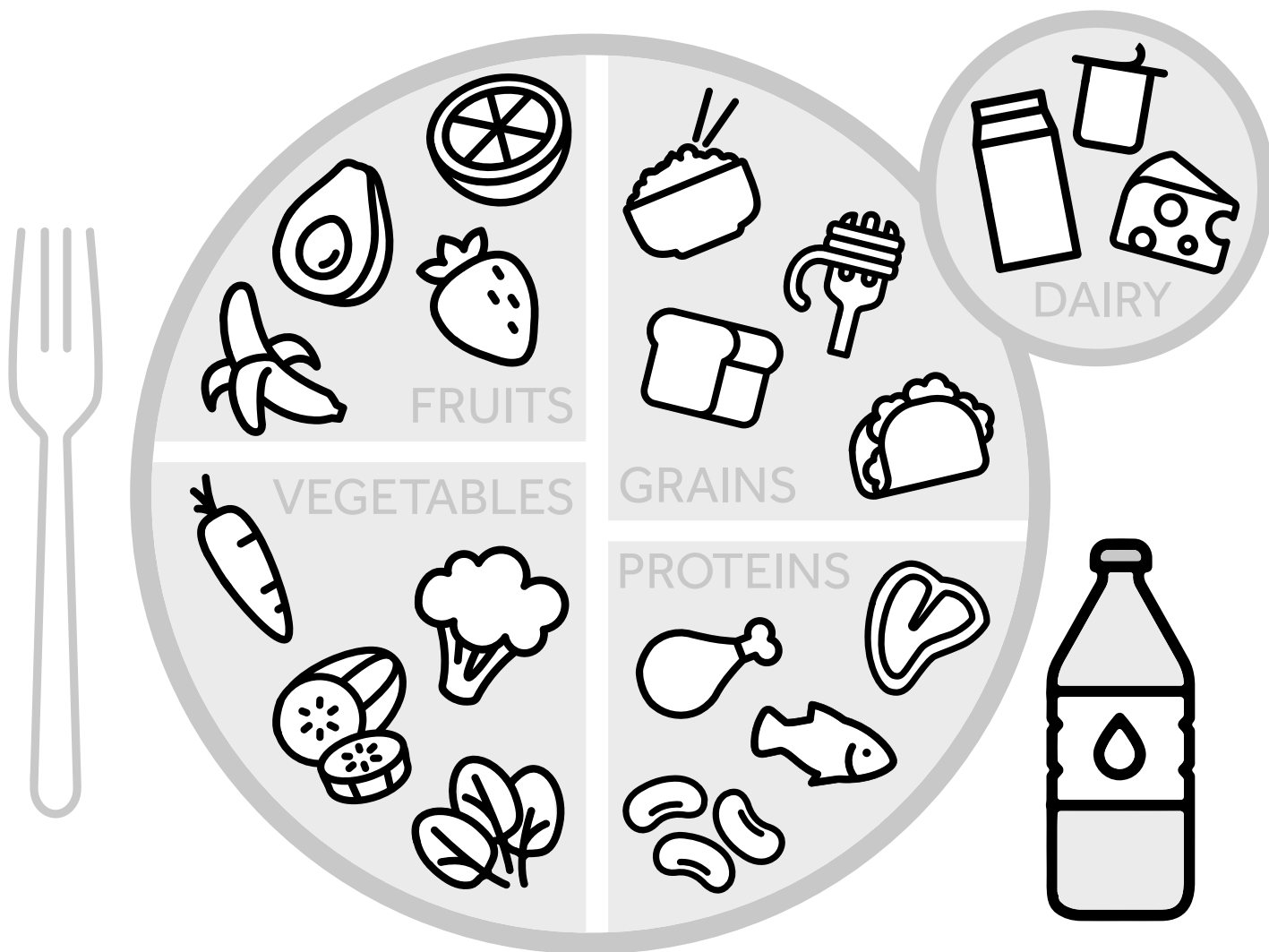
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Please follow the food allergy guidelines and policies of your site.

Learn more about food allergies at [foodallergy.org](http://foodallergy.org)

# Build a BALANCED PLATE

Build healthy habits, one plate at a time!  
Aim to eat foods from each of the five food groups every day.

Learn more at  
[stopandshop.com/nutrition](http://stopandshop.com/nutrition)



## Fruits and vegetables:

These foods give us vitamins and minerals that keep us feeling well. "Eat the rainbow" to get all of these helpful nutrients.

## Dairy:

These foods give us calcium, which helps build strong bones and teeth.

## Grains:

These foods give us energy to play and fuel our brains! Try to choose whole grain options most often, such as whole wheat bread, pastas and tortillas.

## Protein:

These foods help build muscle, which helps us move, grow and stay strong!

## Hydration:

Drinking water is important for keeping us hydrated and delivering nutrients all over our bodies.

### Flavor tips:

- Add slices of citrus to water
- Freeze fruit with water in ice trays and use as ice cubes

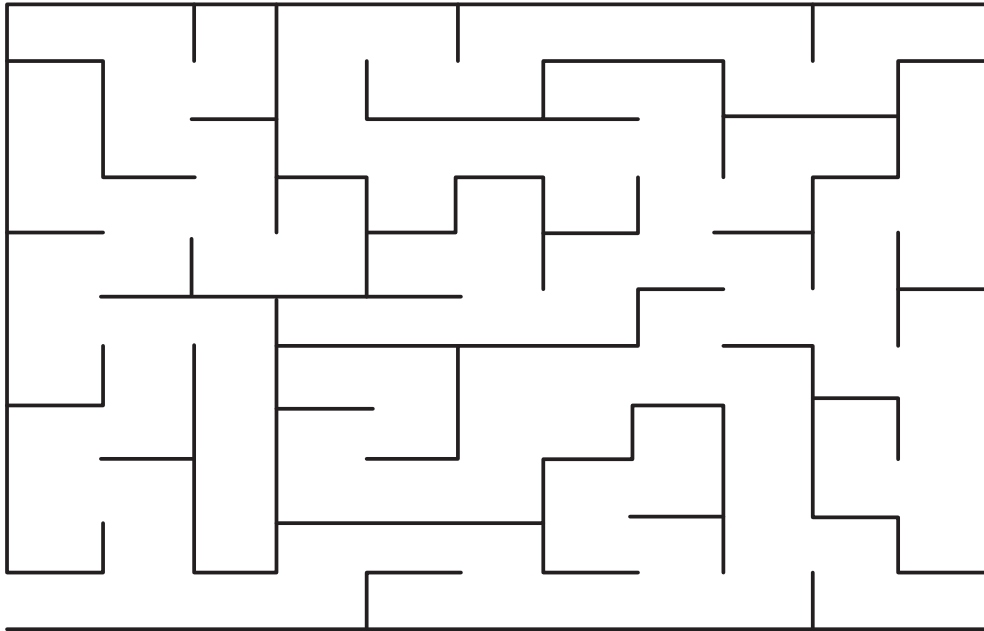
# FUN with FOOD



Learn more at [stopandshop.com/nutrition](http://stopandshop.com/nutrition)

## Find the Healthy Harvest!

Can you solve the maze and reach all the tasty fruits and veggies?



## Word Search

Find and mark all the words hidden inside the box. Look for them up and down or sideways.



PROTEIN

GRAIN

FRUIT

VEGETABLE

DAIRY

MYPLATE

HEALTHY

FOOD

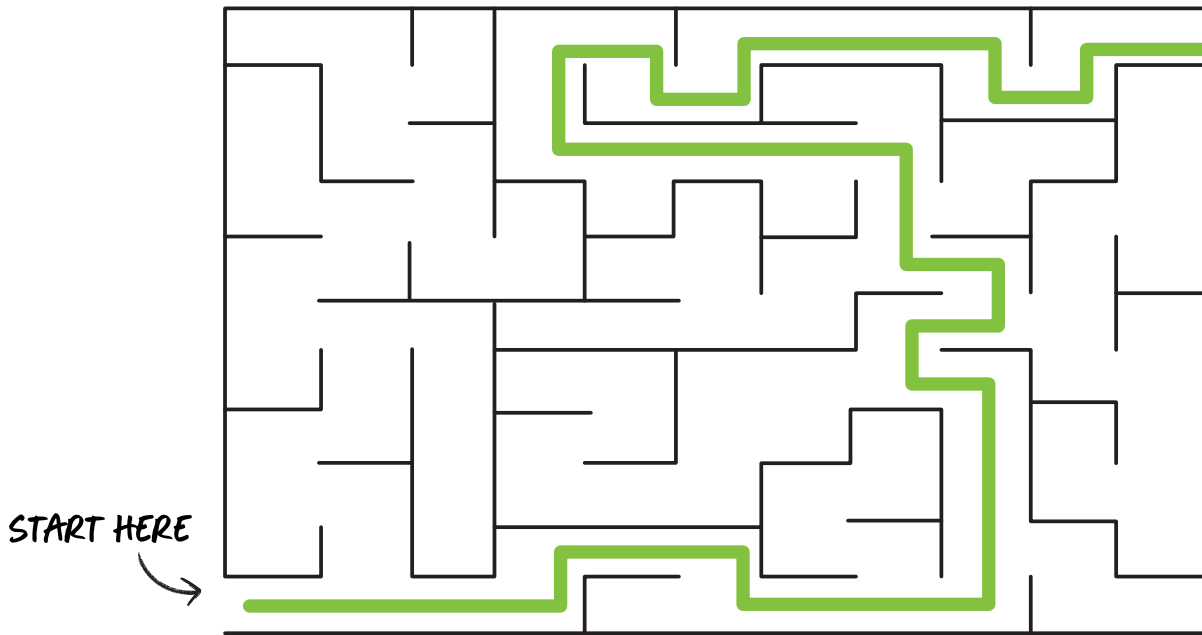
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# Curriculum **OVERVIEW**

## **Suggested age group:**

7-9 years old

## **Estimated time:**

30 minutes per lesson

### **Lesson topics:**

#### **Lesson 1: Food Groups**

- **Objective:** Participants will be able to identify the five food groups.
- **Recipe:** Celery Critters

#### **Lesson 2: Where Does Food Come From?**

- **Objective:** Participants will be able to identify at least one place where fruits/vegetables grow.
- **Recipe:** Guacamole

#### **Lesson 3: Eat the Rainbow**

- **Objective:** Participants will be able to state the health benefits of at least one food color.
- **Recipe:** Rainbow Fruit Skewers

#### **Lesson 4: A World of Flavor**

- **Objective:** Participants will be able to use at least two senses to describe a new fruit or vegetable.
- **Recipe:** Apple Donuts

#### **Lesson 5: Healthy Hydration**

- **Objective:** Participants will be able to state at least one reason why water intake is important.
- **Recipe:** Watermelon Pizza

## **Lesson Notes:**

- All recipes are created for 10 participants. Adapt recipe ingredient amounts based on the number of participants in your group. For example, if you have 20 participants, multiply the recipe ingredients by 2. If you have 5 participants, divide the recipe ingredients by 2. Adjust the equipment/material amounts and grocery shopping list accordingly.
- If you cannot find the specific brand of products mentioned in the grocery shopping list, you can substitute a similar item. For example, if you cannot find "Taste of Inspirations Original Hummus," substitute another brand of hummus.

# Lesson 1: FOOD GROUPS

## Lesson objective:

Participants will be able to identify the five food groups.

## Recipe:

Celery Critters

**Makes: 10 servings**

## Allergy note:

This recipe contains the following allergens:  
**wheat, milk and soy.**

## Pre-class instructor preparation:

- Cut each orange into 8 slices and place into a paper bowl.
- Wash grapes and place into a paper bowl.  
*You will likely need 2 bowls to fit all grapes.*
- Wash blueberries and place into a paper bowl.
- Place chocolate chips into a paper bowl.
- Place pretzel sticks into a paper bowl.
- Place apple slices into a paper bowl.  
*You will likely need 3 bowls to fit all apple slices.*
- Portion sunflower butter into a paper bowl.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 1 jar Nature's Promise Sunflower Seed Butter
- 3 packages Stop & Shop Cut Celery Sticks Family Style (2.5 lb. bag)
- 1 package red seedless grapes (2 lb.)
- 1 package blueberries (18 oz.)
- 1 package Stop & Shop Red Apple Slices (32 oz.)
- 5 oranges
- 1 bag Stop & Shop Pretzel Sticks (16 oz.)
- 1 bag Stop & Shop Mini Semi-Sweet Chocolate Morsels (12 oz.)

## Food items:

- 1 ¼ cups sunflower seed butter
- 20 celery sticks
- 2 ½ cup seedless grapes
- 1 ¼ cups blueberries
- 5 cups apple slices
- 5 oranges
- 1 ¼ cups pretzel sticks
- ¼ cup mini chocolate chips

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 10 paper plates
- 10 plastic knives
- 10 paper bowls
- 6 plastic spoons

# Lesson 1: FOOD GROUPS

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** "What do you think it means to be healthy?"
  - Allow a few participants to share their answers.
- **Ask** "Can you name some examples of healthy foods?"
  - If available, you can invite participants to come up and write the food example on a whiteboard/chalkboard. Allow a few participants to share their answers.
- **Ask** "What do some of these foods have in common?"
  - Probe for answers until a student has named a food group (answers include: fruits, vegetables, grains, dairy, and protein). Use this to segue into an overview of the five food groups.
  - **Say** "Yes! Some of these foods are {insert food group}, and {insert food group} is one of the 5 food groups. Eating foods from each of the food groups daily helps keep our bodies healthy. Today, we're going to talk about the importance of each food group and make a tasty snack that includes four of the food groups."

### Nutrition lesson (10 minutes)

- **Ask** "Can anyone name another one of the food groups?"
  - If possible, you can write them on a whiteboard/chalkboard. Continue asking for answers until all food groups have been said/written, (fruits, vegetables, grains, protein and dairy).
- **Say** "We're going to talk more about how those foods help our bodies."
- **Say** "The first two food groups we'll talk about are fruits and vegetables. Fruits and vegetables contain vitamins and minerals which help us grow, keep us healthy and feeling good and fight off sickness."
- **Ask** "Next, we'll talk about grains. Can you name some examples of grain foods?"
  - Allow a few participants to share their answers.
- **Say** "Examples of grain foods include bread, tortillas, cereal, pasta, rice, crackers, pretzels and oatmeal. These foods give us energy to move our bodies and they help our brain work."
- **Ask** "Has anyone ever tried whole wheat bread or whole wheat pasta before? If so, how did you think it tasted? Did you like it?"
  - If a participant said they don't like the taste of these foods, **Say** "Our tastebuds can change over time so you may like it in the future if you keep trying it."
- **Say** "Whole grain foods, such as whole wheat pasta and bread, are a type of food that is made using the entire grain, which means it has many helpful nutrients. Refined grains like white bread and white pasta are made from only one part of the grain, so they don't have as many helpful nutrients. Whole grain foods help fuel our bodies better."
- **Ask** "Next, we'll talk about dairy. Can anyone name a dairy food?"
  - Allow a few participants to share their answers.
- **Say** "Examples of dairy foods are milk, cheese, yogurt and cottage cheese. Fortified soy milk is not a dairy food, but it can be counted in this group because it has similar nutrients. Dairy foods help build strong bones and teeth."
- **Ask** "Next, we'll talk about protein. Can anyone name a protein food?"
  - Allow a few participants to share their answers.
- **Say** "Examples of protein foods are meat, chicken, seafood, eggs, beans, lentils and tofu. Our bodies use protein to build muscles, skin, hair and more!"

# Lesson 1: FOOD GROUPS

## Lesson outline:

### Cooking lesson (15 minutes)

- **Say** *"We are going to be making Celery Critters, a snack that has four food groups—vegetables, fruits, grains and protein."*
  - o Vegetables (celery), Fruit (grapes, apples, blueberries, oranges), Grains (pretzels) and Protein (sunflower seed butter)
- Provide participants with recipe items.
  - o Provide each participant with a paper plate, plastic knife and two celery sticks.
  - o At each table, provide bowls of grapes, apples, blueberries, orange slices, chocolate chips, sunflower butter and pretzel sticks. Place a plastic spoon for serving in each bowl, except for the sunflower butter bowl—participants will use their own plastic knife to spread that.
- **Say** *"You are going to be using your imagination to turn these ingredients into a critter! Here is a picture of how you can make your critter."* {show recipe card image to the participants}
- **Say** *"To make them, start by filling the center of the celery stick with sunflower seed butter using your plastic knife. Then, get creative using the toppings to help create your critter. You can use the grapes, apples, oranges and blueberries as the body and head, pretzel sticks can be antennas, and chocolate chips can be the eyes."*
- Allow participants to enjoy their finished creation for the remainder of class time.

## Recipe: Celery Critters

Serves: 4



### Ingredients:

- ½ cup smooth nut or seed butter (peanut butter, sunflower seed butter, etc.)
- 8 (3 inch) celery sticks
- 1 cup seedless grapes
- Blueberries, kiwi slices, apple slices, or orange slices (optional)
- Pretzel sticks, halved, as needed
- 1 tsp. mini chocolate chips

### Steps:

1. Add the peanut butter to a small resealable plastic bag. Using scissors, cut the corner off the bag to create a small opening. Using a plastic knife, fill in the center of the celery stick with sunflower seed butter. Arrange 5 grapes on top of peanut butter. If desired, used blueberries instead of grapes for a different critter, or place a kiwi, apple, or orange slice into the peanut butter to make a snail shell.
2. Insert two pretzel halves into each critter head to make antennae. Pipe 2 small peanut butter dots onto each head and add 1 chocolate chip to each dot to make eyes.

## Recipe: Celery Critters

Serves: 4



### Ingredients:

- ½ cup smooth nut or seed butter (peanut butter, sunflower seed butter, etc.)
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2. Insert two pretzel halves into each critter head to make antennae. Pipe 2 small peanut butter dots onto each head and add 1 chocolate chip to each dot to make eyes.

# ..... Lesson 2: WHERE DOES FOOD COME FROM? .....

## **Lesson objective:**

Participants will be able to identify at least one place where fruits/vegetables grow.

## **Recipe:**

Guacamole

**Makes: 10 servings**

## **Pre-class instructor preparation:**

- Mince the red onion and place into a paper bowl.
- Wash and dice the tomatoes. Place into a paper bowl.
- Wash and finely chop the fresh cilantro. Place into a paper bowl.
- Wash and cut the limes in half.
- At a table, lay out all the guacamole ingredients—a large mixing bowl, a bowl with red onion, a bowl with the diced tomatoes, halved avocados, halved limes, a bowl with the chopped cilantro.
- Print copies of the recipe card for the participants to take home.

## **Grocery shopping list:**

- 1 small red onion
- 2 small plum tomatoes
- 3 avocados
- 3 limes
- 1 fresh cilantro bunch
- 1 Nature's Promise® Organic Yellow Corn Tortilla Chips (9 oz. package)

## **Food items:**

- 4 tbsp. minced red onion
- 2 small plum tomatoes
- 3 ripe avocados
- 3 tbsp. lime juice (from about 3 limes)
- ½ cup finely chopped cilantro
- Tortilla Chips

## **Equipment/materials needed :**

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 1 large mixing bowl
- 13 paper bowls
- 6 plastic spoons
- 3 plastic forks
- Large spoon
- Measuring cups
- Measuring spoons

# Lesson 2: WHERE DOES FOOD COME FROM?

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** "Where do you think food comes from?"
  - o Allow a few participants to share their answers.
- **Say** "The food we eat comes from many different sources! Some foods come from animals, like milk, eggs and meat. Some foods come right from the earth, like fruits, vegetables and grains. It takes a lot of work to get food from our farms to our plates. And thinking about where food comes from can help us be thankful for the amount of effort it takes."

### Nutrition lesson (10 minutes)

- **Ask** "What types of food do we get from animals?"
  - o Allow participants to share their answers.
- **Say** "We get meat, chicken, fish, milk, eggs, cheese, butter and yogurt from animals."
- **Ask** "What types of foods do we get from plants?"
  - o Allow participants to share their answers.
- **Say** "We get fruits, vegetables, beans and grains from plants. Plant foods can come from many different places. For example, some foods grow underground, some grow on trees or bushes and some grow on vines. Fruits and vegetables need the right conditions to grow. Just like how we don't like being too hot or cold, plants feel the same way! Some plants grow better in the cold winter and some grow better in the warm summer. Sometimes, we eat foods right from the earth, but sometimes we turn them into something different. For example, we can eat apples right from the apple tree (once we wash them!). We can also use apples to make applesauce or apple juice."
- **Say** "Food from the earth can grow in many ways. We're going to play the "How Does it Grow" game. I'm going to say a food and you can guess where you think the food grows—either in a tree, on a vine or underground."
- Allow the participants to guess where each of the below foods grow.
  - o Carrots?
    - o Answer: underground
  - o Watermelon?
    - o Answer: on a vine
  - o Apple?
    - o Answer: on a tree
  - o Potatoes?
    - o Answer: underground
  - o Mangos?
    - o Answer: on a tree

# ..... Lesson 2: WHERE DOES FOOD COME FROM? .....

## Lesson outline:

### Cooking lesson (15 minutes)

- **Ask** "Where do you think avocados grow?"
  - o Allow a few participants to share their answers
- **Ask** "They grow on trees! Has anyone ever had an avocado before? What did you think of it?"
  - o Allow a few participants to share their thoughts.
- **Say** "We are going to be using avocados to make Guacamole!"
- Invite 6 participants to scoop out the avocado flesh using a plastic spoon (*each can scoop one half*) and place it into the large mixing bowl.
- Invite 6 participants to squeeze the lime halves into the large mixing bowl (*each can squeeze one half*).
- Invite participants to mash the avocado using a fork. You can allow a few of the participants to take turns mashing it. You can help assist them in mashing all the avocados, if needed.
- Invite 1 participant to measure 4 ½ tsp minced red onion and dump into the large mixing bowl.
- Invite 1 participant to dump the two diced tomatoes into the large mixing bowl.
- Invite 1 participant to measure 1/3 cup chopped cilantro and dump into the large mixing bowl.
- Using a large spoon, mix the guacamole together and place a scoop of into a bowl with chips for each participant.
- Allow participants to enjoy the guacamole for the remainder of class.

## Recipe: Guacamole

Serves: 6



### Ingredients:

- 3 tbsp. minced red onion
- 1 small plum tomato
- 2 ripe avocados
- 2 tbsp. lime juice (from about 2 limes)
- ¼ cup finely chopped cilantro

### Steps:

1. Soak the red onion in a small bowl of ice water 10 min. Meanwhile, finely dice the tomato.
2. Halve the avocados and remove pits. With a spoon, scoop the flesh into a medium bowl. Add the lime juice. Use a fork to lightly mash avocados.
3. Drain and rinse onions and pat dry with paper towel. Stir onion, tomato, and cilantro into avocado mixture.
4. Serve with veggies and corn tortilla chips.

## Recipe: Guacamole

Serves: 6



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3. Drain and rinse onions and pat dry with paper towel. Stir onion, tomato, and cilantro into avocado mixture.
4. Serve with veggies and corn tortilla chips.

# Lesson 3: EAT THE RAINBOW

## Lesson objective:

Participants will be able to state the health benefits of at least one food color.

## Recipe:

Rainbow Fruit Skewers

**Makes: 10 servings**

## Allergy note:

This recipe contains the following allergens:  
**milk.**

## Pre-class instructor preparation:

- Wash and cut strawberries in half. Place halves in a paper bowl.
- Section the clementines/mandarins into segments and place into a paper bowl.
- Place pineapple chunks into a paper bowl. If the chunks are too large, you can cut into smaller pieces.
- Wash green grapes and place into a paper bowl.
- Wash red grapes and place into a paper bowl.
- Wash blueberries and place into a paper bowl.
- Wash blackberries and place into a paper bowl.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 1 Stop & Shop Reduced Fat, Less Sugar Vanilla Greek Yogurt (32 oz.)
- 1 Stop & Shop Grade A Clover Honey (12 oz.)
- 1 Stop & Shop Ground Cinnamon (2.37 oz.)
- 1 Smart Living Bamboo Skewers (9.75 inches)
- 1 Strawberries (16 oz. package)
- 1 Clementines/Mandarins (2 or 3 lb. bag)
- 1 Stop & Shop Large Pineapple Chunks (1 lb. container)
- 1 Seedless Green Grapes (1 lb. package)
- 1 Seedless Red Grapes (1 lb. package)
- 1 Blueberries (1 pint)
- 1 Blackberries (6 oz. package)

## Food items:

- 1 cup low-fat vanilla Greek yogurt
- 1/8 cup honey
- 1/2 tsp. ground cinnamon
- 10 wooden skewers
- 5 whole strawberries, cut in half
- 10 mandarin orange segments
- 10 pineapple chunks
- 10 green grapes
- 10 fresh blueberries
- 10 blackberries
- 10 red grapes

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 18 bowls
- 10 wooden skewers
- 1 plastic spoon
- Measuring cups
- Measuring spoons

# Lesson 3: EAT THE RAINBOW

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** *"Do you have a favorite superhero? What is that superhero's power?"*
  - Allow a few participants to answer.
- **Say** *"When it comes to fruits and vegetables, we can think of colors as 'superpowers'! Each color can help our bodies in different ways. Some colors help our brains, while others may help our hearts. Because of this, we want to try and 'Eat the Rainbow' every day so that our bodies can have all of these helpful colors."*

### Nutrition lesson (10 minutes)

- **Say** *"Red fruits and veggies are good for our heart."*
- **Ask** *"What are some of your favorite red fruits and vegetables?"*
  - Allow a few participants to answer. You can share the following examples if the participants have a tough time thinking of answers: apples, cherries, grapes, pomegranates, raspberries, tomatoes, watermelon, strawberries, beets and red onions.
- **Say** *"Blue and purple fruits and veggies are good for our brain."*
- **Ask** *"What are some of your favorite blue or purple fruits and vegetables?"*
  - Allow a few participants to answer. You can share the following examples if the participants have a tough time thinking of answers: blackberries, blueberries, plums, purple figs, raisins and eggplant.
- **Say** *"Yellow and orange fruits and vegetables are good for the eyes and help keep you from getting sick."*
- **Ask** *"What are some of your favorite yellow and orange fruits and vegetables?"*
  - Allow a few participants to answer. You can share the following examples if the participants have a tough time thinking of answers: cantaloupe, pineapples, oranges, papaya, mango, butternut squash, sweet potatoes, yellow summer squash, carrots and pumpkin.
- **Say** *"Green fruits and veggies are good for our bones and teeth."*
- **Ask** *"What are some of your favorite green fruits and vegetables?"*
  - Allow a few participants to answer. You can share the following examples if the participants have a tough time thinking of answers: avocado, honeydew, pears, artichokes, lettuce, asparagus, broccoli, green beans, brussels sprouts, green cabbage, celery and zucchini.
- **Say** *"Now, we're going to play a guessing game. Some fruits and vegetables come in more than one color. Can anyone name a fruit or vegetables that comes in different colors?"*
  - Allow a few participants to share their guesses. Please see below for a list of example answers. You do not need to prompt the participants to provide all the examples below. This list just provides you with examples to share if the participants have a tough time thinking of answers.
    - Carrots: we usually think of orange carrots, but they can also be yellow and purple
    - Beets: we usually think of red/purple beets, but they can also be golden yellow
    - Asparagus: we usually think of green asparagus, but you can also find purple or white asparagus
    - Tomatoes: we usually think of red tomatoes, but you can also find orange, yellow, green and even blue/purple-y tomatoes!

# Lesson 3: EAT THE RAINBOW

## Lesson outline:

### Nutrition lesson (10 minutes)

- Potatoes: we usually think of white potatoes, but you can also find orange-colored potatoes (sweet potatoes) and even purple and blue-colored ones!
- Kiwi: we usually think of green kiwis, but it also can be a golden yellow color
- Cauliflower: we usually think of cauliflower as being white, but it can also be green, purple and orange
- Apples: green, yellow and red!
- Grapes: green and red/purple!
- Cabbage: green and red/purple!

### Cooking lesson (15 minutes)

- **Say** *"We're going to be making a snack that has 6 different "superpowers". We'll be using red (strawberry and red grapes), orange (clementine), yellow (pineapple), green (green grapes), blue (blueberry) and purple (blackberry) to make a tasty fruit skewer."*
- Provide participants with recipe items.
  - o Place the bowls of strawberries, red grapes, clementine segments, pineapple chunks, green grapes, blueberries and blackberries on the tables.
  - o Provide each student with a paper plate and one wooden skewer.
- **Say** *"Place one of each different colored fruit onto your skewer to build a rainbow! I am also going to give you all some yogurt dip that you can dip your fruit skewer into."*
- While the participants are building their rainbow skewers, mix the yogurt, honey and cinnamon together using a paper bowl and plastic spoon. Walk around the table and place a dollop of the mixture on each participant's plate.
- Allow participants to enjoy their creation for the remainder of the class.

## Recipe: Rainbow Fruit Skewers

Serves: 24



### Ingredients:

- 2 cups low-fat vanilla Greek yogurt
- ¼ cup honey
- 1 tsp. ground cinnamon
- 24 wooden skewers
- 12 whole strawberries, cut in half
- 12 orange segments cut in half (or 24 mandarin orange segments)
- 24 pineapple chunks
- 12 green grapes
- 24 fresh blueberries
- 24 blackberries
- 24 purple grapes
- 24 red grapes

### Steps:

1. In a small bowl, combine yogurt, honey and ground cinnamon until well blended. Cover and refrigerate until ready to serve.
2. Pierce a piece of each kind of fruit onto each skewer in this order: strawberry, orange, pineapple, green grape, blueberry, blackberry and purple grape.
3. Lay fruit skewers on a platter and serve with yogurt dip.

## Recipe: Rainbow Fruit Skewers

Serves: 24



### Ingredients:

- 2 cups low-fat vanilla Greek yogurt
- ¼ cup honey
- 1 tsp. ground cinnamon
- 24 wooden skewers
- 12 whole strawberries, cut in half
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- 24 pineapple chunks
- 12 green grapes
- 24 fresh blueberries
- 24 blackberries
- 24 purple grapes
- 24 red grapes

### Steps:

1. In a small bowl, combine yogurt, honey and ground cinnamon until well blended. Cover and refrigerate until ready to serve.
2. Pierce a piece of each kind of fruit onto each skewer in this order: strawberry, orange, pineapple, green grape, blueberry, blackberry and purple grape.
3. Lay fruit skewers on a platter and serve with yogurt dip.

# Lesson 4: A WORLD OF FLAVOR

## Lesson objective:

Participants will be able to use at least 2 senses to describe a new fruit or vegetable.

## Recipe:

Apple Donuts

## Makes: 10 servings

## Allergy note:

This recipe contains the following allergens: **milk and soy.**

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 8 paper bowls
- 10 paper plates
- 10 plastic forks
- 10 plastic knives
- Apple corer or melon baller
- 10 writing utensils
- 10 copies of [Kids Food Critic](#) worksheet

## Pre-class instructor preparation:

- Cut kiwi into small slices. Place into a paper bowl.
- Cut mango spears into smaller chunks. Place into a paper bowl.
- Drain and rinse baby corn. Place into a paper bowl.
- Wash blueberries. Place in a paper bowl.
- Place raisins into a paper bowl.
- Place crispy rice cereal into a paper bowl.
- Place chocolate chips into a paper bowl.
- Place sunflower seed butter into a bowl.
- Slice and discard the top and bottom of each apple. Then, cut the apple into ½ inch thick rounds. Lastly, cut out the core using either an apple corer or a melon baller. The apple slices should now look like “donuts.”
  - o Note: apples brown quickly, so it would be best to either do this right before class starts or to cut the apples during the beginning of the cooking lesson portion of this class.
- Print [Kids Food Critic](#) paper for each participant.
- Print copies of the recipe card for the participants to take home.
- Immediately before starting the class, set up your room as follows:
  - o Place the bowls of mango, kiwi and baby corn, as well as 10 empty paper plates and plastic forks at the front of the room.

## Grocery shopping list:

- 1 Pre-cut Mango Spears (24 oz. package)
- 2 Kiwi
- 1 Native Forest Baby Corn Pieces (14 oz. can)
- 5 Apples
- 1 Nature’s Promise Sunflower Seed Butter
- 1 Blueberries (1 pint)
- 1 Stop & Shop California Seedless Raisins (20 oz. package)
- 1 Stop & Shop Crispy Rice Cereal
- 1 Stop & Shop Mini Semi-Sweet Chocolate Morsels

## Food items:

- 10 mango chunks
- 10 kiwi slices
- 10 pieces of baby corn
- 5 apples
- 1 ¼ cup sunflower seed butter
- 1 ¼ cups blueberries
- 2/3 cup raisins
- 1 ¼ cups crispy rice cereal
- 2/3 cups mini chocolate chips

# Lesson 4: A WORLD OF FLAVOR

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** *"What is your favorite fruit or vegetable?"*
  - Allow a few participants to share their answers.
- **Say** *"There are so many different types of fruits and vegetables in the world. This means that there is a whole world of flavor to explore—from sweet to sour and salty to tangy! Today, we will be trying a few options during a taste test. There are a few options to choose from—mango, baby corn and kiwi."*

### Nutrition lesson (10 minutes)

- Provide each participant with the **Kids Food Critic Activity** and writing utensil.
- **Say** *"I'm going to have you all come up to the taste test table and select the food that you would like to try. Once you have your item, you can go back to your table and eat it. As you taste test the food, you will fill out this form and rate the food on how it looks, smells, tastes and feels."*
- As each participant comes up to the taste test table, provide them with one paper plate and plastic fork. Invite them to select one of the foods and bring it back to their table. Allow about 5 minutes for the participants to finish tasting their food and completing the form.
- **Ask** *"Now we're going to share what we rated each food. Who would like to share what food they tried, what they thought of it and what their final rating was?"*
  - Allow a few participants to share their thoughts.
- **Say** *"We just talked about how each food has its own unique flavor and texture. We are now going to make a recipe that uses ingredients that have many different tastes and textures—from crunchy to soft and sweet to savory."*

### Cooking lesson (15 minutes)

- **Say** *"The recipe we are making is Apple Donuts! You will be able to choose from a few different toppings to make your own creative combination of different flavors and textures. The sunflower butter is like the donut frosting so you will start by spreading it on the apple slices. Then, you can sprinkle whatever toppings you like right on top of the sunflower butter."*
- Provide participants with recipe items.
  - At the table, place the bowls of blueberries, raisins, mini chocolate chips, crispy rice cereal and sunflower seed butter.
  - Participants can use the same plate from their taste test. Provide them with a couple apple slices and a plastic knife.
- Allow participants to enjoy their finished creation for the remainder of class time.

## Recipe: Apple Donuts

Serves: 4



### Ingredients:

- 2 crisp apples
- ½ cup nut butter, strawberry or regular cream cheese and/or chocolate-hazelnut spread
- Assorted toppings (fresh fruit, raisins, dried cranberries, granola, mini chocolate chips, coconut flakes, etc.)

### Steps:

1. Slice the top and bottom off each apple and discard. Slice the apples into ½-inch circles.
2. Using a melon baller or small ring cutter, cut out core from each apple ring to create a hole in the center, like a donut shape.
3. Spread the nut butter, cream cheese or chocolate-hazelnut spread on each ring, as desired.
4. Top with the fruit, sprinkles, granola, chocolate chips and/or coconut flakes, as desired.

## Recipe: Apple Donuts

Serves: 4



### Ingredients:

- 2 crisp apples
- ½ cup nut butter, strawberry or regular cream cheese and/or chocolate-hazelnut spread
- Assorted toppings (fresh fruit, raisins, dried cranberries, granola, mini chocolate chips, coconut flakes, etc.)

### Steps:

1. Slice the top and bottom off each apple and discard. Slice the apples into ½-inch circles.
2. Using a melon baller or small ring cutter, cut out core from each apple ring to create a hole in the center, like a donut shape.
3. Spread the nut butter, cream cheese or chocolate-hazelnut spread on each ring, as desired.
4. Top with the fruit, sprinkles, granola, chocolate chips and/or coconut flakes, as desired.

# Lesson 5: HEALTHY HYDRATION

## Lesson objective:

Participants will be able to state at least one reason why water intake is important.

## Recipe:

Watermelon Pizza

## Makes: 10 servings

## Allergy note:

This recipe contains the following allergens: **milk.**

## Pre-class instructor preparation:

- Cut watermelon into 10 slices. To do this, first cut the watermelon in half down the middle. Then, from each half, cut an even round slice about 2-3 inches thick. Cut each round into 6-8 equal slices with a large knife or pizza slicer.
- Wash and slice strawberries. Place into a paper bowl.
- Wash blueberries. Place into a paper bowl.
- Portion yogurt into a paper bowl.
- Label 10 cups with "1" and pour Nature's Promise Unsweetened Cucumber Water into them
- Label 10 cups with "2" and pour Nature's Promise Unsweetened Lemon Water into them
- Label 10 cups with "3" and pour Nature's Promise Unsweetened Watermelon Water into them
- Label 10 cups "4" and pour Nature's Promise Unsweetened Peach Mango Water into them
- Immediately before starting the class, set up your room as follows:
  - Place one of each numbered cups with flavored water at each participant's seat
- Print copies of the recipe card for the participants to take home

## Grocery shopping list:

- 2 Nature's Promise Unsweetened Cucumber Water (16 oz.)
- 2 Nature's Promise Unsweetened Lemon Water (16 oz.)
- 2 Nature's Promise Unsweetened Watermelon Water (16 oz.)
- 2 Nature's Promise Unsweetened Peach Mango Water (16 oz.)
- 1 Guaranteed Value Cold Beverage Plastic Cups (7 oz. 100 ct.)
- 1 Medium/Large Fresh Watermelon
- 1 Blueberries (1 pint)
- 1 Strawberries (16 oz. package)
- 1 Stop & Shop Reduced Fat Less Sugar Vanilla Greek Yogurt (32 oz.)

## Food items:

- 30 oz. Unsweetened Cucumber Water
- 30 oz. Unsweetened Lemon Water
- 30 oz. Unsweetened Watermelon Water
- 30 oz. Unsweetened Peach Mango Water
- 10 watermelon slices
- 1 ¼ cup Blueberries
- 1 ¼ cup Strawberries
- 1 ¼ cup Vanilla Greek Yogurt

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 1 Sharpie marker
- 40 cups
- 3 paper bowls
- 10 plastic spoons
- 10 paper plates
- 10 pieces of paper
- 10 writing utensils

# Lesson 5: HEALTHY HYDRATION

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** "What is an example of a healthy beverage? Why do you think that is a "healthy" option?"
  - Allow a few participants to share their guesses.
  - Answers include water, milk, seltzer and unsweetened waters.
- **Say** "Drinks that taste very sweet, like soda and lemonade, can fill our tummies up quickly. When this happens, we might not have room to eat helpful foods like fruits and vegetables. During the day, we want to choose healthier options, such as water and milk, most often."

### Nutrition lesson (10 minutes)

- **Say** "Water is good for our bodies for many reasons. More than half of our body is made of water. It helps us grow, just like plants, it helps our skin stay soft, it helps our body move and keeps it at the right temperature. When we don't drink enough water, we might feel tired or get a headache."
- **Ask** "What do you think water tastes like?"
  - Allow a few participants to answer until someone says something along the lines of "it tastes like nothing, no flavor", etc.
- **Say** "Exactly! Water on its own doesn't have much of a flavor, but there are some fun and healthy ways that we can add flavor to water."
- **Ask** "Has anyone ever tried infused water before? This is water that has fruits, vegetables and/or herbs mixed in."
- **Say** "Well if you've never tried it before, you will have the chance to try it today! We are going to play a guessing game called Guess that Flavor. We will be trying a few flavors of unsweetened, flavored water and you will have to try to guess what fruit or vegetable flavor each one is."
  - Ensure each participant has mini cups numbered 1-4 in front of them.
  - Provide participants with a piece of paper and a writing utensil.
- **Say** "Take a sip of cup #1. On your sheet of paper, write your guess of what flavor you think it is."
  - Repeat this process with cups 2-4.
- Once participants have tasted all options, allow them to share their answers for each number. Then, reveal the true flavor.
- **Ask** "Now that we've tasted a few different flavors, I want you to use your imagination to create your own infused water flavor. What fruits or vegetables would you put into your creation?"
  - Allow a few participants to share their answers.

# Lesson 5: HEALTHY HYDRATION

## Lesson outline:

### Cooking lesson (15 minutes)

- **Say** *"In addition to drinking water, we can also stay hydrated by the food we eat! Fruits and vegetables all contain water and can help us stay hydrated. Today, we are going to be making watermelon pizza. Did you know watermelon is over 90% water? Eating watermelon is a tasty way to stay hydrated."*
- Provide each participant with watermelon pizza supplies.
  - o Place the bowl of yogurt, bowl with blueberries and bowl with strawberries on the table.
  - o Provide each participant with a plastic spoon and paper plate.
- **Say** *"Our watermelon slice is acting like our pizza crust. Using your spoon, spread the yogurt on top of your watermelon slice. This is like the sauce on a pizza! Then, sprinkle the blueberries and strawberries on top- these are like our pizza toppings!"*
- Allow participants to enjoy their creation for the remainder of class.

## Recipe: Watermelon Pizza

Serves: 8



### Ingredients:

- 1 watermelon
- 1 cup vanilla Greek yogurt
- ½ cup strawberries, sliced
- ½ cup blueberries
- Honey (for drizzling)

### Steps:

1. Using a sharp knife, cut the watermelon in half right down the middle. Then, from one half, cut an even round slice about 2-3 inches thick.
2. Place the round slice down on a flat surface. Use a spoon or spatula to spread an even layer of yogurt around the surface of the watermelon, leaving space right before the rind.
3. Layer your fresh fruit on top.
4. Drizzle with honey, if desired.
5. Cut into 6-8 equal slices with a large knife or pizza slicer.

## Recipe: Watermelon Pizza

Serves: 8



### Ingredients:

- 1 watermelon
- 1 cup vanilla Greek yogurt
- ½ cup strawberries, sliced
- ½ cup blueberries
- Honey (for drizzling)

### Steps:

1. Using a sharp knife, cut the watermelon in half right down the middle. Then, from one half, cut an even round slice about 2-3 inches thick.
2. Place the round slice down on a flat surface. Use a spoon or spatula to spread an even layer of yogurt around the surface of the watermelon, leaving space right before the rind.
3. Layer your fresh fruit on top.
4. Drizzle with honey, if desired.
5. Cut into 6-8 equal slices with a large knife or pizza slicer.

# Curriculum **OVERVIEW**

## **Suggested age group:**

10-12 years old

## **Estimated time:**

30 minutes per lesson

### **Lesson topics:**

#### **Lesson 1: What are Nutrients?**

- **Objective:** Participants will be able to identify at least two types of nutrients found in food.
- **Recipe:** Texas Caviar

#### **Lesson 2: Wholesome Whole Grains**

- **Objective:** Participants will be able to identify at least one difference between whole grains and refined grains.
- **Recipe:** Whole Wheat Roll Ups

#### **Lesson 3: Super Snacks**

- **Objective:** Participants will be able to identify the components of a balanced snack.
- **Recipe:** Banana Sushi

#### **Lesson 4: Sugar Shockers**

- **Objective:** Participants will be able to explain why added sugar intake should be limited.
- **Recipe:** Stuffed Dates

#### **Lesson 5: Fueling for Activity**

- **Objective:** Participants will be able to describe why physical activity is important for health.
- **Recipe:** Yogurt Parfait

## **Lesson Notes:**

- All recipes are created for 10 participants. Adapt recipe ingredient amounts based on the number of participants in your group. For example, if you have 20 participants, multiply the recipe ingredients by 2. If you have 5 participants, divide the recipe ingredients by 2. Adjust the equipment/material amounts and grocery shopping list accordingly.
- If you cannot find the specific brand of products mentioned in the grocery shopping list, you can substitute a similar item. For example, if you cannot find "Taste of Inspirations Original Hummus," substitute for another brand of hummus.

# Lesson 1: WHAT ARE NUTRIENTS?

## Lesson objective:

Participants will be able to identify at least 2 types of nutrients found in food.

## Recipe:

Texas Caviar

## Makes: 10 servings

## Pre-class instructor preparation:

- Drain and rinse black beans, black-eyed peas and canned corn. Place each item into their own paper bowls.
- Wash and chop the bell peppers and cilantro. Place into their own paper bowls.
- Finely chop the red onion. Place into a paper bowl.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 1 can Stop & Shop Black-Eyed Peas (15.5 oz.)
- 1 can Stop & Shop Low Sodium Black Beans (15.5 oz.)
- 1 can Stop & Shop No Salt Added Whole Kernel Sweet Corn (15.3 oz.)
- 1 can Stop & Shop No Salt Added Whole Kernel Sweet Corn (8.5 oz.)
- 2 small green and/or red bell peppers
- 1 small red onion
- 1 bottle Stop & Shop Red Wine Vinegar (16 oz.)
- 1 bottle Stop & Shop Extra Virgin Olive Oil (8.5 oz.)
- 1 Nature's Promise Minced Garlic (4.5 oz. jar)
- 1 bunch fresh cilantro
- 2 packages (9 oz.) Nature's Promise® Organic Yellow Corn Tortilla Chips (optional)

## Food items:

- 1 can black-eyed peas (15.5 oz.)
- 1 can black beans (15.5 oz.)
- 2 cups canned corn
- 2 small green and/or red bell peppers
- ½ small red onion, finely chopped
- ½ cup red wine vinegar
- ½ cup olive oil
- 1 tsp. minced garlic
- ¼ cup finely chopped fresh cilantro
- 2 packages (9 oz.) corn tortilla chips (optional)

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 17 paper bowls
- 1 large mixing bowl
- 1 large spoon
- Measuring cups
- Measuring spoons

# Lesson 1: WHAT ARE NUTRIENTS?

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** "What do you think it means to be healthy?"
  - o Allow a few participants to share their answers.
- **Ask** "Can you name some examples of healthy foods?"
  - o If available, you can invite participants to come up and write the food example on a whiteboard/chalkboard. Allow a few participants to share their answers.
- **Ask** "What do some of these foods have in common?"
  - o Probe for answers until a student has named a food group (answers include: fruits, vegetables, grains, dairy and protein). Use this to segue into an overview of the five food groups.
- **Say** "Yes! Some of these foods are {insert food group} and {insert food group} is one of the five food groups. Eating foods from each of the food groups daily helps keep our bodies healthy. It's important to eat foods from each group because different foods have different nutrients. What do you think a nutrient is?"
  - o Allow a few participants to answer.
- **Say** "Nutrients are things that help our bodies work. They help us grow and feel our best. Examples of nutrients are protein, fiber, fats, carbohydrates, vitamins and minerals. Have you heard of these things before? Today, we're going to talk more about the different food groups and what types of nutrients those foods provide."

### Nutrition lesson (10 minutes)

- **Ask** "We already named one food group. Can anyone name another one?"
  - o If possible, you can write them on a whiteboard/chalkboard. Continue asking for answers until all food groups have been said/written (fruits, vegetables, grains, protein and dairy).
- **Say** "Great, now that we know what the five food groups are, let's talk about why they are important. The first two food groups we'll talk about are fruits and vegetables. Fruits and vegetables contain nutrients called vitamins and minerals that help us grow, keep us healthy and feeling good and fight off sickness."
- **Ask** "Next, we'll talk about grains. Can you name some examples of grain foods?"
  - o Allow a few participants to share their answers.
- **Say** "Examples of grain foods include bread, tortillas, cereal, pasta, rice, crackers, pretzels and oatmeal. These foods contain a nutrient called carbohydrates. This nutrient gives us energy to move our bodies and they help our brain work. Whole grain foods, such as whole wheat pasta and whole wheat bread, are foods that contain another nutrient called fiber. Fiber foods help us feel fuller for longer. We're going to talk more about whole grains in our next lesson!"
- **Ask** "Next, we'll talk about dairy. Can anyone name a dairy food?"
  - o Allow a few participants to share their answers.
- **Say** "Examples of dairy foods are milk, cheese, yogurt and cottage cheese. Fortified soy milk can also be counted in this group. Dairy foods contain nutrients like protein and vitamins and minerals, such as vitamin D and calcium, that help build strong bones and teeth."
- **Ask** "Next, we'll talk about protein. Can anyone name a protein food?"
  - o Allow a few participants to share their answers.

# Lesson 1: WHAT ARE NUTRIENTS?

## Lesson outline:

### Nutrition lesson (10 minutes)

- **Say** "Examples of protein foods are meat, chicken, seafood, eggs, beans, lentils and tofu. Protein is a nutrient that our body uses to build muscles, skin, hair and more!"
- **Say** "One nutrient that we haven't talked about yet is fat. Fat is an important nutrient that helps keeps your skin healthy, helps your body absorb certain vitamins and helps your brain. Some fats provide more nutrients than others. Examples of healthier fat foods include avocado, olive oil and nuts."

### Cooking lesson (15 minutes)

- **Say** "We're going to make Texas Caviar, which is a salad that contains a bunch of different nutrients! This recipe contains:
  - o Beans, which will provide carbohydrates, protein and fiber
  - o Different colored vegetables, which will provide carbohydrates, fiber, vitamins and minerals
  - o Olive oil, which will provide healthy fats"
- At the front of the room, have a table set with the large mixing bowl, empty paper bowl, bowl with black beans, bowl with black-eyed peas, bowl with canned corn, bowl with chopped onion, bowl with chopped peppers, bowl with chopped cilantro, vinegar, olive oil, minced garlic container, measuring cups and measuring spoons.
  - o Note: Alternatively, you can set up two recipe stations and have half of the participants work at each one. If you have a group larger than 10 participants, you will likely need to set up multiple recipe stations so each participant has the opportunity to do a recipe step.
- **Ask** "Can I have one volunteer measure the corn and place into large mixing bowl?"
  - o Instruct the participant to use the measuring cups to measure 2 cups of corn.
- **Ask** "Can I have one volunteer add the red onion into the large mixing bowl?"
- **Ask** "Can I have one volunteer add the chopped peppers to the large mixing bowl?"
- **Ask** "Can I have one volunteer measure the cilantro and place into the large mixing bowl?"
  - o Instruct the participant to use the measuring cups to measure ¼ cup of the chopped cilantro.
- **Ask** "Can I have one volunteer measure the vinegar and place into the paper bowl?"
  - o Instruct the participant to use the measuring spoons to measure ½ cup of red wine vinegar.
- **Ask** "Can I have one volunteer measure the oil and place into the paper bowl?"
  - o Instruct the participant to use the measuring spoons to measure ½ cup of olive oil.
- **Ask** "Can I have one volunteer measure the garlic and place into the paper bowl?"
  - o Instruct the participant to use the measuring spoons to measure 1 teaspoon of minced garlic.
- **Ask** "Can I have one volunteer pour the dressing into the large mixing bowl and give our salad a good mix?"
- Portion the Texas caviar into a paper bowl for each participant. Pair with tortilla chips.
- Allow participants to enjoy the recipe for the remainder of class.

## Recipe: Texas Caviar

Serves: 8



### Ingredients:

- 1 can (15.5 oz.) black-eyed peas, drained and rinsed
- 1 can (15.5 oz.) black beans, drained and rinsed
- 2 cups corn (can use fresh, thawed from frozen or canned)
- 2 small green and/or red bell peppers, seeded and finely chopped
- ½ small red onion, finely chopped
- ½ cup red wine vinegar
- ½ cup olive oil
- 1 medium clove garlic, finely chopped
- ¼ cup finely chopped fresh cilantro
- 1 package (9 oz.) Nature's Promise® Organic Yellow Corn Tortilla Chips (optional)

### Steps:

1. In a large bowl, combine the black-eyed peas, black beans, corn, bell peppers, red onion and cilantro. Set aside.
2. In a small bowl, mix the vinegar, oil and garlic together.
3. Pour dressing over bean mixture and stir to combine.
4. Serve as a side dish or with the tortilla chips for scooping.

## Recipe: Texas Caviar

Serves: 8



### Ingredients:

- 1 can (15.5 oz.) black-eyed peas, drained and rinsed
- 1 can (15.5 oz.) black beans, drained and rinsed
- 2 cups corn (can use fresh, thawed from frozen or canned)
- 2 small green and/or red bell peppers, seeded and finely chopped
- ½ small red onion, finely chopped
- ½ cup red wine vinegar
- ½ cup olive oil
- 1 medium clove garlic, finely chopped
- ¼ cup finely chopped fresh cilantro
- 1 package (9 oz.) Nature's Promise® Organic Yellow Corn Tortilla Chips (optional)

### Steps:

1. In a large bowl, combine the black-eyed peas, black beans, corn, bell peppers, red onion and cilantro. Set aside.
2. In a small bowl, mix the vinegar, oil and garlic together.
3. Pour dressing over bean mixture and stir to combine.
4. Serve as a side dish or with the tortilla chips for scooping.

# Lesson 2: WHOLESOME WHOLE GRAINS

## Lesson objective:

Participants will be able to identify at least one difference between whole grains and refined grains.

## Recipe:

Rainbow Roll Ups

**Makes: 10 servings**

## Allergy note:

This recipe contains the following allergens:  
**wheat, milk, and sesame.**

## Pre-class instructor preparation:

- Wash and slice bell peppers. Place into a paper bowl.
- Portion shredded carrots into a paper bowl.
- Portion shredded cabbage into a paper bowl.
- Portion baby spinach into a paper bowl.
- Portion shredded cheese into a paper bowl.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 2 Nature's Promise Whole Wheat Tortillas (8 ct.)
- 2 Nature's Promise Original Hummus (8 oz.)
- 4 Bell Peppers
- 1 Stop & Shop Shredded Red Cabbage (8 oz. package)
- 1 Stop & Shop Matchstix Shredded Carrots (10 oz. package)
- 1 Stop & Shop Salad Basics Baby Spinach (6 oz. package)
- 1 Stop & Shop Shredded Mild Cheddar Cheese (8 oz. package)

## Food items:

- 10 whole wheat tortillas
- 2 cups hummus
- 2 ½ cups sliced bell peppers
- 8 oz. shredded red cabbage
- 10 oz. shredded carrots
- 6 oz. baby spinach
- 1 ¼ cup shredded cheese

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 10 paper plates
- 10 plastic knives
- 5 paper bowls

# Lesson 2: WHOLESOME WHOLE GRAINS

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Say** "Last class, we talked about the different food groups. This week, we are going to take a closer look at grains."
- **Ask** "Does anyone remember examples of grain foods? Can you name one?"
  - o Allow a few participants to answer
- **Say** "Some grain foods contain more helpful nutrients than others. These foods are called whole grains. We're going to talk about what makes whole grains so great!"

### Nutrition lesson (10 minutes)

- **Say** "Let's start by talking about how grain foods are made. Grains, such as wheat, rice and oats grow out in nature and have three parts—the bran, the germ and the endosperm. Each part has different nutrients. The bran contains fiber and vitamins, the germ contains vitamins, minerals and healthy fats and the endosperm contains carbohydrates."
  - o If you have a digital screen available, you can pull up a diagram of a whole grain:  
<https://wholegrainscouncil.org/what-whole-grain>.
- **Say** "Some grain foods, called refined grains, are made using only one part of the grain, the endosperm. Because refined grains do not contain the bran or germ, the food will not contain the helpful nutrients found there, such as fiber, vitamins and minerals. Examples of refined grains include white bread, white pasta and white flour tortillas."
- **Say** "On the other hand, whole grain foods are made using all three parts of the grain. Because these foods contain all three parts, you will get all the nutrients found in the grain. This means that whole grain food will provide your body with more helpful fuel than refined grains. Examples of whole grain foods include whole wheat bread, whole wheat pasta, brown rice, quinoa and oats."
- **Ask** "Has anyone ever tried whole wheat bread or whole wheat pasta before. If so, how did you think it tasted? Did you like it?"
  - o If a participant said they don't like the taste of these foods, **Say** "Our tastebuds can change over time so you may like it in the future if you keep trying it."

# Lesson 2: WHOLESOME WHOLE GRAINS

## Lesson outline:

### Cooking lesson (15 minutes)

- **Say** *"We are going to make a recipe using a whole grain food—whole wheat tortillas! This recipe is called Rainbow Roll Ups. We're going to stuff these whole wheat tortillas with a variety of rainbow fillings."*
- Provide each participant with a paper plate, plastic knife and whole wheat tortilla.
- At the table, place the container of hummus, bowl of shredded red cabbage, bowl of sliced red peppers, bowl of shredded carrots, bowl of baby spinach and bowl of shredded cheese.
- **Say** *"Start by smearing the hummus on your tortilla. Then, fill it with as many colorful toppings as you'd like. Once you've added everything you want, roll up the tortilla. Lastly, cut it into 2-inch pieces and enjoy!"*
- Allow participants to enjoy creation for the remainder of class.

## Recipe: Rainbow Roll Ups

Serves: 10



### Ingredients:

- 10 whole wheat tortillas
- 2 cups hummus
- 2 ½ cups sliced bell peppers
- 8 oz. shredded red cabbage
- 10 oz. shredded carrots
- 6 oz. baby spinach
- 1 ¼ cup shredded cheese

### Steps:

1. Wrap the tortillas in a damp paper towel and microwave 10–20 sec. on high, until warm. Onto each tortilla, spread 3 tbsp hummus.
2. Divide the fillings (bell pepper strips, shredded red cabbage, shredded carrots, baby spinach and shredded cheese) among the wraps.
3. Tightly roll tortillas and press down to seal. Cut into 2-inch pieces and serve.

## Recipe: Rainbow Roll Ups

Serves: 10



### Ingredients:

- 10 whole wheat tortillas
- 2 cups hummus
- 2 ½ cups sliced bell peppers
- 8 oz. shredded red cabbage
- 10 oz. shredded carrots
- 6 oz. baby spinach
- 1 ¼ cup shredded cheese

### Steps:

1. Wrap the tortillas in a damp paper towel and microwave 10–20 sec. on high, until warm. Onto each tortilla, spread 3 tbsp hummus.
2. Divide the fillings (bell pepper strips, shredded red cabbage, shredded carrots, baby spinach and shredded cheese) among the wraps.
3. Tightly roll tortillas and press down to seal. Cut into 2-inch pieces and serve.

# Lesson 3: SUPER SNACKS

## Lesson objective:

Participants will be able to identify the components of a balanced snack.

## Recipe:

Banana Sushi

**Makes: 10 servings**

## Allergy note:

This recipe contains the following allergens:  
**wheat, milk, tree nuts (coconut), soy.**

## Pre-class instructor preparation:

- Portion chocolate chips, crispy rice cereal and shredded coconut into their own paper bowls.
- Wash and chop strawberries. Place into a paper bowl.
- Portion sunflower seed butter into a bowl.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 2 Nature's Promise Whole Wheat Tortillas (8 ct.)
- 10 Small Bananas
- 1 Nature's Promise Sunflower Seed Butter
- 1 bag Stop & Shop Mini Semi-Sweet Chocolate Morsels (12 oz.)
- 1 box Stop & Shop Crispy Rice Cereal (12 oz.)
- 1 package Fresh Strawberries (16 oz.)
- 1 package Nature's Promise Unsweetened Flake Coconut (8 oz.)

## Food items:

- 10 whole wheat tortillas
- 10 small bananas
- 1 ¼ cup sunflower seed butter
- 1 ¼ cup mini chocolate chips
- 1 ¼ cup crispy rice cereal
- 1 ¼ cup chopped strawberries
- 1 ¼ cup shredded coconut

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 10 paper plates
- 10 plastic knives
- 5 paper bowls
- 4 plastic spoons

# Lesson 3: SUPER SNACKS

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** "What is your favorite snack?"
- **Ask** "Why do you eat snacks?"
  - o Allow a few participants to answer until someone has said something along the lines of "for energy, because I'm hungry," etc. Use this to segue into an overview of snacks.
- **Say** "Yes! Snacks can provide us with fuel throughout the day. This fuel can help us with many things—from giving us energy to play with our friends to doing our homework. Today, we're going to talk about how we can build "super snacks" that give our bodies the fuel they need."

### Nutrition lesson (10 minutes)

- **Say** "Some snacks can provide us with more fuel than others. A "super snack" is one that contains at least 2 different food groups. For example, an apple (fruit) with a cheese stick (dairy), or celery sticks (vegetable) with peanut butter (protein)"
- **Ask** "We talked about the food groups in our first nutrition lesson. Does anybody remember them? Can you name a food group along with what it does for our body?"
  - o Allow a few participants to share their guesses. Answers include:
    - Fruits and vegetables: contain vitamins and minerals which help us grow, keep us healthy and feeling good and fight off sickness.
    - Grains: give us energy to move our bodies and they help our brain work.
    - Dairy foods: help build strong bones and teeth.
    - Protein: build muscles, skin, hair and more!
- **Say** "Let's keep those food groups in mind as we play the "Make it Super" game. I'm going to say the name of a snack food and I want you to call out a food from a different food group that it could be paired with to make a "super snack."
  - o Apple
    - Example answers include: peanut butter, yogurt, cheese stick
  - o Crackers
    - Example answers include: cheese, deli meat, peanut butter, tuna salad, egg salad
  - o Yogurt
    - Example answers include: fruit, granola, nuts/seeds
  - o Pretzels
    - Example answers include: peanut butter, yogurt, cheese stick
- **Say** "Now let's think back to some of your favorite snacks that you shared earlier. Does it have at least 2 food groups? If not, can you think of something you can add to it to make it "super?"
  - o Allow a few participants to share their answers.

# Lesson 3: SUPER SNACKS

## Lesson outline:

### Cooking lesson (15 minutes)

- **Say** *"We are now going to make a super snack recipe called Banana Sushi that contains three food groups. We will be using whole wheat tortillas for the grain, sunflower seed butter for the protein and bananas for the fruit!"*
- Provide each participant with a paper plate, plastic knife and one whole wheat tortilla. Place the bowls of strawberries, crispy rice cereal, shredded coconut and mini chocolate chips and the container of sunflower seed butter at each table. Ensure each topping bowl has a spoon.
- **Say** *"Using your plastic knife, spread some of the sunflower seed butter on one side of your tortilla. Place the banana on top and roll it up so that it looks like a sushi roll. Then, spread some sunflower seed butter on top of the roll. You can then sprinkle on some of the toppings we have. Afterwards, cut your roll into bite sized pieces and enjoy."*
- Allow participants to enjoy their finished creation for the remainder of class time.

## Recipe: Banana Sushi

Serves: 1



### Ingredients:

- 2 tbsp. smooth nut or seed butter (peanut butter, sunflower seed butter, etc.)
- 1 whole wheat tortilla
- 1 small banana
- Toppings, as desired (mini chocolate chips, shredded coconut, chopped strawberries, shredded coconut, etc.)

### Steps:

1. Spread 1 tbsp. nut/seed butter on the tortilla. Place the banana on top and roll the tortilla around the banana.
2. Spread the remaining 1 tbsp. nut butter on the top of the roll.
3. Place desired toppings atop this layer of nut butter so they stick to the top of the "sushi" roll.
4. Cut the "sushi roll" into 1-2 inch rounds.
5. Enjoy!

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Serves: 1



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3. Place desired toppings atop this layer of nut butter so they stick to the top of the "sushi" roll.
4. Cut the "sushi roll" into 1-2 inch rounds.
5. Enjoy!

# Lesson 4: SUGAR SHOCKERS

## Lesson objective:

Participants will be able to explain why added sugar intake should be limited.

## Recipe:

Stuffed dates

**Makes: 10 servings**

## Allergy note:

This recipe contains the following allergens:  
**milk and soy.**

## Equipment/materials needed :

- 10 paper plates
- 10 plastic knives
- 2 plastic spoons
- 2 paper bowl
- 7 plastic sandwich baggies
- 1 sharpie

## Pre-class instructor preparation:

- If you were unable to find pitted dates, you will need to slice each one open and remove the pit before the lesson.
- Place chocolate chips into a paper bowl.
- Portion sunflower seed butter into a paper bowl.
- Pre-measure sugar into plastic baggies. Using the sharpie marker, on the bottom backside of the bag, write the product name and added sugar amount for your own reference.
  - o One containing 6 teaspoons (daily added sugar recommendations from the American Academy of Pediatrics for kids ages 2 and older)
  - o One containing 7.5 teaspoons (strawberry pop tarts)
  - o One containing 9 teaspoons (Snapple iced tea)
  - o One containing no sugar (apple)
- Immediately before starting the class, set up your room as follows:
  - o Place the four plastic bags with pre-measured sugar, three empty plastic bags, cane sugar container and one plastic spoon at the front of the room.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 1 package Nature's Promise Organic Pitted Dates (9 oz.)
- 1 jar Sunflower Seed Butter (such as SunButter or Nature's Promise Sunflower Seed Butter)
- 1 bag Stop & Shop Mini Semi-Sweet Chocolate Morsels (12 oz.)
- 1 package Stop & Shop Pure Cane Sugar Granulated (2 lbs.)
- 1 box Stop & Shop Sandwich Bags Zipper Extra Large (30 ct.)

## Food items:

- 20 pitted dates
- 1/3 cup sunflower seed butter
- 1/3 cup mini chocolate chips
- 2 lbs. cane sugar

# Lesson 4: SUGAR SHOCKERS

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** "What is sugar?"
  - Allow a few participants to share what they think sugar is.
- **Say** "Sugar is something that makes food sweet. There are different types of sugar. Some sugar is naturally found in foods like fruits. Sugar can also be added to foods to make them taste extra sweet, like cookies, cakes and soda. These super-sweet foods can fill up our stomachs and leave us with no room for other foods, like fruits and vegetables. If we eat too much sugar, we might not be able to provide our body with enough fuel (energy) to concentrate and feel our best."

### Nutrition lesson (10 minutes)

- Hold up a plastic bag containing the daily added sugar intake recommendations (6 teaspoons).
- **Say** "This is about the limit of added sugar we should eat in a day, but some sweet foods can contain much more sugar than this. We're going to play a game called "Guess the Sugar". I am going say a food item and you will guess how much added sugar is in it. We're going to start with frosted strawberry pop tarts."
- At the front of the room, have three empty sandwich baggies, the container of cane sugar and a plastic spoon.
- Begin the game with guessing the added sugar content of frosted strawberry pop tarts. Select one student to come to the front of the room and guess how many teaspoons of added sugar are in it. As they make their guess, have them spoon their guessed number of teaspoons into the baggie from the cane sugar container. Once finished, have the student return to their seat.
- **Ask** "Do you all agree with this guess. Or do you think it is higher or lower?"
  - Allow a few participants to share their answers.
- **Say** "The answer is 7.5 teaspoons!"
  - Hold up the pre-measured bag so the participants can visually see how much sugar it is.
- Repeat this process with the following items:
  - Snapple iced tea (9 teaspoons)
  - Apple (0 teaspoons)
- **Say** "Apples taste sweet, but there is no sugar added to an apple—it is just naturally sweet when you pick it off the tree. The other foods we just talked about, pop tarts and iced tea, have sugar added to them to make them taste sweet. Just because some foods have sugar added to them, doesn't mean we can't ever eat them! We can eat them sometimes, not all the time, so our stomachs have room for other food that can give us the fuel it needs. Foods like fruits and vegetables have no added sugar and they provide our bodies with the fuel/(energy) we need, so we should eat these foods most often."

# Lesson 4: SUGAR SHOCKERS

## Lesson outline:

### Cooking lesson (15 minutes)

- **Say** *"Fruit is a naturally sweet treat that provides our bodies with helpful fuel."*
- **Ask** *"What is your favorite fruit?"*
  - Allow a few participants to answer.
- **Ask** *"Has anyone ever tried a date before?"*
  - Allow a few participants to answer.
- **Say** *"They are a dried fruit that some people say tastes a little bit like caramel. The recipe we are making today is a sweet treat using dates."*
- Provide participants with recipe items.
  - Provide each participant with a paper plate and plastic knife.
  - Place container of dates, bowl of sunflower seed butter and bowl of chocolate chips on their table. Place a plastic spoon in the chocolate chip bowl for serving.
- **Say** *"Take two dates, gently open them in half lengthwise, and fill with sunflower butter using your plastic knife. Then, you can sprinkle a few chocolate chips on top, so they stick to the sunflower butter."*
- Allow participants to enjoy their finished creation for the remainder of class time.

## Recipe: Chocolate & Sunflower Butter Stuffed Dates

Serves: 8



### Ingredients:

- 1 package Medjool Dates (10 oz.)
- ¼ cup sunflower seed butter (*can also use nut butter - peanut butter, almond butter, etc.*)
- ¼ cup mini chocolate chips

### Steps:

1. Using a spoon or dull knife, fill pitted dates with sunflower seed butter.
2. Sprinkle mini chocolate chips on top of stuffed dates. The chips should stick to the sunflower seed butter.
  - \* Alternatively, you can melt the chocolate chips in the microwave for a few seconds and drizzle the melted chocolate on top of the dates.
3. Enjoy!

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  - \* Alternatively, you can melt the chocolate chips in the microwave for a few seconds and drizzle the melted chocolate on top of the dates.
3. Enjoy!

# Lesson 5: FUELING FOR ACTIVITY

## Lesson objective:

Participants will be able to describe why physical activity is important for health.

## Recipe:

Yogurt Parfaits

**Makes: 10 servings**

## Allergy note:

This recipe contains the following allergens:  
**milk, wheat and soy.**

## Pre-class instructor preparation:

- Wash and chop strawberries. Place into a paper bowl.
- Wash blueberries. Place into a paper bowl.
- Place Toasted O's cereal into a paper bowl.
- Place bran flakes cereal into a paper bowl.
- Place pumpkin seeds into a paper bowl.
- Place mini chocolate chips into a paper bowl.
- Print copies of the recipe card for the participants to take home.

## Grocery shopping list:

- 2 containers Stop & Shop Plain Non Fat Greek Yogurt (32 oz.)
- 1 package Strawberries (16 oz.)
- 1 container Blueberries (pint)
- 1 box Nature's Promise Organic Toasted O's Cereal (10 oz.)
- 1 box Stop & Shop Bran Flakes Cereal (17.3 oz.)
- 1 package Stop & Shop Roasted & Salted Pepitas (8 oz.)
- 1 bag Stop & Shop Mini Semi-Sweet Chocolate Morsels (12 oz.)

## Food items:

- 7 ½ cups Plain Greek Yogurt
- 1 ¼ cup chopped strawberries
- 1 ¼ cup blueberries
- 1 ¼ cups Organic Toasted O's Cereal
- 1 ¼ cups Bran Flakes Cereal
- ⅔ cup pumpkin seeds (pepitas)
- ⅔ cup mini chocolate chips

## Equipment/materials needed :

- Large knife (for instructor prep)
- Cutting board (for instructor prep)
- 16 paper bowls
- 16 plastic spoons
- Measuring cups

# Lesson 5: FUELING FOR ACTIVITY

## Lesson outline:

### Lesson introduction (3-5 minutes)

- **Ask** *"What are some of your favorite activities? Do you like to play any sports?"*
  - o Allow a few participants to answer.
- **Ask** *"Why do you think it's important to move our bodies each day?"*
  - o Allow a few participants to answer.
- **Say** *"Moving our bodies helps our hearts stay healthy, builds strong bones and muscles and helps our brains. Try to get moving for at least one hour each day. To have the energy to play with our friends or play our favorite sports, we need to make sure we have the right fuel. To set ourselves up for success to have energy all day long, we need to start the day off strong with breakfast."*

### Nutrition lesson (10 minutes)

- **Ask** *"Do you like breakfast? What are some of your favorite breakfast foods?"*
  - o Allow a few participants to answer
- **Say** *"Some breakfasts can provide us with more fuel than others. A "super breakfast" is one that contains at least 3 different food groups."*
- **Ask** *"Can you name all five food groups?"*
  - o Allow participants to answer (answer: vegetables, fruits, protein, dairy and grains)
- **Say** *"Think back to some of your favorite breakfasts. Do they check the boxes of having at least three food groups? If not, would anyone like to share an example of how they could add something to make it "super"?"*
  - o Allow a few participants to share their answers.

# Lesson 5: FUELING FOR ACTIVITY

## Lesson outline:

### Cooking lesson (15 minutes)

- **Say** *"Now we're going to move into our recipe for the day. We are making yogurt parfaits. We will be adding toppings from different food groups to help make this a "super" breakfast. Yogurt parfaits are an easy breakfast option and they also are great for snack-time."*
- **Say** *"Yogurt is in the dairy group. For fruit, we are using strawberries and blueberries. For grains, we are using toasted O's cereal and bran flakes. And for protein, we are using pumpkin seeds. Yogurt also falls into the protein category because it contains protein. We'll also add in mini chocolate chips as a topping for a bit of sweetness."*
- **Ask** *"Have you ever tried Greek yogurt before? If so, what did you think of it?"*
  - o Allow a couple participants to answer.
- **Say** *"It has a thicker, creamier texture than plain yogurt and it contains more protein. We are going to be using Greek yogurt today."*
- Provide participants with recipe items.
  - o At each table, place a container of yogurt and the six bowls of toppings (strawberries, blueberries, toasted O's cereal, bran flakes cereal, pumpkin seeds, mini chocolate chips).
  - o Ensure the yogurt container has a  $\frac{3}{4}$  cup measuring cup and that each topping bowl has a plastic spoon so the participants can serve themselves.
  - o Provide each participant with a paper bowl and plastic spoon.
- **Say** *"To make the parfait, use the measuring cup and portion  $\frac{3}{4}$  cup of yogurt into your bowl. Then, you can add on whatever toppings you choose! If you want, you could also make a layered parfait, alternating between yogurt and toppings."*
- Allow participants to enjoy their creation for the remainder of class.

## Recipe: Make-Your-Own Yogurt Parfait

Serves: 4



### Ingredients:

- 3 cups Plain Greek Yogurt
- Desired toppings
  - Options include: diced strawberries, blueberries, pomegranate seeds, mini chocolate chips, toasted o's cereal, bran flakes, pumpkin seeds

### Steps:

1. Spoon yogurt into a bowl.
2. Layer on desired toppings.
3. Enjoy!

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Serves: 4



### Ingredients:

- 3 cups Plain Greek Yogurt
- Desired toppings
  - Options include: diced strawberries, blueberries, pomegranate seeds, mini chocolate chips, toasted o's cereal, bran flakes, pumpkin seeds

### Steps:

1. Spoon yogurt into a bowl.
2. Layer on desired toppings.
3. Enjoy!

HAPPY COOKING!

