



Recipe and Taste Test Packet

A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time

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About Food & Fun After School

2nd Edition

The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard School of Public Health Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Cooking with Children

This recipe packet will provide you with tips on preparing food with children, and fun, healthy, inexpensive recipes, as well as guidelines for including taste tests as part of your snack program.



Key Information for Leaders

Preparing and trying new foods with children is a great way to get them excited and interested in healthy foods. Children who help with meal or snack preparation are more likely to try their own creations! The following recipes are designed to complement the Food & Fun unit themes.

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

Level 1. No cooking required

Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)

Level 3. Full Kitchen (e.g. Basic plus stove).

Before selecting a recipe, consider your storage options, equipment, and shopping patterns. For instance, if you have limited refrigeration, it may be difficult to store fresh fruits or vegetables. You may want to buy pre-cut produce, or shop, chop and serve on the same day to avoid taking up precious storage space! Some recipes require equipment such as a blender, electric griddle or hotplate or stove. All supplies and equipment needs are listed for each recipe.

Let children do as much as possible! Programs that prepare snacks with children provide the children with wonderful experiences. All recipes are designed to involve children (measuring, mixing, etc), but adults may need to do some advance preparation, such as chopping vegetables. Children can be involved with slicing soft items with a dull knife or grating vegetables. Whenever you prepare food with children, whether it is a simple taste test or more involved recipe, be sure to keep safety and sanitation in mind. Always wash hands and work surfaces before you start. While recipes list specific ingredients, be flexible and creative! Most fruits can be part of the Fruit Kabob, just as different vegetables can be used for dipping. Purchase produce in season, and allow the children to choose what to add to their own creations!

You may also use the recipes or taste tests as a way to involve parents and families in developing healthy eating habits. Set out taste tests at a Family Fun Night or open house, or have samples along with copies of the recipes available during check-out times. Children will be proud of their new skills, and parents will be thrilled to discover healthy foods that their children like to eat.

Recipe Criteria

All recipes included in the Food and Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.



Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

Level 1. No cooking required

Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)

Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Recipes

Awesome Granola

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 72¢

Preparation time: 5 minutes

**Cook Time: 25-30 minutes in oven;
8 minutes in microwave**

Supplies:

Glass baking dish

Large bowl

Oven or microwave

Cookie sheet or aluminum foil

Ingredients:

6 cups oatmeal, uncooked

1 cup shredded or flaked coconut

2 cups chopped pecans, walnuts or peanuts (beware of any nut allergies!)

½ cup honey

½ cup (1 stick) of melted butter

1 Tbsp cinnamon

1 1/3 cups raisins

2 32oz tubs plain or vanilla low-fat yogurt

Berry Blast Fruit Shake

Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 45¢

Preparation Time: 20 minute

Supplies:

Blender

Measuring cups and spoons

Ingredients:

2 12oz packages of frozen berries (like strawberries, blueberries, and/or mixed berries)

2 12oz packages of other frozen mixed fruit (like cantaloupe, honeydew, grapes, peaches or bananas)

½ gallon of low-fat milk

4½ Tbsp vanilla extract (*optional*)

Directions:

1. In a blender, combine the 2 cups frozen berries, 1 cup frozen mixed fruit, 1½ cups low-fat milk, and 2 tsp vanilla extract.
2. Puree until thick and smooth. If the mixture is too thick, thin out with a more milk.
3. Pour into glasses and serve.
4. Repeat steps above until all ingredients are used (about 5 batches).

Bugs on a Log

Level 1: No cooking required

Price per serving: 33¢

Serving size: 2 logs

Preparation time: 10 minutes

Servings per recipe: about 24

Supplies:

Plastic knives for spreading

Sharp knife for cutting vegetables

Ingredients:

1 16oz package of celery hearts, each stalk cut in half

2 12oz tubs of cream cheese

½ cup raisins

Adult Preparation:

Wash and cut celery stalks in halves.

Directions:

1. Spread about 2 Tbsp of cream cheese on each piece of celery.
2. Top with a row of raisins.

Modifications:

Experiment and be creative with different types of “bugs”, “logs”, and spreads! Try raisins or golden raisins as “bugs”, carrot or jicama sticks as “logs”, and peanut butter or hummus as spreads- mix and match!

Burrito Bites

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>

Level 1: No cooking required

Serving size: 3 burrito bites

Servings per recipe: 20

Price per serving: 68¢

Preparation Time: 20 minutes

Supplies:

Plate

Sharp knife

Spoons for putting on toppings

Ingredients:

20 6-in corn tortillas

2 16oz cans of refried beans

1 large head of romaine lettuce

5 cups low fat shredded cheese

2 24oz bottles of salsa

Adult Preparation:

Chop and shred lettuce.

Slice burritos into three bite sized pieces before serving.

Directions:

1. Lay out a tortilla.
2. Take a spoonful of refried beans and spread on the tortilla. Spread the beans close to edges of the tortilla, so that when you roll your tortilla it stays together.
3. Sprinkle shredded lettuce over the refried beans.
4. Spoon on 2 Tbs of salsa.
5. Last, sprinkle on some cheese.
6. Now, roll up tortilla tightly and slice into 3 pieces.
7. Put the slices on a plate and enjoy!

Modification:

Heat in microwave for 30 seconds for a warm tasty treat.

Butterfly Bites

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 35¢

Serving size: 2 butterflies

Preparation Time: 7 minutes

Servings per recipe: approx 24

Supplies:

Knives for cutting and spreading

Ingredients:

1 16oz package of celery hearts

1 10oz bag of large twist pretzels

1 16oz jar of creamy peanut butter (trans fat free!). Beware of any peanut allergies! You can use 2 12oz tubs of cream cheese as a substitute.

1½ cups of raisins

Adult preparation:

Cut celery in half cross wise.

Directions:

1. Fill center of each celery stick with about 1½ Tbsp of peanut butter (or cream cheese). This is the body of the butterfly
2. Add two pretzels to form the butterfly's wings.
3. Use extra pretzel pieces for antenna and raisins for decoration.

Cinnamon Toast

Level 2: Basic

Price per serving: 11¢

Serving size: 1 slice of toast

Preparation time: 16 minutes

Servings per recipe: About 16 (or number of slices of bread in loaf)

Cooking time: 16 minutes

Supplies:

Toaster or conventional oven

Butter knife

Ingredients:

1 loaf of whole wheat bread (approx 16 slices per loaf)

1½ Tbsp butter

Cinnamon to taste (try other spices like nutmeg, clove or ginger!)

Directions:

1. Toast bread two slices at a time (or more if you have a larger toaster or oven)
2. Spread ¼ tsp of butter onto each slice of toasted bread so that it melts quickly
3. Sprinkle on cinnamon and other spices
4. Cut into triangles and serve!

Corn on the Cob

Level 2: Basic

Serving size: ½ ear of corn

Servings per recipe: 20

Price per serving: 53¢

Preparation Time: 5 minutes

Cooking Time: See “Cooking Timetable”, plus 5 minutes cooling time per batch

Supplies:

- Microwave
- Sharp knife
- Paper towel
- Foil
- Paper bowls or cups for spices

Ingredients:

- 10 ears of corn on the cob
- Spices: pepper, lemon pepper, chili powder, taco seasoning

Cooking Timetable:

- 1 ear - 1 1/2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 5 ears - 8 to 9 minutes

Adult Preparation:

- Chop corn ears into halves after cooking

Directions:

1. Place corn on a paper towel and cook in microwavewith husks and silk intact. They will cook in their own natural moisture.
2. Turn ears over and rearrange after 1/2 cooking time.
3. When ears are hot to the touch, remove and wrap in foil.
4. Let stand at least 5 minutes to cool off. Remove husks and silk (which is easier than when cold)
5. Have children top with spices to taste.

Cucumber Yogurt Dip

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 74¢

Serving size: ½ cup dip

Preparation Time: 20 minutes

Servings per recipe: 24

Supplies:

- Sharp knife
- Grater
- Measuring cups and spoons
- Medium-sized bowl
- Refrigerator (*optional*)

Ingredients:

Dip:

- 2 32oz tubs of plain low-fat yogurt
- 4 large grated cucumbers
- 1 16oz tub of low-fat sour cream
- 4 Tbsp lemon juice

Dippers:

- 3 cups cherry tomatoes
- 3 cups broccoli florets
- 3 cups baby carrots

Adult Preparation:

Grate cucumbers and cut broccoli into small bite-size pieces

Directions:

1. Mix yogurt, grated cucumber, sour cream, and lemon juice, in a serving bowl.
Optional: Refrigerate for at least 15 minutes.
2. Arrange tomatoes, broccoli, carrots and any other favorite vegetables on a colorful platter. Serve with cucumber dip.

Modification:

Try a variety of Dippers like celery, sliced peppers, or whole wheat pita wedges!

Fruit Kebobs

Level 1: No cooking required

Price per serving: 45¢

Serving size: 1 kabob

Preparation time: 10 minutes

Servings per recipe: 24 kabobs

Supplies:

Bamboo skewers

Melon baller or Knife

Ingredients:

Just about any fruit can work for this recipe, so try fruit that is fresh and in season. Here are a few ideas for fruits that are easy for children to skewer.

2 pints fresh strawberries

2 bunches seedless grapes

1 pint blueberries

1 cantaloupe

24 6-inch bamboo skewers

Adult Preparation:

Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls.

Directions:

1. Alternating the fruits, thread them onto bamboo skewers. Place about 5 pieces of fruit per kebob.
2. Children should select their fruit. Encourage them to try at least 2 different types!
3. *Optional:* Serve the fruit kabobs with Spiced Yogurt Topping (see page 20 for recipe).

Fruity Peanut Butter Pitas

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 30¢

Serving size: ½ pita pocket

Preparation Time: 10 minutes

Servings per recipe: 20

Supplies:

Sharp knife for cutting

Butter knife for spreading

Microwave (optional)

Ingredients:

10 medium, whole wheat pita pockets

1 ¼ cups chunky peanut butter (trans fat free!). Beware of any peanut allergies! You can use other nut butters (like almond, cashew or soy nut butter) or a little honey, as a substitute.

2 large apples cored and thinly sliced

3 bananas, thinly sliced

2 fresh peaches, thinly sliced (optional)

Adult Preparation:

Slice fruit (peaches, apples and bananas).

Directions:

1. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
2. Fill with a combination of apple, banana, and/or peach slices.
3. Serve at room temperature.

Modification:

Break pitas in half again (so they are in quarters) so kids can try different fruity combinations!

If peaches aren't in season or you can't find them at your grocery store, substitute with extra apples and bananas!

Warm pitas in the microwave for about 10 seconds to make them more flexible.

Migas “Crumbs”

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 3: Full Kitchen

Serving size: 1 cup

Servings per recipe: 10

Price per serving: 32¢

Preparation time and cook time: >45 minutes; best for smaller programs or cooking classes

Supplies:

Stove top

Pan

Spatula

Sharp knife

Whisk or fork

Bowl

Note: Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Before you begin cooking, divide the ingredients accordingly and repeat steps 3-8 until all ingredients have been used.

Ingredients:

10 large corn tortillas

½ cup canola oil

1 medium bell pepper

1 medium onion

10 eggs

½ cup shredded cheddar cheese

Adult Preparation:

Use sharp knife to chop pepper and onions

Directions:

1. Tear tortillas into small pieces.
2. Lightly beat 10 eggs in bowl with whisk or fork .
3. Heat oil in pan and add tortillas and stir until pieces begin to brown.
4. Add chopped peppers and onion to the pan; sauté until soft. Add eggs and stir until cooked.
5. Remove from heat and sprinkle on the grated cheese; cover pan and let cheese melt.
6. Serve immediately.

Oven Baked Carrot Strips

Level 3: Full Kitchen

Serving size: About 10 carrot strips

Servings per recipe: 20 servings

Price per serving: 40¢

Preparation time: 10 minutes

Cook Time: 20 minutes

Supplies:

Shallow pan or baking sheet

Tin foil

Sharp knife

Ingredients:

4 lbs. carrots

1 Tbsp sugar

5 Tbsp olive oil

2 tsp salt

1 Tbsp fresh rosemary

Black pepper to taste

NOTE: Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Cooking time will be longer if you need to prepare multiple batches.

*Adapted from: That's My Home: Cooking with Children
www.thatsmyhome.com/recipes-for-kids*

Adult Preparation:

Using a sharp knife, slice off the tip and end of each carrot. Peel each carrot completely. Cut carrots in half cross-wise, then cut length-wise, then cut length-wise again.

Directions:

1. Preheat oven to 425° F.
2. Line a shallow pan with foil.
3. In a mixing bowl, combine the carrot sticks, oil, rosemary, salt and pepper. Stir until carrots are evenly coated.
4. Place carrot sticks in pan, spreading them out as much as possible so they are a single layer. You may need to make 2 batches if the pan isn't big enough to arrange carrots in a single layer.
5. Bake for 20 minutes or until carrots are tender. Serve hot or at room temperature.

Salsa Fresca (Fresh Salsa)

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 1: No cooking required

Price per serving: 73¢

Serving size: ½ cup

Preparation time: 20 minutes

Servings per recipe: 24

Supplies:

Sharp knife
Spoon
Large Bowl

Ingredients:

12 chopped tomatoes
1.5 finely chopped onions
1½ cups chopped cilantro
3 Tbsp lime juice
Salt to taste
1 14oz tub of guacamole
2 10oz bags of corn tortilla chips or 2 12oz packages of whole wheat pita bread for dipping

Adult Preparation:

Chop the tomato, onion, and cilantro.

Directions

1. In a large bowl, mix tomatoes, onion, cilantro, lime juice, and salt.
2. Serve ½ cup Salsa Fresca with 1 Tbsp of guacamole and handful of corn tortilla chips or whole wheat pita bread.

Spiced Yogurt Topping

Level 1: No cooking required

Price per serving: 17¢

Serving size: 2 Tbsp

Preparation time: 5 minutes

Servings per recipe: 24

Supplies:

Bowl

Mixing and measuring spoons

Ingredients:

3 cups vanilla, or banilla (banana-vanilla) yogurt

$\frac{3}{4}$ tsp nutmeg

$\frac{3}{4}$ tsp cinnamon

Salt to taste (*optional*)

Directions:

1. Put yogurt and honey in a bowl and mix thoroughly.
2. Mix in spices and salt and serve with fruit salad or fruit kebobs (see page 19 for recipe).

Modification:

Try it warmed up! Microwave the yogurt topping on medium low (50%) power for 1 minute. Stir and check temperature of yogurt. Microwave in 10-second intervals until mixture is warm, but not boiling hot.

Tasty Bug

Adapted from: CaféZOOM <http://pbskids.org/zoom/activities/cafe>

Level 1: No cooking required

Price per serving: 50¢

Serving size: 1 “bug”

Preparation Time: 7 minutes

Servings per recipe: 20

Supplies:

Toothpicks

Knife for cutting and spreading

Ingredients:

10 apples

1 large head of romaine lettuce

1 cup raisins

1 cup grapes

1 16oz jar of peanut butter (trans fat free!) Beware of any peanut allergies! You can use cream cheese as a substitute.

Adult Preparation:

Core the apples and cut it in half.

Instructions:

1. Put half of the apple on a piece of lettuce, skin side up -- that's the bug's body.
2. Using half a toothpick, have kids put a grape on one end and stick it in the front of the apple -- that's the bug's head.
3. Using 1 Tbsp peanut butter as “glue”, stick on raisins for spots and eyes. Let kids have fun doing this any way they want!
4. Have kids break a toothpick in half for the antennae and stick them on either side of the head!

Silly Popcorn

Level 2: Basic

Serving size: 1 cup

Servings per recipe: 20

Price per serving: 7¢

Preparation time: 2 minutes

Cook Time:

15 minutes for microwave popcorn

7 minutes for stovetop popcorn

Supplies:

Microwave or stovetop for popping corn

Large microwave-safe bowl

Large, deep pot with lid for stovetop (should fit at least 20 cups)

Small bowls or cups for toppings

Ingredients:

5 bags of microwave popcorn (trans fats/partially hydrogenated oil free) OR

1 cup of popcorn kernels

Vegetable oil

Variety of toppings/flavors to choose from: parmesan cheese, chili powder, cinnamon, taco seasoning

Directions:

1. For microwave popcorn, follow direction on package.
2. For stovetop popcorn:
 - Cover bottom of large part with 2 Tbsp oil
 - Put stove on medium. Test the oil heat by throwing a kernel in the pot and covering with the lid. (If oil smokes, the heat is too high.)
 - Add the rest of the popcorn and shake to coat with oil. Cover pot loosely with room for steam to escape.
 - Shake the pot frequently to prevent burning.
 - When popping is 3-5 seconds between pop, remove from heat.
 - Let stand until popping stops.
3. Mix popcorn (about 20 cups when popped) and 3 Tbsp oil (optional) in a bowl.
4. Choose seasonings and sprinkle over popcorn. Mix well.
5. Serve immediately and enjoy!

Summer Breeze Smoothies

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>

Level 2: Basic

Price per serving: 51¢

Serving size: ½ cup

Preparation time: 15 minutes

Servings per recipe: 18

Supplies:

Blender
Measuring spoons
Cups

Ingredients:

2 32oz containers plain low-fat yogurt
1 16oz bag frozen strawberries (unsweetened)
1 20oz can of crushed pineapple, canned in juice
3 medium bananas
3 tsp vanilla extract
12 ice cubes

Directions:

1. Make 1 batch of smoothies by placing 1 cup yogurt, 1 cup strawberries, ¾ cups crushed pineapple, 1 banana, 1 tsp of vanilla extract, and 4 ice cubes in the blender and puree until smooth.
2. Serve and enjoy!
3. Repeat steps above until all ingredients are used (about 3 batches).
4. *Optional:* serve in frosted glasses with straws.

Trail Mix

Level 1: No cooking required

Price per serving: 33¢

Serving size: ½ cup

Preparation time: 7 minutes

Servings per recipe: 24

Supplies:

Large bowl and mixing spoons

Scoop or spoons for serving

Small serving bowls, cups or plastic snack bags

Ingredients:

4 cups whole wheat mini pretzels, air popped popcorn or trans-fat free microwave popcorn

4 cups whole grain cereal like Cheerios® or Mighty Bites®

2 cups dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).

1 cup of raisins or dried cranberries

1 cup of granola

Optional- 1 cup of nuts like almonds, walnuts or soy nuts, or unsalted roasted shelled sunflower seeds (Beware of nut allergies! If present, do not include.)

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.

Directions:

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Modification:

Set out the ingredients in individual bowls with spoons/scoops (small paper cups work well) and allow children to mix their own. Encourage children to try at least one or two of the dried fruit options.

Vegetable Quesadillas

Level 2: Basic Kitchen

Serving size: 1 quesadilla

Servings per recipe: 6

Price per serving: 74¢

**Preparation and cook time: >45 minutes-
best for smaller programs or cooking
clubs**

Supplies:

Grater
2 large bowls for veggies
Medium skillet and hot plate or stove
Dinner plate
Spatula

Ingredients:

Cooking spray
1 Tbsp olive oil for sautéing
12 whole-wheat 6" tortillas
3 cups shredded low fat cheese, like cheddar or monetary jack
1 zucchinis, grated
1 carrots, grated
Salt & pepper to taste (*optional*)
1 12oz jar salsa
Pinch of chili powder or dash of hot sauce (*optional*)

Adult Preparation:

Chop off zucchini and carrot ends

Directions:

1. Grate vegetables, place in bowls (*Optional: Add seasonings: salt & pepper, chili powder or hot sauce*). *TIP:* Placing vegetables in individual bowls will allow children to select which vegetables they add to their quesadillas.
2. Add about ½ Tbsp of oil to the skillet.
3. Sauté carrots until soft, then transfer back to bowl. Set aside.

Whole Wheat Banana Pancakes

Level 2: Basic

Serving size: 1 pancake (4in diameter)

Servings per recipe: 12

Price per serving: 10¢

**Preparation and cook time: >45 minutes;
best for smaller programs and cooking
classes**

Supplies:

Electric griddle or frying pan and stove

Large and medium sized bowls

Measuring cups and spoons

Mixing spoon and spatula

Dinner plate or platter

Ingredients:

1 cup whole-wheat flour

2 tsp baking powder

1 Tbsp ground cinnamon

2 eggs, slightly beaten

1 cup low fat milk

2 medium, very ripe bananas

Cooking spray or butter to coat the griddle or pan

Optional: Fresh or frozen fruit like berries or melon to serve with pancakes

Directions:

1. In a large bowl, mix flour, baking powder, and cinnamon.
2. In another bowl, mash bananas. Mix in the milk and beaten eggs.
3. Pour banana milk mixture into the flour mixture and mix well.
4. If mixture appears too runny, add a little more flour; if too thick, add a little milk.
5. Coat a large, non-stick frying pan or griddle with non-stick spray or butter. Heat pan over medium heat for 2 minutes.
6. Spoon $\frac{1}{4}$ cup of batter onto the heated pan or griddle for each pancake.
7. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes, or until golden on both sides.
8. Place cooked pancakes on a plate and repeat steps 6 & 7 until all of the batter has been used, using more nonstick spray as needed.
9. *Optional:* Top with fresh or defrosted frozen fruit.

Whole Wheat Mini-Pizzas

Level 2: Basic

Serving size: 1 mini pizza (½ of an English muffin)

Servings per recipe: 24

Price per serving: 49¢

Preparation Time: 10 minutes

Cooking Time: 10 minutes per batch

Supplies:

Toaster oven or stove

Aluminum foil

Nonstick cooking spray

Tablespoons and forks or knives (to split muffins)

Small bowls

Sharp knife

Ingredients:

12 100% whole-wheat English muffins, split and toasted

2 cups chunky vegetable tomato sauce or plain pizza sauce

2 8oz packages of shredded mozzarella cheese

Assorted vegetables like shredded carrots, sliced mushrooms, peppers, onions, etc. (place in small bowls)

Adult Preparation:

Slice vegetables and arrange into bowls.

Directions:

1. Preheat oven to 400° F
2. Line baking sheet with foil and spray with non-stick cooking spray
3. Place toasted English muffins on baking sheet.
4. Spread each muffin with about 2 Tbsp of tomato sauce.
5. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
6. Top with some shredded cheese.
7. Bake for 10 minutes or until cheese is melted.

A Basic Guide to Taste Tests

Key Information for Program Staff

Taste tests encourage children to try new healthy foods in a non-threatening manner. You can test just one item or recipe at a time, or compare new and familiar foods. Don't be afraid to reintroduce foods as children's taste and acceptance of new foods often change! Finally, when selecting foods, consider any food allergies that may be present.



Instructions and Things to Keep in Mind:

1. Determine how many children will taste the food and purchase the appropriate amount of food to be tasted.
2. Prepare food samples in advance, if possible, and have all materials (plates, small cups, napkins, etc.) readily available, along with clean-up items such as paper towels, wet wipes and trash bins.
3. Maintain proper sanitation procedures: clean work and surface areas, wash and dry all produce, and wash all hands.
4. Copy the taste test rating sheet (one per child), and consider writing in the foods to be tasted before copying the sheet. Each page has space to try two food items, so copy additional pages if you are trying more foods.
 - If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
5. Ask children to wait until everyone has received his or her samples before eating, then have the children try the food and praise them for doing so.
6. Do not force a child to try a food; however, explain to the children that although they may not think they are going to like the new food, that tasting is a good way to find out. **Praise children for trying something new!**
7. Instruct children to express their opinions on their rating sheets without verbalizing how they feel about the new food. Summarize the group's evaluation (Did they like the food a lot? Somewhat? Or Not very much?) and decide whether or not they would eat/drink/make that food/beverage/recipe again. Provide opportunities for the children to offer feedback and comments on the taste, texture and smell of the food.
 - Be creative! Try blindfolded taste tests or incorporate taste tests into a team or group activity!
 - Be sure to serve those items that they like again!

Taste Test Checklist

- Determine how many children will taste the food(s).
- Make a shopping list
- Purchase food(s) to be tasted.
- Determine the number of plates, napkins and/or cups needed.
- Determine any special equipment you may need, like cutting boards, knives, or blender.
- Clean work area.
- Wash your hands.
- Prepare food ahead of time. For example, if tasting different vegetables, wash and cut them up prior to the tasting. Keep one example of the fruit or vegetable whole so the children can see it.
- Have paper towels (for spills), hand sanitizer, and food service handling gloves on hand.
- Have copies of taste test rating worksheets and pencils for the group. You may want to write the names of the foods to be tested on the rating sheets before making copies.
 - If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
- Have some helping hands (either staff or the children) pass out samples.
- Have trash cans available for clean up.

Taste Test Rating Sheet

Today I tried: _____

I liked this:



A lot!

Somewhat

Not very much

Comments on the look, taste, feel or smell of this food: _____

Today I tried: _____

I liked this:



A lot!

Somewhat

Not very much

Comments on the look, taste, feel or smell of this food: _____

Taste Test Ideas



When planning a taste test theme, keep in mind that you can conduct a taste test with just one new food or several foods for comparison. Possible themes by food group or type include:

Fruits and Vegetables

- Go Exotic – try out of the ordinary fruits such as kiwi, pomegranates or star fruit
- Taste by Color – try green vegetables (broccoli, green beans, kale) or orange fruit (peaches, nectarines), or a fruit and vegetable of the same color (red pepper and red cherry)
- Taste by Variety – compare different apples, pears, peppers, berries, etc.
- Taste by how it is prepared – compare raw apples to cooked applesauce

Whole Grains

- Morning Munchers – taste different whole grain cereals.
- Lots of Loaves –try different types of whole grain bread, like whole wheat, rye, oat, etc.
- Cracker Comparison – try different types of whole grain crackers
- Silly popcorn – add toppings such as parmesan cheese, olive oil, garlic salt or cinnamon and sugar to fresh popped popcorn (if using microwave popcorn, check label for trans-fat free)
- Oatmeal –Try different toppings on oatmeal, like coconut, dried fruits, and chopped nuts.

Beverages

- Sugar Smart Drinks –make up “silly water” options using plain or sparkling water with cucumber, oranges, lemons, mint or berries.