

Dear Kids in the Kitchen participant,

The Junior League of Dallas is pleased to present you with the Kids in the Kitchen program. Thank you for being part of this important program for Spring 2026. We hope you will share our vision of reversing the trends of malnutrition and childhood obesity while improving our children's lives by providing them with the information and tools they need to make healthy decisions.



Sponsored by UnitedHealthcare

Our program follows the nutrition guidelines established by the United States Department of Agriculture (USDA) as a basis for these nutrition lessons. We start with a pre-test to assess students' prior nutrition and physical fitness knowledge and then focus on a different nutrition building block each week. The five-week program includes materials students can complete at the agency and at home. We've provided each agency a reusable grocery bag with supplies to complete the recipes and activities, along with informative handouts.

The Kids in the Kitchen theme, "Super Foods + Super Fitness = Super Kids", is incorporated throughout and is designed to be fun and engaging to encourage a healthy, balanced way of thinking about nutrition & fitness.

At the end of the five weeks, students will complete a post-test to assess their learning of the material. The pre- and post-tests will be collected to determine students' increased nutrition and physical activity knowledge and the role they have in living healthy lives.

Thank you again for participating in Kids in the Kitchen and providing us with your essential feedback. The Junior League of Dallas would also like to thank United Healthcare for its generous sponsorship. Together, we can instill healthy eating and exercise habits in our youth to help ensure longer, healthier, and happier lives for generations to come.

Sincerely,

The Junior League of Dallas Kids in the Kitchen Committee

<https://www.jldallas.org/kids-in-the-kitchen/>

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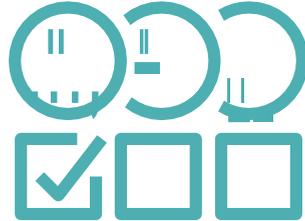
Week 5: Super Chef Showcase

Each week of the curriculum, you will find:

- A discussion page introducing the week's topic to help students understand the role that nutritional element plays
- Two activities that support and further explain the weekly topic in a fun, hands-on manner; level-up activities are also included for older students
- A recipe highlighting that week's key nutritional element
- Two exercises that bring students together, showing the importance and fun of movement
- A QR code linking to a weekly survey about how that week's curriculum worked with the students

REMEMBER: You need to purchase all perishable items for each week's recipe.

Pre and Post Program Survey



To assess what participants learn as part of the Kids in the Kitchen program, we ask that all participants complete a [pre and post program survey](#)

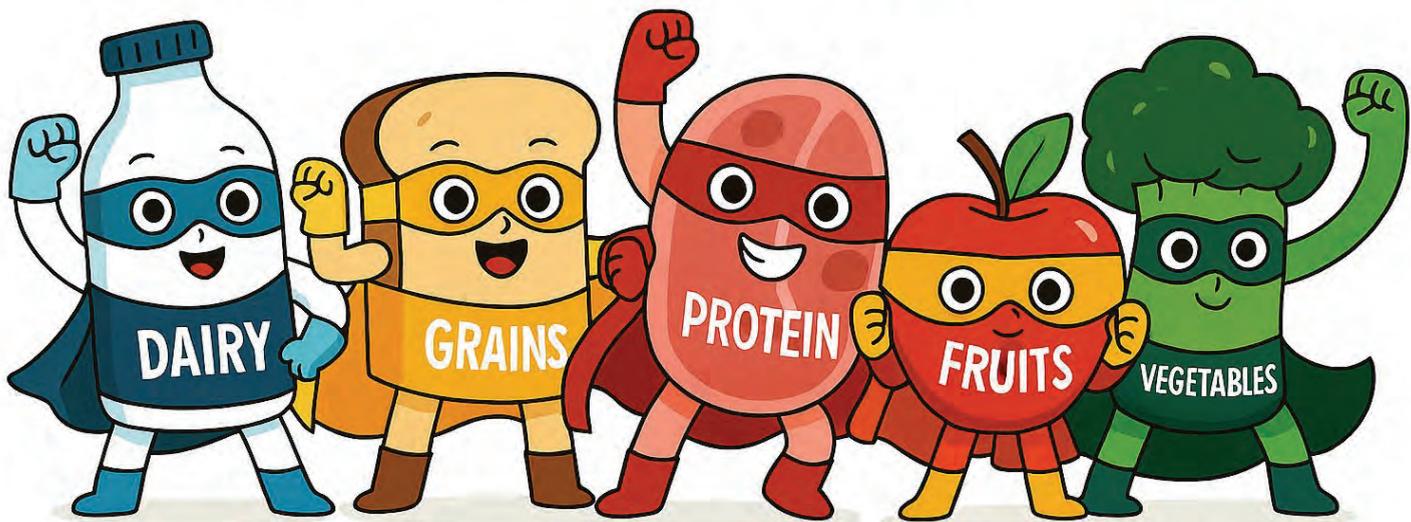
- The purpose of the pre-program survey is to determine students' knowledge-level at the beginning of our program. The post-program survey allows students to determine student growth throughout our program.





**Week 1 Overview:
Food Groups & Superpowers**

FOOD GROUPS & SUPERPOWERS



Week 1 Overview:

Food Groups & Superpowers

Welcome Super Kids!

- We're learning how food and movement give us *SUPERPOWERS*
- Each week We'll explore a food group, make a recipe, and do fun exercises

What Are Food Groups?

- Food groups are *teams of foods* that give your body special nutrients
- Each group has a superhero job to help you grow strong and stay healthy

Meet the Superhero Food Team!

- **Fruits** – Sweet and colorful; help fight off sickness
- **Vegetables** – Crunchy and full of fiber; keep your body strong and tummy happy
- **Grains** – Give you energy to run, play, and think
- **Protein** – Build muscles and repair your body
- **Dairy** – Make bones and teeth strong
- **Healthy Fats** – Help your body absorb vitamins (found in all food groups!)

Teamwork = Balance!

- All food groups work *together* like superheroes
- Eating a *balanced plate* means getting the right amount of each group
- We'll learn how to build a balanced plate in our **MyPlate activity**

Use Your Superpowers!

- Food gives you energy — now it's time to MOVE!
- Moving your body every day helps you stay strong and healthy

WHAT TO EXPECT THIS WEEK

- Activities:
 - MyPlate Activity
 - Food Group Fun: Crack the Code & Crossword Puzzle
 - Bonus: Food Group Bingo
- Recipe:
 - Food Group Friend (*Will take preparation ahead of time to cut English Muffins and cut up fruit and vegetables*)
- Exercises:
 - Super Strength rcuit
 - MyPlate in Motion

Week 1 Discussion:

Food Groups & Superpowers

Welcome to Kids in the Kitchen! During this fun class, we will learn about how Food Groups and an active lifestyle give us **SUPERPOWERS!** Each week we will learn about a Food Group, make a recipe, and complete activities that teach us about how to have a healthy lifestyle. **Remember: Super Foods + Super Fitness = Super Kids!**

This week, we are learning about what “Food Group” means, what the 5 Food Groups are, and which Superpowers each Food Group gives us.

What are Food Groups?

Food Groups are categories, or TEAMS, of different foods that provide similar nutrients that are important for a healthy diet.

Each player on our Superhero Team has a special job to help your body grow strong and stay healthy.

Here’s the Superhero Team lineup:

- 1) **Fruits:** Sweet and colorful! They give you **vitamins** that help you fight off sickness.
- 2) **Vegetables:** Crunchy and full of power and fiber! They help your body stay **strong** and keep your **tummy happy**.
- 3) **Grains:** Foods like bread, rice, and cereal. They give you **energy** to run, play, and think.
- 4) **Protein:** Foods like meat, beans, eggs, and nuts. They help **build muscles** and **fix your body** when it needs repairs.
- 5) **Dairy:** Milk, cheese, and yogurt. They make your **bones and teeth strong**.
- 6) **Healthy Fats:** These aren't a food group on their own, but they can be found in **every** food group! Healthy Fats help absorb the vitamins and minerals from foods.

So, Food Groups are just different kinds of foods that work together like SUPERHEROS to keep you healthy!

One key thing to remember about the Superhero Food Groups is that they work **TOGETHER**. Each Superhero Food Group plays an important role in your health and it’s important that we eat **ALL** of the Food Groups in a **BALANCED** way. Eating a healthy diet means portioning the right amount of each Food Group. We will learn about how to make a BALANCED plate in our MyPlate activity this week.

We’ve talked about all of the **energy** and **superpowers** the different Food Groups give us, so what do you think we should do with all of that energy? Physical Activity!

What are some examples of Physical Activity?

Running, playing ball, learning new things, exercising, just to name a few.

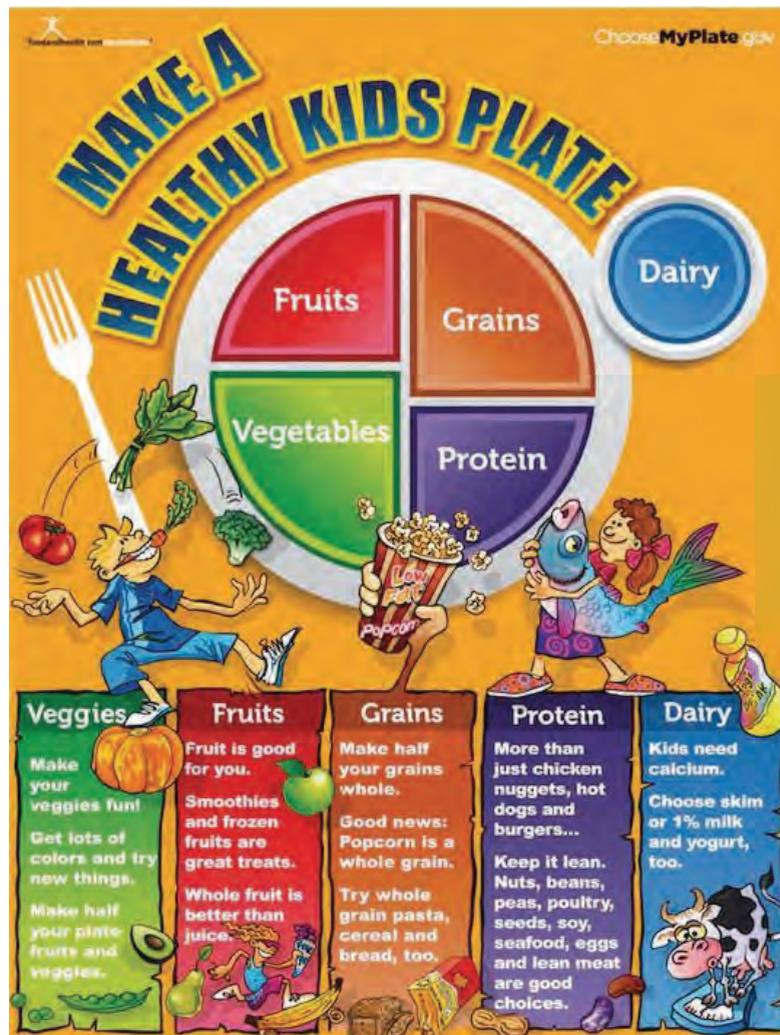
It is very important for us to move our bodies every day to stay healthy. **What are some of your favorite ways to move your body? What are new ways you can be more active?**

Week 1 Activity 1: My Plate Activity

Each segment of the MyPlate represents a Food Group, and each Food Group has "superpowers" helping to form strong bones, improve vision, and build stronger muscles. Fitness also plays an important role in our health and the wellness of our bodies.

- **Protein** is found in foods like meat, beans, eggs, and nuts and helps to make us feel full and strengthens muscles.
- **Dairy**, which are foods like milk, yogurt, and cheese, build strong bones, teeth, and nails.
- **Whole Grains**, like cereal, toast, and pasta, provide energy and fuel the brain and muscles.
- **Fruits** and **Vegetables** are packed with necessary vitamins and minerals which help to support all parts of your body and immune system.

Here are some ideas for what your plate should include:



Let's make your plate!

Supplies:

- Paper plate
- Crayons/markers

Directions

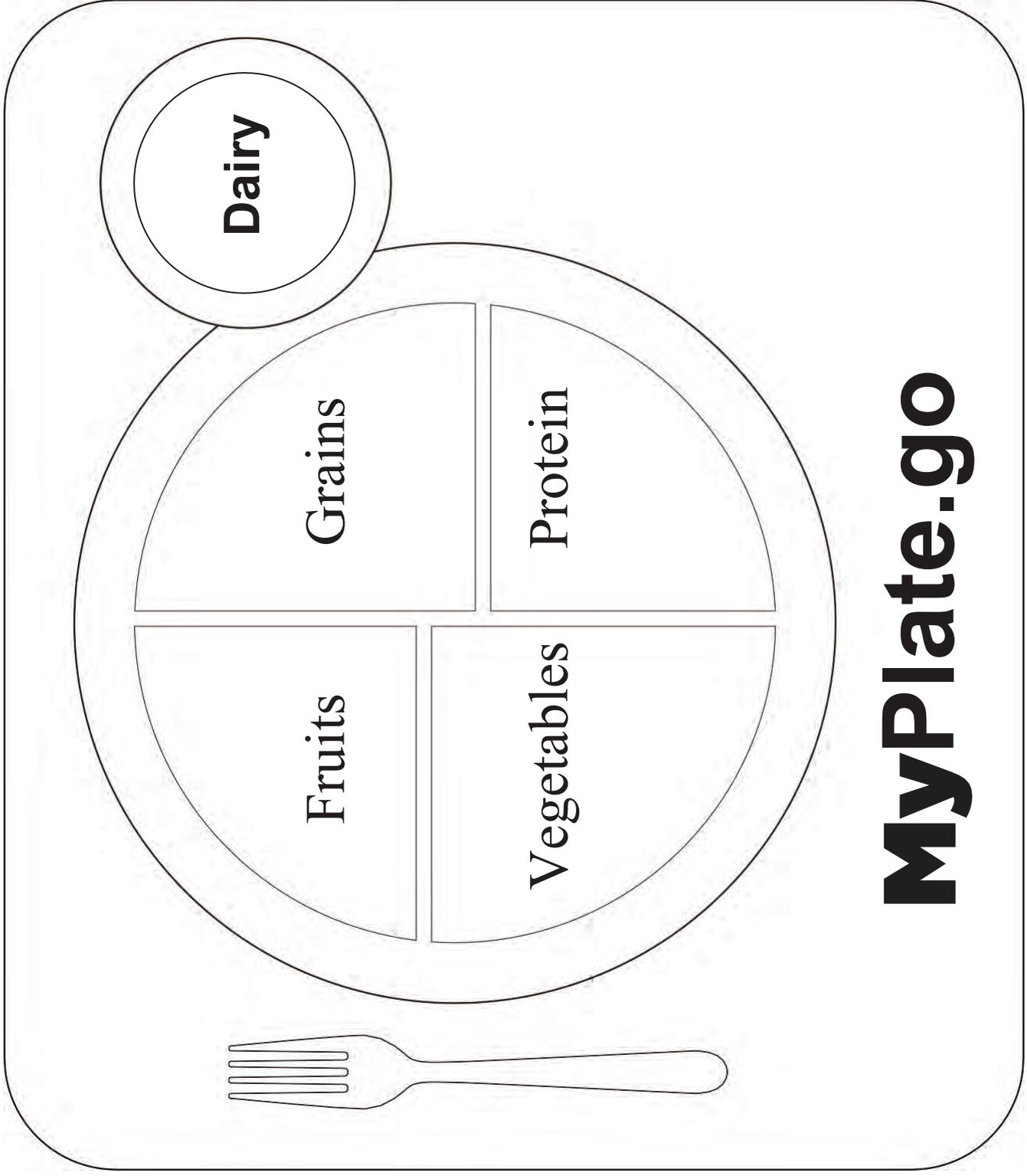
1. Using your paper plate, divide it into segments like the example above, and use your crayons/markers to color each section the color listed. Notice that each section is a different size which represents the appropriate serving size of each food group.
2. The number of servings we need from each group depends on age, activity level, and weight. For most people, a good serving size is about the same size as your palm or fist. It is important not to overeat from one food group or to eat too little of a food group. Restaurant portions are often *much larger* than recommended serving sizes, so we must avoid overeating.
3. Make a list of your 10 favorite foods:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

4. Then, use the colors on the MyPlate photo to draw a colored dot next to each food you listed. This will let you see what food groups you have on your list and help you decide what you may want to consider changing/ adding to your plate to be as healthy as you can but still enjoy your favorites!



United States
Department of
Agriculture



MyPlate.go

Week 1 Activity: Food Group Fun Part 1: Crack the Code!

Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more _____ , _____

and whole grains

2. Eat foods lower in solid _____

3. Get your _____ rich _____

4. Be _____

Code

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

Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more F R U I T S , V E G E T A B L E S



and whole grains

2. Eat foods lower in solid F A T



3. Get your C A L C I U M rich F O O D S



4. Be P H Y S I C A L L Y A C T I V E



Code

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

Week 1 Activity: Food Group Fun Part 2: Crossword Puzzle

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

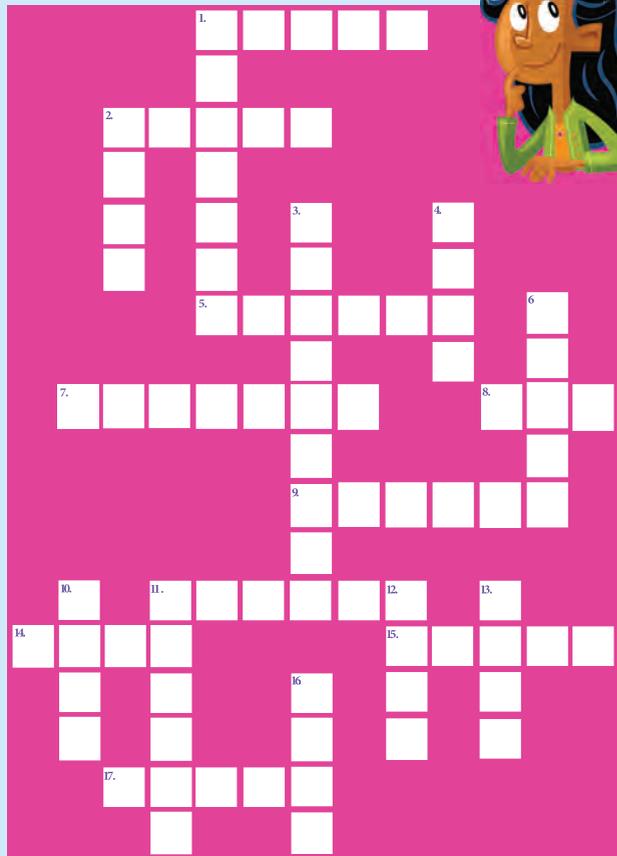


Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.



Adapted from

Team Up At Home Team Nutrition Activity Book

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.



Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
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- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.



Adapted from

Team Up At Home Team Nutrition Activity Book

Week 1 Recipe: Food Group Friend

SHOPPING LIST (suggested)	NOTES
<ul style="list-style-type: none"> <input type="checkbox"/> English Muffins <input type="checkbox"/> Hummus <input type="checkbox"/> Cucumbers <input type="checkbox"/> Red Peppers <input type="checkbox"/> Apples <input type="checkbox"/> Grapes <input type="checkbox"/> Cheese Sticks 	<p>This recipe includes foods from ALL 5 Food Groups! Each Food Group provides your body with vitamins and minerals that work together to give you a healthy body.</p> <p>The English muffin is part of the Grain Food Group. Grains give our bodies and brain energy to play and learn.</p> <p>We will spread Hummus onto the English Muffin. Hummus is considered a Protein. Protein foods help us maintain healthy bodily functions such as growth, digestion, and healing. Your muscles and your heart are primarily made of Protein.</p>
RECIPE INGREDIENTS	
<ul style="list-style-type: none"> <input type="checkbox"/> Grain: 1 English Muffin <input type="checkbox"/> Protein: 1 Tbsp Hummus <input type="checkbox"/> Vegetable: 4 slices Cucumber, 4 slices Red Pepper <input type="checkbox"/> Fruit: 2 Apple Slices, 8 Grapes <input type="checkbox"/> Dairy: 1 Cheese Stick 	<p>We will use the toppings to create a fun face. The cucumbers and red pepper are vegetables and the apple slices and grapes are fruits.</p> <p>Fruits and vegetables contain lots of vitamins and minerals that help you maintain a healthy body.</p> <p>The cheese stick is in the Dairy food group. It keeps our bones and teeth strong.</p>
DIRECTIONS	
<ol style="list-style-type: none"> 1. Cut the English Muffin in half. 2. Spread both sides of the English muffin with Hummus. 3. Build a face on both sides of the English Muffin using the vegetables, fruit, and cheese. <p><i>* It is recommended to create one before the lesson as an example.</i></p>	

Week 1 Exercise 1: Super Strength Circuit

Directions:

1. Split students into six equal groups.
2. Assign an exercise to six different places within the room. Here are six examples:
 - Jog in Place
 - Planking for Kids
 - Wall Sits
 - Lunges
 - Mountain Climbers
 - Jumping Jacks
3. Have each group start in a different area of the room with a specific exercise.
4. Set the timer: Start with 30 seconds
5. Have the students participate in that exercise for 30 seconds and then transition to the next exercise, while resting in between.
6. Once the students have made it around the full circuit, judge whether they should do a second, or third round.
7. After the circuit has been completed, have the students cool down by stretching and focusing on their breathing. Here are some examples:
 - Balloon Breathing
 - Toe Touch
 - Butterfly
8. Have the children participate in the circuit three times per week.

Notes: Feel free to substitute other exercises throughout the week based on the fitness level of your students

Week 1 Exercise 2: MyPlate in Motion

MyPlate in Motion

- Before beginning, match the 5 Food Groups to 5 different exercises (examples below).
- The group leader will call out a food. Students will have to decide which food group that food belongs to: Fruit, Vegetable, Grain, Dairy, or Protein.
- Each food group is associated with an exercise that the students will do for 30 seconds. At the end of the 30 seconds, share the correct answer with students.

Example:

- Exercise/Food Group pairing: Fruit = Sit ups; Vegetable = Push-ups; Grain = High knees; Dairy = Squats; Protein = Burpees
- Group leader calls out: “banana”. The students decide which food group a banana belongs to and begin the associated exercise (Fruit = sit ups) for 30 seconds.

Suggested foods:

- Kiwi, Cantaloupe, Blackberry (fruit)
- Asparagus, Cauliflower, Brussel sprouts (vegetables)
- Bagel, Popcorn, Tortilla (grains)
- Yogurt, String cheese, Cottage cheese (dairy)
- Nuts, Tofu, Beans (protein)

MyPlate Pledge

At the end of the lesson, have each student sign the MyPlate Pledge.

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy.



**MyPlate
Champion**

MyPlate Pledge

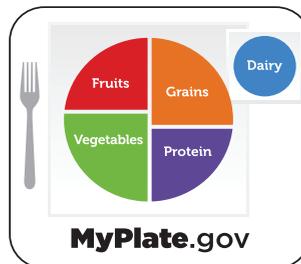
I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

I pledge MyPlate! Everyday I will:

Eat more fruits & veggies.

Try whole grains.

Re-think my drink.



Focus on lean protein.

Slow down on sweets.

Be active my way.

Week 1 Bonus Activity: Food Groups Bingo



FOOD GROUPS BINGO

OBJECTIVES:

- > Children will identify the foods on their bingo cards.
- > Children will practice listening and matching skills by listening to food names called and marking them on the cards.

MATERIALS:

- > Bingo cards (see templates)
- > Markers to mark the squares
- > Small pictures of foods on bingo cards (see templates)

PROCEDURE:

1. Set-up: Cut apart small food pictures and place them in a bag or bowl. Copy enough bingo cards for all children in the group. Laminate bingo cards if desired.
2. Explain to children that they are going to play bingo with pictures of foods from all five food groups. Distribute bingo cards and markers to children. Point out the different food groups on the cards. Suggested phrases:
 - a. *This game is called Bingo.*
 - b. *Each of your cards is a little bit different. You may have some foods on your card that your neighbor does not have, and they may have some that you don't have.*
 - c. *Each time you hear me call a food on your card, mark it with a marker. Your goal is to get five in a row, either up and down or across, or even diagonally. When you get five in a row, call out "Bingo!"*
3. Play bingo with the children. Draw a card, name the food and its food group, and encourage children who have that food on their card to mark it with a marker. Continue until a child gets five in a row.
4. Continue playing bingo as long as the children are interested.

ADAPTATIONS/EXTENSIONS:

Family involvement: Allow the children to take home bingo cards for each member of their families and a bag of paper pieces to use as tokens. Encourage families to play bingo together as a review of foods and food groups.



FOOD GROUPS BINGO CARD

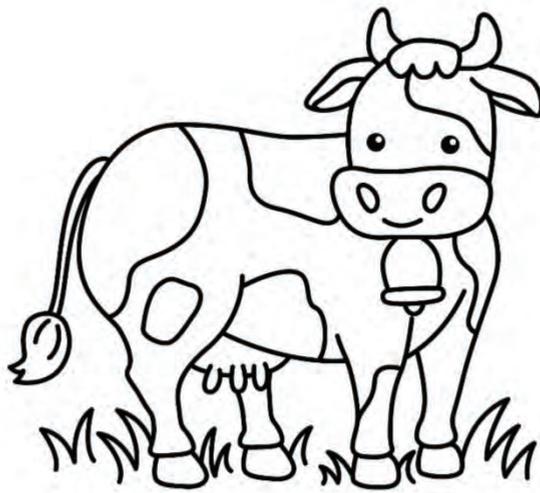
Fruits	Vegetables	Protein	Dairy	Grains
				
				
				
				
				

Day 14: Review – Healthy Eating For more activities, visit eathealthybeactive.net

Developed by Diane W. Bales, Ph.D., Mick Coleman, Ph.D., and Charlotte Wallinga, Ph.D. The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability. The University of Georgia is committed to principles of equal opportunity and affirmative action. These materials available at <http://eathealthybeactive.net>



Delicious Dairy & Grains Galore



Week 2 Overview

Summary:

This week we are talking about Dairy and Grains. Dairy foods include milk, cheese, and yogurt, and they are important because they provide calcium and vitamin D, which help keep bones, teeth, and nails strong. Vitamin D acts as a helper by allowing the body to use calcium effectively. Children should aim for about three servings of dairy each day, such as a glass of milk, a slice of cheese, or a cup of yogurt. Grains come from plants like wheat, rice, oats, and corn, and foods such as bread, pasta, popcorn, and cereal are made from them. Whole grains are the healthiest choice because they give long-lasting energy for the brain and muscles, so students should try to make at least half of their grain's whole grains every day.

What to expect this week:

- Activity:
 - Grain Match
 - Cow Puzzle Piece Craft
 - Cow Mad Libs
- Recipe:
 - Pita Pockets (Grain, Dairy, and Fruit)
- Exercise:
 - Freeze Bubble Pop
 - Dairy Facts Fun Run

Week 2 Discussion

What do you know about Dairy?

- Dairy foods include milk, cheese, and yogurt.
- These foods help make our bones, teeth, and nails strong because they have calcium and vitamin D.
- Vitamin D is like a helper – it helps our body use calcium!
- Most kids need about 3 servings of dairy each day (like a glass of milk, a slice of cheese, or a cup of yogurt).

What are grains?

- Grains come from plants like wheat, rice, oats, and corn.
- Foods like bread, pasta, popcorn, and cereal are made from grains.
- The best grains for our bodies are called whole grains. They give us lots of energy for our brains and muscles!
- Some grains are called refined grains—they're in snacks like white bread, cookies, and sugary cereals. These don't give us as much energy.
- Super Kids should try to eat half of their grains as whole grains every day!

Allergies:

- Some foods like milk, cheese, yogurt, bread, and pasta can make certain people's tummies feel bad.
- That's because their bodies don't like something in those foods—like dairy or gluten.
- Gluten is found in grains like wheat and barley, but not all grains have gluten!
- People with dairy allergies can eat foods like almonds, chia seeds, figs, and broccoli to get strong bones.
- People with a gluten allergy can eat grains like rice, oats, and cornmeal instead.

Discussion Questions:

- What are your favorite dairy foods? (Milkshakes? String Cheese?)
- What are your favorite grain foods? (Popcorn? Spaghetti?)
- Can you name a food that has both dairy and grains? (Hint: Think of cheesy foods like pizza or grilled cheese!)

Week 2 Activity: *The Grain Match*

Grain Matching Game

Instructions: Draw a line from the grain food to the name. You can even color the page when you finish!



Bagel

Bread

Cereal

Cracker

Macaroni

Oatmeal

Pancake

Popcorn

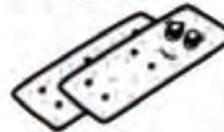
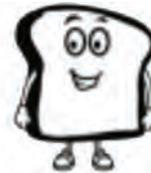
Pretzel

Ravioli

Rice

Spaghetti

Waffle



Week 2 Activity: Puzzle Piece Cow Craft

What you will need:

- Blank Puzzles Pieces
- Googly Eyes
- Markers (Black, Tan, Pink)
- Glue



How to Make the Cow Puzzle Piece Craft:

1. Color the puzzle pieces with permanent markers. If you use markers that aren't permanent markers draw on the side that doesn't have the shiny coating. The markers will stick better without rubbing off.
2. When the markers dries, glue the head onto the body, and glue on googly eyes.

Dairy Cow MAD LIBS

A M-O-O-O-O-VING STORY ABOUT MILK

DIRECTIONS:

1. Answer the questions below.
2. Use the words from this page to fill in the story on the following page.

NOTE: NO peeking at the story before you answer these questions!

Name a type of truck

A

Favorite variety of cheese

B

Your best friend's name

C

Favorite animal

D

Favorite sport

E

Name a material that is very hard

F

Favorite Holiday

G

The type of milk that you usually drink

H

Favorite song

I

The month of your birthday

J

The town where you live

K

Favorite color

L



A M-O-O-O-O-VING STORY ABOUT MILK

While cruising along in my _____
A
_____, I suddenly came across a _____
B L
cow. Right beside
her was a _____, singing _____
D I
as loudly
as he could. When the _____
D
saw me, he stopped, stared at me for a
moment, and asked me what I was carrying in my _____
A.

I replied, "I have a load of dairy products that I'm delivering to _____, just
K
in time for the _____
G
celebration. Did you know that those folks always
celebrate _____
G
in _____?"
J

The cow, who introduced herself as _____,
C

H
milk, yogurt and cheese in my truck. She asked me if I knew why
dairy products were important for good health.

The _____
D
interrupted, anxious to tell me that dairy foods have a lot of
calcium, a nutrient that makes bones as strong as _____
F.

C
agreed and also mentioned that you need strong bones to do your
best at _____.
E

After a snack of crackers, grapes and _____,
B
I said goodbye and
rushed along on my way to _____,
K
delivering my goods just in time for
_____.
G

Week 2 Recipe: Pita Pockets

<p>AGENCY SHOPPING LIST (suggested)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pita bread (Rice cake as GF option) <input type="checkbox"/> Cream Cheese <input type="checkbox"/> Strawberry <input type="checkbox"/> Banana <p>Fun Fact: cream cheese isn't considered to be a member of the dairy group due to its high fat content.</p>	
<p>RECIPE INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pita sliced in half <input type="checkbox"/> 1 Tbsp cream cheese <input type="checkbox"/> 3-5 strawberry slices <input type="checkbox"/> 3-5 banana slices <input type="checkbox"/> Drizzle of honey <p><i>Ingredient amounts can be adjusted based on preference.</i></p>	<p>NOTES</p> <ul style="list-style-type: none"> • This recipe will require paper plates and knives to complete. • If you make the recipe again, consider replacing Cream Cheese with Ricotta Cheese to add more calcium.
<p>DIRECTIONS</p>	
<ol style="list-style-type: none"> 1. Slice pita pocket in half. 2. Carefully prepare the toppings for the pita pockets - slice the strawberries and bananas. 3. Spread cream cheese inside of the pita pocket. 4. Add strawberries and bananas to the inside of the pita pocket. 5. Drizzle with honey on the top for the finishing touch! 	

Week 2 Exercise:

Freeze Bubble Pop

Physical activity is when your body is in motion, and your heart rate is higher. Moving your body is super important! Physical activity helps kids build strong muscles and bones, gives them lots of energy, and keeps their hearts healthy. Plus, it's a fun way to play, learn new skills, and feel happy!

Supplies:

- Bubble Machine
- Music

Instructions:

Start the bubble machine, tell the kids they can only pop the bubbles when the music is on. Start and stop the music intermittently so they learn impulse control while the music is paused. We recommend playing for at least 10 minutes.

Week 2 Exercise:

Dairy Facts Fun Run

Exercise is important for your body and your brain. This activity will get both your body and brain working.

Supplies:

- Questions included below
- Space to run

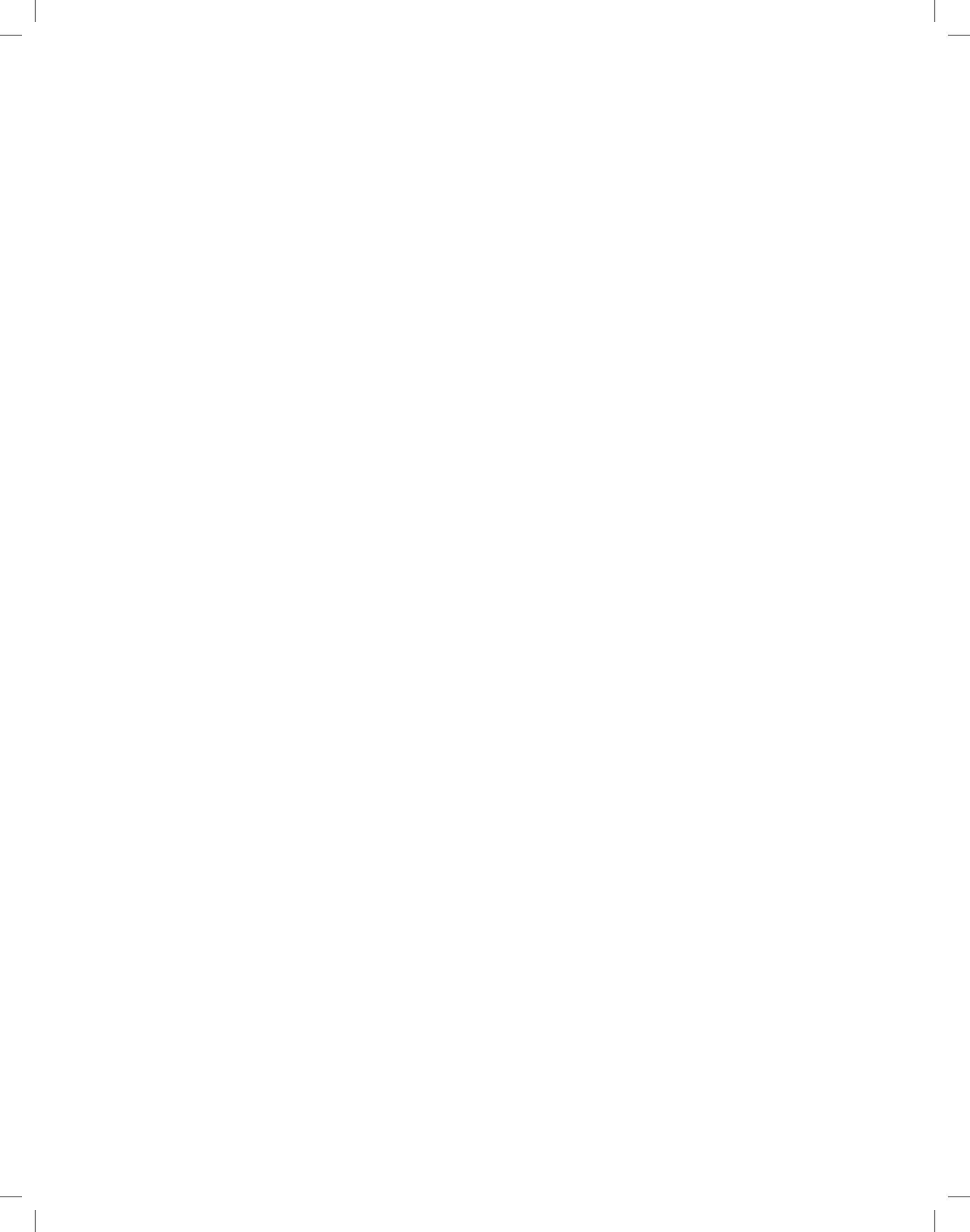
Instructions:

1. Designate sides of the room as true and false.
2. Students will gather in the middle of the room.
3. Read the trivia questions. Students will select their answers by running to the corresponding side of the room (true or false).
4. Have students return to the middle of the room before reading the next question.

Questions

1. Calcium is a good nutrient provided by milk. **TRUE**
2. A cow has 4 stomachs. **TRUE**
3. Chocolate milk should be considered a dessert because it has chocolate. **FALSE**
 - a. Chocolate milk's combination of fluids, carbs, and protein helps rehydrate and refuel muscles after a workout.
4. It takes 12 pounds of whole milk to make 1 gallon of ice cream. **TRUE**
 - a. It takes 21.2 pounds of milk to make 1 pound of butter and 10 pounds of milk to make 1 pound of cheese.
5. Swiss cheese is the most popular natural cheese in the U.S. **FALSE**
 - a. Cheddar is the most popular natural cheese in the U.S.
6. Funfetti is America's favorite flavor of ice cream. **FALSE**
 - a. Vanilla is America's favorite flavor of ice cream
7. To get the same amount of calcium provided by one 8-ounce glass of milk, you would have to eat 16 servings of spinach. **TRUE**
8. Cows burp more than they fart. **TRUE**
9. Cheese was discovered in the last 100 years. **FALSE**
 - a. Cheesemaking dates back 7,000 years ago.
10. Cows can sleep standing up. **TRUE**
11. If you eat something spicy water will help cool your mouth. **FALSE**
 - a. Milk is better at cooling your mouth because of the protein casein.





Eat the Rainbow: *Fearless Fruits & Vibrant Veggies!*



Week 3 Overview:

Fruits & Vegetable

Fuel Up with Fruits & Veggies!

Goal:

This week, students will explore the colorful world of fruits and vegetables and discover how each color supports the body in a unique and powerful way. Fruits and veggies are packed with vitamins, fiber, and water which are all important for helping us stay energized, strong, and healthy.

Encourage students to connect each color to a special body “superpower” (like red foods for heart health or green for strong bones) and to share their favorite fruits or veggies. Help them see how trying a rainbow of produce can be fun, exciting, and great for growing strong!

What to expect this week:

Activities:

- **Color the Rainbow:** Students color fruits and veggies by rainbow colors.
- **Vegetables & Fruits Worksheets:** Fun, interactive worksheets that help kids sort, identify, and explore fruits and vegetables.
- **Bonus Activity Farmers Market Game (optional):** A pretend shopping experience where kids pick out fruits and veggies and learn their benefits.

Recipes:

- **Veggie Tortilla Roll-Up:** A colorful wrap filled with veggies and creamy goodness!

Exercises:

- **Harvest the Rainbow (Parachute Game):** Kids work together to “harvest” colorful food items from a parachute while naming fruits and veggies.
- **Above or Below Ground (Relay Toss):** A toss game where kids guess if a fruit or veggie grows above or below ground.

Week 3 Discussion

Hi Super Chefs! This week, we're diving into the colorful world of fruits and vegetables! These foods are packed with vitamins, fiber, and water that help our bodies stay strong, energized, and healthy. Did you know that each color gives your body a different kind of superpower?

- ♥ Red foods help keep your heart strong.
- ♥ Orange foods are great for your eyes.
- ♥ Yellow foods give you energy.
- ♥ Green foods help build strong bones.
- ♥ Purple foods help your brain stay sharp!

Fruits and veggies help us stay healthy, fight off sickness, and give us the energy to play, learn, and grow. Have you ever tried a fruit or veggie that looked a little funny or was a new color? It might just be your next favorite!

Trying a "rainbow" of fruits and veggies means your body gets all kinds of amazing powers. You can mix colors, cut fun shapes or help your family prepare them at home. When you eat the rainbow, you're powering up like a Super Chef!

Week 3 Activity:

Color the Rainbow

Based on everything learned so far, we know that eating lots of colorful fruits and veggies gives our bodies superpowers! Each color helps a different part of the body stay strong and healthy.

Supplies Needed:

Crayons/markers & “Eat the Rainbow” worksheet

Directions:

Color each section of the rainbow using fruits and vegetables that match the color! Think of red strawberries, orange carrots, yellow bananas, green broccoli, and purple grapes. Try to fill the rainbow with as many different fruits and veggies as you can!

Eat a Rainbow



Eat the Rainbow!



Week 3 Activity:

Vegetable & Fruits Worksheet

Eating fruits and vegetables are an important part of any healthy diet, but sometimes it is hard to eat enough. Below are a few tips to get kids to eat more vegetables.

Access the separate Activity Workbook packet for a fun, interactive workbook for your students to enjoy throughout the week as you learn about fruits and vegetables.

Five Fun Ways to Eat More

VEGGIES

1. MAKE VEGGIE ART!

CUT VEGGIES INTO COLORFUL SHAPES AND DESIGNS. BUILD SILLY FACES, RAINBOW SKEWERS, OR VEGGIE MONSTERS, THEN DIP AND TASTE YOUR CREATIONS! TRY HUMMUS, RANCH, OR YOGURT DIPS FOR EXTRA FUN.

2. BE THE CHEF!

PICK A VEGGIE TO INCLUDE IN TONIGHT'S MEAL. TALK ABOUT HOW TO COOK IT: ROASTED, GRILLED, RAW, OR BLENDED IN. WHEN YOU HELP PLAN OR COOK, IT TASTES EVEN BETTER!

3. CHEF'S SECRET: SNEAK IT IN!

DICE VEGGIES SMALL AND MIX THEM INTO PASTA SAUCE, TACOS, OR BURGERS. YOU'LL BE AMAZED HOW MUCH FLAVOR THEY ADD—AND YOU MIGHT NOT EVEN NOTICE THEM!

4. GROW IT YOURSELF!

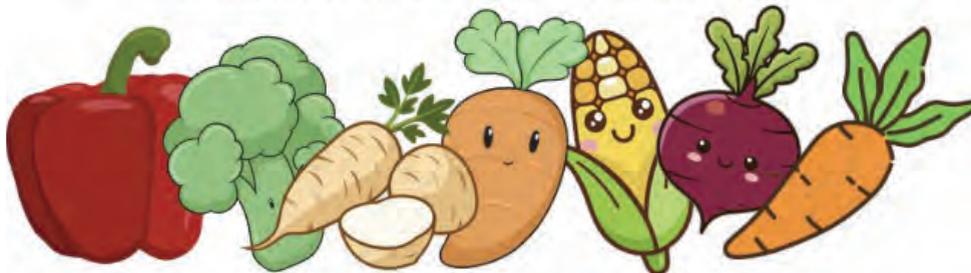
PLANT A SEED AND CARE FOR IT EVERY DAY. WATCH IT GROW INTO SOMETHING DELICIOUS! IT FEELS AWESOME TO EAT SOMETHING YOU HELPED GROW FROM THE GROUND UP.

5. VEGGIE TASTE TEST CHALLENGE!

TRY RAW VEGGIES AND RATE THEM: CRUNCHY, SOFT, SMOOTH, OR JUICY. VOTE FOR YOUR FAVORITES AND CROWN A "VEGGIE OF THE WEEK!" INVITE YOUR FAMILY TO JOIN THE TASTE TEST AND COMPARE NOTES.

BONUS IDEA:

CREATE A COLORFUL VEGGIE TRACKER! EACH TIME YOU TRY A NEW VEGETABLE, COLOR IN A SQUARE. HOW MANY COLORS OF THE RAINBOW CAN YOU EAT THIS MONTH?



Week 3 Bonus Activity: *Farmers Market Game*

Transform your space into a local farmers' market!

Use any bins, boxes and tables to display fruits or vegetables like you'd see at a farmer's market or supermarket.

Be sure to remove any foods that are not fruits and vegetables.

Talk to your students about how farmers grow these foods and then sell them at the market. You can also plan a trip to your local farmer's market!



Week 3 Recipe:

Veggie Tortilla Roll-up

AGENCY SHOPPING LIST

Yields 4 roll-ups (24 pieces):

- 1/2 large cucumber, peeled
- 1 1/4 cups spinach
- 1/2 cup of carrots, shredded
- 1/2 container regular cream cheese
- 4 large wraps (burrito size)



RECIPE INGREDIENTS

- 1/2 large cucumber, peeled into ribbons
- 1 1/4 cups spinach, chopped
- 1/2 cup carrots, shredded
- 1/2 container regular cream cheese
- 4 large wraps (burrito size):

NOTES & USEFUL TOOLS

- Silicone spatula
- Chef's knife
- Tablespoon
- Vegetable Peeler
- If allergic to cream cheese, try swapping for guacamole or hummus
- Try swapping wraps for wheat or spinach wraps or mix and match to add more color to the plate

DIRECTIONS

First, prep your ingredients:

1. Remove cream cheese from refrigerator to soften.
2. Wash and dry vegetables.
3. Chop the spinach and peel the cucumber into ribbons.
4. Using a silicone spatula or a knife, spread the cream cheese over the wraps (about two tablespoons per wrap).
5. Divide up the cucumber into the wraps and then top with the shredded carrots and spinach.
6. Tightly roll the wrap and use a sharp knife to cut into slices, about 1-inch wide. If needed, secure each wheel with a toothpick.
7. Each wrap makes roughly six pinwheels for a total of 24.

Week 3 Exercise:

Harvest the Rainbow

Overview:

Get ready to grow your very own rainbow garden! In this game, the parachute becomes our giant “garden,” and the colorful balls and beanbags are the fruits and veggies growing inside it. Your job is to work together to shake the parachute, mix up all the colors, and then carefully “harvest” each one as it’s called. Can you collect the whole rainbow?

Supplies Needed:

- Rainbow Parachute
- Colored Beanbags (red, orange, yellow, green, blue / purple)
- Bag or box to collect the “harvest”

How to Play:

1. Spread out the parachute and have all students hold onto the edges.
2. Place the colorful beanbags in the center of the parachute. Explain that each color represents different fruits and vegetables.
3. Have students gently shake the parachute to “grow the garden” and mix up all of the colors.
4. Call out a color (ex. GREEN!).
5. Students work together to shake only that color off the parachute into the bag to collect their “harvest”.
6. Once the color is harvested, briefly ask students to name a fruit or veggie from that color group.
7. Continue calling colors until the whole rainbow is harvested.

Image for Harvest the Rainbow Activity



Week 3 Exercise:

Above or Below Ground Relay Toss

It's time to become garden experts! Some fruits and veggies grow **above** the ground, and some grow **below**. In this relay game, teams will toss bean bags into the "garden bowls" and rotate roles, collecting points as they go. Can your team harvest the most foods correctly and win the relay?

Supplies Needed:

- Mixing bowls
- Bean Bags
- List of Fruits and Veggies (mix of above and below ground)

Setup:

1. Divide kids into teams with equal numbers.
2. Each team forms a line. The first person in line is the tosser, and the second person is the Harvest Bowl Holder. Have them stand across from each other roughly 6' apart. The rest of the students will wait in a line behind the tosser.

How to Play:

1. The teacher calls out a fruit or veggie (Ex. carrot, apple, potato, pepper, view list)
2. The Harvest Bowl Holder will then hold the mixing bowl above their head if they think the food is grown above ground or position the bowl low near the ground for foods believed to grow below ground.
3. Next, the tosser will try to toss the bean bag in the bowl. If successful, the team earns a point!
4. The tosser will then move to become the Harvest Bowl Holder, and the Harvest Bowl Holder will move to the back of the tosser line.
5. Continue calling foods and rotating to give everyone a chance at each role. The team with the most points at the end wins the game!

Grows Above or Below Ground 🌱

FRUITS & VEGGIES

Above or Below Ground

 Carrot Below	 Tomato Above	 Beet Below	 Strawberry Above
 Apple Above	 Lettuce Above	 Radish Below	 Corn Above
 Garlic Below	 Watermelon Above	 Broccoli Above	 Sweet Potato Below
 Peas Above	 Pepper Above	 Cucumber Above	 Eggplant Above

Carrot 🥕	Below 🌱
Tomato 🍅	Above 🌻
Beet 🥕	Below 🌱
Strawberry 🍓	Above 🌻
Potato 🥔	Below 🌱
Apple 🍏	Above 🌻
Onion 🧅	Below 🌱
Lettuce 🥬	Above 🌻
Radish 🥕	Below 🌱
Corn 🌽	Above 🌻
Garlic 🧄	Below 🌱
Watermelon 🍉	Above 🌻
Broccoli 🥦	Above 🌻
Pumpkin 🎃	Above 🌻
Sweet Potato 🍠	Below 🌱
Peas 🌱	Above 🌻
Pepper 🌶️	Above 🌻
Turnip 🍷	Below 🌱
Cucumber 🥒	Above 🌻
Eggplant 🍆	Above 🌻



Fierce Fats & Powerful Proteins



Week 4 Overview: Fierce Fats & Powerful Proteins

What are Fierce Fats?

- When it comes to fats, less is more. Too much fat and oil can prevent us from becoming Super Kids.
- Certain kinds of fats give us energy, protect our organs, help our brains develop, and help our bodies absorb specific vitamins and minerals that are in foods we eat.
- Good kinds of fats are called unsaturated fats. They are found in foods like avocado, fish, nuts, olive oil, and other vegetable oils.
- Unhealthy fats are called saturated or trans fats. They are found in whole milk, butter, ice cream, french fries, as well as chips and cookies. Check the nutrition label to see what kind of fat you are eating.
- One fat serving is about 1 teaspoon (4.2 grams) of oil or butter. We want to limit ourselves to about 5 servings (21 grams) a day, or the size of a golf ball. For example, one slice of cheddar cheese has about 9 grams of fat.

What are Powerful Proteins?

- Proteins are foods like chicken, eggs, fish, peanuts, tofu, pork, beef, and beans.
- Proteins help our muscles and tissues, and they also help increase iron. Iron is a mineral that carries oxygen in the red blood cells from our lungs to other parts of our bodies.
- Proteins often come from animals, and animals have fat, so leaner meats like chicken, fish, and pork help us get our protein without all the unhealthy fat.
- One serving of protein is about 3 ounces, or the size of a deck of cards. We need 4-5 ounces of protein each day.

WHAT TO EXPECT THIS WEEK

- Activities: Protein Food Group Coloring Page
Kids' Food Critic Activity
Protein Word Search – Level Up Activity
- Recipe: Sandwich Kabobs
- Exercise: Protein Scramble game
Plant & Animal Protein Activity

Week 4 Recipe:

Discussion Questions

Questions:

1. Are fats good or bad for you?
2. What type of fat is better for you?
3. What types of fats are not as healthy?
4. What are your favorite proteins to eat?
5. What are your favorite foods that have fats?

Answer Key:

1. Both!
2. Unsaturated fats
3. Saturated fats, trans fats
4. Students name their favorite proteins - maybe chicken, eggs, fish, peanuts, tofu, pork, beef, and beans
5. Students name their favorite fats - maybe milk, nuts, fish, avocado, etc.

Week 4 Recipe: Sandwich Kabobs

AGENCY SHOPPING LIST

Each Student will need:

- 1 slice of sandwich meat
- 1 string cheese
- 2 grape tomatoes
- 1 baby pickle (optional)
- 1 slice of whole wheat bread



RECIPE INGREDIENTS

- 1 slice of sandwich meat
- 1 string cheese
- 2 grape tomatoes
- 1 baby pickle (optional)
- 1 slice of whole wheat bread

NOTES

- Materials - Mini cookie cutters, a knife to cut ingredients, wooden kabob sticks, and a paper plate
- Have an adult supervise the cutting of ingredients

DIRECTIONS

1. Roll up the sandwich meat and cut into 4 pieces
2. Cut the string cheese into 5 pieces
3. Cut the baby pickle in half
4. Cut bread into small squares or shapes using mini cookie cutters to create shapes
5. Place the “sandwich” on the kabob in any preferred order. Example: bread, cheese, tomato, meat, pickle, cheese, meat, bread
6. Enjoy!

Week 4 Activity: Protein Food Groups Coloring Page



U.S. DEPARTMENT OF AGRICULTURE

Protein Foods Group Coloring Page

Protein helps us grow and build strong muscles. Color the different sources of protein from around the world.



Breakfast and Healthy Snacks

Why is breakfast an important meal?

- Did you know the word “breakfast” means to break the fast? A “fast” is when we do not eat or drink for a while. Each night, we go 7-10 hours without food or drink, then break the fast with breakfast.
- Our bodies remain active even while we sleep, using energy and nutrients to help us grow and recover.
- How do you feel when you skip breakfast? Probably not great, which is why eating a nutritious breakfast is so important.
- A healthy breakfast includes at least one food item from three different food groups.

Breakfast from Around the World

People worldwide enjoy various types of breakfast foods to start their day off right. Here are some examples of breakfast dishes from different countries.

Jamaica:

- Breadfruit (Vegetables) – Breadfruit was introduced to Jamaica in 1793 when it was imported from the South Pacific and has since become one of the main staple foods in the Jamaican diet. This starchy food can be boiled, roasted, or baked and eaten along with other staples such as yams or potatoes.

Colombia:

- Arepas (ah-reh-pahs) (Carbohydrates) – Arepas are flat, round patties made from ground corn flour. They can be grilled, baked, or boiled. Various types of arepas are enjoyed throughout South America. Sometimes they are topped with cheese or avocado or filled with meat and vegetables to make sandwiches.

Japan:

- Natto (nah-toe) (Protein) – Natto is a sticky, strongly flavored soybean dish. Soybeans are a major part of Japanese food culture and are prepared in many different forms, including natto, tofu, and miso.

Ghana:

- Koko (Grain): This porridge is made from millet, a type of grain. It's similar to other porridges, like oatmeal.

Discussion: Healthy Snacking

The Benefits of Healthy Snacking:

- A snack is a small amount of food that is eaten between meals, or a very small meal.
- Eating small amounts of food every 3-4 hours can help keep blood sugar levels stable, boost mood, energy, focus, and sleep quality. Blood sugar is the body's main energy source. Fuel for the body, which comes from food.
- Here are some examples of healthy snack options from each of the food groups:
 - Dairy- string cheese
 - Protein- hard-boiled egg
 - Vegetable- carrots
 - Fruit- 1 apple
 - Grain- whole-grain crackers
 - Fats- a small handful of mixed nuts

Try These Tips for Building a Healthy Snack:

- **Build Your Own** – Use your imagination to make a custom trail mix with unsalted nuts and add-ins like seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.
- **Prepare Ahead** – Store snack foods in reusable containers as soon as you get home from the grocery store so they're in healthy portions, ready to grab-and-go.
- **Make it a combo.** Mix different food groups together to create a satisfying snack: yogurt and berries, apples with nut butter, or whole-grain crackers with hummus and celery.
- **Eat vibrant vegetables** – try raw veggies with dips. Dip bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.
- **Wash and Enjoy** – Apples, pears, grapes, and fresh berries are perfect quick snacks that you can wash and eat on the go.
- **Stock Your Fridge** – Keep pre-cut fruits and vegetables in the fridge, visible and within reach, for a convenient snack anytime.

Discussion Questions:

- What does breakfast mean?
- What are some of your favorite breakfast items? What food groups do you include in your breakfast?
- Which foods from "Breakfast Around the World" would you like to try?
- What are some of your favorite snack foods? What food groups do you eat during snack time?

Week 4 Exercise: *Protein Scramble*

Exercise is an important part of a healthy lifestyle for children and helps set habits at an early age.

Equipment:

- Chairs – the game requires one less chair than the total number of students.

Set Up:

- Set up the chairs in a wide circle.

How to Play:

1. Divide students into three or four groups.
2. Name each group by a protein source – e.g., meat, milk, tofu, eggs, nuts.
3. Assign one student to be the “Kid in the Kitchen,” who stands in the middle.
4. Start the game by the “Kid in the Kitchen” calling out one of the proteins – all the students in that group must get up and find another seat.
5. The student in the middle is also trying to steal one of the seats.
6. The student left without a seat is the new “Kid in the Kitchen” for the next round.
7. If the “Kid in the Kitchen” calls out “Protein Scramble,” all students must get up and find a new seat.
8. The game continues until only a few students remain or until everyone has been the “Kid in the Kitchen” twice.



Week 4 Exercise:

Plant and Animal Protein Activity

Help students learn to identify plant and animal-based proteins while moving their bodies!

Set up: Lead the students to an area where they can jog in place and jump up and down.

- Have the students stand in staggered rows.
- Then the students extend their arms to the sides and slowly rotate from side to side to make sure they don't bump into their neighbors.
- Ask them to try their best to stay within their area.

Instructions:

Using the protein coloring sheet, the instructor points to and names a protein, then asks the students whether it is plant- or animal-based. After the examples on the coloring sheet have been covered, the game can be extended by asking the students to name a protein.

Students will perform an action depending on whether the protein is from a plant or an animal source:

- Plant-based proteins = Root and grow by doing a squat jump tap five times.
- Animal proteins = Jog in place for 20 seconds.

How to perform the root and grow:

1. Start in a standing position with feet shoulder-width apart.
2. Hinge at your hips and bend your knees to lower into a squat, then reach your hands to the ground between your feet.
3. From the squat position, jump off the floor and jump into the air. Reach your arms over your head as high as you can.
4. Land softly on the balls of your feet, slightly bend your knees to help absorb the impact. Return to the standing position and repeat.

Fun fact to share: Animal-based proteins are digested more quickly and easily than plant-based proteins. That is why we move our bodies faster when an animal protein is called out.



Super Chef Showcase



Week 5 Overview:

Program Review & Celebration

Let's Celebrate!

Goal:

Celebrate everything we've learned about healthy eating and staying active! This week is all about showing that making smart food choices and moving your body can be fun, creative, and rewarding.

WHAT TO EXPECT THIS WEEK

Activities:

- **Draw Your Meal Plan:** Get creative and illustrate a healthy meal!
- **Make a Meal Plan:** Use your food smarts to plan meals with 3 food groups.
- **Food Critic (optional):** Pretend to be a food critic and review one of your healthy snacks!
- **Super Chef Certificate:** Celebrate your journey with a certificate!
- **Create Your Recipe Book:** Collect all your recipes to take home and share.
- **Word Search Fun (optional):** Two levels available, based on grade/time.

Recipes:

- **Breakfast Protein Balls:** A delicious morning energy boost!
- **Apple Nachos:** A fun, crunchy, healthy snack.

Exercises:

- **DIY FitBall Game:** Toss, move, and laugh while getting active.
- **Roll the Dice Yoga:** Try fun poses based on the roll of a dice!

Week 5 Discussion

Hi Super Chefs! Can you believe we've made it to our final week together? Over the past four weeks, you've learned how to fuel your body, balance your plate, and keep your energy high through movement.

We've talked about the power of fruits and veggies, the strength-building magic of protein, and how fiber and water help our bodies feel great. You've worked hard, perhaps tried new foods, played fun games, and learned how to make healthy choices.

Today, we're celebrating YOU!

You'll be making your very own recipe book to take home and earning your official Super Chef Certificate to show off all you've learned. Get ready to have fun, share your favorite meals, and remember that healthy habits can be exciting, creative, and delicious!

Quick Recap Prompts (ask students):

- What are the five food groups?
- Which group helps build muscles? (*Protein!*)
- Which group keeps your bones strong? (*Dairy!*)
- Which group helps your body fight off sickness? (*Fruits and veggies!*)
- What's one new food you tried and liked during this program?

Week 5 Activity: *Draw a Meal Plan*

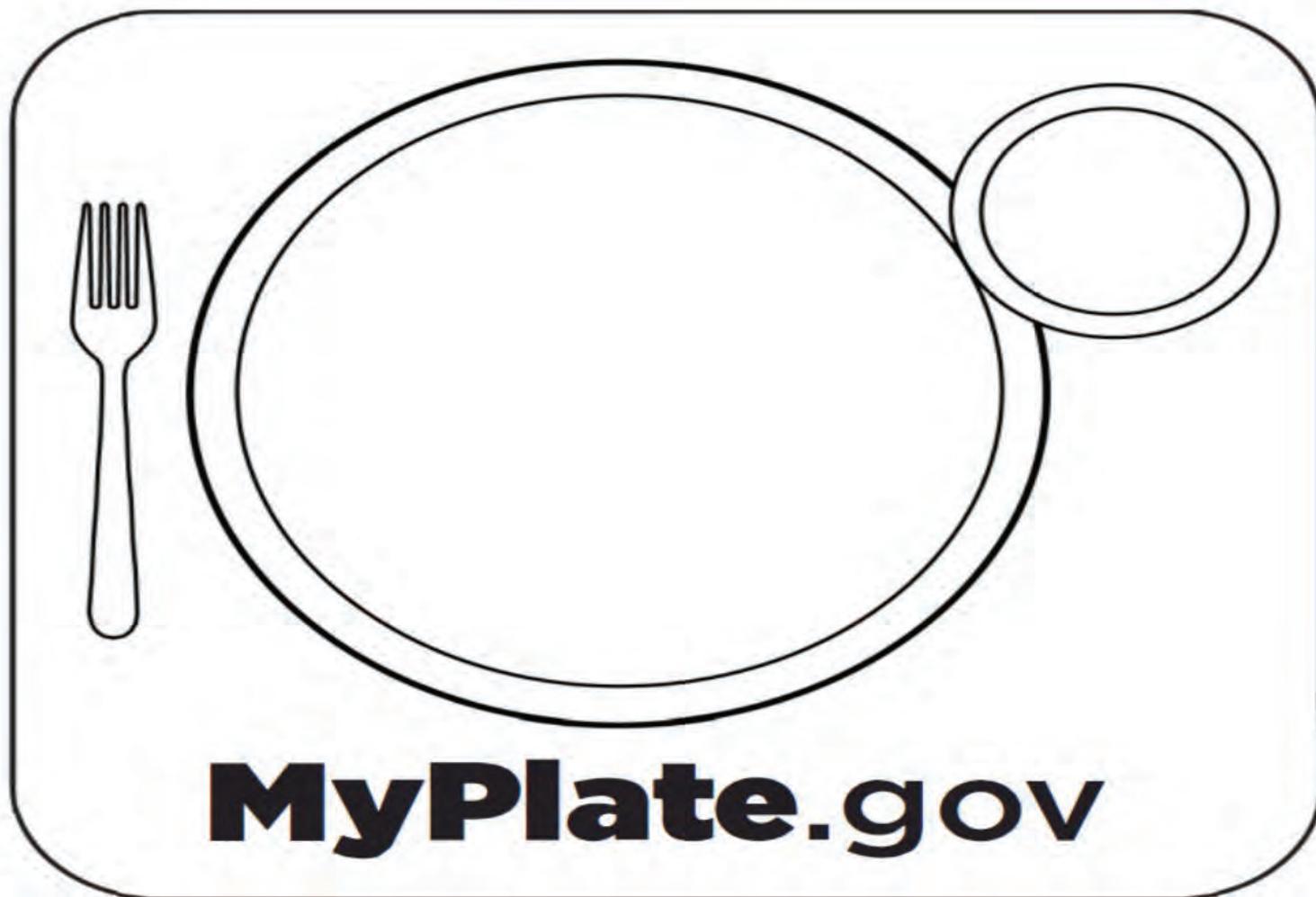
Based on everything you have learned so far, we know that a variety of foods and 3 meals a day are important!

Supplies Needed:

Crayons/markers & worksheets

Directions:

Draw your morning breakfast



Week 5 Level Up Activity: Make a Meal Plan

Super kids need super meals! Use your food knowledge to build meals with powerful food groups!

Supplies Needed:

Crayons/Markers

Directions:

List ideas for meals with at least 3 food groups. An example is included to get you started!

Example:

	Food Group 1	Food Group 2	Food Group 3
Breakfast	Scrambled Eggs	Whole Wheat Toast	Fruit

Use the table below to build your super meals. The more food groups you add, the stronger your plate becomes!

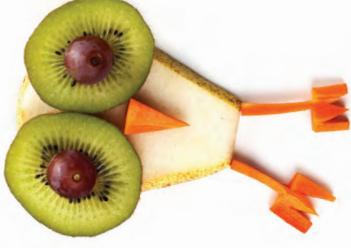
	Food Group 1	Food Group 2	Food Group 3
Breakfast			
Lunch			
Snack			
Dinner			
Breakfast			
Lunch			
Snack			
Dinner			
Breakfast			
Lunch			
Snack			
Dinner			



United States Department of Agriculture

KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

Visual Appeal

1	2	3	4	5	—
<input type="radio"/>					

Smell

1	2	3	4	5	—
<input type="radio"/>					

Taste

1	2	3	4	5	—
<input type="radio"/>					

Texture

1	2	3	4	5	—
<input type="radio"/>					

TOTAL: _____

TOTAL SCORE

Serve it again?
 YES NO



FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.



August 2016

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Week 5 Activity: *Super Chef* Celebration & Recipe Book Craft

Students will:

- Receive their **Super Chef Certificate** for completing the program and all their hard work! (Located in the **Student Workbook**)
- Create a personalized **Recipe Book** using the recipes they've collected! (Located in the **Activities Workbook**)

Supplies Needed:

- Scissors
- Yarn
- Hole punch

Directions:

1. Cut out the recipe cards along the dotted lines.
2. Punch **three holes** (top, middle, and bottom) along left side of each recipe card.
3. Tie the cards together using string or yarn to create a flip-style recipe book!

Suggested Activity Formats:

Option A: Combined Activity Flow (Recommended for simplicity)

Create recipe books and hand out certificates in one celebratory session. As students finish their books, invite each one up to receive their **Super Chef Certificate** and share a favorite recipe if they want.

Option B: Separate Activities

Have students assemble their recipe books first. Save the **certificate ceremony** for the end of class as a final moment to recognize their hard work and growth.

Week 5 Bonus Activity: Word Search

Now that you've learned about super foods and fitness, let's see how many healthy words you can find in the crossword puzzle below! Level Up *Nutrition Label Word Search* provided as well to fit your classroom needs.

Supplies Needed:

Pencils and Word Search Sheet

Directions:

Good luck finding your recipe ingredients!

Week 5 Super Chef Review

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

Veggies

Protein

Fitness

Healthy

Grains

Fruits

Energy

Dairy

Water

Week 5 Super Chef Review

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

Veggies

Protein

Fitness

Healthy

Grains

Fruits

Energy

Dairy

Water

Make Smart Choices!

Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D



No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

Nutrition Facts
Read the Label

Revised: October 2018

1

Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2

Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

3

Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

www.fda.gov/nutritioneducation



Weeks Recipe: *Oat Energy Balls*

AGENCY SHOPPING LIST

- ½ cup peanut butter (or other nut butter)



RECIPE INGREDIENTS (18 Servings)

- 1 ½ cups uncooked oats or steel cut oats
- ½ cup honey
- ½ cup chocolate chips
- 1 tsp flaxseed (optional for healthy protein and fats)

NOTES

Nutritional Considerations:

This recipe provides healthy fats and protein from the flaxseed and peanut butter. Also, the steel-cut oats keep you fuller longer and provide many heart health benefits.

DIRECTIONS

1. Add all ingredients to a large bowl except the chocolate chips.
2. Mix well with a large spoon then fold in the chocolate chips.
3. Refrigerate for 30 minutes and roll into balls (alternative, for smaller children smash flat into cookie shape).
4. Taste.
5. Store extras in the refrigerator.

Weeks Recipe: Apple Nachos

AGENCY SHOPPING LIST (suggested)

- Apples
- 2 tablespoons peanut butter (creamy style)



RECIPE INGREDIENTS (1 Serving)

- 1 teaspoon lemon juice
- 1 medium apple (thinly sliced)
- 1 tablespoon sunflower seeds (unsalted and shelled)
- 1 tablespoon cranberries or raisins
- 1 tablespoon chocolate chips (mini)
- 1 tablespoon honey

NOTES

Nutritional Considerations:

The apple improves the processing of food in your body and protects against many diseases. The peanut butter and sunflower seeds provide healthy fats and protein to your body.

DIRECTIONS

1. Gently rub apples under cool running water.
2. Add lemon juice to sliced apples to reduce browning.
3. Spread apple slices on a plate.
4. Top apple slices with sunflower seeds, dried cranberries, and mini chocolate chips.
5. Combine peanut butter and honey in a small, microwaveable safe container. Microwave 20 seconds and stir until smooth. Be careful when removing from microwave. (optional)
6. Drizzle peanut butter sauce over apple slices.

Week 5 Exercise: DIY FitBall

How to Play FitBall

Supplies:

- 12-inch beach ball (DIY FitBall)
- Permanent marker
- Music and speakers
- A “DJ” (someone to start and stop the music)

Setup Instructions:

- Blow up your beach ball.
- Use a marker to write **3–4 fun fitness moves** on each colored section. (Choose moves that match the age and energy of your group!)



Yellow Panel	Orange Panel	Green Panel
5 Squats	Run in Place (10 seconds)	5 Jumping Jacks
10 Toe Touches	5 Push-ups	10 Sit-Ups
10 Arm Circles (Backward)	Stork Stand (5 counts each leg)	Butterfly Sit (Hold 10 seconds)
	5 Side-to-Side Jumps	

Purple Panel	Red Panel	Blue Panel
Straddle Sit (Left, right, center)	Arm Circles (Forward 10x)	5 Jumps to the Sky
Lunges (10 alternating)	Side Arm Stretch (5 seconds each)	Hop on One Foot (5 per side)
Shoulder Rolls (5 each way)	5 Forward & Backward Jumps	Upward Arm Stretch (Hold 10 seconds)

How to Play:

- Everyone stands in a big circle.
- The DJ starts the music while players **gently toss or pass** the FitBall around.
- When the music stops, the person holding the ball checks the **activity closest to their right thumb**.
- The whole group does that activity together!
- Then return to the circle and keep playing until time runs out!

Additional Tips:

- If an activity has already been done, pick the next closest one.
- Participants will be tempted to hit the ball like playing volleyball and may cause the activity to become louder due to everyone getting excited. If you would like a calmer game, instruct everyone to **pass gently**, no spiking or volleyball hits!

Week 5 Exercise: *Roll the Dice Yoga*

Let's roll the dice and strike a fun yoga pose to stretch, strengthen, and relax your body.

Supplies Needed:

Dice and Yoga Pose Sheet

Directions:

Roll the dice, find the number on your yoga sheet, and try the pose! Remember to take turns, have fun, and feel your body getting stronger and calmer.

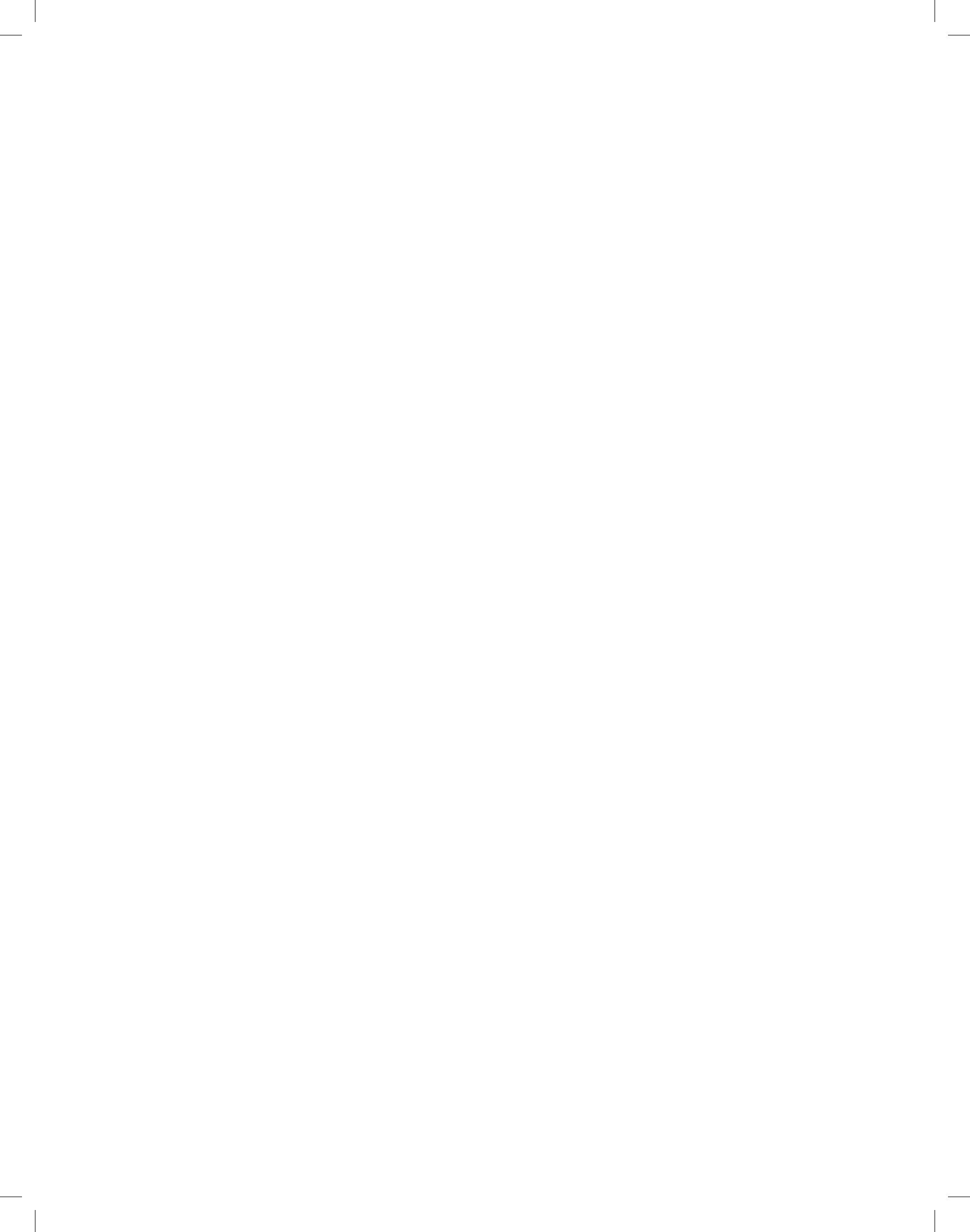
Resources:

<https://www.kidsyogastories.com/>

Dice Number	Pose	Picture	Description
2	Boat		Sit on your bottom, lift your legs, and try to balance like a boat. Gently rock back and forth like you're floating on water!
3	Cat		Get on your hands and knees like a kitty. Round your back up high and tuck your head. Now meow like a stretching cat!
4	Child's		Sit on your heels, then gently lay your head down in front of your knees. Let your arms rest by your sides and take a few slow, deep breaths like you're a tiny rock taking a rest.

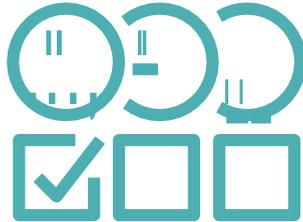
Dice Number	Pose	Picture	Description
5	Crescent Moon		Stand tall and stretch your arms way up high. Press your hands together and lean to one side like a crescent moon. Come back up, then lean to the other side. Shine bright!
6	Downward Facing Dog		Start standing, then bend down and put your hands on the ground. Step your feet back to make a big upside-down V shape. Keep your legs straight, head relaxed and pretend you're a puppy stretching!
7	Plank		Step back to balance on your palms and on your bent toes, keeping your arms straight and your back long and flat. Pretend to be an alligator floating in the water!
8	Seated Twist		Sit with your legs straight out in front of you. Bend one knee and cross it over the other leg. Sit up tall like a tower, then twist your body to the side. Put one hand behind you and the other on your knee like you're looking over your shoulder!
9	Standing Forward Bend		From standing, bend your upper body, reach for your toes, and sway your arms like a jellyfish.

10	Tree		<p>Stand on one leg and bend the other. Press your foot to your inner leg and stretch your arms up like branches. Now balance and sway gently like a tall, strong tree!</p>
11	Warrior 2		<p>From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward</p>
12	Butterfly		<p>Sit up tall, bend your knees, and press the bottoms of your feet together. Hold your feet and gently flap your legs like butterfly wings!</p>





Post Program Survey



To assess what participants learn as part of the Kids in the Kitchen program, we ask that all participants complete a [pre and post program survey](#)

- The purpose of the pre-program survey is to determine students' knowledge-level at the beginning of our program. The post-program survey allows students to determine student growth throughout our program.

Note: Include your contact information so that we may contact the winners!



THANK YOU SO MUCH FOR PARTICIPATING IN KIDS IN THE KITCHEN 2026!

Appendix:

Sugar

Let's talk Sugar

- Do you know what sugar is and where we can find it? Sugar is a type of sweetener that makes things taste yummy like candy, cookies, and soda.
- What is sugar? Sugar is a sweet substance that gives food a sweet taste. Sugar can come in different forms, such as granulated sugar, brown sugar, and powdered sugar.
- Where can we find sugar? Sugar can be found in foods and beverages. Sugar can be naturally found in fruits, but it can also be added to many processed foods like soda, cookies, and ice cream.
- Natural sugar is better for our bodies because it comes with other nutrients that are good for our health, while processed sugar can be harmful if consumed in excess.

Kitchen Tool Safety Tips

TOASTER AND ELECTRICITY SAFETY

- Never plug a toaster into a power outlet near water. Water and electricity do not mix! If a plugged-in toaster were to fall in water and someone touch it, they could receive an electric shock that could harm them.
- Avoid placing any metal objects in a toaster even if a slice of bread or waffle is stuck. A metal knife placed in a toaster could conduct electricity from the toaster and create an electric shock that could harm someone. If a slice of bread or waffle is stuck in the toaster, unplug the toaster, and ask an adult for assistance with removing the item from the toaster.



KNIFE SAFETY

Knives are very sharp and can cut us if we do not handle them carefully. If you need to carry a knife, be sure to do so with the tip of the knife pointed towards the floor.

- Wear closed toed shoes when handling knives in case one slips from your hand or falls from the counter.
- Always cut away from your body, not towards yourself.

HAND HYGIENE

Did you know that proper hand washing may prevent food poisoning and reduce the spread of the common cold and the flu?

- Dry hands with disposable paper towels, clean cloth towels or air dry.
- Sing two choruses of “Happy Birthday” while you lather up, cleaning your hands for 20 seconds.
- Always wash both the front and back of your hands up to your wrists, and in between fingers and under fingernails.
- Never forget to wash your hands after switching tasks, such as handling raw meat and then cutting vegetables.
- Hands should be washed in warm, soapy water before preparing foods and after handling raw meat, poultry, and seafood.
- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw used tissues in the trash
- If you don’t have a tissue, cough or sneeze into your elbow, not your hands.

Food Safety Tips

WASH FRUITS & VEGETABLES

Wash all fruits and vegetables with plain running water (even if you plan to peel them) to remove any pesticides, dirt, and bacteria. Scrub firm produce, such as carrots, cucumbers, or melons, with a clean produce brush.

UNCOOKED OR RAW FOODS

Do not eat:

- Raw or undercooked eggs (like cookie dough)
- Unpasteurized milk, juice, or cheese
- Undercooked meats, raw sprouts, or unwashed fruits/veggies

CLEAN UP

Wash plates, utensils, and cutting boards in hot, soapy water or a dishwasher. Wipe countertops and other surfaces with warm, soapy water.

LEFTOVERS

Refrigerate leftovers as soon as possible after cooking, no longer than 2 hours. Eat leftovers within 3-4 days or throw them out.

Appendix

Overview: Nutrition Label

Why are nutrition labels important?

- They have the information you need to make healthy choices through the day and help you compare two foods.
- <https://www.youtube.com/watch?v=OWMSJqnYFMY>

Information found on a nutrition label:

- Serving Size & Number of Servings: If you eat or drink 2 servings of a food or beverage, you are getting 2x the calories and nutrients listed.
- Calories Per Serving:
 - (1) Everyone's calorie needs are different depending on age, gender, height, weight, and amount of physical activity.
 - (2) Generally, 100 calories per serving is considered moderate and 400 calories per serving is considered high.
- Nutrients Per Serving:
 - (1) Choose your nutrients wisely
 - (2) 5% Daily Value (DV) of a nutrient per serving is considered low, while 20% DV is considered high
 - (3) Important Nutrients: fiber, iron, Vitamin D, calcium, potassium
 - (4) Nutrients you want less of: saturated fat, sodium (salt), added sugar, trans fats

See the following guides and cool tips for Nutrition Labels and a Word Search to apply what you have learned.

