



UNIT 7:  
Fruits and Vegetables  
*Mix it Up!*

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

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This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

# About Food & Fun After School

## 2<sup>nd</sup> Edition

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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](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Unit 7 Information for Leaders

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## Behavior Goal:

Children will eat a variety of fruits and vegetables.

## Key Messages for Kids

- Go for five or more! 5 servings of fruits and vegetables (combined) each day.
- Try to eat a fruit or vegetable at every meal and snack.
- Fruits and vegetables come in lots of colors. Try to eat as many different colors as you can.

## Key Information for Program Staff

Fruits and vegetables are important foods to include in a healthy diet, but many children (and adults!) eat much less than the recommended 5 or more servings each day. Fruits and vegetables are packed with lots of vitamins and nutrients, including vitamins A, B (folate) and C, and minerals such as potassium and even calcium. Fruits and vegetables are also a great source of fiber, which helps you feel full.

Fruits and vegetables come in many different colors, and each color brings with it nutrients that other colors may not offer. For instance, deep orange and yellow produce such as cantaloupe, carrots, and sweet potatoes are packed with vitamin A, while citrus fruits like oranges and cruciferous vegetables like broccoli contain vitamin C. Broccoli and dark leafy greens like kale provide calcium. Bananas are great sources of potassium.

Encourage children to eat a variety of different fruits and vegetables so they get all the vitamins and nutrients they need to be healthy. Tell children it is fun to try new fruits and vegetables, and they taste great! Striving for variety also means you should also try to incorporate fruits and vegetables that are relevant to the lives of the children you serve. Take time to talk to kids about the kinds of fruits and vegetables they eat at home and make sure to incorporate them into your snacks and activities in this unit.

Refer to the *“Fruits & Veggies!” Tip Sheet* for ideas on how to serve fruits and vegetables for snack at your afterschool program. The Tip Sheets are also available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

### What’s a Serving?

- ¼ cup of dried fruit, like raisins
- ½ cup of cooked or raw vegetables, like baby carrots or cooked green beans
- ½ cup of canned or cut-up fruit, like applesauce or canned pineapple
- 1 medium piece of fresh fruit (an apple the size of a tennis ball, or 1 medium banana)
- 1 cup of leafy greens like spinach and lettuce (dark greens pack more nutrients than pale iceberg lettuce)

## Activity Options for Children

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## Arts & Crafts

Build a rainbow by creating a fruit and vegetable mural



## Active Games

Warm Up & Cool Down – do these whenever the children are active!

Color Relay – race to collect fruits and vegetables and sort by different categories

Fruity Freeze tag – play freeze tag game where players get rescued by calling out fruits or vegetables that match the leader’s description



## Books

*Eating the Alphabet* by Lois Ehlert takes children through the ABC’s of fruits and vegetables

*Stone Soup* by Marcia Brown provides a humorous example of how a community comes together to prepare a delicious soup. Read prior to making a colorful vegetable soup.



## Other Group Games or Activities (can be used in circle time or small groups)

Parts of the Plant

Bingo – play with boards made by children



## Snack Time

Cucumber Yogurt Dip

Tasty Bug

Veggie Quesadillas

Berry Blast Fruit Shake

Taste test ideas- taste by color (green vegetables, orange fruit) or by type (all berries or apples or beans), or parts of the vegetable plant

You can also find these recipes in the Food & Fun 2<sup>nd</sup> Edition Recipe Packet, available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Connect with Parents!

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## Key Messages for Parents

- Go for Five! Eat 5 or more fruits and vegetables (combined) each day.
- Serve a variety of fruits and vegetables in different colors.
- Be a healthy role model for your child by eating fruits and vegetables.

## Parent Engagement Options

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- Plan a potluck! Invite parents to participate in a fruit and veggie potluck. Ask parents to bring their favorite fruit or veggie dish to share with other parents and children. Ask them to bring copies of the recipe for other parents so they can make the dish at home.
- Offer fruits and veggies at pick-up. Put a bowl of fruits or veggies by the sign-out book for parents to grab when they pick up their kids from afterschool.

Refer to the Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Fruits and vegetables for better health”. Insert this into your program newsletter.
- **Email Message:** “Healthy Habits Power Tips: Get your 5 servings of fruits and veggies!”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Fruits and vegetables: Eat 5 or more servings for your health”. Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program’s sign-out area.

Parent Communications and Handouts are also available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Resources

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## Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

[www.foodandfun.org](http://www.foodandfun.org)



Harvard School of Public Health publishes an online nutrition news and resource center:

[www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

[www.hsph.harvard.edu/prc/](http://www.hsph.harvard.edu/prc/)

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

[www.letsmove.gov/index.html](http://www.letsmove.gov/index.html)

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

[www.healthiergeneration.org](http://www.healthiergeneration.org)

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

The Produce for Better Health Foundation provides tips for eating a variety of colorful fruits and vegetables, nutritional information, as well as ideas about planning, shopping and cooking meals and snacks packed with fruits and vegetables.

[www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Dole produces a website that has a section for educators with lesson plans and activities about fruits and vegetables:

[www.dole.com/SuperKids/Educators/tabid/744/Default.aspx](http://www.dole.com/SuperKids/Educators/tabid/744/Default.aspx)

The Centers for Disease Control (CDC) has a website dedicated to information about fruits and vegetables. It includes recipes, budgeting tips, and guides to healthy meals.

[www.fruitsandveggiesmatter.gov/](http://www.fruitsandveggiesmatter.gov/)

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Available in English and Spanish.

[www.kidshealth.org](http://www.kidshealth.org)

[www.kidshealth.org/parent/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html)

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

### **Web Sites for Kids:**

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

[www.bam.gov](http://www.bam.gov)

KidsHealth also has a website especially for kids in English and Spanish.

[www.kidshealth.org/kid/index.jsp?tracking=K\\_Home](http://www.kidshealth.org/kid/index.jsp?tracking=K_Home)

[www.kidshealth.org/kid/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html)

The Produce for Better Health Foundation has a fun interactive website designed just for kids! It includes recipes, games, activities and more!

[www.foodchamps.org/](http://www.foodchamps.org/)

### **Self-Assessment Tools:**

The Produce for Better Health Foundation provides educators with several options that can be used to help children monitor their fruit and vegetable intake. Use these materials to help promote 5-a-day in your program.

[www.pbhfoundation.org/educators/teachers/activities/tracking.php](http://www.pbhfoundation.org/educators/teachers/activities/tracking.php)



# Activities

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## BUILD A RAINBOW



### Objective:

Children discover a “rainbow” of fruits and vegetables to eat.

### Preparation and Materials:

- Construction paper (optional)
- Magazines and grocery circulars from a variety of types of stores
- Paint, crayons and/or markers
- Mural paper (butcher roll or poster board paper)
- Scissors and paste or glue sticks

### Instructions:

1. Draw an outline of a rainbow on the mural paper (include red, orange, yellow, green, blue, purple). *Note:* This activity can be used with all ages, and children may work on the mural over several days.
2. Tell the children that they will build a rainbow with fruits and vegetables.
3. Invite children to look through magazines and grocery circulars for pictures of fruits and vegetables – encourage them to look for foods of different colors.
4. Allow the children to color or paint the rainbow background before pasting or drawing pictures on the rainbow.
5. *Options for adding fruit and vegetable colors:* Children may use the cut-out pictures to paste on the rainbow, or they may use crayons or markers to draw the pictures. They may also trace/draw foods on the construction paper to cut out.

### Extension Activities:

- Use the rainbow to start a discussion. Ask children if they had any fruit or vegetables today—what did they have? What colors did they eat? How can they add more color?
- Make a “seasonal” mural by making a fruit/veggie rainbow with fruits/veggies that are available locally in winter, spring, summer and fall.
- Use the discussion as a “language lesson”—name pictures in languages the children in your program speak at home; discuss what foods the pictures are found in/contain; share stories/family traditions about foods.
- Create a rainbow to show the diversity of your program that includes pictures of different cultures and flags along with food.

# WARM UP, COOL DOWN



## Objective:

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

## Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

## Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
  - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
  - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

# COLOR RELAY GAMES



## Objective:

Teams race to collect fruit and vegetables and sort them by color

## Preparation and Materials:

- Collect, empty, and clean a variety of boxes or cans of fruit/vegetables or juice. You could also use fruit and vegetable picture/word labels to paste on small boxes (like empty milk cartons). Alternatively, you may use flashcards of fruits and vegetables if you have them, or have kids make flashcards with common fruits/veggies they eat at home.
- Label 5 boxes or paper bags by color (yellow/orange, green, blue/purple, white, red) for the sorting categories, or make colorful labels using construction paper to place on the floor.

## Instructions:

1. Arrange group in 2 or more teams, and have each team line up on opposite sides of a gym/field/large open space. Smaller teams of 4-6 are better for getting everyone's participation.
2. Place fruit/vegetable containers in the middle of the space between the teams.
3. On "Go!" each team member takes a turn running to grab a fruit/vegetable container and returning to their team to sort the items by color. All team members should run in place, stretch, or do jumping jacks when waiting for their turn.
4. The team with the most items, correctly sorted, wins.

*Note:* this can be tricky because some foods have a skin that is different from the flesh. The color is based on the part we eat (so a banana looks yellow, but the flesh is white; or a kiwi looks brown, but it is green on the inside).

## Extension Activities:

- Sort by part of the plant, or whether an item has "seeds" or "no seeds"
- Older students may be introduced to key nutrients and sort by "lots of vitamin C" or "little vitamin C"
- Search for an item that meets the description called out by the leader. For instance, the leader calls out "orange fruit," and the team members in line to go run out and find an orange fruit to return to their teams. The next person in line searches for a different item, such as "green vegetable".
  - Options include: part of plant, color, how the food is typically served (morning juice, lunch bag fruit, dried fruit snack, mashed vegetable, etc.). *Note:* Several fruits or vegetables will meet the description, so be sure to have enough items for the children to collect.

- This can also be played as a quiet brainstorming game; the small team or individual who lists the most items in each category wins (offer fruit stickers, or the opportunity to choose the fruit or vegetable for snack).
- Make flashcards with the translation of fruits and veggies into another language that the group learns together.

# FRUITY FREEZE TAG



## Objective:

One or two “its” try to freeze players by tagging them, while other players call out fruits and vegetables to unfreeze the player.

## Preparation and Materials:

- None

## Instructions:

1. Identify the boundaries in the gym or field and inform the players that they may run in any direction, but must stay within the boundaries.
2. Select 1 or 2 “its” (use random methods to select the “it”, such as a birthday that month, or born on a certain number, or wearing a particular color).
3. On “Go” the “its” will chase the players and try to tag them (below the shoulders, avoid shoving). When a player is tagged, he/she stands frozen until he/she is rescued.
4. Options for rescue:
  - The leader calls out a color and the frozen player(s) must call out the name a fruit or vegetable to match the color. With this option, the leader may continue to call out colors and any tagged player can name a fruit or vegetable of that color until the leader calls out a new color.
  - Another player who serves as the “rescuer” calls out a color while crawling under the frozen player’s legs; the frozen player must name a fruit or vegetable to match the color.

## Extension Activities:

- Have the leader call out the names of fruit and veggie dishes from another country and children must name the region/culture. For example, “platanos” would be Latin America.

# PARTS OF THE PLANT



## Objective:

Children identify the plant parts for common fruits and vegetables.

## Preparation and Materials:

- A variety of vegetables for taste testing each part of the plant

## Instructions:

1. Discover the Parts of a Plant
2. Explain that we eat different parts of the plant. See examples in box below.
3. Ask the children to name some vegetables and identify the plant part.
4. Taste vegetables that represent each part of the plant (refer to the recipe and taste test section for information and a worksheet).

### Examples of Parts of a Plant

- Root: carrot, onion, potato, turnip, yam, beets
- Stem: asparagus, rhubarb, celery, fennel
- Leaf: spinach, chard, cabbage, lettuce, collards
- Flower: broccoli, cauliflower, artichoke
- Fruit (of the vegetable plant): squash, tomato, cucumber
- Seed: beans, corn, peas, soy beans

## Extension Activity:

*For older children:*

1. Write names of vegetables on small pieces of paper and tape a different one on the back or forehead of each child.
2. Instruct children to ask “Yes – No” questions to help them guess what they are.
3. Each child may only ask another child 1 identifying question (examples: “Am I a root?” “Am I brown?” “Do I need to be baked?”)
4. The first child to guess what vegetable he/she is, wins.

# BINGO



## Preparation and Materials:

- Create bingo boards using the Worksheet. Give each child a blank BINGO board to decorate with pictures of fruits and vegetables (they may draw or cut pictures from magazines or grocery circulars). Photocopy these cards and cut out the pictures to use as call cards (or create a list).
- Coins or markers

## Instructions:

1. Play BINGO according to the usual directions:
  - Draw the cards one by one and call out the fruit or vegetable to the group.
  - Have each child search their board for the item called out and place a marker over the fruit or vegetable if it appears on their card.
  - The first person to get 5 in a straight line (horizontally, vertically, or diagonally) yells out “BINGO!” to win.
2. Play with creative rules for winning:
  - First to get any 5 on board
  - First to cover entire board

First to get cover all green or red fruits and vegetables

## Extension Activities:

- Play with creative ways of calling out cards (*Note*: several fruits or vegetables may fit the description):
  - Describe color (“I’m a deep green vegetable”)
  - Describe part of the plant (“I’m a root vegetable”)
  - Describe a cultural dish (“For Hannukah, many people eat me like a pancake”)
- Try fruit and vegetable BINGO as a family fun night game! Have kids take the BINGO boards home with them to play as a family.

# Recipes and Taste Tests

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## Recipe Criteria

All recipes included in the Food & Fun 2<sup>nd</sup> 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!



# 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!

# 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!

# 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 zucchini, 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.
4. Repeat steps 2 and 3 for zucchini
5. Wipe or rinse skillet and spray with cooking spray.

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6. Place 1 tortilla in skillet.
7. On half of one tortilla place about  $\frac{1}{4}$  cup of cheese and 2-3 Tbsp of vegetables, sprinkle with a little more cheese.
8. Fold tortilla in half and press firmly with a spatula
9. Flip and cook over medium heat for about 2 minutes on each side until cheese is melted
10. Repeat spraying skillet each time with cooking spray and repeat with remaining tortillas.
11. Serve with tomato salsa (about 2 Tbsp per quesadilla).

# 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).

# A Basic Guide to Taste Tests

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## 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!

## Mix It Up! Taste Test Ideas for Fruits and Vegetables

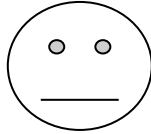


- Go Seasonal – serve fruits and veggies that are “in season and available locally.”
- Be Adventurous – try fruits like kiwi, pomegranates or star fruit. Have children from different cultural backgrounds suggest fruits that they commonly eat at home (platanos, guava, etc.)
- Taste by Color – try different 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)
- Eat the Alphabet – try fruits and vegetables of the same letter (refer to the book *Eating the Alphabet* by Lois Ehlert for an alphabet of ideas). Examples may include: apricots and apples, or melons and mangos.
- Taste by Part of the Plant – use the “What Part of the Plant are You Eating?” worksheet for a guided testing plan and/or use the examples below:
  - Root: carrot, onion, potato, turnip, yam, beets
  - Stem: asparagus, rhubarb, celery, fennel
  - Leaf: spinach, chard, cabbage, lettuce, collards
  - Flower: broccoli, cauliflower, artichoke
  - Fruit (of the vegetable plant): squash, tomato, cucumber
  - Seed: beans, corn, peas, soy beans
- Taste by Variety – compare different apples, pears, peppers, berries, etc., or compare the same food prepared different ways (for instance, raw apples versus applesauce, which is cooked; or raw versus steamed broccoli). Have kids bring in vegetable recipes that are part of their (or their parent’s) culture.

# Taste Test Rating Sheet

Today I tried: \_\_\_\_\_

I liked this:



**A lot!**

**Somewhat**

**Not very much**

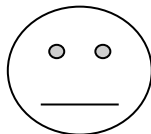
Comments on the look, taste, feel or smell of this food: \_\_\_\_\_

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Today I tried: \_\_\_\_\_

I liked this:



**A lot!**

**Somewhat**

**Not very much**

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

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# Worksheet List

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**What Part of the Plant Are You Eating?**

**Pages 26-27**

**My Bingo Board**

**Page 28**

# What Part of the Plant Are You Eating?

**Directions: Put one check mark next to your choice for each food listed.**

1) Carrot

\_\_\_ Root

\_\_\_ Leaf

\_\_\_ Seed

4) Spinach

\_\_\_ Stem

\_\_\_ Leaf

\_\_\_ Flower

2) Celery Stick

\_\_\_ Leaf

\_\_\_ Stem

\_\_\_ Fruit

5) Corn

\_\_\_ Root

\_\_\_ Fruit

\_\_\_ Seed

3) Apple

\_\_\_ Fruit

\_\_\_ Stem

\_\_\_ Root

6) Broccoli

\_\_\_ Leaf

\_\_\_ Flower

\_\_\_ Stem

# What Part of the Plant Are You Eating?

## ANSWER SHEET

**Directions: Put one check mark next to your choice for each food listed.**

1) Carrot

Root

Leaf

Seed

4) Spinach

Stem

Leaf

Flower

2) Celery Stick

Leaf

Stem

Fruit

5) Corn

Root

Fruit

Seed

3) Apple

Fruit

Stem

Root

6) Broccoli

Leaf

Flower

Stem

# My Bingo Board

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