

Names: _____ Date: _____

The meal we've chosen is _____.

We've chosen to include (tell at least 3 recipes)

1. _____.

2. _____.

3. _____.

4. _____.

5. _____.

We chose these recipes because (give 10 reasons why these recipes are healthy choices)

1. _____.

2. _____.

3. _____.

4. _____.

5. _____.

6. _____.

7. _____.

8. _____.

9. _____.

10. _____.

Ham and Swiss Breakfast Casserole

Serves: 6

Ingredients:

6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
6 ounces Swiss cheese, shredded
3 slices enriched white bread
3 slices whole wheat bread
1 cup skim milk
2 eggs, large
1 tablespoon yellow mustard
½ teaspoon "beau monde" seasoning (or alternate)
½ teaspoon Worcestershire sauce
1-2 dashes onion powder

Directions:

Lightly spray an 8" x 8" baking pan with non-stick spray. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.

Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.

Nutrition Facts:

Calories: 250.83
Total Fat: 11.38 g
Saturated Fat: 5.78 g
Sodium: 588.84 mg
Potassium: 98.18 mg
Calcium: 371 mg
Vitamin D: 1.23 mcg, 49.14 (IU)
Dietary Fiber: 2.26 g

Amount of Each Food Group Per Serving:

Fats: 1.5
Milk, Yogurt, Cheese: .875
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 1
Fruits, Vegetables: 0
Bread, Cereal, Rice, Pasta: 1

Serve with 1 fruit serving and 1 vegetable serving.



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Strawberry Banana Parfait

Description:

Whether you are looking for a fruit-filled breakfast option or a better-for-you dessert – enjoy the flavors of layered seasonal fruit, crisp flakes and creamy yogurt in this delicious parfait.

Ingredients:

- ½ medium ripe banana, mashed
- ⅛ teaspoon vanilla
- ⅓ cup plain non-fat yogurt
- ½ cup sliced fresh strawberries
- ½ cup complete bran and wheat flakes ready-to-eat cereal



Directions:

1. Stir banana and vanilla into yogurt
2. In one 10-12 ounce glass, alternately layer the yogurt mixture, strawberries and cereal. Serve immediately.

Makes 1 serving

Nutrition Facts

<i>Nutrient</i>	<i>Value</i>	<i>%DV</i>
Calories	190	
Saturated Fat	0	0%
Sodium	200 mg	8%
Potassium	448 mg	13%
Calcium	200 mg	20%
Vitamin D	95 IU (0.66 mcg)	24%
Dietary fiber	7g	28%



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

CHICKEN and DUMPLING SOUP

Serves: 8 (approximately 2 cups/serving)

Prep/Cook Time: 20/45 minutes

Ingredients:

SOUP

2 tablespoons vegetable oil
2 cups carrot, chopped
1 cup onion, chopped
1 cup celery, chopped, including some leaves
2 quarts chicken broth, fat free, reduced sodium
2 cups cooked chicken breast, shredded
½ teaspoon black peppercorns
½ teaspoon dried thyme
2 bay leaves
2 cups fresh spinach leaves, coarsely chopped



DUMPLINGS

1 cup whole wheat flour
1 cup all-purpose flour
¼ teaspoon salt
¾ cup skim milk
1 egg, large

Directions: Heat oil in Dutch oven or soup kettle over medium-high heat. Sauté carrot, onion and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme and bay leaves. Reduce heat to low; simmer, partially covered for 20 minutes. Meanwhile, in small bowl, mix dumpling ingredients until well blended. Drop small spoonfuls of dumpling dough into simmering soup. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook). Remove bay leaves before serving soup. Stir in spinach.

Nutrition per serving:

Calories: 266
Total Fat: 6.5 g
Saturated Fat: 1.3 g
Sodium: 618.5 mg
Potassium: 370.34 mg
Calcium: 123.81 mg
Vitamin D: .23 mcg; 9.38 IU
Dietary Fiber: 5.85 g

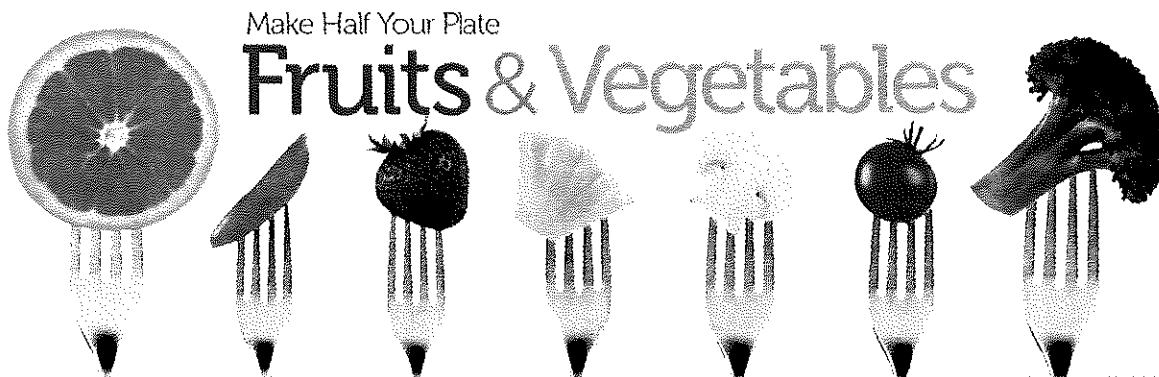
Amount of Each Food Group Per Serving:

Fats: .33
Milk, Yogurt, Cheese: .1
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2 oz
Fruits, Vegetables: 1.5
Bread, Cereal, Rice, Pasta: 1.5

Serve with 1 fruit serving, and 1 non-fat dairy serving.



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.



Make Half Your Plate

Fruits & Vegetables

There are so many ways to eat **Fruits & Vegetables** every day.

Spaghetti with Quick Meat Sauce

Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli, garlic bread, and roasted pears for dessert. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.



Ingredients

makes 8 servings

- 1 pound whole-wheat spaghetti
- 2 tsp extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 4 cloves garlic, minced
- 1 Tbsp Italian seasoning
- 1 pound lean (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- ¼ cup chopped flat-leaf parsley
- ½ cup grated Parmesan cheese
- ½ tsp salt

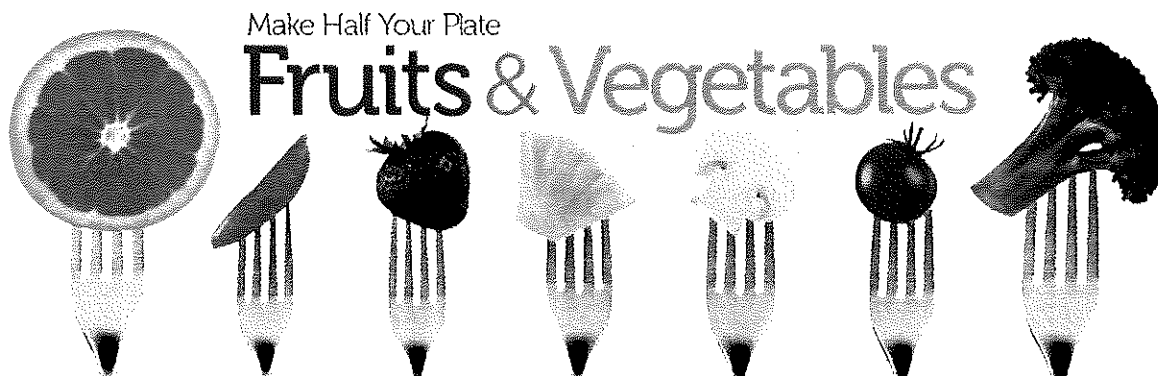
Nutrition Facts

Per serving

389 calories; 9g fat (3g saturated, 3g monounsaturated); 48mg cholesterol; 53g carbohydrate; 0g added sugars; 28g protein; 9g fiber; 416mg sodium; 709mg potassium

Preparation

Cook pasta according to package directions. Drain. Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot, and celery and cook, stirring occasionally, until the onion is beginning to brown, 5-8 minutes. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3-5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4-6 minutes. Stir in parsley and salt. Serve the sauce over the pasta, sprinkled with cheese.



Make Half Your Plate

Fruits & Vegetables

There are so many ways to eat **Fruits & Vegetables** every day.

Sweet & Sour Pork

This is a bright, light take on sweet & sour pork that's studded with plenty of pineapple, carrots, and wedges of tomato.

Ingredients

makes 4 servings (approx 1¼ cups each)

- 2 Tbsp peanut or canola oil, divided
- 4 tsp reduced-sodium soy sauce, divided
- 2 tsp plus 1 Tbsp rice wine or dry sherry, divided
- 1½ tsp plus 2 tsp cornstarch, divided
- ¾ tsp ground white pepper
- 1 pound trimmed boneless pork shoulder or butt, cut into ¼" thick, bite-sized slices
- 2 Tbsp pineapple juice (or juice from can of pineapple)
- 1 small tomato, thinly sliced into wedges
- 2 Tbsp distilled white vinegar
- 1 Tbsp minced, fresh ginger
- 1 tsp sesame oil
- ¼ cup finely chopped scallions
- 2 cups chopped fresh pineapple (bite-sized pieces) or drained canned pineapple chunks
- ¼ tsp salt
- 1½ tsp light brown sugar
- ½ cup sliced carrot (¼" thick)
- 1 Tbsp ketchup

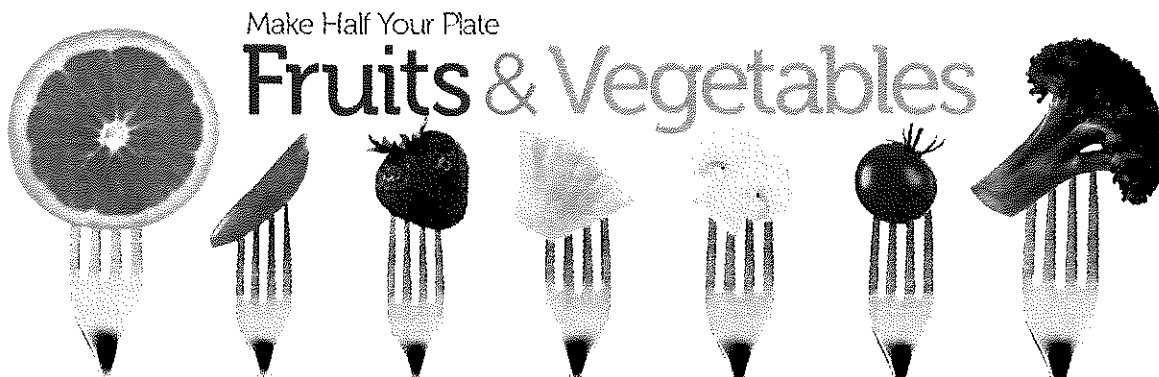


Nutrition Facts

Per serving: 313 calories; 17g fat (5g saturated, 8g monounsaturated); 65mg cholesterol; 21g carbohydrate; 2g added sugars; 19g protein; 2g fiber; 421mg sodium; 457mg potassium

Preparation

Combine ginger, 2 tsps soy sauce, 2 tsp rice wine (or sherry), 1½ tsp cornstarch, salt, and pepper in a medium bowl. Stir in pork and sesame oil until well combined. Combine pineapple juice, vinegar, ketchup, and brown sugar in a small bowl. Stir in the remaining soy sauce, rice wine (or sherry), and cornstarch. Heat a 14" flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl 1 Tbsp peanut (or canola) oil into the wok. Carefully add the pork and spread in one layer. Cook undisturbed, letting the pork begin to sear, for 1½ minutes. Then, using a metal spatula, stir-fry until the pork is lightly browned but not cooked through, 1 minute. Transfer the pork to a plate. Swirl the remaining oil into the wok, add carrots and stir-fry for 30 seconds. Return the pork with any juices to the wok. Add tomato and scallions and stir-fry for 30 seconds. Swirl in the pineapple juice mixture, add pineapple, and stir-fry until the pork is just cooked through and the sauce is lightly thickened, 1 to 2 minutes more.



There are so many ways to eat **Fruits & Vegetables** every day.

Smoky Mustard-Maple Salmon

It doesn't get much easier — or more delicious — than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy your salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

Ingredients

makes 4 servings

- 3 Tbsp whole-grain or Dijon mustard
- 1 Tbsp pure maple syrup
- ¼ tsp smoked paprika or ground chipotle pepper
- ¼ tsp freshly ground pepper
- ½ tsp salt
- 4 4-oz skinless, center-cut, wild-caught salmon fillets

Preparation

Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through (approx. 8-12 minutes).

Quick Tips: Smoked paprika is made from smoke-dried, red peppers and adds earthy, smoky flavor. It can be used in many types of savory dishes. Look for different types of paprika at large supermarkets or online. Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population.



Nutrition Facts

Per serving

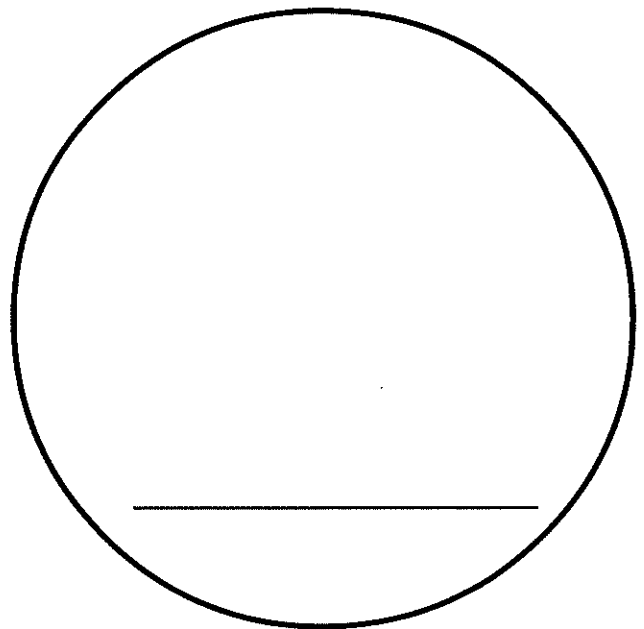
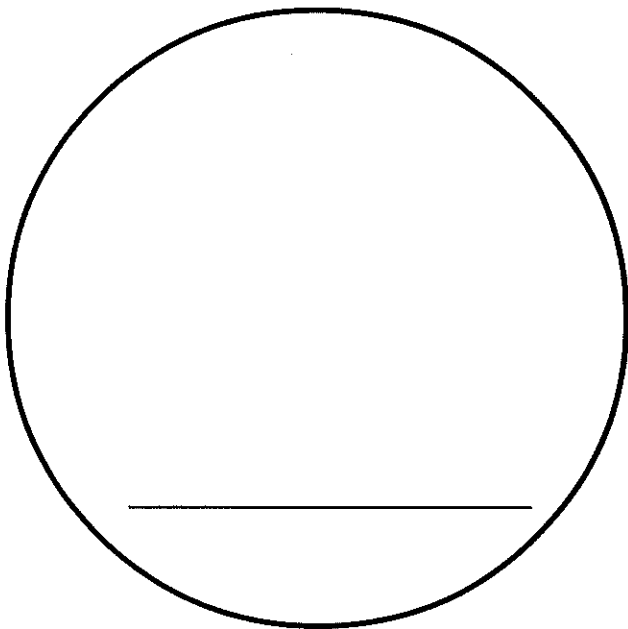
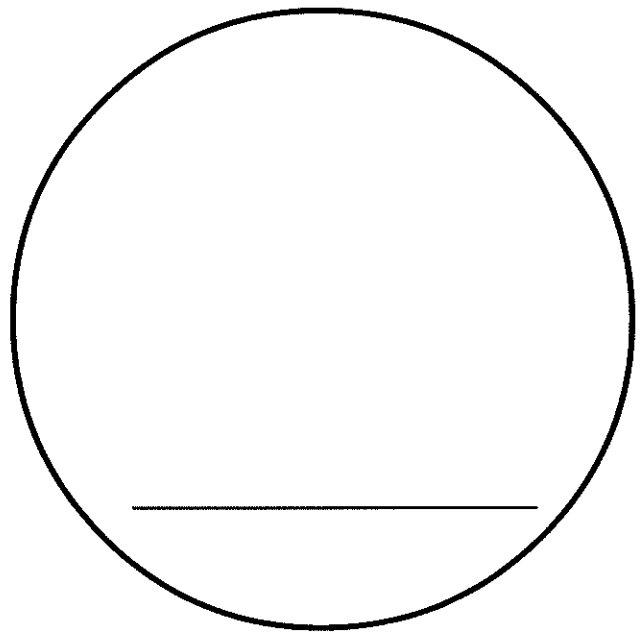
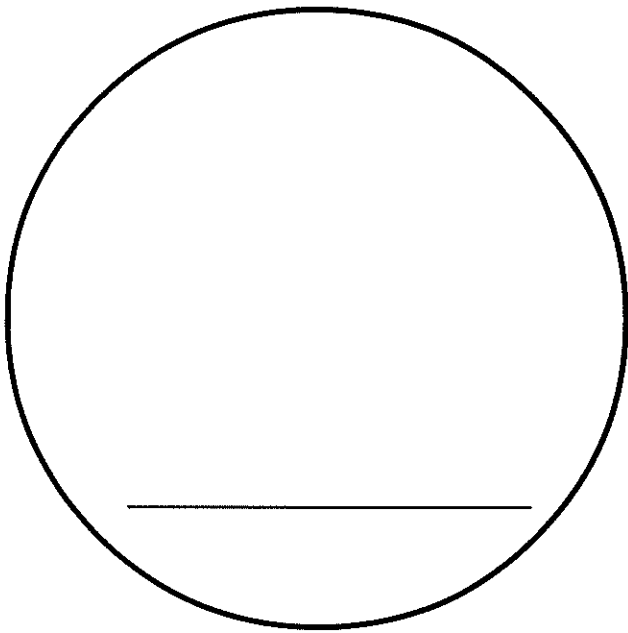
148 calories; 4g fat (1g saturated, 2g monounsaturated); 53mg cholesterol; 4g carbohydrate; 3g added sugars; 23g protein; 0g fiber; 276mg sodium; 434mg potassium
Nutrition bonus: omega-3 fatty acids



Foods that are high in fat usually have a lot of oils. Experiment with different foods using this oil spot test.

Name: _____

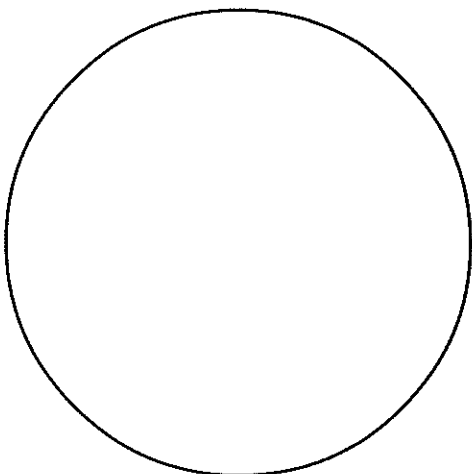
1. Rub the food in the circle. Label the circle with the food's name.
2. Let the paper dry.
3. Hold the paper up to a light.
4. Foods that are high in fat will leave behind an oily spot.



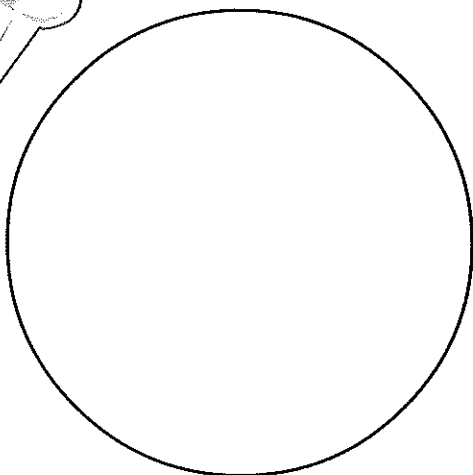
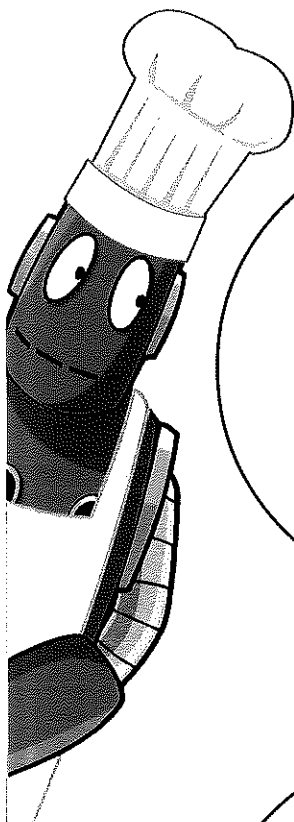


**Chef Moby wants to serve well-balanced meals.
Draw and write about a healthy meal.**

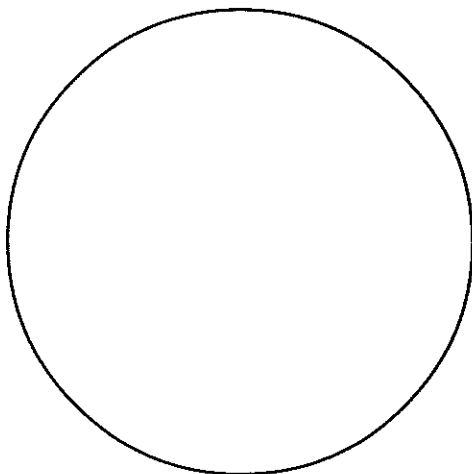
Name: _____



What's for breakfast?



What's for lunch?

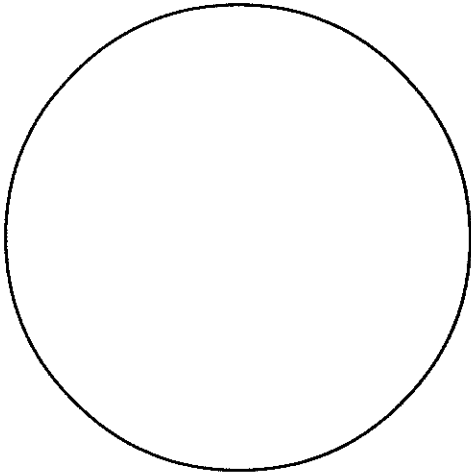


What's for dinner?

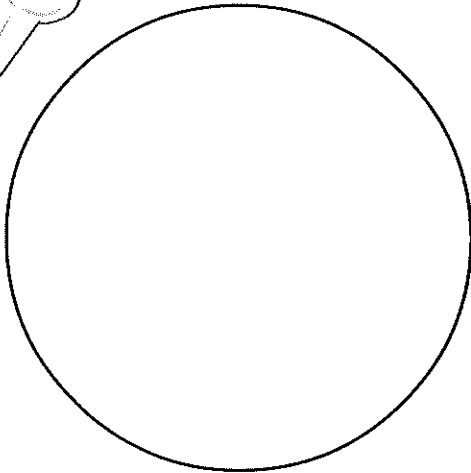
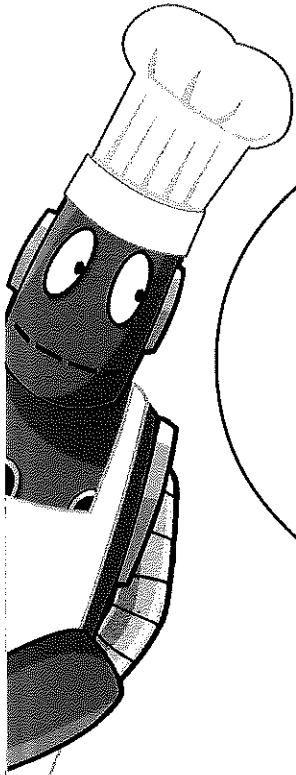


**Chef Moby wants to serve well-balanced meals.
Draw and write about a healthy meal.**

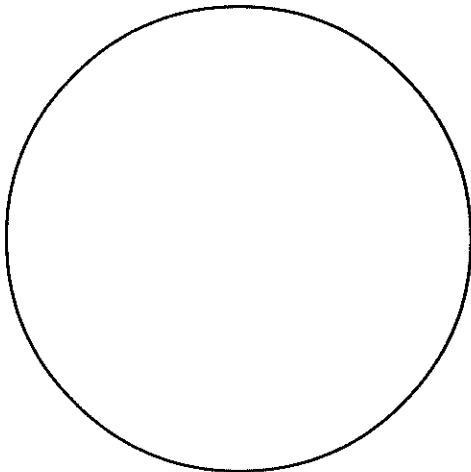
Name: _____



What's for breakfast?



What's for lunch?

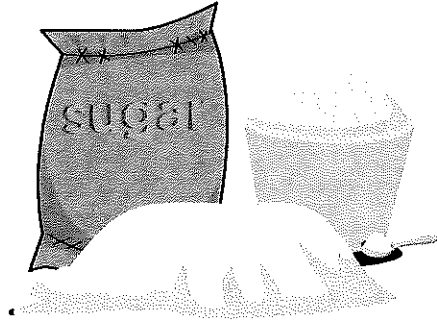


What's for dinner?

How much sugar is in a can of soda? Let's find out.

You'll need:

- * a can of soda
- * sugar
- * a teaspoon
- * a bowl



Name: _____

1. Look at the nutrition label on the can to see how much sugar it contains.
2. One teaspoon of sugar is about four grams.
How many teaspoons of sugar are in the can?
3. Scoop that many teaspoons of sugar into the bowl.

Are you surprised to see how much sugar the soda contains?

How do you think that much sugar would make you feel?

Doctors recommend that kids have less than 3 teaspoons (12 grams) of sugar per day. Is drinking soda a healthy choice? Why or why not?

Read nutrition labels on other beverages like fruit punch and chocolate milk. Are these drinks low in sugar? Are they healthier than soda?

What beverages would be the healthiest choices to drink? Why?
