

## KIDS AND FOOD:

### What's In It For Them?

Getting kids involved in food preparation offers an important opportunity for them to learn about nutrition and develop life skills. Kids learn where their food comes from, what different ingredients go into their favorite dishes, and how to make healthy decisions about food, which will last a lifetime. Not only that, but, while having so much fun, they won't even realize they are also practicing reading, math, and science.

#### Some Tips for Success

- Pick a special meal, snack, or recipe to make together each week and set aside some time.
- Allow kids to have a hand in making the recipe selection.
- Try recipe selection based on trying new foods, cultural foods, family recipes, favorite fruits and vegetables, seasonal items, etc.
- Allow children to help as much as is age-appropriate. Refer to the guide on the next page for a sense of age-appropriate tasks. Of course, individuals will vary in abilities and interests.
- Allow children to make a mess...and help clean up!

#### Vegetable Phobias

- Set a good example. Children with “vegetable phobias” are not born but are made! They are more likely to have dislikes and resistances to new things in imitation of their parents.
- Prepare vegetables carefully to retain color, flavor, and texture. Children have more sensitive taste buds than adults and notice off-flavors more quickly. Cook vegetables until just-tender and try not to let them sit hot for too long after cooking. Try to cook only the amount of vegetables your family will eat at one sitting. If you have leftovers, try different ways of preparing the vegetables for the second time.
- Kids like dips! Sauces, garnishes, and seasonings can help, too. Try the healthy dips in this recipe book. Remember, you can always use the lower fat version of some dip ingredients that are high fat, sugar, or sodium. Children often prefer raw vegetables to cooked ones. Try crinkle cuts or match sticks to boost interest.
- The taste of a familiar, well-liked food (bacon bits, a bit of cheese sauce, tomatoes, addition of new food to a casserole, etc.) can help boost the acceptance of a vegetable that is not well-liked.

- Try new recipes! Kids sometimes can't resist trying something they helped to make. Find ways to add vegetables to dishes your child already likes. Add some raw broccoli or garbanzo beans to a regular garden salad, mix a small amount of mushrooms or cooked zucchini into spaghetti sauce, or puree a small amount of vegetables and add to sauces. It is not necessarily beneficial to hide vegetables in other foods but children will see there are many ways to prepare and incorporate vegetables into their meals.
- Start a family garden. There is certainly a difference between a home-grown tomato and one purchased from the store! Growing vegetables can spark some interest in trying them at the very least.
- Start small. Encourage a taste. It's better for the child to have an opportunity to ask for more than to be overwhelmed by the amount that is on the plate. It may take several introductions of a new food before the child will even try it but this will build familiarity with the food. It's better not to make an issue of an unaccepted food. Next time it's introduced, the child may have forgotten they refused it before.
- Try to cultivate your own interest in new vegetables and different ways of serving them. Obviously, if the person serving the food dislikes it or apologizes for it, he or she is prejudicing others against it.



Depending on your child's age, there are certain foods to be aware of that are potential choking hazards. Supervise children closely if they are consuming such foods:

**Nuts and seeds**  
**Raw vegetables**  
**Hard candy**  
**Popcorn**

**Raw fruit with skin attached**  
**Cubes or "coin" shaped meats like hot dogs**  
**Spoonfuls of peanut butter**  
**Snack chips**

### **Some Kids' Books on Food**

**If You Give a Moose a Muffin** by Laura Numeroff, New York: Harper Collins, c. 1991

**Lunch** by Denise Fleming, New York, NY: Scholastic Inc., c. 1992

**"Spaghetti, Spaghetti!"** by Jack Prelutsky from **Never Take A Pig to Lunch**, New York, NY: Scholastic Inc., c. 1994

**KIDS COOKBOOKS: Ages 4+: Mom and Me Cookbook: Have Fun in the Kitchen** by Annabel Karmel, Penguin/DK

**The Kids' Multicultural Cookbook: Food & Fun Around the World** by Deanna F. Cook, Williamson Books 2008

**For Teens: The Healthy College Cookbook** by Alexandra Nimetz 2009 ISBN: 9781603420303

**Teens Cook**, Carle, 2004 ISBN: 9781580085847

# GUIDE TO KITCHEN ACTIVITIES FOR KIDS

## Age/ Developmental Milestones to Help Plan Activities

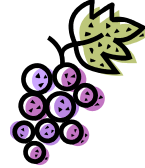
Age	What Can They Do?
<b>2</b>	<i>Pour</i> water, juice, milk; <i>mixing</i> with a spoon; <i>mash</i> cooled cooked fruits and vegetables; <i>tearing</i> lettuce; <i>shake</i> tightly closed container to mix ingredients; <i>watering</i> plants; <i>hand</i> items to adult to put away (such as after grocery shopping); <i>wipe</i> tables; <i>place</i> things in trash; help “read” a cookbook by <i>turning</i> pages; <i>create</i> faces out of pieces of foods; <i>rinse</i> fruits and vegetables; <i>snap</i> green beans
<b>3</b>	<i>Coloring</i> , <i>folding</i> napkins; <i>add</i> ingredients; <i>talk</i> about cooking; <i>scoop</i> or <i>mash</i> potatoes; <i>squeeze</i> citrus fruits; <i>spread</i> cream cheese, etc. with butter knife or popsicle stick; <i>stir</i> pancake batter; <i>knead</i> and <i>shape</i> dough; name and count foods; <i>assemble</i> pizza; <i>describe</i> color, shape, texture of food; enjoy <i>hearing</i> stories and <i>sing</i> along to songs; <i>name</i> , <i>identify</i> , and <i>sort</i> objects; <i>match</i> like objects; <i>hesitate</i> trying new foods; <i>verbalize</i> food preferences; <i>eat</i> independently with some help
<b>4</b>	<i>Peel</i> eggs and some fruits (oranges and bananas); <i>set</i> the table; <i>crack</i> eggs; <i>help</i> measure dry ingredients; <i>help</i> make sandwiches and tossed salads; <i>describe</i> color, shape, and texture of food in greater detail; learn new words easily by <i>imitating</i> ; <i>experiment</i> with new foods; <i>initiate</i> new food selections
<b>5+</b>	<i>Measure</i> liquids; <i>cut</i> soft fruits with dull or plastic knife; <i>combine</i> wet and dry ingredients; <i>use</i> an egg beater; <i>spread</i> peanut butter; <i>planting</i> seeds; <i>pasting</i> and <i>drawing</i> pictures related to food; <i>use</i> (with supervision) a heat source, hand mixer, vegetable scrubber and peeler

Children develop and mature at different rates. When using sharp knives for the first time, begin with easy-to-cut foods. Kids can begin to take on the responsibility of preparing their own snacks, however, supervision is needed for use of the oven, microwave, and toaster. Kitchen safety (use of equipment) and food safety (washing hands, keeping foods hot or cold as appropriate, cleaning food-preparation surfaces) should be discussed often.



The following compilation of recipes are kid-friendly and will help to teach some basic kitchen skills, however, there are varying skill levels and equipment needs. Find a recipe to suit your child or use the age guide to help delegate tasks needed to prepare the recipe. Use the recipes as a conversation starter for talking about regional foods (hummus), food and kitchen safety (hand washing, knives, oven), recipe substitutions (like substituting other nut butters for peanut butter, etc.), and healthy eating.

## Frosted Grapes



2 cups seedless grapes

Wash and pat dry grapes. Freeze 45 minutes. Let stand for 2 minutes at room temperature before serving.

Makes 4 servings

Nutrition Facts: 55 calories, 0g fat, 1g fiber, 2mg sodium

Source: EatingWell.com

## Peanut Butter Yogurt Dip

1 cup vanilla yogurt, low fat or fat free

1 cup creamy peanut butter

Stir peanut butter and yogurt together with a sturdy spoon. Use as a dip with fresh fruits and vegetables.

Makes 16 servings

Nutrition Facts: 54 calories, 4g fat, 43mg sodium

Source: Cornell Cooperative Extension Tompkins County

## Veggie Dipping Sauce

¼ cup plain nonfat yogurt

2 tsp honey

¼ cup light sour cream

2 tsp brown mustard

Combine all ingredients in a small bowl and refrigerate for half hour before serving.

Nutrition Info: 74 calories, 2g fat, 167mg sodium

Servings: 2

Source: Cornell Cooperative Extension, Rensselaer County



## Pumpkin Fluff Dip



- 1 (16 oz) container frozen whipped topping, thawed
- 1 ( 5 oz) package instant vanilla pudding mix
- 1 (15 oz) can solid pack pumpkin
- 1 tsp pumpkin pie spice

In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until serving.

Serve with graham crackers.

Nutrition info per 2 Tbsp.: Calories 60, fat 2.5g, fiber 5g, sodium 64mgs

Source: allrecipes.com

## Layered Dip

- 21 ounces (2 cans) bean dip
- 1 avocado, chopped
- 1 cup plain yogurt
- 1 medium tomato, chopped
- ½ cup sliced black olives
- 4 green onion, chopped
- 12 ounce jar chunky salsa
- 2 ounces sharp cheddar cheese, grated

Using a 10" shallow dish, layer ingredients in the order listed. Serve with rice cakes (virtually no fat) or tortilla chips (high in fat, but mostly unsaturated).

Makes 24 servings

Nutrition Facts: 67 calories, 3g fat, 290mg sodium

Source: Cholesterol Countdown

## Make Your Own Fruit & Yogurt Parfait Cones Great for Parties!!!

Gather some ice cream cones, enough for all children involved. Fill a large bowl with vanilla (or plain, lemon, etc.) yogurt and let kids use a spoon to add yogurt to cones. Use small bowls with spoons to arrange a display of fruit and toppings to choose from. Some suggestions:

**Fruits:** blueberries, raspberries, sliced strawberries, sliced peaches, crushed pineapple

**Toppings:** chopped nuts, granola, crushed vanilla wafers, graham crackers, jimmies or sprinkles

Parfaits are usually built by adding yogurt, fruit, topping, and repeating this until filled. Nutrition Information will vary depending on fruit, yogurt, and toppings chosen.

# No-Bake Maple Peanut Butter Cookies

1 16-oz. jar (2 cups) chunky peanut butter  
2 cups powdered nonfat dry milk  
¼ cup maple syrup

¼ cup raisins  
Graham crackers, coconut, or  
chopped peanuts

Choose one of the following to roll the cookies in: graham cracker crumbs, coconut or chopped peanuts. Mix together peanut butter, powdered milk and maple syrup. Stir in raisins. Measure out the dough with a tablespoon and form into balls. Roll cookies in desired coating. Refrigerate to firm up.

Nutrition Info per cookie: 130 Calories Fat 8g Fiber 1g Sodium 110mg



Watch From Farm to Table on WMHT for a fun family show about local foods and great recipes.

Source: WMHT From Farm to Table recipes

## Low Fat Dill & Garlic Dip

1 cup low fat mayonnaise  
1 cup no fat sour cream  
1 tsp of dill weed

1 tsp garlic powder  
1 tsp season salt (optional)

Simply place all of these ingredients into a large mixing bowl. Blend all the ingredients together until it is evenly mixed. Serve this dip with your favorite vegetables and/or some no fat chips or pretzels.

Makes 8 servings

Nutrition Facts: 83 calories, 2g fat, 436mg sodium

Source: Cornell Cooperative Extension Albany County

## Unbelievably Good Fruit Dip

1 (8 ounce) package cream cheese, softened  
1 (14 ounce) can sweetened condensed milk  
1 tsp fresh lemon juice



In a medium bowl, blend cream cheese, sweetened condensed milk and lemon juice. Cover and chill in the refrigerator at least 3 hours before serving.

Nutrition Info: 102 calories, 6g fat, 58mg sodium

Servings: 20

Source: Allrecipes.com

## Garlic Cucumber Dip

4 oz cream cheese, softened  
4 oz sour cream  
½ large cucumber, peeled & diced

1 clove garlic, minced  
¼ small onion, diced  
salt and pepper to taste

In a medium bowl, stir together the cream cheese and sour cream. Mix in the cucumber, garlic, onion, salt and pepper. Refrigerate until ready to serve.

Nutrition Info: 42 calories, 4g fat, .1g fiber, 49mg sodium

Servings: 16

Source: Allrecipes.com

## Surprise Muffins

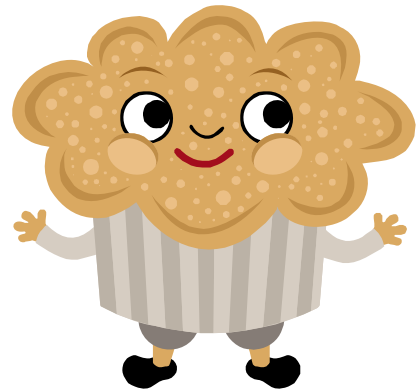
1 cup whole wheat flour  
1 cup quick-cooking oats  
2 tsp. baking powder  
1/2 tsp. cinnamon  
1/4 cup brown sugar  
1/4 cup oil  
1 egg  
1 cup milk  
1/4 cup jam

1. Preheat oven to 400 degrees.
2. Mix dry ingredients except brown sugar in a bowl.
3. Combine brown sugar, oil, egg and milk until smooth.
4. Add brown sugar mixture to dry ingredients and mix until moistened.
5. Fill 12 greased muffin cups 1/4 full. Spoon 1 tsp. jam over batter and fill each cup 3/4 full with remaining batter.
6. Bake 15-20 minutes.

12 servings

Nutrition Info per serving: 140 Calories Fat 6g Fiber 2g Sodium 85mg

Source: *Coming Home to Iowa: Favorite Recipes of 4H Families and Friends*, 1992, Favorite Recipes Press



## Stuffed Celery

1 (8 ounce) package cream cheese, softened      20 green olives with pimento, chopped  
2 Tbsp sour cream      1 bunch celery, cut into bite-size pieces  
¼ cup chopped walnuts

In a medium bowl, mix together the cream cheese and sour cream. Stir in the walnuts and chopped olives. Spread filling onto the celery pieces. It's also good on crackers.

Nutrition Info: 76 calories, 7.1g fat, .8g fiber, 189mg sodium

Servings: 16

Source: Allrecipes.com

## Berry Bean Blast

1 can (15 ounces) Navy beans or Great Northern beans (or 1 ½ cups cooked dry-packaged navy beans or Great Northern beans) rinsed, drained  
1 ½ cups orange juice  
2 cups quartered strawberries  
2 to 3 Tbsp. honey  
1 ½ tsp. ground cinnamon  
1/8 tsp. ground nutmeg  
6 to 8 ice cubes



Process all ingredients, except ice cubes, in blender until smooth. Add ice cubes and blend until smooth. Serve in glasses.

Makes 4 6-ounce servings

Nutrition Info per serving: 207 Calories 1g fat 245mg sodium 2g fiber

Source: American Dry Bean Board [www.americanbean.org](http://www.americanbean.org)

## Groovy Green Smoothie

1 banana, cut into chunks      ½ apple, cored and chopped  
1 cup grapes      1 ½ cups fresh spinach leaves  
1 (6 ounce) tub vanilla yogurt

Place banana, grapes, yogurt, apple and spinach in blender. Cover and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve.

Nutrition Info: 209 calories, 2g fat, 3.8g fiber, 76mg sodium

Servings: 2

Source: Allrecipes.com

# **Hummus**

**1 can (15 ounce) chickpeas (garbanzos), rinsed and drained**  
**2 cloves garlic**  
**1 Tbsp olive oil**  
**3 Tbsp tahini**  
**juice of 1 lemon (3 Tbsp)**  
**½ tsp kosher salt (optional)**  
**1/8 tsp ground red pepper (optional)**  
**5-6 Tbsp water**

**Add all the ingredients to a food processor or blender and pulse until smooth.**

Makes 12 servings (1 ½ cups)

Nutrition Facts: 70 calories, 4g fat, 2g fiber, 130mg sodium

Source: Nutrition Action Healthletter

# **Fava Bean Pesto**

**1 c. fava beans, cleaned**  
**1 tsp. lemon juice**  
**2 Tbsp. pine nuts**  
**1 c. extra virgin olive oil**  
**1 Tbsp. mint**  
**6 leaves basil**  
**1 tsp. salt**  
**1 tsp. minced garlic**  
**½ tsp. black pepper**  
**½ c. parmesan cheese**  
**8 slices round Italian bread**

**In a blender, puree all ingredients, except the parmesan and bread until all ingredients are smooth. The pesto should be thick, season with salt and black pepper. Fold in the parmesan cheese. Spread the pesto on the bread. Bread may be toasted or grilled for more flavor.**

8 servings

Nutrition Info per serving: Calories 380 32g fat 2g fiber 570mg sodium

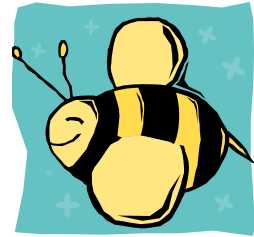
# Honeybees

½ cup peanut butter  
1 Tbsp honey  
1/3 cup nonfat dry milk powder  
2 Tbsp sesame seed

2 Tbsp toasted wheat germ  
unsweetened cocoa powder  
sliced almonds

In a mixing bowl use a wooden spoon to mix the peanut butter and honey. Stir in the dry milk powder, sesame seed and wheat germ until well mixed. Lay waxed paper on a baking sheet. Using a teaspoon at a time, shape the peanut butter mixture into ovals to look like bees. Put on the baking sheet. Dip a tooth pick in cocoa powder, then press gently across top of bees to make stripes. Stick in almonds for wings. Chill in the refrigerator 30 minutes.

Nutrition Info: 43 calories, 3.14g fat, .52g fiber, 25.97mg sodium  
Servings: 28  
Source: Cornell Cooperative Extension, Rensselaer County



# Crunchy Fruit Sundae

6 (16 ounce) cans of peaches, plums, pears or a variety of fresh fruit (apples, berries, melon, pears)  
2 tsp cinnamon  
¾ cup crumbled graham crackers (about 12 crackers)  
3 cups low fat vanilla yogurt

Drain the fruit if using canned. Wash and slice fresh fruit. Put each type of fruit in a separate bowl and let children choose which fruits they want on their sundae. Spoon yogurt on top of fruit and sprinkle with cinnamon and graham cracker crumbs.

Nutrition Info: varies depending on fruit used  
Servings: 12  
Source: Cornell Cooperative Extension, Rensselaer County

# Lemonsicles



1 (8 ounce) low fat lemon yogurt  
1 (6 ounce) orange juice concentrate

2 ½ cups low fat milk  
1 tsp vanilla

Place ingredients in blender. Blend until frothy. Pour into popsicle molds. Freeze. Or pour into a small paper cup. Cover each cup with a small square of tin foil. Cut a small slit in the middle of the tin foil and insert a popsicle stick. Freeze. To eat, tear away paper cup.

Nutrition Info: 150 calories, 2.7g fat, 200mg calcium  
Servings: 8  
Source: The Oregon Dairy Center

## **Chocolate Beans**

8 oz. semi-sweet or milk chocolate  
2 c. cooked and cooled large beans  
Round toothpicks

Break chocolate into 1-inch pieces. Place in a microwave-safe bowl. Microwave on high for 30 seconds; remove and stir. If not completely melted, repeat microwaving. Chocolate can also be melted in top of a double broiler over simmering water. Cool chocolate slightly.

Blot beans dry with a towel. Pierce each bean with a toothpick and dip into chocolate. Place on waxed paper to harden. Remove toothpick. For a richer taste, give each bean a double dipping.

Makes about 8 servings.

Nutrition Info per serving: 178 Calories 9g fat 26mg sodium 5g fiber

Source: California Dry Bean Advisory Board Cookbook

## **Apple, Cranberry, and Walnut Frozen Yogurt Toppin**

2 apples, any variety  
¼ cup dried cranberries  
¼ cup walnuts, chopped

1 Tbsp. brown sugar  
½ tsp. cinnamon  
1 tsp. lemon juice

Peel, core and dice apples into ½ inch pieces. In a medium, microwave-safe bowl, combine all ingredients. Cover with microwave-safe plastic wrap, leaving a small corner rolled back to vent. Microwave on high 6 minutes, or until apples are tender. Stir twice during cooking. Serve warm over frozen yogurt or enjoy by itself.

Makes about 5 servings.

Nutrient info per serving: Calories 100, Fat 4g, Fiber 3g, Sodium 0mg

Adapted from Ziploc.com

## **Baked Zucchini Chips**

2 medium zucchini, cut into ¼ inch slices  
½ cup seasoned dry bread crumbs  
1/8 tsp ground black pepper

2 Tbsp grated parmesan cheese  
2 egg whites

Preheat the oven to 475 degrees. In one small bowl, stir together the bread crumbs, pepper and parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat in the breadcrumb mixture. Place on a greased baking sheet. Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Nutrition Info: 89 calories, 1.3g fat, 1.8g fiber, 474mg sodium

Servings: 4

Source: Allrecipes.com

## **Baked Tortilla Chips**

1 (12 ounce) package corn tortillas	1 tsp ground cumin
1 Tbsp vegetable oil	1 tsp chili powder
3 Tbsp lime juice	1 tsp salt (optional)

Preheat oven to 350 degrees. Cut each tortilla into 8 chip sized wedges and arrange the wedges in a single layer on a cookie sheet. In a mister, combine the oil and lime juice. Mix well and spray each tortilla wedge until slightly moist. Combine the cumin, chili powder and salt in a small bowl and sprinkle on the chips. Bake for about 7 minutes. Rotate the pan and bake for another 8 minutes or until the chips are crisp, but not too brown. Serve with salsas, garnishes or guacamole.

Nutrition Info: 150 calories, 3.9g fat, 3.1g fiber, 483mg sodium

Servings: 6

Source: Allrecipes.com

## **Beanie Keenie Dessert Squares**

1 16-oz. can baked beans	½ c. finely grated carrots
1 c. water	1 c. powdered sugar
2 7-oz. boxes gingerbread mix	1-2 Tbsp. lemon juice

Drain baked beans in a sieve. Puree in a blender or food processor, gradually adding the cup of water. Combine pureed beans and gingerbread mix in a mixing bowl. Beat with electric mixer or by hand for 2 minutes. Add carrots; beat 1 minute more. Spread batter evenly in greased and floured 9-inch square baking pan. Bake at 375 degrees F for 45-50 minutes until set. Cool in pan 15 minutes. Stir powdered sugar and lemon juice together in a small bowl until smooth. Drizzle over cake. Cut into squares to serve. Top with whipped topping, if desired.

Makes 9 servings.

Nutrition Info per serving: 290 Calories 7g fat 3g fiber 500mg sodium

Source: The Bean Cookbook, NorthHarvest Bean Growers Association, RR3, Box 520 Frazee, Minnesota 56544

# Focaccia

frozen pizza dough  
2 Tbsp olive oil  
1tsp garlic (fresh-chopped or powdered) or to taste  
1 pepper (red or green) sliced in thin rings  
½ med onion sliced in thin rings  
1 tomato sliced in thin rings  
4 ounce part skim mozzarella  
2 Tbsp Parmesan cheese  
1 Tbsp parsley

Preheat oven to 400 degrees. Thaw frozen dough in refrigerator overnight or quick thaw in microwave. Spray cookie sheet with non stick spray and spread thawed dough out (it doesn't have to go to the edge of pan and can be irregular shape) not too thin. Spread olive oil, then the vegetables, next sprinkle cheeses and parsley. Bake at 400 degrees for 15-20 minutes. Cut into 6 pieces

Variations: any other vegetables (broccoli, mushrooms), leftovers (chicken, shrimp), cheeses (Monterey Jack, Swiss).

Serving suggestions: Serve with tossed salad and/or bowl of hot soup

Makes 6 servings

Nutrition Facts: 230 calories, 9g fat, 1g fiber, 380mg sodium

Source: Maryanne Blandford



## Pinto Pizza Ole'

2 c. cooked Pinto Beans, divided	½ tsp. salt
1 c. chopped onion, divided	1 lb. frozen bread dough, thawed
1 can (8 oz.) tomato sauce	½ c. chopped green pepper
2 tsp. chili powder	½ lb. grated Monterey Jack Cheese
1 tsp. cumin	Red pepper flakes
	Guacamole (recipe below)

Mash 1 cup of the beans; set aside remaining cup. Brown ½ cup onion in large skillet. Stir in mashed beans, tomato sauce, chili powder, cumin and salt. Simmer 10 minutes. Pat or roll dough to cover bottom of greased 14-in. pizza pan. Spread with bean mixture. Top with remaining onion, green pepper, reserved whole beans and cheese. Sprinkle with red pepper flakes. Bake in pre-heated 400-degree F oven for 15 minutes or until crust is browned. Cut into wedges. Top each serving with a dollop of guacamole.

**Guacamole:** Mash 1 medium avocado with 1 clove minced garlic and 1 Tbsp. lemon juice. Add liquid red pepper sauce and salt to taste. Stir in ¼ cup chopped tomatoes. Cover with plastic and chill until ready to serve.

Makes 1 (14-in.) pizza

Nutrition Info per serving: 438 Calories 24g fat 3.1g fiber 1448mg sodium

Source: Idaho Bean Commission P.O. Box 2556 Boise, Idaho 83701-2556

<http://www2.state.id.us/bean/>

