

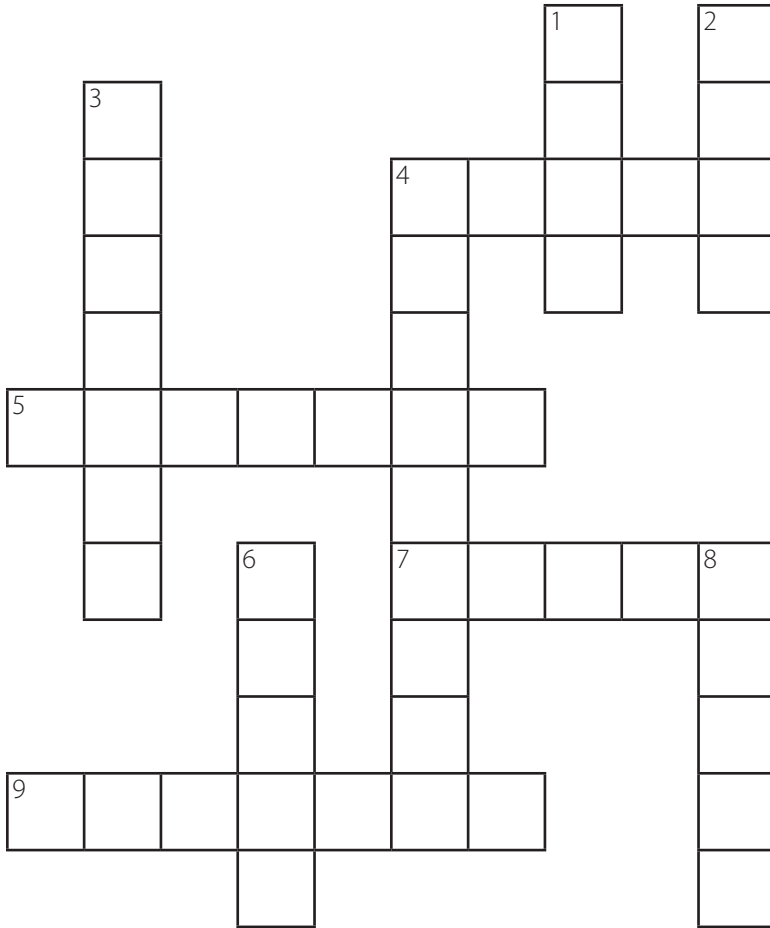


Cooking Matters

at Home -
Activities for Kids



Breakfast Crossword



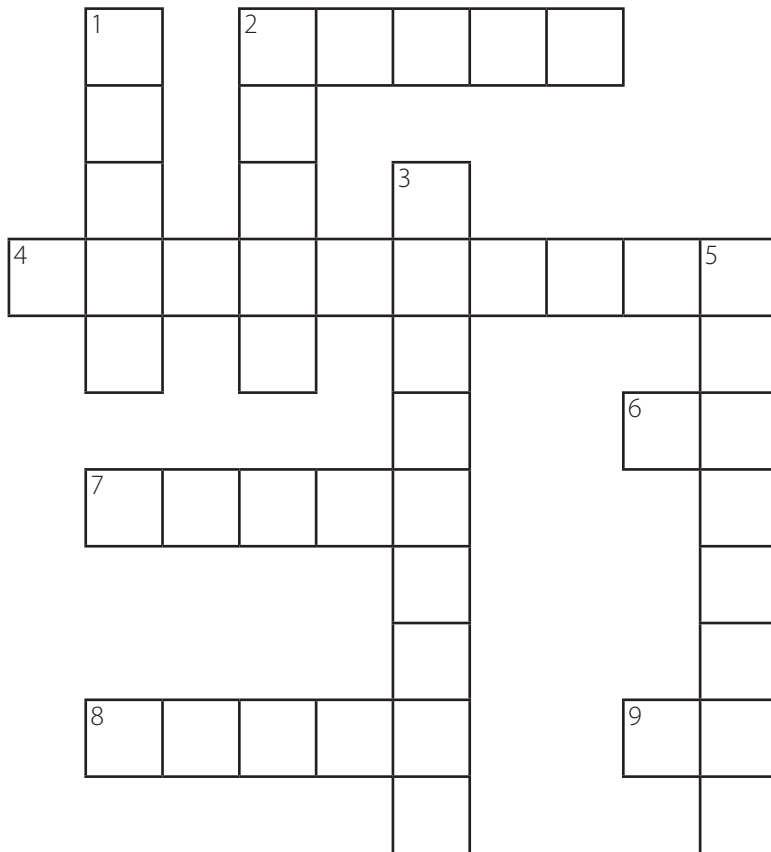
Across

- 4 Put cream cheese or peanut butter on a whole wheat _____.
- 5 Add some fruit and brown sugar to a bowl of this whole grain.
- 7 Add fresh _____ like bananas or strawberries to whole grain waffles.
- 9 Top a breakfast _____ with some salsa.

Down

- 1 Scramble these and eat them with whole grain toast.
- 2 Add _____ to whole grain cereal.
- 3 Make a _____ with yogurt, fresh fruit, and granola.
- 4 This meal helps you do your best in school.
- 6 Eat breakfast _____ day.
- 8 Try whole grain French _____ or pancakes.

Snacks and Drinks Crossword



Across

- 2 Look for snacks made with _____ grains.
- 4 Raw _____ make great snacks — try them with dip!
- 6 Try making your own healthy snacks at _____.
- 7 Avoid drinks and snacks with lots of _____.
- 8 Watch out! Make sure your fruit drinks say 100% _____.
- 9 Low-fat _____ is a great drink choice — it helps keep bones strong.

Down

- 1 Check the _____ before you choose a drink or snack.
- 2 Get this healthy drink from a fountain, a bottle, or your kitchen sink.
- 3 Choose snacks with less _____ fat.
- 5 Put fruit, yogurt, and ice in a blender to make a _____.

Cooking Terms Word Search



e h e r h r d r e e e
s t n e i d e r g n i
t r v c i v u e k a b
o e r i h s f m h r b
v n e p a e e m o r s
e e n e h c t i k e h
n c m c n h l s u n s
i b o i l m c o a p e
i e m d a i r p l o b
n e i h m c n i o h r
i k e t c b a u p c r

recipe

bake

measure

ingredients

roast

oven

chop

broil

stove

dice

boil

chef

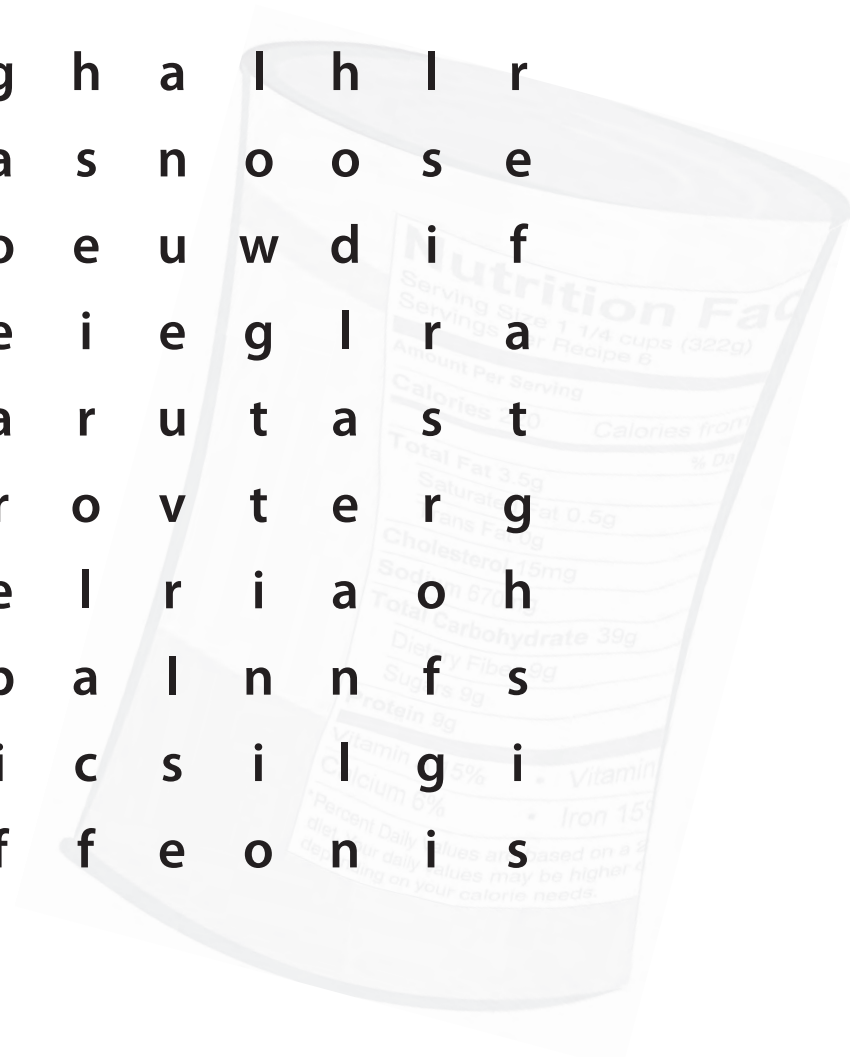
mince

simmer

kitchen

Label Reading Word Search

a h l g h a l h l r
 i i s a s n o o s e
 e g s o e u w d i f
 r h n e i e g l r a
 d e t a r u t a s t
 f r g r o v t e r g
 r i h e l r i a o h
 e l e b a l n n f s
 r r l i c s i l g i
 s o t f f e o n i s



label

fat

lower

servings

sugar

higher

calories

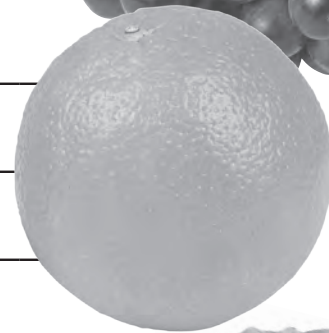
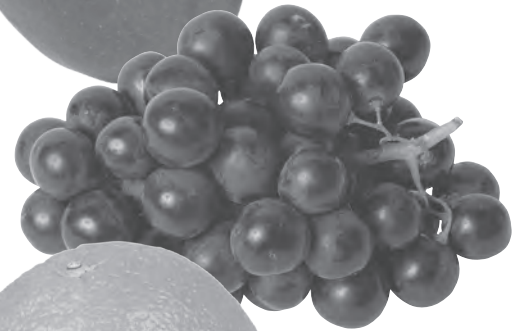
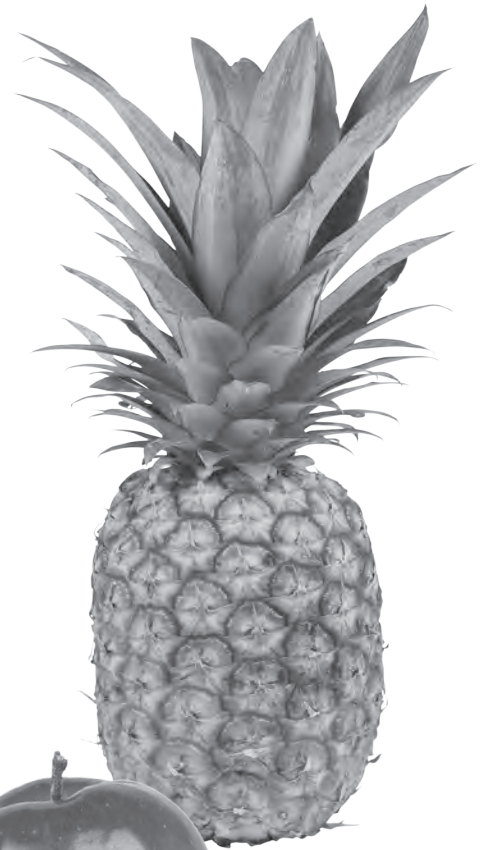
fiber

Colorful Fruits Word Scramble

What fruit
am I?

What color
am I?

betrrwrsya	_____	_____
alwetroenm	_____	_____
arenog	_____	_____
ubbylrere	_____	_____
plepa	_____	_____
utneapcelo	_____	_____
umlp	_____	_____
naomg	_____	_____
argesp	_____	_____
iwki	_____	_____
pinaplepe	_____	_____
erngtneia	_____	_____
ahpec	_____	_____
nnaaab	_____	_____
ineatnecr	_____	_____



Colorful Vegetable Fill-In

Fill in the blanks to complete the names of these GREEN veggies.

B _ _ _ C _ L _

_ P _ _ _ C H

A _ P _ _ _ G _ S

C _ C _ _ _ ER

Fill in the blanks to complete the names of these ORANGE veggies.

_ _ _ R _ T

_ W _ _ T P _ _ _ _ O

Fill in the blanks to complete the names of these RED veggies.

B _ _ _ _

R A _ _ _ H

Fill in the blanks to complete the names of these YELLOW veggies.

C _ _ N

_ Q U _ _ _

Word bank

Squash

Sweet potato

Beet

Broccoli

Spinach

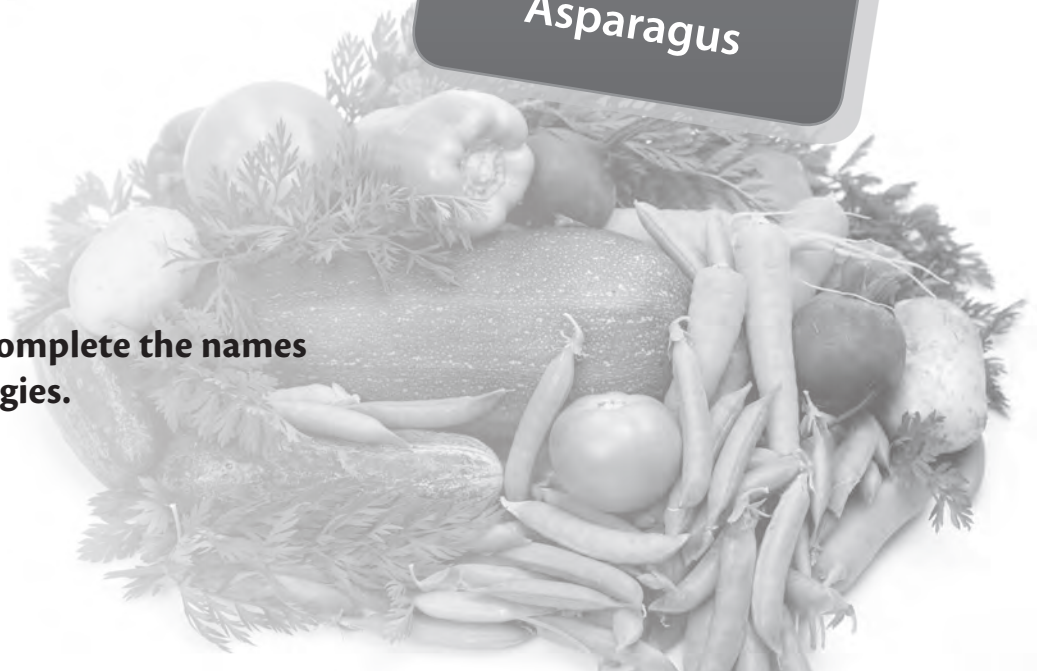
Carrot

Radish

Corn

Cucumber

Asparagus





COOKING MATTERS PRESENTS

Breakfast Boost

Break for breakfast!

Take a few minutes to fuel up each morning at home or at school.

A balanced breakfast includes foods from at least 3 food groups. Think about the breakfast you ate this morning. What foods did it include? Which food groups do these foods belong to? Talk it over with a friend or write your answers below.

[Food I Ate]

[Food Group]

Ex: cereal

Ex: grains group

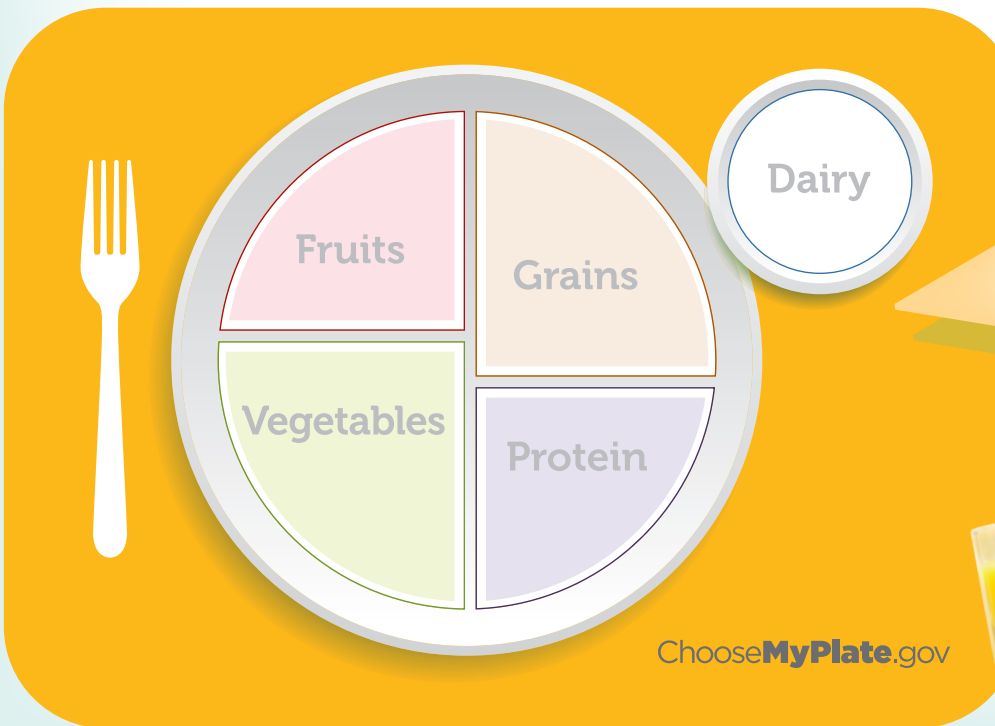
_____	_____
_____	_____
_____	_____

DID YOU KNOW?

Eating breakfast gives you energy to play and have fun all day long. It also helps you focus and do better in school.

Hint: You may need to think about each ingredient of some foods. For instance, a breakfast burrito may have beans, cheese, and a tortilla — all different food groups!

Now color in each food group you listed on the MyPlate picture below!



It's good to eat from every food group, every day!

Circle the food groups on the MyPlate picture that you still need to eat from today.

Write or draw in ideas of foods you might eat today from these groups!



Try making this quick and healthy breakfast at home on the weekend. Ask a friend or family member to join in on the fun!

Yogurt Parfait

Chef Joyce Roland • Seattle, Wash.

Serves 3, 1 parfait per serving

Prep time: 10 minutes • Cook time: None



Ingredients

2 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango

1½ cups nonfat plain yogurt

¾ cup granola

Optional Ingredients

1 Tablespoon sliced almonds

Materials

3 cups or bowls

Cutting board

Measuring cups

Measuring spoons

Sharp knife

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any extra juices. Cut fruit into ¼-inch thick slices. There should be about 1½ cups total.
2. Layer ¼ cup yogurt into each of 3 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit to sweeten low-sugar cereal the next morning. Or, eat it for an afternoon snack.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
260	4.5g	34g	90mg

DID YOU KNOW?

Most schools serve breakfast every day. Ask your teacher or principal about your school breakfast program.

TIP: Wash and cut up your fruits the night before. Then make this easy breakfast the next morning in under 5 minutes!

Food group alert!

This healthy breakfast uses 3 food groups. Can you guess which ones? The answer is at the bottom of the page!



DID YOU KNOW?

Not hungry when you wake up? You don't have to eat breakfast right away. Eat it within 1-2 hours of waking up.

Un-Scrambled Eggs

Like scrambled eggs for breakfast? You're not alone! See if you can un-scramble these popular breakfast foods below.

maotlea _____

rtuif _____

akpacens _____

teolmete _____

uygrot _____

raecel _____

atots _____

klmi _____

DID YOU KNOW?

The word breakfast means to "break the fast." You've been "fasting" since you ate dinner the night before! Get yourself going each morning with a healthy breakfast.

Un-Scrambled Eggs answers: oatmeal, fruit, pancakes, omelette, yogurt, cereal, toast, milk

Food Group Alert! answers: fruits, dairy, grains



COOKING MATTERS PRESENTS

Sugar Shocker

Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That's where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That's how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.



It's ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Nutrition Facts

Serving Size 1 cup (264g)	
Servings per Package 2	
Amount Per Serving	
Calories 310	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 57g	19%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 12g	
Vitamin A 300%	Vitamin C 190%
Calcium 15%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Compare the food labels below. Circle which food or drink is lower in sugar.

a. **Soda**

Total Fat 0mg	1%
Sodium 30mg	9%
Total Carbohydrate 27g	
Sugars 27g	
Protein 0g	

Not a significant source of fat calories, saturated fat, sodium, potassium, calcium, iron, vitamin A, vitamin C.

OR

Plain milk

Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 20%

b. **"Frosted" whole grain cereal**

Total Carbohydrate 27g	9%
Dietary Fiber 1g	0%
Sugars 11g	
Protein 1g	

Vitamin A 10% • Vitamin C 10%

OR

Unfrosted whole grain cereal

Sodium 200mg	8%
Total Carbohydrate 24g	4%
Dietary Fiber 1g	
Sugars 3g	
Protein 2g	

Vitamin A 10% • Vitamin C 10%

c. **Plain yogurt**

Potassium 300mg	4%
Total Carbohydrate 12g	0%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	

Vitamin A 0% • Vitamin C 8%

OR

Strawberry yogurt

Potassium 310mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber <1g	4%
Sugars 21g	
Protein 6g	

TRY THIS!
Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.



Got a taste for something sweet? Have fun with fruit! Try a cool and tasty fruit smoothie in place of a sugary drink, snack, or dessert.

Fruit Smoothies

Chef Susan Goss • Chicago, Ill.

Serves 2, 1 cup per serving

Prep time: 10 minutes • Cook time: None

Ingredients

- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

Optional Ingredients

- ½ teaspoon ground cinnamon

Materials

Measuring cups

Special Materials

Blender

Directions

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

Chef's Notes

- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don't have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
150	1.5g	19g	65mg



DID YOU KNOW?

Fruit is naturally sweet and it gives you the healthy stuff you need to grow and be strong. Have it on its own for a snack. Or use it to sweeten lower-sugar versions of your favorite foods, like cereal or yogurt.



Want more tasty recipes to make with your friends and family?

Get all Cooking Matters recipes right on your phone at CookingMatters.org/app.

This is Your Brain on Breakfast

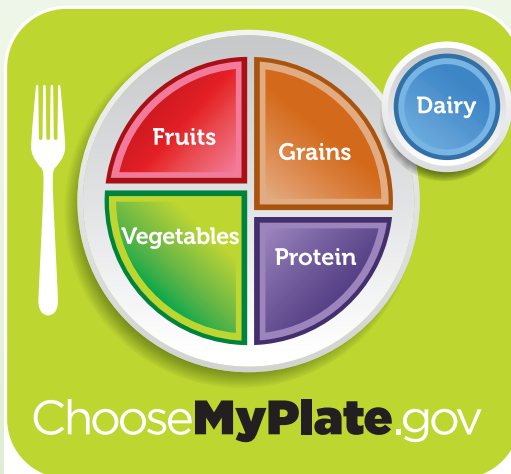
A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. **Hint:** Some foods may have ingredients from more than one food group!

Foods

- Bagel
- Cereal
- Eggs
- Apple
- Veggie omelette
- Oatmeal
- Yogurt
- Waffle
- Banana
- Bean burrito
- Milk
- Toast
- Peanut butter

Food groups

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



Choose **MyPlate.gov**



Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to www.choosemyplate.gov/kids.

DID YOU KNOW?

Most schools serve breakfast every day. They can include many of your favorite foods from this activity. Ask your teacher or principal about your school breakfast program.

TIP: You can make or buy all of these grain foods as whole grains.

Word matching answers: Fruits: Apple, Banana, Vegetables: Veggie omelette; Grains: Bagel, Cereal, Oatmeal, Waffle, Bean burrito, Toast; Protein: Eggs, Veggie omelette; Dairy: Yogurt, Milk; Peanut butter; Dairy: Yogurt, Milk

COOKING MATTERS PRESENTS



Make Your Plate a Rainbow

Go crazy for colors!

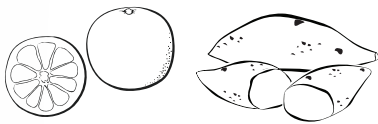
Colorful fruits and vegetables help you grow and get strong. Plus they look great on your plate! See if you can eat at least 3 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones already shown.

[Red]



[Orange]



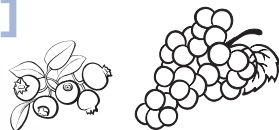
[Yellow]



[Green]



[Blue or Purple]



Circle the fruits and vegetables you ate yesterday. How many colors did you eat?

.....
Draw a box around the fruits and vegetables you would like to eat today. Try to pick at least 3 colors!

DID YOU KNOW?

Your school serves colorful fruits and veggies every day at lunch! Draw a star next to the ones you see in the lunch line this week.

DID YOU KNOW?

Eating different colors helps your body and your brain! Red, blue, and purple fruits and veggies can boost your memory. Green ones give you strong bones and teeth. Orange and yellow ones keep your eyes sharp and help you fight off colds!

TIP: The next time an adult you know goes food shopping, go with them! Look for a fruit or vegetable you've never seen or tasted before. Ask if you can try it together at home.

Fruits and veggies make great snacks or desserts!

Work with a friend or family member to make these colorful fruit and veggie treats after school or on the weekend.

Fruit Salad

- ★ Wash and peel a variety of colorful fruits.
- ★ Cut fruits into bite-size pieces. Combine in a large bowl.
- ★ Cut a lime in half. Squeeze the juice over the fruit.
- ★ Drizzle a Tablespoon of honey if you like.
- ★ Stir ingredients to combine and enjoy!



Veggies with Dip

- ★ Cut up any colorful veggies you like. Try broccoli spears, bell pepper strips, celery sticks, cucumber slices, or carrot sticks.
- ★ Mix ½ cup nonfat plain yogurt, ½ cup low-fat mayonnaise or sour cream, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ⅛ teaspoon salt, and ⅛ teaspoon pepper.
- ★ Dip the veggies and enjoy!

Fruit and Cheese Kabobs

- ★ Cut block cheese into small cubes.
- ★ Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
- ★ Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.



DID YOU KNOW?
Many fresh fruits and veggies taste their best in spring or summer. In the winter months, or all year round, give frozen and canned fruits and veggies a try. They often cost less and can taste as good or better!

Fill in the blanks – then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B _ _ _ C _ L _

K _ W _

_ P _ _ _ C H

Guess these **ORANGE** fruits and veggies.

_ _ _ R _ T

_ A N G _ R _ _ _

_ W _ _ T P _ _ _ _ O

Guess these **RED** fruits and veggies.

B _ _ _

W A T _ _ M _ _ _ N

R A _ _ _ H

Guess these **YELLOW** fruits and veggies.

C _ _ N

P _ _ _ A P P _ _

_ Q U _ _ _

Word bank

Squash Spinach

Sweet potato Carrot

Kiwi Pineapple

Beet Radish

Broccoli Corn

Tangerine Watermelon

Fruit and Vegetable Placemats

Suggested Ages: 3-10 years

Estimated Time: 15 minutes

Materials:

- Magazines to cut out pictures of fruits and vegetables
- Glue sticks
- Crayons, colored pencils, or markers
- Blank paper, 1-2 sheets per family
- Construction paper, 1 piece per family
- Clear contact paper
- Scissors, 1 pair per family

In Advance

1. Collect enough magazines so that each family will have at least two. Choose magazines that are more likely to have pictures of fruits and vegetables.

In Class

1. Distribute materials and encourage parent-child pairs to work together to create their own fruit and vegetable placemat.
2. Explain that families can draw pictures of fruits and vegetables on blank paper, or they can cut out fruit and vegetable pictures from the magazines. Pictures can be arranged and glued on both sides of the construction paper.
3. Ask parents to cover each placemat (front and back) with clear contact paper.
4. Ask a few kids to share their placemats with the class and answer questions such as:
 - Which of the fruits and veggies on your placemat are your favorites?
 - Did you find any pictures of fruits and veggies that you would like to try for the first time? If so, which ones?
 - What are some of the ways you like the fruits and veggies on your placemat prepared?
 - What season is best to find the fruits and veggies on your placemat?
5. Explain that families can use their placemats at home to remind them to include more fruits and vegetables in each meal.

TIP:

- Tell parents that they can clean the placemat by wiping it down with a damp cloth, but it should not be submerged in water.