The Afterschool Kitchen Crew
Healthy Snacks & Activity Guide
The Partnership for After School Education (PASE) is a child-focused organization that promotes and supports quality afterschool programs, particularly those serving young people from underserved communities. Established in 1993 and incorporated in 1998, PASE is now the largest network of afterschool programs in the country, consisting of more than 1,600 programs serving 500,000 youth.

PASE accomplishes its mission by building the capacity of individual afterschool staff, youth-serving organizations, and the field as a whole, all with the goal of increasing the availability of high quality services to youth in out-of-school time. Capacity-building efforts include training and technical assistance, networking events, forums, conferences and symposia. PASE also produces a range of publications and serves as a deep resource and strong advocate for afterschool education.

For families everywhere, afterschool is not optional. Out-of-school time learning is not a luxury. Whether providing safe space while a parent works, enabling academic success through activities linked to school-day learning, or developing critical 21st century skills through the arts, science, sports, and more, afterschool programs are an essential part of the education equation:

PASE works to ensure that the afterschool part of that equation is of high quality and is available to all youth. Through a diverse array of training and technical assistance activities, PASE helps the dedicated individuals who work in afterschool programs gain and develop the skills they need to provide enriching development experiences to youth in out-of-school time.

With their flexible structure, safe facilities, excellent role models, and familiarity with the populations they serve, afterschool programs are ideally suited to provide effective health education to the young people most in need. But in order to fulfill their potential in this area, programs need training and support to implement effective practices that will engage youth on issues of nutrition.

To meet this need, PASE launched the Healthy Out-of-School Time (HOST) initiative to improve the ability of afterschool programs to provide effective health education. This easy-to-use recipe and activity guide is one component of that initiative.

For more information on PASE and HOST, please visit www.pasesetter.org
table of contents

A Letter to Afterschool Staff ................................................................................................................................. 2
Why is this important? ........................................................................................................................................ 3
How do I get started? ....................................................................................................................................... 4
Recipes ............................................................................................................................................................................... 5
Activities............................................................................................................................................................................... 33
Resources ........................................................................................................................................................................ 39

Acknowledgements

PASE would like to thank those individuals who were involved in the creation of The Afterschool Kitchen Crew: Healthy Snack & Activity Guide. This publication would not have been possible without the assistance of Bonnie Singer; Emil Ramnarine of Fit 4 Life NYC; and Angelica Gutierrez and Krystal Hodrick, graduate interns from the Columbia School of Social Work.

We would also like to thank Learning through Expanded Arts Programs (LEAP) at JHS 22, PS87 Afterschool Program, and Rockaway Artists Alliance/kidsmART for allowing us to visit and photograph their programs.

Book design, illustration, and photography by Christina Antonakos-Wallace
Dear Afterschool Educators:

Kids come to afterschool programs hungry, both for a delicious snack and for an afternoon of fun and new experiences. What a terrific time to teach them about healthy living! The out-of-school time hours are a unique opportunity to introduce young people to healthy eating, to start them thinking about the food they put in their bodies, and to show them how to prepare healthy foods for their families. The other good news is that well nourished kids perform better in school, so teaching them about eating healthy goes a long way toward improving their future.

The Partnership for After School Education (PASE) is committed to helping out-of-school time programs seize this important chance to promote healthy lifestyles and educate children and families about good eating habits. But that is easier said than done. Program hours are busy times for staff, and making healthy and satisfying snacks every day can seem like a lot of work, especially when many program staff themselves have limited knowledge about nutrition and healthy eating.

To ensure that snack time is easy, filling, educational, and fun, PASE has compiled this cookbook with easy to prepare recipes that require no cooking or special training and that can be done in your regular program space. A kitchen is not necessary. Few utensils and equipment are needed to make these delicious treats. Recipes and activities come from afterschool chefs just like you as well as from some professional chefs who know what kids like and who appreciate how time consuming it can seem to prepare something good and healthy to eat every day.

We recommend that you read this cookbook carefully and plan to use it each week. You can also find resources that will help you communicate with parents about tips for healthy eating. This book is also “kid friendly,” so that snack preparation can become a program activity, teaching important life skills and helping young people take ownership of their eating habits.

On behalf of everyone here at PASE, I hope that you will enjoy using this cookbook and that it will help you inspire young people to make healthy eating a part of their daily lives.

Sincerely,

Dr. Shelly Wimpfheimer, LMSW
Q: Why implement healthy eating practices in afterschool programs?

A: When children’s basic nutritional and fitness needs are met, they have the cognitive energy to learn and achieve.

Benefits of Healthy Snacks:
- Overall improved health
- Improved academic performance
- Better behavior
- Decreased risk of chronic disease and high blood pressure.

Kids need our help...
More and more kids are becoming responsible for preparing their own meals and selecting their own foods. Studies show that many children in the 5th grade were eating meals they prepared or that were prepared by other children. These snacks included too few fruits and vegetables and too many fats, oils, and sweets. Kids need knowledge and skills training to help them improve their food choices.

Lasting effects...
Healthy behaviors adopted in childhood are likely to continue through adolescence and adulthood and result in decreased risk of chronic diseases. School-based programs that promote healthy eating and physical activity may be effective in both preventing childhood overweight and improving academic performance.

Eating Well = Learning Well
Undernourishment impacts the behavior of children, their school performance, and their ability to concentrate and perform complex tasks. Periodic hunger or malnutrition due to missing or skipping meals can diminish a young person’s brain function.

Even moderately poor nutrition affects children’s cognitive development and school performance, and skipping meals can adversely affect children’s performance in problem-solving tasks. Children who suffer from poor nutrition during the brain’s most formative years score much lower on tests of vocabulary, reading comprehension, arithmetic, and general knowledge.

Teachers have reported that poor nutrition interferes with students’ ability to pay attention. Academic performance influences future educational attainment and income, which in turn affect health and quality of life.
Is my program ready to get started?

The recipes in this book call for only a minimum amount of cooking equipment and use easy to find and store kitchen items.

#1 Know Your Kids
It is critical to know the religious dietary requirements, food allergies and cultural food preferences of students.

We recommend surveying parents about their children’s allergies and dietary requirements. For important information on allergies, please refer to these websites for further preparation: (The American Academy of Allergy, Asthma & Immunology, www.aaaai.org; and Asthma and Allergy Foundation of America, www.aafa.org)

#2 Assess Space and Storage
- The recipes in this cookbook can be made without a formal kitchen space as long as the kids have a table top to work with.
- A refrigerator is helpful for storing leftovers, but is not required. Kids can simply take their food creations home for their families!
- Make sure that there is a hand-washing area easily accessible for everyone preparing or eating the food.

#3 Do I have these items?
- Plastic or metal mixing bowls *preferably medium and large sizes*
- Cutting knives
- Cutting boards or a flat surface for cutting foods
- Plastic zip-top bags for leftovers and for making individually sized snacks
- Wooden or plastic spoons
- Wire whisk
- Plastic or metal measuring cups
- Aluminum foil, plastic wrap, parchment paper *for leftovers or as a table liner for assembling fun food activities*
- Paper and plastic utensils and tableware *if no metal are available*
- Can opener

#4 Other things to consider...
- Always encourage hand washing before handling food. Staff can be great models for this.
- Pour on the praise, even if the outcome isn’t exactly as expected.
- Expect a mess sometimes...spills will happen. Take it in stride and simply use the opportunity to teach that clean-up is one aspect of cooking.
Magda Kamel gives her mini-chefs a lesson in international cuisine at P.S. 87 Afterschool in their club called Yummies Around the World. Preparing international recipes - some from the children’s families - is a wonderful activity that fosters understanding of other cultures as well as enjoyment of new culinary treats. “Restaurant” games explore manners around the world, and reading books about the region build the participants’ knowledge of geography, history, and much more.
fruity crunchy Yogurt Parfait

Ingredients
1/2 cup low-fat granola
1/2 cup (6-oz. container) low-fat vanilla or plain yogurt
1/2 cup fresh blueberries, raspberries or sliced strawberries or bananas

Equipment
Plastic cup
Spoon

How to make it
1) Layer ingredients any which way you want in a plastic cup, such as a scoop of yogurt, fruit, granola, and repeat.

Tips & Tricks
* Host a ‘Parfait Party’: Ask kids to come up with the most creative parfait recipes. Vote for the top 3 ideas and make them.
* Use fruits like peaches, kiwis, mango, or seedless grapes.
* If granola is hard to find, try plain corn flakes.

Did you know?
When you can, try to choose low-fat granola because commercially available granola is often toasted with oil and honey making it high in calories.
meal on Pear Wheels

Ingredients
3 Pears, washed, and cored
16-oz container of low-fat cream cheese, softened to room temperature
Handful of walnuts, chopped

Equipment
Apple corer
Knife
Cutting board
Measuring cups and spoons
Mixing bowl
Spoon

How to make it
1) Use the knife and cutting board to cut the cored pear into 1/2 inch thick disks.
2) Place the cream cheese in a bowl and stir with the spoon until soft. Spread it over the pear slices.
3) Sprinkle the walnuts on the top of the cream cheese.

Tips & Tricks
* Try other toppings such as raisins, dried cranberries, and granola. Allow the kids to choose their own combinations.
* Try switching from a pear to an apple.
* Season cream cheese with diced fruits or vegetables
* Staff can cut, kids can mix and spread.
* Concerned about nut allergies? Substitute diced carrots for walnuts.
edible Zoo Critters

Ingredients
Whole wheat bagels, sliced
Low fat cream cheese, softened or whipped

Consider these face decorations ideas:
- Cheese slices (American, cheddar, Swiss)
- Asparagus spears, shredded cheese
- Sliced bell peppers (red, green, or yellow)
- Raisins, Broccoli florets
- Canned beans (black, garbanzo, pinto)
- Grape/cherry tomato halves
- Baby carrots (grated or whole)
- Sliced black olives, seeds (i.e., poppy, sunflower, pumpkin), cucumber rounds, crunchy Chinese noodles

Equipment
Plastic knives
Plates and/or bowls

How to make it
1) Spread the cream cheese on the cut bagels (going gently over the hole).
2) Set out bowls of toppings and let the kids turn the bagels into animal, monster or other fun faces.
3) Let their imaginations run wild!

Tips & Tricks
- Substitute whole wheat English muffins for bagels.
- Switch cream cheese for peanut butter, almond butter, or apple butter.
- Let kids turn bagels, cream cheese, and assorted toppings into an edible zoo. This playful recipe also works well as a fun activity.
- Ideas: a king lion with an olive nose and eyes, a crunchy noodle mane and whiskers, poppy seed freckles, and a bell pepper crown. Or, cut cheese slices into shape of hat, bell pepper strips for a scarf, use raisins for eyes, shredded carrots or broccoli florets for hair.
hybird
Fruity Twist

Ingredients
Any kind of fruit of relatively the same size:
Options:
  - Apples (red and green)
  - Pears (brown, yellow, and green)
  - Oranges

Equipment
Knife
Cutting Board

How to make it
1) Slice two pieces of fruit that are relatively the same size and alternately stack the pieces, as shown.

Tips & Tricks
* When preparing for younger children, staff can cut the fruit while the children prepare to stack them.

mmmmm!
giant LADY BUGS

on a Hill

Ingredients
Red grapes cut in half
Strawberries without the stems
Mini chocolate chips
Honeydew melon without the skin, in halves

Equipment
Knife
Plates and/or bowls
Toothpicks

How to make it
1) For each “ladybug,” push half of a red grape with a toothpick onto half of a honeydew melon.
2) Next, push on a strawberry body with a toothpick and cut a slit in the back to create wings.
3) For spots, use a toothpick to gently press mini chocolate chips, tips down, into the strawberries. Arrange the toothpicks on a honeydew melon half. Watch the ladybugs climb the hill!
apples + Yogurt Dip

Ingredients
3 cups vanilla yogurt
1 teaspoon cinnamon
6 medium apples

Equipment
Apple corer (optional)
Knife
Cutting board
Measuring cups and spoons
Mixing bowl
Spoon

How to make it
1) Combine the yogurt and cinnamon in a small bowl; mix well.
2) Core and slice apple to dip into mixture.

Tips & Tricks
* Include other fruits for dipping, such as banana and pear slices.
Wrap your head around these delicious ideas

Host a wrap party with these simple ingredients and let kids add their own ingredients!

**Bread**
- Whole-wheat tortillas
- Naan
- Whole-wheat lavash
- Whole wheat pitas

**Fillers**
- Collard leaves
- Romaine lettuce leaves
- Spinach
- Veggies (zucchini, bell peppers, onions, tomatoes)
- Ham, turkey
- Fresh salsa/pico de gallo
- Cheese (sliced or grated)

**Condiments**
- Mustard/honey mustard
- Low-fat mayo
- Hummus
- BBQ sauce
- Low-fat ranch dressing

wrap-it-up!
Turkey-Veggie Wrap

**Ingredients**
1 large sheet of lavash
1 cup mild salsa
1/2 lb. fresh spinach leaves
1/2 lb. roasted turkey breast, thinly sliced
1 red pepper, thinly sliced
1 red onion, thinly sliced
1 small zucchini, thinly sliced
2 cups grated mozzarella and Parmesan cheese, mixed

**Equipment**
Knife
Cutting board
Small bowls for cut veggies
Mixing bowl
Spoon

**How to make it**
1) Place lavash on a flat surface or plate. Layer the spinach leaves, the turkey, the red pepper, onion and zucchini on top of the lavash. Top with grated cheese.
2) Fold in the sides of the lavash, roll them tightly, starting with the long end.
3) Cut into four portions and serve.

California Wrap-Up

**Ingredients**
1 whole wheat flour tortilla
4 slices deli shaved turkey breast
1 slice mozzarella cheese
4 thin slices cucumber
4 slices avocado
Alfalfa sprouts
Fresh salsa/pico de gallo (SEE PAGE 22) OR use prepare salsa

**Equipment**
Knife
Cutting board

**How to make it**
1) Layer tortilla with turkey breast, cheese, cucumber and avocado slices, and a handful of sprouts. Roll it up and slice in half.
2) Wrap tightly in plastic wrap to store away in the fridge or for an easy to carry lunch.
**ANTS on a Log**

**Ingredients**
Celery stalks  
Peanut butter  
Raisins

**Equipment**
Measuring cup  
Blunt knife (plastic or metal)

**How to make it**
1) Cut the celery stalks in half.  
2) Using the blunt knife, spread with peanut butter.  
3) Sprinkle with raisins.

**Tips & Tricks**
* Check for nut allergies!  
* The “ants” can also be dried cranberries.

---

*The Afterschool Kitchen Crew: Healthy Snacks and Activity Guide*
silly smiles
Sandwiches

Ingredients
2 whole wheat bread slices
2 lettuce leaves
2 turkey, ham, and/or chicken breast slices
3 pickle and/or zucchini round slices
3 large pitted ripe olives
1 tomato
2 cucumber slices
1/4 cup shredded carrot
1 Swiss or cheddar cheese slice
2 small onion slices
1 thin sweet red pepper slice, halved lengthwise
1 celery stalk

How to make it
1) Face: Top each piece of bread with a lettuce leaf and piece of turkey, ham, or chicken slice.
2) Eyes: Use small onion slices for the whites and the halves of olives for the pupil or use pickle/zucchini slices.
3) Nose: Pickle or zucchini round slices OR sliced olives.
4) Mouth: Cut tomato in half from top to bottom (save one half for another use). Cut remaining tomato half into a rounded triangle for mouth; place on sandwich. OR cut the cucumber round slice in half; place cut sides together at a right angle.
5) Ears: Cut one cucumber slice in half OR use two slices of red pepper and arrange as ears.
6) Hair: Shredded carrot for hair OR peel thin strips from celery; sprinkle on top for hair.
7) Eyebrows: Cut cheese into four strips. Place two strips over eyes for eyebrows; set remaining cheese strips aside.

Tips & Tricks
* Let your imaginations run wild by using a wide range of vegetables (broccoli, mushrooms, cherry tomatoes), cheeses, nuts, bread crusts, and much more!
tasty black bean Taco salad

Ingredients
2 cans black beans, drained and rinsed
1 can whole kernel corn (“no salt added” is best)
1 can sliced olives
1 1/2 cups chopped tomato
1/3 cup shredded low-fat cheese
1/2 cup chopped onion
1/2 cup fresh cilantro
4 cups chopped spinach or romaine lettuce
Two limes juiced
Salt and pepper to taste

Equipment
Knife
Cutting board
Large bowl

How to make it
1) Mix beans, corn, olives, tomatoes, cheese, green onions and cilantro in a large bowl.
2) In small bowl, mix together lime juice and salt and pepper. Toss with bean mixture.
3) Serve over spinach.

Tips & Tricks
* To add the fun crunch factor, break tortilla chip pieces to top the prepared salad.
trekking Treats

Ingredients
1 cup honey roasted almost slices (whole raw almonds are great also)
1/2 cup dried cranberries
1/2 cup dried cherries
1 cup raisins
1 cup dried apricots
1 cup sweetened whole grain cereal

Equipment
Knife
Cutting board
Re-sealable small plastic baggies
Spoon

How to make it
1) Cup apricots into eighths.
2) Combine all ingredients and mix well.
3) Portion equally into 12 servings.
4) Place portions into small sandwich bags for a convenient on-the-go snack.
Makes 12 servings

Tips & Tricks
* Check for nut allergies!
* There are lots of other nuts and dried fruits that can be used in this trail mix such as walnuts, cashews, peanuts, pretzels, dried pineapple bits, apples slices, banana chips, breakfast cereals, sunflower and pumpkin seeds.
* You can sweeten it up with chocolate or yogurt chips, and M&M’s.
Smoooothies!

Very Great Berry-Grape Smoothie

Ingredients
2 cups seedless grapes
1 cup frozen cherries, strawberries, and/or blueberries
1 cup orange juice
1 cup banana slices

Equipment
Blender
Knife
Paper or plastic cups

How to make it
1) Combine all ingredients into a blender.
2) Blend until mixture is smooth.
3) Pour into paper or plastic cups.
4) Serve immediately!
Mix-it-up Mango Smoothie

**Ingredients**
- 4 cups low-fat (1%) or skim milk
- 2 mangos without the pit
- 2 small bananas
- Ice cubes (optional)

**Equipment**
- Blender
- Knife
- Paper or plastic cups

**How to make it**
1. Put all ingredients into a blender.
2. (Optional) Add ice cubes to the blender (or add the cubes after blending and serving the smoothie) to chill the drink.
3. Blend until foamy.
4. Pour into paper or plastic cups.
5. Serve immediately!

**Tips and Tricks**
*Instead of mangos, try orange juice, papaya, and/or strawberries.

Tropic Sun Smoothie

**Ingredients**
- 1 cup vanilla yogurt (low-fat preferred)
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 4 ice cubes

**Equipment**
- Knife
- Blender
- Paper or plastic cups

**How to make it**
1. Put all ingredients into a blender.
2. Blend until foamy.
3. Pour into paper or plastic cups.
4. Serve immediately!
**l**ime & **c**hili **f**ruit **s**alad

Great for big groups!

**Ingredients**
- 1 medium jicama
- 1 pineapple
- 2 mangos
- 1 cantaloupe
- 1 honeydew melon
- 1 watermelon
- 3 limes, juiced
- Chili powder to taste
- Salt to taste

**Equipment**
- Large knife
- Cutting board
- Small bowls or cups for individual servings

**How to make it**
1) Peel fruits and cut into sticks or squares (cutting them into sticks allows the kids to eat them with their bare hands).
2) Just before serving, sprinkle with lime juice, chili powder and salt.

**Tips & Tricks**
* There is a lot of cutting for this recipe. If kids are old enough, let them take part in helping with this preparation. Otherwise, staff can cut the large fruits into more manageable sizes that kids can then
Mexican Style Garbanzo Salad

Ingredients
4 cups drained and rinsed canned garbanzo beans (chick peas)
1 onion, finely chopped
3 tomatoes, finely chopped
1 lime, juiced
4 tablespoons olive oil
1/2 cup finely chopped cilantro

Equipment
Knife
Cutting board
Large bowl

How to make it
1) In large bowl, mix chopped onion, tomatoes, beans, olive oil, lime juice and cilantro in a large bowl.
2) This can be chilled for one day in a covered container.

Tips & Tricks
* This can be eaten with a spoon, tortilla chips, or as a filler for whole-wheat tortillas or pita bread.
pico de gallo / Fresh Salsa

Ingredients
6 tomatoes, preferably Roma (or 3 large tomatoes), chopped in tiny squares
1/2 onion, finely chopped
1 large handful chopped cilantro
2 jalapeno peppers, finely chopped (optional, can be spicy for kids)
1 lime, juiced
1/8 teaspoon oregano, finely crushed (optional)
1 avocado (black skin), diced (optional)
Salt and pepper to taste

Equipment
Knife
Cutting board
Medium bowl

How to make it
1) Combine all of the chopped ingredients in a medium bowl.
2) Serve immediately or refrigerate and serve within 4 or 5 hours.

Tips & Tricks
* Fresh herbs add flavor – so you can use less salt.
* Serve with wraps, bean burritos, whole wheat pitas and tortillas and reduced fat or baked tortilla chips.
screaming Mango Salsa

Ingredients
1 mango, peeled and diced
1/2 cucumber, peeled and diced
1/2 jalapeno, finely diced (remove seeds for less heat)
1/4-1/2 red onion, diced
1 lime, juiced
1 large handful chopped cilantro leaves
Salt and pepper to taste

Equipment
Knife
Cutting board
Medium bowl
Mixing spoon

How to make it
1) Combine the chopped ingredients in a medium bowl.
2) Sprinkle the lime juice on top.
3) Salt and pepper to taste, mix, and enjoy!

Tips & Tricks
* Choose slightly firm fruit with a sweet aroma. They continue to ripen after harvest. You can store it at room temperature for 1-2 days, and the cut fruit should be refrigerated.
* Share with your youth that mangos are delicious and they also contain healthful vitamins and minerals too. They are high in antioxidants and vitamins A and E that help fight off heart disease and other illnesses!
* Try this with tortilla chips or healthy flax seed chips. Look for chips containing fiber.
hummus with Veggies & Pita

Ingredients
- 2 -15 oz cans of chickpeas, drained
- 4 cloves garlic minced
- 2 lemons, juiced
- 1 teaspoon sea salt
- 4 tablespoons tahini
- 4 Tablespoons virgin olive oil
- 1 bag baby carrots
- 1 bunch celery
- 1 bunch broccoli
- 1 bunch cauliflower
- 1 bunch radishes
- 6 pieces of whole-wheat pita bread
- Whole-grain crackers

Equipment
- Knife
- Cutting board
- Plastic knives for kids
- Plates (paper or plastic)

How to make it

Adults
1) Place all hummus ingredients in a blender or food processor and puree until smooth. Taste and adjust flavors to your individual liking.
2) Cut broccoli, cauliflower into small enough pieces for young people to cut with plastic forks.
3) Cut pita bread and celery stalks in half, and distribute one of each to every child. Distribute vegetables so that each kid can cut up their vegetables. Show young people how to cut pita bread.
4) Once young people have arranged their food, place a large tablespoonful of hummus on each student’s plate.

Kids:
1) Cut vegetables into bite size pieces for dipping in hummus.
2) Cut pita break into triangles.
3) Arrange vegetables and pita bread on plate.

Tips & Tricks
* If no blender is available, purchase prepared Hummus from the grocery store to serve with the vegetables.
dipping-low(fat) Ranch Dressing

**Ingredients**

1 cup plain low-fat yogurt
2 tablespoons grated or finely chopped red onion
2 tablespoons chopped parsley leaves
2 tablespoons chopped or snipped dill or 1 teaspoon dried dill
1 tablespoon lemon juice (approx. 1/4 of a lemon)
1 teaspoon garlic powder
1/2 teaspoon of salt
Black pepper to taste

**Equipment**

Knife
Cutting boards
Medium bowl
Small bowls

**How to make it**

1) Mix all ingredients for ranch dressing.
2) Cut veggies into bite sizes, get ready to dip!

**Tips & Tricks**

* This is a perfect alternative to the usually high fat and caloric ranch dressings.
* Use for dipping pita bread and wraps or as a spread for sandwiches and dressing for salads.
* Everyone can help cutting the herbs and each kid can make his/her own serving of dipping dressing.

Baby carrots
Celery
Broccoli
Cauliflower
Radishes
Bell peppers cut into strips
Sugar snap peas
incredible edible ART

Ingredients
Celery
Grapes
Baby spinach
Peppers
Bananas
Cucumbers
Tomatoes
etc.

Equipment
Knives
Cutting boards
Paper plates

How to make it
1) Make sure participants have washed their hands prior to beginning activity.
2) Cut celery into thin strips (about 3 inches long and 1/4 inch thick).
3) Cut grapes into quarters.
4) Slice bananas and cucumbers.
5) Give the child some materials on their plate:
   a. Flower center – sliced banana and cucumber
   b. Petal – sliced pepper and quartered grape
   c. Stem – cut celery stick
   d. Leaf – baby spinach

Tips & Tricks
* Give the child freedom to exercise his/her creativity before he/she eats the fabulous art!
* Kids can make many designs other than flowers, such as trucks and cars, trees, fun faces, etc.
* If the children are younger, the staff can cut the vegetable and fruits, otherwise, participants can cut fun shapes for their personal designs.
* ALL fruits and vegetables can be combined for this activity.
fantastic Guacamole

Ingredients
6 avocados
3 limes, cut in 1/4 wedges
1 teaspoon each salt and pepper
1 bunch fresh cilantro (optional)
1 teaspoon cumin (optional)

Equipment
Knife
Cutting board
Small Bowls
Forks

How to make it
Adults
1) Cut avocados in half and remove pits for students. Distribute a half avocado to each student along with a small bowl.
2) Cut limes in quarters and give each student a wedge.
3) After students mash their avocados, go from student to student adding a pinch of salt and cumin.

Young People
1) Scoop out avocado with a spoon.
2) Mash avocado with a fork.
3) Squeeze lime wedge into avocado mash and mix.
4) Mix in spices distributed by adult.
Optional: Cut a few pieces of cilantro into small pieces. Add into the guacamole.

Tips & Tricks
* Choose avocados with firm skin and no soft spots. Ripe fruit will be firm, but will “give” to gentle finger pressure. You can store unripe fruit in a paper bag and ripe fruit in the fridge.
* Dip into guacamole with chips, carrots or celery sticks.
* As an alternative, use as a spread on sandwiches or with other treats.
rainbow Fruit Salad

**Ingredients**
1 mango, peeled & diced
2 cups fresh blueberries
2 bananas, sliced
2 cups fresh strawberries, halved
2 cups seedless grapes
2 nectarines, unpeeled & sliced
1 kiwis, peeled & sliced

**Equipment**
Knife
Cutting board
Small serving bowls

**How to make it**
1) Combine all ingredients in a bowl and enjoy!

Orange Honey Glow Sauce

**Ingredients:**
1/3 cups unsweetened orange juice
1/2 a lemon, juiced
1 1/2 tablespoons honey
1/4 tablespoons ground ginger
Dash of nutmeg

**How to Make This:**
1) Prepare the fruit.
2) Combine all ingredients for sauce and mix.
3) Just before serving, sauce over fruit.
**Veggie Salad**

**Ingredients**
- Cherry Tomatoes
- 1 orange and yellow bell peppers each, chopped
- 1 Cucumber, sliced
- 2 heads lettuce or 2 bags of pre-washed lettuce mixes esp. spring salad mixes with a variety of colored lettuces
- 1 can of kidney beans, drained (optional)

**Equipment**
- Knife
- Cutting board
- Medium bowl
- Mixing spoons
- Mixing bowl
- Spoon

**How to make it**
1) Toss cherry tomatoes, chopped bell peppers, sliced cucumbers, and kidney beans over the chopped lettuce.
2) Add dressing!

---

**Tangy Lemon Dressing**

**Ingredients:**
- 1 lemon, juiced
- 4 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

**How to Make This:**
1) Combine all ingredients for sauce and mix.
2) Just before serving, pour dressing over salad and toss well!
edible fruit Flower Basket

Ingredients
1 head of tightly packed leaf lettuce that fits snugly into basket (For a smaller basket, you can use half a head of lettuce)
Assorted fruits such as strawberries, grapes, blueberries, pineapple, cantaloupe, kiwi, etc.

Equipment
Small and large knives
Cutting board
Small wicker basket available at craft stores
1 package of 8-inch to 10-inch wood skewers (at least 30)

How to make it
1) Place head of lettuce (or half a lettuce head) into the basket so that only 1-inch to 2-inches of the tops shows above the basket rim.
2) Slice the pineapple into round slices then cut each round slice into a star or daisy shape.
3) Cut the cantaloupe in two and make several melon balls.
4) Stick a skewer through the center of a pineapple flower and put the melon ball on the skewer tip. You now have a fruit flower!
5) Place the flower into a bowl of cold water.
6) Make 4 or 5 skewers of 8-9 blueberries and place into cold water.
7) Do the same with strawberries and grapes.
8) Now just insert your skewered fruit into the lettuce head, arranging an attractive arrangement just as you would with real flowers.

In 5 or 10 minutes you will have a beautiful edible fruit flower basket that makes an amazing and healthy gift!
veggie Catepillars

Ingredients
Carrots, zucchinis, cucumbers (or other elongated fruits or vegetables)
Large radishes
Almonds (for antlers, optional)

Equipment
Invisible thread (fishing thread)
Large needle

How to make it
1) Cut the long vegetables into one inch sections.
2) With a large needle and invisible thread sew together the sections, leaving about one quarter inch between sections.
3) Take a long radish and cut out the eye.
4) Attach the radish to the large end with half a toothpick.
5) (Optional) Stick two whole almonds into the radish for antennae.

Tips & Tricks
* Mix and match the veggies and fruits to make different colored caterpillars.
* Include one of the homemade dips or guacamole (pages 22-27) so kids can dunk their raw veggies.
Activities

At Rockaway Artists Alliance - kidsmART, kids learn about healthy eating through art activities including paper mache.

Whether your program plans to offer cooking lessons, organize trips to the local farmer’s market, or use games to teach healthy eating habits, students will strengthen their skills in the following areas:

* Listening
* Following directions
* Taking turns
* Trying new things
* Applying new skills
* Helping others

In this chapter, we will share simple, yet effective activities that can be tailored to suit your program. The final chapter will list several resources that can be used to plan additional activities and healthy eating strategies.
activity: Reading

What you need:
Books about food

How to do it
1) Read a book to a small group of kids. Follow-up with a group discussion about their own healthy eating habits
2) Have older participants practice storytelling in small groups, then have them read to younger participants.
3) Plan a trip to your local library. Have children read books on nutrition. Follow-up with other activities in this chapter.

Suggested Reading List
Blue Potatoes, Orange Tomatoes
By Rosalind Creasey
Everybody Cooks Rice
By Norah Dooley
Garden of Happiness
By Erika Tamar and Barbara Lambase
Growing Vegetable Soup
By Lois Ehlert
How Are You Peeling Today?
Saxton Freymann and Joost Elffers
Market Day
By Carol Foskett and Douglas B. Jones
Staying Healthy: Eating Right
By Alice B. McGinty
This is the Way We Eat Our Lunch
By Edith Baer and Steve Björkman
The Edible Pyramid
By Loreen Leedy
The Magic School Bus: Inside the Human Body By Joanna Cole
Showdown at the Food Pyramid
By Rex Barron
Salsa Stories
By Lulu Delarce
Vegetables, Vegetables!
By Fay Robinson
What Food is This?
By Rosmarie Hausherr
When I Eat
By Mandy Suhr
You Are What You Eat
By Sharon Gordon

Visit your local librarian for more recommendations!
activity: Critical Thinking

What you need:
Magazines
Paper
Pens, Pencils, and Markers
Poster Board (optional)

How to do it
Have small groups look through magazines for food advertisements. Display the ads and discuss how the advertisers use words and images to try to get you to buy their products. Then have each group create its own advertisement for a healthy food. Arrange for kids to present to each other or to the younger grades.

activity: Sequencing

What you need:
Books, Magazines, and/or Food

How to do it
Collect food (e.g. a can of peas, a bag of potato chips, fresh fruit or vegetables) or images of food. Pass around one of the food examples. Ask the group how was it made. Students can write or draw the sequence of events involved in the creation of that product. Use reference books or the internet for research.
**activity: Create a Nutrition Book**

**What you need:**
- Magazines
- Binder
- Hole-puncher
- Paper
- Pens, Pencils, and Markers

**How to do it**
Have kids create a nutrition book. Help them decide on the content and message. The book might include their favorite healthy snack recipes or tips for picky eaters. Draw the food or cut out words and images from magazines. Punch holes in the pages and place in binder. Use as a reference for future healthy eating activities.

**activity: Geography**

**What you need:**
- Chart paper or poster board
- Markers
- A blank U.S. map

**How to do it**
Pass out a blank U.S. map. Using chart paper or poster board, display a list of food products each state is known for (e.g. oranges, peaches, potatoes). Have kids write or draw the food of at least ten different states on the map. Go for all fifty if time allows for it!
activity:
An ARTFUL Healthy Snack Day

What you need:
Art & crafts supplies such as:
  Colorful pipe cleaners, paper mache,
  construction paper, crayons, clay, paint, etc.

How to do it
Work with staff and parents to create a “healthy afterschool day” at your program. Prepare for the
day with art & crafts, short skits, and other projects related to nutrition. Ask kids to think about “Why
should we eat healthy?” Integrate their ideas into lessons about nutrition. The day of the event, hang
artwork and photographs around the room. Invite parents to see (and participate) in activities.
This activity was inspired by a Rockaway Artists Alliance/kidsmART program.

activity:
Math & Social Studies

What you need:
Paper
Pen, pencil
calculator

How to do it
Take a small group to a local supermarket. Record the price of three healthy meals and three “not-so-
healthy” meals. Calculate the cost of each meal. Compare the cost of healthy food items to junk food.
Follow up with a discussion on nutrition. Discuss food choices in the neighbor. May want to follow up
by distributing a “green” map.

Reveal the answers. Follow activity with a discussion about nutrition.
The Culinary Arts club at LEAP (Learning through an Expanded Arts Program) loves to have fun with fresh fruits and vegetables!
Dear Parents and Guardians,

Today many of us are concerned about children's poor nutrition and physical inactivity. The (PROGRAM NAME) is working to improve the healthfulness of the afterschool environment. To that end, we will be making the following changes for the (insert academic year, such as ‘2008-2009’) school year.

Many children and adolescents eat too many foods and beverages that are not nutritious and are high in calories, sugar and fat. Youth today are spending more time in front of the television or playing computer games and less time being physically active. Because of these choices, more youth are overweight and obese, leading to higher incidences of medical conditions like diabetes, high blood pressure, asthma, and attention disorders.

To model healthier eating and physical activity habits, we have implemented the Healthy Kids, Healthy New York Afterschool Initiative model guidelines for nutrition, physical activity and screen time. Snacks will improve as we focus on serving more fruits, vegetables, whole grain products, and nonfat or low-fat dairy products. Children will be participating in at least 30 minutes of physical activity during each three hour time block in our program. Recreational screen time will be limited to no more than 2 1/2 hours per five day week (excluding computer time for homework) to encourage more physical activity.

Any snacks for parties or celebrations sent in by parents need to meet our new nutrition guidelines. Parents should contact (insert NAME/PHONE/CONTACT INFO) for approval of food/beverages for celebrations.

We hope that you will be pleased with the positive changes we have made. Our goal is to model these healthy behaviors in our afterschool program to encourage their adoption. Studies have shown that children who eat well and participate in regular physical activity are not only healthier, but have better concentration, improved test scores and fewer behavioral problems.

If you have any questions about the new guidelines, feel free to call. And please share any ideas you may have to help us continue to build a healthful afterschool environment.

Sincerely,
Estimados padres y familias,

Hoy en día, es preocupante para muchos de nosotros la nutrición deficiente y la inactividad física de nuestros hijos. El (PROGRAM NAME) trabaja activamente para mejorar la salubridad del entorno extraescolar. Con ese propósito, estaremos realizando los siguientes cambios durante el año escolar (insert academic year, such as ‘2008-2009’).

Muchos niños y jóvenes consumen demasiados alimentos y bebidas de bajo valor nutritivo, pero con un elevado contenido de calorías, azúcar y grasa. La juventud de hoy en día pasa más tiempo frente al televisor o jugando en la computadora que realizando actividades físicas. Es debido a esas opciones que muchos de los jóvenes tienen sobrepeso y obesidad, lo que conduce a índices más elevados de afecciones médicas como la diabetes, presión arterial alta, asma y afecciones cognitivas.

Con la idea de crear hábitos de alimentación y de actividades físicas más saludables, hemos puesto en práctica la iniciativa Niñez sana, Nueva York sano en actividades extraescolares (Healthy Kids, Healthy New York After-School Initiative), que incluye pautas modelo de nutrición, actividades físicas y oportunidades de tiempo de pantalla. Los refrigerios mejorarán en la medida en que nos concentramos en servir más frutas, vegetales, productos de granos integrales y productos lácteos descremados o semidescremados. Los niños participarán en un mínimo de 30 minutos de actividades físicas por cada bloque de tres horas de nuestro programa. El tiempo de pantalla recreativo se verá limitado a no más de 2 horas y media por semana de cinco días (a excepción del uso de la computadora para las tareas escolares) con el fin de fomentar más actividades físicas.

Toda golosina o refrigerio enviado por los padres para fiestas o celebraciones deberá cumplir con nuestras nuevas pautas de nutrición. Para obtener la autorización de los alimentos o bebidas para las celebraciones, los padres deben ponerse en contacto con (insert NAME/PHONE/CONTACT INFO).

Confiamos en que los cambio positivos que hemos llevado a cabo resultarán satisfactorios para todos ustedes. Nuestro objetivo es incorporar estos modelos de comportamiento saludable a nuestros programas extraescolares para fomentar su adopción. En estudios se ha demostrado que los niños bien alimentados y que participan habitualmente en actividades físicas no son solamente más sanos, sino que tienen una mejor concentración, calificaciones mejoradas en los exámenes y menos problemas de comportamiento.

Si tienen alguna pregunta sobre las nuevas pautas, no duden en llamarnos. Así como también compartan con nosotros todas sus ideas para crear un entorno extraescolar saludable.

Atentamente,
**web Resources**

**Toolkits**
Healthy Kids, Healthy New York
After-School Initiative Toolkit
http://www.nyshepa.org/healthykids.php

**Health/Nutrition Information**
School Nutrition Association
www.schoolnutrition.org

American Dietetic Association
www.eatright.org

American Academy of Pediatrics
www.aap.org

The National Institutes of Health’s Medline Plus
www.nlm.nih.gov/medlineplus/nutrition.html

The Mayo Clinic
www.mayoclinic.com/health/food-and-nutrition/NU99999

The United States Department of Agriculture
www.mypyramid.gov

Tufts Health and Nutrition Letter
www.healthletter.tufts.edu

Nutrition for Kids
www.nutritionforkids.com

Eat Smart, Grow Strong
www.eatsmartgrowstrong.org

The Eat Well Guide
www.eatwellguide.org

Nutrition Data
www.nutritiondata.com
**Food Shopping on a Budget**
Food Bank Association of New York State
http://www.foodbankassocnys.org/advocacy.cfm

Just Say Yes to Fruits and Vegetables
http://www.jsyfruitveggies.org/jsyresources/foodbanks

Northeast Regional Food Guide
http://www.nutrition.cornell.edu/foodguide/archive/index.html

**Activities**
CHOICE Lessons plans by grade
http://www.choiceusa.net/educators.html

Nutrition Exploration
http://nutritionexploration.org

Supermarket Activities
http://www.fruitsandveggiesmorematters.org/?page_id=1921

**Kid Friendly Web-Sites**
Dole Super Kids
http://www.dole5aday.com/#banana

Kidnetic
http://kidnetic.com

Kids Health
http://www.kidshealth.org

Eat Fit
https://eatfit.net

BAM! Body and Mind
U.S. Department of Health & Human Services
http://www.bam.gov/sub_foodnutrition/index.html

Small Step Kids
U.S. Department of Health & Human Services

Food Champs
http://www.foodchamps.org/
A Close Look at *MyPyramid* For Kids

*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

**Be Physically Active Every Day**
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

**Choose Healthier Foods From Each Group**
Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

**Eat More From Some Food Groups Than Others**
Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

**Every Color Every Day**
The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

**Make Choices That Are Right for You**
*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

**Take One Step at a Time**
You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.
Check how you did yesterday and set a goal to aim for tomorrow

<table>
<thead>
<tr>
<th>Write In Your Choices From Yesterday</th>
<th>Food and Activity</th>
<th>Goal (Based On a 1800 Calorie Pattern)</th>
<th>List Each Food Choice In Its Food Group*</th>
<th>Estimate Your Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
<td>Grains</td>
<td>Make at least half your grains whole grains.</td>
<td>6 ounce equivalents</td>
<td>ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch:</td>
<td>Vegetables</td>
<td>Color your plate with all kinds of great tasting veggies.</td>
<td>2½ cups</td>
<td>cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Choose from dark green, orange, starchy, dry beans and peas, or other veggies.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack:</td>
<td>Fruits</td>
<td>Make most choices fruit, not juice.</td>
<td>1½ cups</td>
<td>cups</td>
</tr>
<tr>
<td>Dinner:</td>
<td>Milk</td>
<td>Choose fat-free or lowfat most often.</td>
<td>3 cups</td>
<td>cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1 cup yogurt or 1½ ounces cheese = 1 cup milk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat and Beans</td>
<td></td>
<td>Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.</td>
<td>5 ounce equivalents</td>
<td>ounce equivalents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical activity:</td>
<td></td>
<td>Build more physical activity into your daily routine at home and school.</td>
<td>At least 60 minutes of moderate to vigorous activity a day or most days.</td>
<td>minutes</td>
</tr>
</tbody>
</table>

How did you do yesterday?  □ Great  □ So-So  □ Not So Great

My food goal for tomorrow is: _________________________________________________

My activity goal for tomorrow is: ________________________________________________

* Some foods don’t fit into any group. These “extras” may be mainly fat or sugar—limit your intake of these.