

Knowledge @ Noon

“Cooking with Kids”



Wednesday, July, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

Instructors: Marais des Cygnes Extension District Master Food Volunteers

Assisted by Kathy Goul, Marais des Cygnes District, Family Nutrition Program Assistant

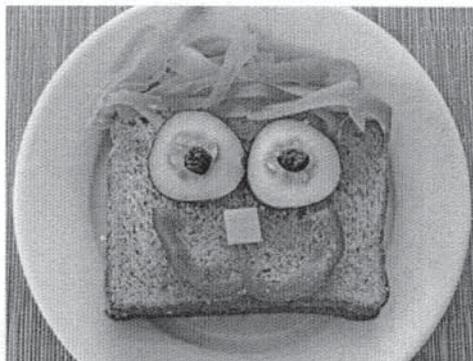
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Today's Menu

Kids A Cookin Website
<http://www.kidsacookin.org>

Funny Face Sandwiches

1 slice of bread
1 slice of deli meat
Shredded cheese
Shredded lettuce
Pickles
Black olives
Mayonnaise and mustard



Place bread on plate and cover with meat slice. Arrange cheese and lettuce to make hair, pickles and black olives to make eyes, tomato to make a nose and mustard or mayonnaise to make a mouth. Fold it up and eat it!

Fruit Skewers and Yogurt Dip

On a skewer arrange watermelon, grapes, cantaloupe and strawberries.
Dip in yogurt cup and enjoy!

Butterfly Cupcakes

Cupcakes frosted in bright colors
Pretzel twists
Pretzel sticks
Skittles or M&M candies
Place pretzel twists to make the butterfly wings.
Between the wings place candies (use the dark colored one for the head).
Break the pretzel stick in half and place it above the head to make the antenna.



Bambino Breakfasts

Eggs in a Basket

Kids A Cookin Website
<http://www.kidsacookin.org>

- 1 slice of bread
- 1 egg
- Butter

Heat skillet to medium high. Butter both sides of the bread. With a glass, cut a hole in the center of the bread. Remove the bread circle and place beside the bread so the circle can toast for dipping. Break an egg in the center of the bread and allow to cook until it turns white and appears that it is cooked half way through the egg. Flip with a spatula and cook for another 1 minute or so. Also flip the circle. Remove to a plate and enjoy.

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 FAMILY NUTRITION PROGRAM



Breakfast Burritos

Eggs in a blanket!

Serves: 4



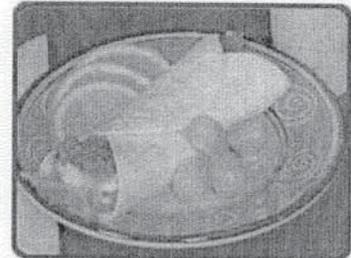
Level: Easy

Kids' Tool Kit

- Mixing bowl
- Measuring cups
- Skillet
- Fork
- Spoon

Ingredients:

- 4 eggs
- 1/4 cup milk
- 1 teaspoon margarine
- 1 cup refried beans
- 4 flour tortillas
- 1/2 cup grated cheese
- 1/4 to 1/2 cup salsa



Chef's Choice

- Breakfast Burrito
- Peach slices
- Low fat milk



Directions:

Remember to wash your hands!

1. In a medium bowl, mix eggs and milk with a fork.
2. Melt margarine in skillet on medium heat. Stir in egg mixture and cook until firm.
3. Heat refried beans 1 to 2 minutes in microwave or in pan on stovetop.
4. Soften tortillas in microwave or skillet. On each tortilla, put 1/4 the eggs, beans, cheese and salsa. Roll tortilla to eat.

Nutrition Facts

Serving Size 1 burrito (216g)	
Servings Per Container 4	
Amount Per Serving	
Calories 360	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 5g	26%
Cholesterol 225mg	76%
Sodium 750mg	31%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 20g	
Vitamin A 10%	Vitamin C 6%
Calcium 30%	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.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Helpful Hints: They are called Breakfast Burritos, but could also be served as a main meal. Other ingredients such as green peppers, onion or mushrooms could be added for extra flavor.



Safety Tips: Turn skillet handle toward the back of the stove so the skillet doesn't get knocked off and spilled while cooking.

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book with this cooking activity: *Ira Sleeps Over* by Bernard Waber

Breakfast Banana Split

Kids will find this breakfast very "a-peeling!"

 Level: Easy

Serves 1

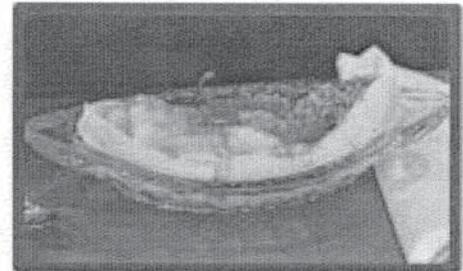
Kids' Tool Kit

Knife
Cutting board
Measuring spoons
Measuring cups
Spoon
Dish/Cereal bowl
Can opener
Strainer

Chef's Choice
Breakfast Banana Split
Muffin
Milk

Ingredients:

- 1 small banana
- 1/2 cup crunchy nugget cereal or favorite oat or corn cereal
- 1/2 cup low fat vanilla, blueberry or strawberry yogurt, or cottage cheese
- 1/2 teaspoon honey
- 1/2 cup pineapple tidbits or chunks
- Maraschino cherries, optional



Directions:

Remember to wash your hands!

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate with reserved cereal, pineapple and cherries.



Helpful Hints: This colorful, delicious breakfast is so inviting, it may become a morning "must-have!" No need to worry about the same old breakfast. There are many different combinations of yogurt, fruit or cottage cheese you can choose, and they will all be popular and nutritious. For example, if melon is in season try cantaloupe cubes instead of pineapple. Grapes could top the cereal, or fresh or frozen berries. Different cereal toppers will create different flavors and textures. Let your children choose their favorite fixings and watch how breakfast disappears!



Safety Tip: It is important to remember that some foods can cause choking in young children. Be sure that fruit pieces are very small and soft for a toddler. Avoid grapes, chunks of pineapple or melon. Instead, your toddler might enjoy canned fruit cocktail on his breakfast banana split!

Nutrition Facts

Serving Size 1 banana split (396g)
Servings Per Container 1

Amount Per Serving
Calories 480 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1.5g 7%

Cholesterol 10mg 3%

Sodium 430mg 18%

Total Carbohydrate 107g 36%

Dietary Fiber 9g 38%

Sugars 58g

Protein 13g

Vitamin A 20% • Vitamin C 30%

Calcium 20% • Iron 100%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site

Perfect Pumpkin Pancakes

Pumpkin - it's not just for pies anymore!

 Level: Easy

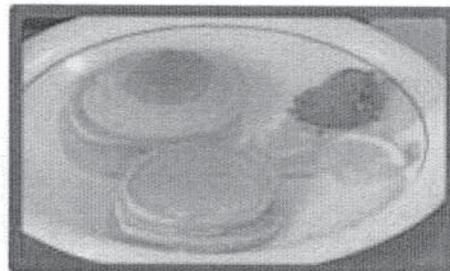
1 Dozen 3 1/2" Pancakes

Kids' Tool Kit

- Mixing bowls
- Measuring spoons 
- Measuring cups
- Can opener
- Spoon
- Griddle or skillet
- Spatula

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups low fat milk
- 2 tablespoons vegetable oil



Directions:

Remember to wash your hands!

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Chef's Choice

- Pumpkin Pancakes
- Sausage patty
- Pear slices
- Milk

Nutrition Facts

Serving Size 2 pancakes (155g)
Servings Per Container 1 dozen 3 1/2" pancakes

Amount Per Serving		Calories from Fat 60	
Calories 260		% Daily Value*	
Total Fat	6g		10%
Saturated Fat	1g		4%
Cholesterol	35mg		12%
Sodium	690mg		29%
Total Carbohydrate	43g		14%
Dietary Fiber	2g		7%
Sugars	10g		
Protein	8g		
Vitamin A	90%	Vitamin C	2%
Calcium	25%	Iron	15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: If you don't have pumpkin pie spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.



Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook! Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

For more information about this and other fun recipes: contact your county extension office or visit the Web site

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Pumpkin Party Muffins

Tastes great anytime of year!

 Level: Medium

Makes: 12

Kids' Tool Kit

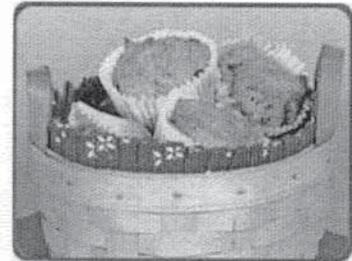
Muffin pans
Cooking spray
Hot pads
Large and medium bowl
Spoon
Cookie scoop
Rubber spatula
Measuring spoons
Measuring cups
Wire rack

Chef's Choice

Pumpkin Party Muffins
Low fat milk

Ingredients:

2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ teaspoon pumpkin pie spice
1 cup canned pumpkin
½ cup sugar
⅓ cup low fat milk
¼ cup vegetable oil
1 large egg
½ teaspoon grated orange peel
½ cup raisins



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Spray muffin pan cups or use paper liners.
3. In a large bowl, combine flour, baking powder, baking soda, salt and pie spice. In another bowl, whisk pumpkin, sugar, milk, oil, egg, orange peel until smooth. Add raisins.
4. Stir pumpkin mixture into dry ingredients just until combined.
5. Spoon into prepared pans and bake 20 minutes or until done.
6. Remove from pan and cool on wire rack.



Helpful Hints: Teach kids an easy way to fill muffin cups. Using a cookie scoop or ice cream scoop is less messy. For variety, use a mini-muffin tin. This recipe will make about 36 mini-muffins, and they need to bake for about 10 minutes.



Safety Tips: This recipe contains a raw egg. Remember to explain to kids that raw eggs can make us sick. This is especially true for young children - so no licking the bowl or spoon! Wait until cupcakes are baked before sampling!

Nutrition Facts

Serving Size 1 muffin (71g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	6%
Sugars 13g	
Protein 3g	
Vitamin A 60%	Vitamin C 2%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
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Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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Lunches for the Little

Lettuce Roll-Ups

4 leaves lettuce
1 to 2 Tablespoons mayonnaise, mustard or your favorite salad dressing
4 slices deli meat (any kind)
4 cheese slices

Place lettuce leaf on a cutting board and spread with dressing. Top with a slice of deli meat and a slice of cheese. Roll up and hold together with a toothpick. Four roll-ups equal two servings.

From relish.com

Cheesy Bean Quesadillas

8 flour tortillas
1 can refried beans
1 ½ cups shredded Monterey Jack cheese
1 ½ teaspoons butter

Place tortillas on a plate or cutting board. Add a few spoonfuls of refried beans and spread out with the back of the spoon. Sprinkle evenly with some of the cheese. Place a second tortilla on top.

Melt butter in a skillet or griddle over medium heat. Place a quesadilla in the skillet. Cook until the cheese begins to melt and the bottom tortilla is light brown. Flip and cook on the other side until light brown. Place the quesadillas on a cutting board. Use a pizza cutter to cut into wedges. Arrange the wedges on a plate and serve with salsa or guacamole.

Serves 8. *Recipe From relish.com*

Crazy Quesadillas

Flower Fun: Arrange the quesadilla wedges like petal around a tiny bowl of salsa. Add a cilantro leaf stem.

Flutter Away

To make a butterfly, cut the quesadilla into halves. Lay them on a plate so the straight side is facing out and the rounded sides touch in the middle. Add an olive head, cilantro stem antenna and put some corn and tomato spots on the tortilla.

From relish.com

Fun Things to Skewer

Kids love to put things on sticks and they are more fun to eat that way so let them skewer all they want.

Sandwiches

Skewer bread chunks, meat, cheese cubes, lettuce, pickles and tomatoes.

Salads

Skewer green peppers, lettuce, cheese, cucumber, half a boiled egg, cherry tomatoes.

Fruits

Skewer watermelon, grapes, cantaloupe, strawberries, apples slice, bananas.

Breakfast

Skewer mini pancakes that are spread with a nut spread then add strawberries and bananas, another pancake and repeat and eat.

Crispy Chicken Bites

½ cup buttermilk

½ teaspoon salt

¼ teaspoon pepper

2 cups unsweetened whole grain cereal flakes, crushed

1 ½ lbs. skinless chicken breast, cut into ¾ inch pieces

Heat oven to 425 degrees.

Line 2 jelly roll type baking sheets with parchment paper.

Combine buttermilk, salt and pepper in a medium bowl

Dip chicken in buttermilk mixture, letting excess drip off, then coat with cereal

Place chicken pieces on prepared baking sheets.

Bake until chicken is golden brown and baked through, 10-12 minutes.

Serve with catsup, BBQ sauce or honey mustard. Serves 8

Dogs In A Blanket

8 hot dogs

4 slices (¾ oz. each) American cheese, each cut into 6 strips

1 can (8 oz.) refrigerated crescent dinner rolls

Heat oven to 375 degrees. Slit hot dogs to within ½ inch of ends; insert 3 strips of cheese into each slit.

Separate dough into triangles. Wrap dough triangles around each hot dog. Place on ungreased cookie sheet, cheese side up.

Bake for 12 to 15 minutes until golden brown.

Recipe adapted from Pillsbury.

Flakey Biscuits

5 cups flour	5 Tablespoons sugar
1 teaspoon baking powder	$\frac{3}{4}$ cup shortening
1 teaspoon baking soda	1 package yeast
1 teaspoon salt	2 cups buttermilk

Dissolve the yeast in $\frac{1}{4}$ cup warm water.

Sift the first 5 ingredients into a bowl, and then cut in the $\frac{3}{4}$ cup of shortening. Make a well in the dry ingredients; add yeast and the 2 cups of buttermilk. Mix until moistened.

The dough can be refrigerated for up to 2 weeks and used as needed or it may be used as soon as it is mixed.

To make biscuits, roll out dough $\frac{3}{4}$ inch thick on a floured surface.

Cut out biscuits and place on lightly greased baking sheet.

Bake at 400 degrees for 12 minutes or until lightly browned.

Berry Good Fruit Salad (Makes 3 cups or 12 $\frac{1}{4}$ cup servings)

2 $\frac{1}{2}$ cups strawberries and blue berries mixed together.
 $\frac{1}{2}$ cup non-fat flavored yogurt

Wash blueberries and strawberries, stem the strawberries.

Slice strawberries into bite sized pieces and mix with the blueberries.

Measure 3 Tablespoons of berry mixture into each individual serving cup.

Add 1 Tablespoon yogurt to each cup and stir gently. Serve cold.

Deviled Eggs

6 hard-cooked eggs	1 teaspoon prepared mustard
2 tablespoons mayonnaise	$\frac{1}{2}$ teaspoon salt
1 teaspoon sugar	Paprika
1 teaspoon white vinegar	

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Add the mayonnaise, sugar, vinegar, mustard and salt; mix well. Stuff or pipe into egg whites. Sprinkle with paprika. Refrigerate until serving.

Frozen Chocolate Monkey Treats

3 medium bananas

1 cup (8 oz.) dark chocolate chips

2 teaspoons shortening

Toppings: chopped nuts, toasted coconut, or colored sprinkles

Tooth picks

1. Cut each peeled banana into six pieces. Insert a toothpick into each piece. Place on a waxed paper-lined baking sheet. Freeze until completely firm (about 1 hour)

2. In a microwave, melt chocolate and shortening; stir until smooth. Dip banana pieces in chocolate mixture; allow excess to drip off. Dip into toppings as desired; return to baking sheet. Freeze at least 30 minutes before serving.

Makes 1 ½ dozen servings:

Per serving 72 calories, 4 gram fat, 10 grams carbohydrate, 1 gram fiber, and 1 gram protein.

Granny's Sugar Cookies

½ cup butter

1 cup sugar

2 eggs, beaten

2 ¼ - 2 ¾ cups flour

2 teaspoons baking powder

½ teaspoon salt

1 teaspoon vanilla

Directions:

Cream together butter and sugar.

Blend in 2 eggs.

Sift together flour, baking powder and salt.

Stir flour mixture into creamed mixture, adding ¼ - ½ cup more flour if dough is too sticky.

Add vanilla.

Divide dough into two parts. Cover and chill 1-2 hours.

Roll out dough (one part at a time) on floured surface to ¼ inch thick. Cut with cookie cutters.

Bake on ungreased cookie sheet at 375 degrees about 8 minutes or until light brown on the edges.

Frost if desired.

Super Hero Suppers

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Snack Pizza

Now in delicious bite-size!

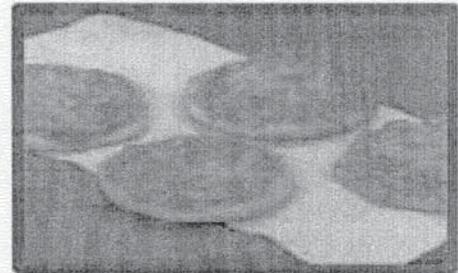


Level: Easy

Serves 10

Ingredients:

- 12-ounce can flaky refrigerator biscuits
- 1/3 cup tomato sauce
- 1 teaspoon oregano
- 1/2 small onion, chopped
- 1/2 cup shredded cheese (any kind)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Pat each biscuit into a 4-inch circle on a greased baking sheet.
3. Mix tomato sauce and oregano, and spoon about 1 1/2 teaspoons of mixture on each biscuit circle.
4. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until crust is lightly browned.
6. Refrigerate or freeze extra pizzas.



Helpful Hints: Be sure to always wash your hands before starting any cooking activity. Make sure your kitchen equipment is also clean.

Onion adds flavor to many foods and is easy to keep on hand. Use a cutting board when chopping an onion.

Sliced, shredded or block cheese will work in this recipe. If you have sliced cheese, just cut the slices into strips and place over sauce.

Oregano is an herb that is often used in Italian food. It may be in dried or fresh leaf form. Some cooks like to grow it in a garden or windowsill box to keep fresh herbs on hand!



Safety Tip: Use dry potholder to remove hot pans from oven. A damp potholder will conduct heat very rapidly and cause burns.

Chopping is an activity appropriate for children capable of using a knife safely. Young children can pat the pizza dough, add the sauce, toppings and enjoy. They will need parental help in chopping the onion and removing the pizzas from the oven.

Kids' Tool Kit

Measuring cups

Measuring spoons

Baking sheet

Knife

Cutting board

Grater

Hot pad

Mixing bowl

Spatula



Chef's Choice

Snack Pizza

Chocolate Pudding

Milk

Nutrition Facts

Serving Size 1 pizza (54g)
Servings Per Container 10

Amount Per Serving	
Calories 130	Calories from Fat 80
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	

Vitamin A 4% • Vitamin C 2%
Calcium 4% • Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

All-American Cheeseburger Bake

This casserole tops the charts!



Level: Medium

Makes: 10 servings - 1 biscuit each

Kids' Tool Kit

Large skillet
Knife
Cutting board
Can opener
Measuring spoons
Measuring cup
Spoon
Colander/strainer
9-inch baking dish
Cooking spray
Hot pads

Chef's Choice

All-American
Cheeseburger
Bake
Fresh green
beans
Fresh fruit slices
Low fat milk

Nutrition Facts

Serving Size 1 biscuit w/ meat (123g)
Servings Per Container 10

Amount Per Serving
Calories 160 Calories from Fat 60

% Daily Value*

Total Fat 7g 10%

Saturated Fat 3.5g 17%

Cholesterol 35mg 12%

Sodium 700mg 29%

Total Carbohydrate 17g 6%

Dietary Fiber less than 1g 4%

Sugars 4g

Protein 13g

Vitamin A 6% • Vitamin C 8%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

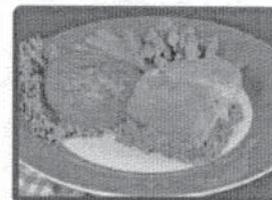
	Calories: 2,000	2,500
Total Fat	Less than 85g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- 1/4 teaspoon ground pepper
- 4 slices American cheese
- 1 can refrigerated biscuits (7.5 ounces - 10 biscuits)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F.
2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray.
5. Spread meat mixture evenly in baking dish.
6. Place slices of American cheese on top of the meat.
7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers).
8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.



Helpful Hints: Substitute favorite ingredients in this recipe. Try a 16-ounce can of sloppy joe sauce instead of the tomato soup, ketchup, mustard and pickle relish. Use your favorite kind of cheese to create the cheeseburger taste you love. Shredded cheese is okay to use if you don't have cheese slices.

After browning hamburger, drain the meat well. To reduce fat even more, put the meat in a colander or strainer and rinse it with running water. A paper towel can also be used to pat the beef and remove excess fat.



Safety Tips in the Kitchen: An adult should be present when a child is using the stove. Remember to keep skillet and pan handles pointed away from the edge of the stove where they could be bumped and spilled.

Be sure to clean the tomato soup can lid before opening. The lid will have sharp edges after opening, so handle with care!

Always use dry hot pads when removing food from the oven. Know where you're going to set the casserole before you take it out of the oven. Have a cooling rack or other safe place ready! Let the casserole cool a couple minutes before eating so you don't burn your tongue!

Refrigerate leftovers within two hours of baking and re-heat to 165 degrees F. for another meal.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas,

Lasagna Roll-Ups

A bit messy, but marvelous!



Level: Medium

Makes: 12

Kids' Tool Kit

Large pot
Wooden spoon
Measuring cups
Measuring spoons
Colander
Wax paper and foil
Skillet
Large mixing bowl
Spoon
9x13-inch pan



Chef's Choice

Lasagna Roll-Ups
Green beans
Low fat milk

Nutrition Facts

Serving Size 1 Roll-Up (195g)
Servings Per Container 12

Amount Per Serving

Calories 240 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 3.5g 17%

Cholesterol 35mg 11%

Sodium 700mg 29%

Total Carbohydrate 21g 7%

Dietary Fiber 2g 6%

Sugars 7g

Protein 23g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

12 lasagna noodles (8 ounces)

Sauce:

1 pound lean ground beef

1 jar (26 ounces) spaghetti sauce

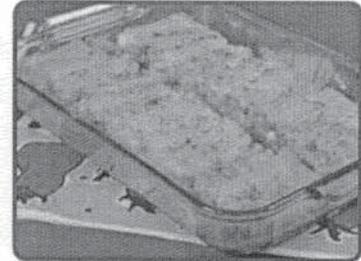
Filling:

1 large carton (24 ounces) cottage cheese

2 cups (8 ounces) mozzarella cheese, shredded

2 tablespoons Parmesan cheese

1 teaspoon garlic powder



Directions:

Remember to wash your hands!

1. In a large pot, heat water to boiling and add lasagna noodles. When water returns to boiling, cook noodles 10 minutes, stirring occasionally.
2. Drain noodles and cool in single layer on wax paper or foil to keep from sticking together.
3. Cook ground beef in skillet and drain well. Add spaghetti sauce and stir.
4. In a large mixing bowl, combine filling ingredients.
5. Preheat oven to 350 degrees.
6. Spoon cheese mixture over noodles, followed by sauce. Roll up and place seam-side down in 9x13-inch pan lightly coated with cooking spray.
7. Cover with foil and bake 30 to 40 minutes or until hot.



Helpful Hints: Pasta sometimes tends to stick together during or after cooking. A helpful hint is to use plenty of water. Bring the water to a rapid boil, add the pasta slowly, and stir during cooking to prevent sticking. Pasta is best cooked al dente (ahl DEHN-tay), which means it is firm to the bite! Cooking time varies depending on the thickness of the pasta. Since the pasta in this dish will be baked, it can be cooked for a shorter time. Be sure and drain the lasagna noodles and cool in a single layer to keep them from sticking together.



Safety Tip: Pasta is cooked uncovered in a large amount of boiling water. The boiling water helps circulate the pasta so it cooks evenly. Children could easily get burned during this step, so adult supervision is a must. Have a colander ready in the sink to drain the pasta so you can hold the pot with two hands.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit

Mama's Chicken and Rice

Cook it all in just one pan!



Level: Medium

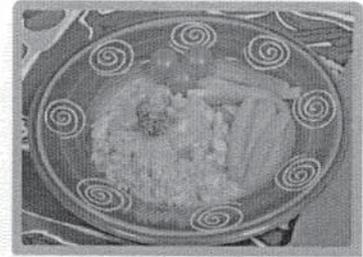
Serves: 4

Kids' Tool Kit

Large nonstick skillet
Wooden spoon
Measuring cups
Measuring spoons
Can opener
Strainer

Ingredients:

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breasts, diced*
2 cups water
1 cup thick and chunky salsa
2 cups minute rice
1 can (16 ounces) whole kernel corn, drained
1 cup shredded cheddar cheese, divided



Directions:

Remember to wash your hands!

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer 5 minutes, covered.
4. Sprinkle remaining 1/2 cup cheese on top and serve.

*You can substitute a 10-ounce can of drained chicken breast meat. Omit step #1 and add chicken in step #2.

Chef's Choice

Mama's Chicken and Rice
Carrot and celery sticks
Cherry tomatoes
Low fat milk

Nutrition Facts

Serving Size 1 cup (481g)	
Servings Per Container 4	
Amount Per Serving	
Calories 550	Calories from Fat 140
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 7g	34%
Cholesterol 95mg	32%
Sodium 960mg	40%
Total Carbohydrate 62g	21%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 40g	
Vitamin A 10%	Vitamin C 20%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Helpful Hints: If you like a real spicy dish, add garlic, cumin, black pepper and chili pepper. This dinner contains much less fat and sodium than the popular packaged mixes.

Turn the burner to low to keep the chicken and rice from sticking to the bottom of the pan. Stir occasionally, but the secret is to keep the lid on and the steam in the pan so the rice is nice and tender when the water is absorbed.

Do you have leftover casserole? Try serving this mixture in a soft flour tortilla with some extra cheese, sour cream and salsa. Roll it up and reheat in the microwave for a special meal kids can hold to eat.



Safety Tips: Food safety begins with you. Remember to wash your hands with soap and water before and after dicing chicken breasts.

Steam can burn, so tilt the lid away from your face when you stir the ingredients in the skillet. Use a dry hot pad when lifting the lid and have another one handy to set the skillet on when you remove it from the stovetop. Planning ahead can prevent a burn.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas,

Peas in the Pasta Salad

A meal-in-one for summer fun!

 **Level:** Medium

Makes: 5 cups

Kids' Tool Kit

Large pot
Colander
Measuring cups
Spoon
Cutting board
Knife
Large bowl

Ingredients:

1 ½ cups small shell pasta (uncooked)
1 cup frozen peas
1 cup diced ham
1 cup diced cojack or cheddar cheese
¾ cup creamy, low fat ranch dressing



Directions:

Remember to wash your hands!

1. In large pot of boiling water, cook pasta until tender according to package directions.
2. Place peas in colander and drain cooked pasta over the peas to thaw. Rinse, cool and drain well.
3. Combine diced ham and cheese in large bowl and stir in pasta, peas and dressing. Chill 2 to 3 hours before serving.

Chef's Choice

Peas in the Pasta
Salad
Crackers
Carrot sticks
Low fat milk



Helpful Hints: Pasta needs to cook in boiling water, so don't turn down the heat after adding the pasta unless the pot looks like it will boil over. When boiling pasta use a pot larger than you would normally choose to prevent a mess.

Drain the pasta and peas and pat dry with a clean paper towel to remove excess water. Mix all the ingredients together and chill before serving for the most flavor.



Safety Tips: Use a back burner to cook the shells or turn the pot handle toward the back of the stove to prevent knocking off the pot while cooking. The temperature of boiling water is 212 degrees: That's hot! Draining the pasta is a job for adults. The steam and hot water can really burn fingers.

Nutrition Facts

Serving Size 1 cup (157g)
Servings Per Container 5

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 6g 32%

Cholesterol 45mg 16%

Sodium 980mg 41%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 7%

Sugars 6g

Protein 16g

Vitamin A 10% • Vitamin C 8%

Calcium 20% • Iron 8%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas,

Spicy Macaroni Meal

Kids will love cooking AND eating this easy dish!



Level: Medium

Serves 6

Kids' Tool Kit

Skillet
Strainer 
Measuring spoons
Measuring cups
Wooden spoon
Covered skillet
Knife
Cutting board



Ingredients:

- 1 pound ground beef or turkey
- 1/2 cup onion, chopped
- 1/2 cup chopped green pepper
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 2 cups tomato juice
- 2 cups water
- 1 1/2 cups uncooked elbow macaroni



Directions:

Remember to wash your hands!

1. Brown meat, onion, and green pepper in a large skillet. Drain fat.
2. Stir in remaining ingredients.
3. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally.



Helpful Hints: Adding dry macaroni to this mixture makes it very easy and prevents using extra pans. This recipe also works well in an electric skillet, if you choose. Just be sure to stir the mixture occasionally, so the macaroni doesn't have a chance to stick while absorbing the liquid.



Safety Tip: When removing a lid from a hot pan, open lid AWAY from you. The steam will escape out the back and will be less likely to burn.

Chef's Choice

Spicy Macaroni Meal
Applesauce
Peas
Milk

Nutrition Facts

Serving Size (211g)
Servings Per Container 6

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

 Saturated Fat 3g 14%

Cholesterol 30mg 9%

Sodium 350mg 16%

Total Carbohydrate 26g 9%

 Dietary Fiber 2g 8%

 Sugars 4g

Protein 20g

Vitamin A 15% • Vitamin C 35%

Calcium 2% • 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.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Munchies for the Munchkins

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids *a* Cookin'

Fruit Smoothie

Choose your favorite fruit to make this smoothie!

 Level: Easy

Makes: 3 cups

Kids' Tool Kit

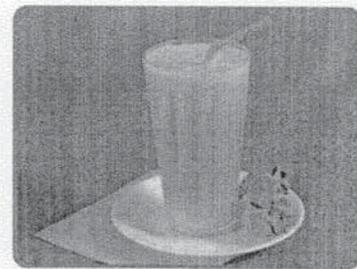
Blender
Measuring spoons
Measuring cups
Rubber spatula
Knife
Cutting board

Ingredients:

1 cup plain or flavored yogurt
½ cup low fat milk
3 tablespoons nonfat dry milk
6 to 8 ice cubes
2 tablespoons sugar
½ teaspoon vanilla

Choose 2 from list below:

6 strawberries
½ peach or banana
⅓ cup canned peaches or pears
¼ cup pineapple chunks
1 tablespoon peanut butter
1 tablespoon frozen juice concentrate



Chef's Choice

Fruit Smoothie
Cinnamon Toast



Directions:

Remember to wash your hands!

1. Put all ingredients in blender and blend on high until smooth.
2. Store leftovers in refrigerator!



Helpful Hints: Not only are the smoothies great tasting, but they are also packed with good nutrition. There's lots of calcium, which helps build strong bones and teeth, and vitamin D, which helps us use calcium. The fruit provides vitamin C to keep our gums and blood vessels healthy. The milk, yogurt and peanut butter supply protein to help build and repair skin, muscle and blood.



Safety Tip: Young children need supervision when using a blender. The blades are very sharp and could easily cut fingers. Help with assembly and clean-up. Make it a rule with kids that the lid is always on the blender while it is running. Turn it off when adding ingredients.

Nutrition Facts

Serving Size 1 cup (188g)
Servings Per Container 3

Amount Per Serving		% Daily Value*	
Calories	170	Calories from Fat	10
Total Fat	1.5g		2%
Saturated Fat	1g		4%
Cholesterol	5mg		2%
Sodium	95mg		4%
Total Carbohydrate	35g		12%
Dietary Fiber	1g		5%
Sugars	32g		
Protein	7g		
Vitamin A	2%	Vitamin C	40%
Calcium	25%	Iron	2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chicken Feed

A snack to take along on a hike!

 Level: Easy

Serves: 10, 1/2 cup each

Kids' Tool Kit

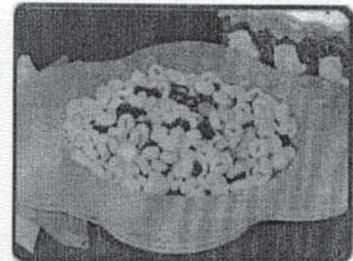
Large mixing bowl
Measuring cups
Paper cups or bags

Chef's Choice

Chicken Feed
100% juice box

Ingredients:

2 cups toasted oat cereal
1 cup peanuts
1/2 cup sunflower seeds
1/2 cup raisins
1 cup small chocolate candies
(such as M&M's®)



Directions:

Remember to wash your hands!

1. Combine all ingredients in a large mixing bowl and stir gently.
2. Serve in paper cups or small bags.



Helpful Hints: Individual bowls of ingredients can be set up, and children can take one spoonful of the ones they want to eat in their cup. They may go through the line again after everyone has been through once.



Safety Tips: Don't give whole peanuts or raisins to children under age 3 or children at risk for choking. Use a variety of cereal in the mix instead.

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *Rosie's Walk* by Pat Hutchins

Nutrition Facts

Serving Size 1/2 cup (55g)
Servings Per Container 10

Amount Per Serving

Calories 270 Calories from Fat 140

% Daily Value*

Total Fat 15g 23%

Saturated Fat 4g 21%

Cholesterol 5mg 1%

Sodium 75mg 3%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 13%

Sugars 19g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 15%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chicken Feed (A little different recipe)

2 1/2 cups toasted oat cereal
3/4 cup sunflower seeds
3/4 cup raisins or craisins
1 cup small chocolate candies

Directions:

Combine all ingredients in a large mixing bowl and stir gently.
Serve in paper cups or small bags.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas,

Fruit Pizza

This pizza has a cookie crust, creamy filling and fruit on top!

 Level: Medium

Serves 12

Kids' Tool Kit

- Mixer
- Measuring cups 
- Measuring spoons
- Large mixing bowl
- Small mixing bowl
- Pizza pan or baking sheet
- Rubber scraper
- Knife
- Cutting board
- Spatula

Ingredients:

Cookie Crust
1/2 cup margarine
1/2 cup sugar
1 teaspoon vanilla extract
1 egg
2 cups flour
2 teaspoons baking powder

Cheese Spread
8 ounces cream cheese (nonfat or light)
1/2 cup sugar
1 teaspoon vanilla extract
(optional - 1 drop red food color)



Fruit Topping Ideas:

Sliced strawberries, kiwi, bananas, pineapple, mandarin oranges, pears, peaches, blueberries or grapes

Chef's Choice
Fruit Pizza
Strawberry Milk



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar, vanilla and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture, about 1/8 inch thick, on a pizza pan, baking sheet or 9 x 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, vanilla and food color, if desired. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

Nutrition Facts	
Serving Size 1/12 pizza (115g) Servings Per Container 12	
Amount Per Serving	
Calories 260	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1.5g	8%
Cholesterol 20mg	6%
Sodium 280mg	12%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	5%
Sugars 21g	
Protein 6g	
Vitamin A 10%	Vitamin C 20%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat:	Less than 65g 80g
Saturated Fat:	Less than 20g 25g
Cholesterol:	Less than 300mg 300mg
Sodium:	Less than 2,400mg 2,400mg
Total Carbohydrate:	300g 375g
Dietary Fiber:	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Helpful Hints: This cookie dough crust is a simple sugar cookie recipe. Making this is much less expensive than buying tubes of cookie dough in the dairy section at the grocery store! If you want to make individual fruit pizzas, divide the dough into 12 balls and pat out into circles. Once they are baked, the kids can top with whatever fruit they like.



Safety Tip: Young children may need help using an electric mixer. If they are not tall enough to reach the countertop, be sure kids stand on a stable stool with supervision. Avoid teetering on a chair or bar stool. Remember: Turn the mixer off before using a rubber scraper to clean the sides of the bowl.

For more information about this and other fun recipes: contact your county extension office or visit the Web site

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Farmers' Market Salsa

Think you don't like vegetables? Think again!

 Level: Medium

Serves 8

Kids' Tool Kit

Mixing bowl
Strainer
Measuring cups
Measuring spoons
Knife
Cutting board
Spoon

Ingredients:

1/2 cup corn, fresh cooked or frozen
1 can (15 ounce) black beans, drained and rinsed
1 cup fresh tomatoes, diced
1/2 cup onion, diced
1/2 cup green pepper, diced
2 tablespoons lime juice
2 cloves garlic, finely chopped
1/2 cup picante sauce



Chef's Choice

Farmers' Market Salsa
Baked chips
Veggie sticks
Milk



Directions:

Remember to wash your hands!

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low fat baked tortilla chips or fresh vegetables.



Helpful Hints: This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.



Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container 8

Amount Per Serving
Calories 70 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 230mg 7%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 15%

Sugars 2g

Protein 4g

Vitamin A 4% Vitamin C 30%

Calcium 2% Iron 8%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Incredible Edible Pyramid Parfait

Layers of yogurt with cereal and fruit!



Level: Easy

Makes: 1

Kids' Tool Kit
 Measuring spoons
 Table knife
 Rubber spatula
 Small bowls
 Serving spoons
 8-ounce clear cups

Ingredients:

- 6 tablespoons vanilla yogurt, divided
- 2 heaping tablespoons cereal, either flakes or nuggets
- 2 tablespoons frozen strawberries or crushed pineapple
- 1 teaspoon chopped peanuts
- 1 teaspoon mini-chocolate chips (optional)



Directions:

Remember to wash your hands!

1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
2. Sprinkle cereal on top.
3. Spread 2 more tablespoons yogurt on top.
4. Spread fruit on top.
5. Add 2 more tablespoons yogurt.
6. Top with chopped peanuts and chocolate chips.

Chef's Choice
 Incredible Edible
 Pyramid Parfait
 Graham crackers



Helpful Hints: This is a recipe that you really don't have to measure ingredients. It's a good time to practice using your measuring skills though. Fill a measuring spoon with yogurt. Use the flat side of a knife and scrape the knife across the measuring spoon to level off the yogurt. This will give an accurate measure. Use a rubber spatula to scoop the yogurt into the cup.

We are using the Food Guide Pyramid as a pattern for making for this snack. Cereal is in the Grain Group at the base of the pyramid. Strawberries are in the Fruit Group. Yogurt fits in the Milk Group. Peanuts are in the Meat Group because they have protein. Chocolate chips are at the very top of the pyramid — the "sometimes" foods. Do you know which food group is not in this parfait? (The Vegetable Group)



Safety Tip: Before you start to get out ingredients for a recipe, wash the work area with a clean cloth, soap and water. Wash your hands in warm water with soap, scrubbing for at least 20 seconds. That's about as long as it takes to sing the "ABC's" or "Happy Birthday." When you cook, don't lick the spoon or your fingers. It's important to keep from spreading germs!

Nutrition Facts	
Serving Size 1 parfait (127g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	
Vitamin A 2%	Vitamin C 20%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas,

Baking Skills Check List

What can you do? Check the skills that you already have and get ready to explore and enjoy the wonder of food and the delicious results!

Getting Ready

- Read Recipe Thoroughly
- Ingredients Available
- Equipment Available
- Follow Directions

Clean-Up

- Food Safety
- Clean-up

Measuring Basics

- Kitchen Measurements
- Teaspoons
- Tablespoons
- Cups
- Scales, U.S./English/Metric
- Dry Ingredients
- Liquid Ingredients
- Brown Sugar
- Shortening and Butter

Nutrition Information

- Net Weight
- Food Label
- Ingredient Label

Mixing Methods

- Muffin Method
- Biscuit Method
- Drop Cookie Method
- Rolled Cookie Method
- Shaped Cookie Method
- Cake Method
- Rapid Mix Yeast Dough Method
- Straight Dough Method
- Cool-Rise Method

Techniques/Terms

- Shell an egg
- Separate an egg
- Sift, blend, whisk
- Cream
- Cut-in
- Knead
- Ferment, raise, rest, punch
- Fold-in
- Peel
- Slice, dice, grate
- Roll out
- Divide dough
- Simmer
- Boil

Equipment

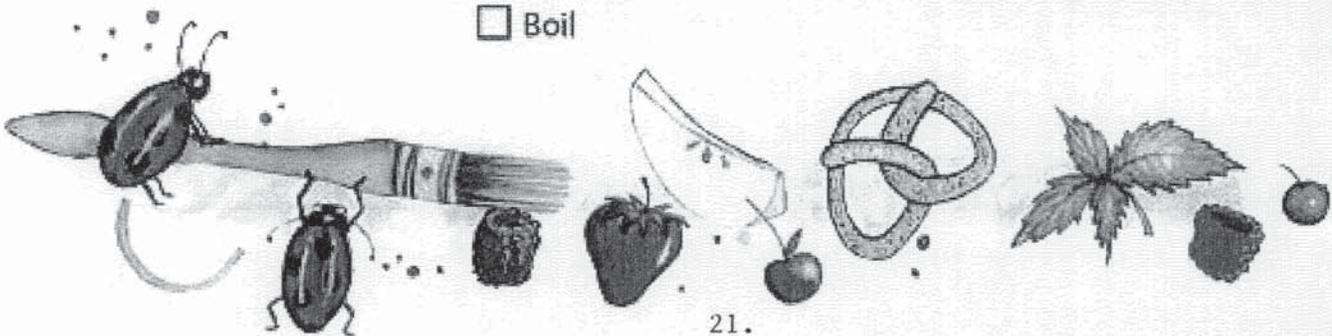
- Oven Use
- Microwave Use
- Small Appliances
- Hand Mixer
- Stand Mixer
- Food Processor
- Bread Machine
- Skillet
- Griddle; waffle iron

Foods & Nutrition Resources

Meal Planning

- Menus
- Setting a Table
- Dining Etiquette

Other:



The Thrill of Skill

Age-Appropriate Kitchen Tasks

Let older children help teach younger ones – everyone benefits!

2 years old:

Proper hand washing
Wipe table tops
Play with safe utensils
Scrub, wash, tear, snap, break into pieces
Move pre-measured ingredients from one place to another
Add ingredients to a bowl

3 years old: All of the above plus...

Handle dough, begin kneading, simple shaping
Pour cool liquids into mixture
Mix dry ingredients with wire whisk or spoon in extra large bowl
Shake liquids
Spread soft spreads
Place things in trash

4 years old: All of the above plus...

Peel loose skinned oranges; hard cooked eggs
Form round shapes with dough
Mash fruits (bananas) or cooked vegetables
Cut with dull scissors (snip green onions, dried fruits)
Set table

5 to 6 years old: All of the above plus...

Help measure dry ingredients (stir, spoon, level)
Cut with a blunt knife (plastic or tableware)
Use a hand held egg beater or whisk
Crush crackers in a bag with a rolling pin
Sprinkle ingredients on salads, cakes, cookies, casseroles

6 to 8 years old: All of the above plus...

Clean surfaces before and after
Wash fruits and/or vegetables
Gather ingredients and equipment
Grease or spray baking pans
Measure dry ingredients
Measure liquid ingredients
Add measured dry and liquid ingredients into mixing bowl
Learn to crack eggs
Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
Push buttons on blenders, processors with adult
Knead dough
Preheat oven (adults help load products in hot oven)
Wash dishes, put away ingredients or utensils

9 to 12 years old: All of the above plus...

Learn safe knife skills (chopping, dicing, and cutting)
Handle food equipment safely
Place oven racks and load oven (while oven is cold)
Safe operation of electric equipment (mixer, microwave, bread machine food processor, etc.)
Follow a recipe (measure accurately, prepare a product)
Read ingredient and food labels
Safely handle/store ingredients/finished products
Plan and prepare simple meals, snacks
Clean up (how and what to wash in dishwasher or by hand)

13 years old and up: All of the above plus...

Tasks requiring multiple preparation steps or close timing
Create new flavor combinations, shapes or decoration
Plan and prepare whole menus for meals or entertaining
Make shopping lists and shop for ingredients
Help younger children learn about food and how to prepare
Enjoy cooking with peers

