

# A Heaping Helping of Health



# Patch Program



This is a patch program about healthy eating that I developed for my Gold Award Project. I decided to work with cooking and childhood obesity because I love cooking and obesity is a growing problem in the United States that we need to address. This program is my way of addressing this problem by showing kids that eating healthy foods can be easy and delicious. You can help by trying the workshops and telling other people about them. There are two main points that I'd like the kids to learn from doing this program: they can cook and healthy food can taste good.

In this patch program are five separate workshops, each based on a different meal: breakfast, snack, lunch, dinner, and dessert. Each workshop is also geared toward a specific scout level from breakfast, which is recommended for Daisies, to dessert, which is recommended for Seniors. In addition, each workshop completes all of the requirements for the legacy Cook badge for its recommended level, so keep a lookout for those requirements as they are clearly marked in each workshop. Any of these workshops would go quite nicely alongside some other cooking or health class.

There are five similar patches that correspond with the workshops. If your kids like the program, you can do the other workshops with them as they get older. Also, please keep in mind that the age range is just a **recommended** one, so if you feel your kids could handle a workshop outside their age range, then I encourage you to do so. Older kids can always do a workshop recommended for younger kids, especially if they don't have much cooking experience - and the recipes are great for kids of all ages!

The patches depict the USDA's ChooseMyPlate image with a lime green background and a different color border for each workshop. Each border color matches one of the colors of the five food groups, is assigned to a particular workshop, and is coordinated to the colors of the corresponding Girl Scout level to the degree possible.



More information about healthy eating along with general health tips can be found at the USDA's website: [ChooseMyPlate.org](http://ChooseMyPlate.org).

I would like to say that I did not create these recipes; I found them in various sources. I hope to inspire the next generation of cooks with these healthy recipes. Thank you and I hope you enjoy the workshops!

Please tell me how you enjoyed the workshop by completing the Patch Program Completion Form located at the end of this program.

I would like to thank my mom for helping me in countless ways and always encouraging me. I would also like to thank my Troop Leader, Angela Brown, who is also my Girl Scout Advisor, and Karen Craze, my Project Advisor, both in Girl Scouts of Black Diamond. Furthermore, I want to thank my Girl Scout Troop Leaders from Girl Scouts Nation's Capital: Tara Ford, Judy Kessler, and Janice Hotz. Thank you for helping me earn both my Silver Award and my Silver Trefoil, making me step outside my comfort zone, and reassuring me during rough patches.

Karen Brandt  
Troop 4847  
Girl Scouts of Black Diamond

How to Order the patches:

Email Dawn Johnson at [dawn@advantageemblem.com](mailto:dawn@advantageemblem.com) and tell her which border color(s) you would like, how many, and the artwork number or the patch's code number shown below.

**Artwork # - R01-009745**

**Code # - DH55015**

Border colors are:

Breakfast - Blue

Snack - Green

Lunch - Purple

Dinner - Red

Dessert - Orange

Pricing is as follows (minimum order is 25 patches):

25-49 pcs: \$2.58 each

50-99 pcs: \$1.29 each

100-199: \$1.15 each

200-299: \$0.95 each

300-499: \$0.85 each

500-999: \$0.75 each

1000-1999: \$0.69 each

2000+: \$0.60 each

# Table of Contents

<b>Breakfast Workshop - Daisy/Brownie</b> .....	<b>1</b>
Shopping List/Supplies.....	6
Recipes .....	8
Banana Bread Muffins .....	8
Eggs in a Bag .....	8
Fruit Smoothie .....	9
<b>Snack Workshop - Brownie</b> .....	<b>10</b>
Shopping List/Supplies.....	15
Recipes .....	18
Marinara Sauce.....	18
Chocolate Dipped Fruit.....	18
Mozzarella Sticks .....	19
Fruit Juice Fizz.....	19
GORP .....	20
<b>Lunch Workshop - Junior</b> .....	<b>21</b>
Shopping List/Supplies.....	25
Recipes .....	27
Broccoli Cheese Toaster Pastry .....	27
Spaghetti O's.....	27
Fruit Salad .....	28
Milkshake.....	29
<b>Dinner Workshop - Cadette</b> .....	<b>30</b>
Shopping List/Supplies.....	34
Recipes .....	36

Custard Pie.....	36
Mac and Cheese .....	36
Pizza Margherita .....	37
Gluten-free Pizza .....	38
Lemonade .....	38
<b>Dessert Workshop - Senior.....</b>	<b>40</b>
<b>Shopping List/Supplies.....</b>	<b>44</b>
<b>Recipes .....</b>	<b>46</b>
Zucchini Cake .....	46
Baked Apples .....	46
Blueberry Parfait.....	47
Whipped Cream.....	47
Blueberry Compote .....	48
<b>My Plate Coloring Page .....</b>	<b>49</b>
<b>Foods in Season .....</b>	<b>50</b>
<b>Cookbook.....</b>	<b>51</b>
<b>Food Journal .....</b>	<b>57</b>
<b>Take Action Pledge .....</b>	<b>61</b>
<b>Patch Program Completion Form.....</b>	<b>62</b>

# A Heaping Helping of Health



## Breakfast Workshop

Recommended for:

Ages: 5 -7

Grades: K - 1

Daisy Girl Scouts

Workshop Run Time: 1½ hours

### Please read through everything to think about preparations.

Doing this workshop as is will complete all the requirements for both the [Daisy Respect Myself and Others Petal](#) as well as the [Brownie Snacks Badge](#). Although it is recommended for Daisies, this workshop would also be very appropriate for Brownies, especially if they don't have any real cooking experience.

Make sure all the kids get to help in some way with every recipe.

A list of all the ingredients and supplies needed for this workshop, along with the recipes, is provided at the end of the workshop.

### **PREP (approx. 25-30 min.)**

1. Pre-measure muffin ingredients and preheat the oven to 350°F. (10 min.)
2. Cut up toppings for Eggs in A Bag, if needed. (5 min.)
3. Cut up as many types of fruit and veggies as possible for food faces or people. (5 - 10 min.)
4. Put all cut fruit and veggies for food faces/people on the table along with one paper plate for each child. (5 min.)

## DISCOVER

1. As the kids arrive, have them **wash their hands** and then sit at the table with the plates of fruit and veggies. Tell them to use the food to make a face or person. **(Brownie Snacks Badge Requirement #3)**  
**Note:** This is an activity for the kids to do while you're waiting for everyone to arrive, because they're all going to need to hear the next information before they start in the kitchen. Don't forget to take pictures of their people.
2. Once most of the kids have arrived, ask all the kids to show you their favorite fruit and then have them eat it (or at least try it). Next ask them to show you a vegetable and have them try it.

3. Do the following activity based on your category:

**DAISY GIRL SCOUTS ONLY** - Read Gloria's Story and discuss the questions.  
**(Daisy Respect Myself and Others Petal Requirement #1)**

**BROWNIE GIRL SCOUTS ONLY** - Pass around a couple of the pre-packaged snacks, making sure to show them where the ingredients are (They can see how long the list of ingredients is, even without knowing how to read them). Keep one for yourself (preferably some kind of muffin) and read the ingredients to them.

**Ask: Who knows what any of those ingredients are?** Point out specific ingredients that are preservatives or dyes and tell the kids that's what they are.

Read the ingredients of the muffins we'll make later and ask if they understood any of those ingredients. (They should.)

**Say: We know that our muffins are healthier because we know what the ingredients are that we're putting into them. (Brownie Snacks Badge Requirement #1)**

4. Discuss the following with the kids. **(Daisy Respect Myself and Others Petal Requirement #2)**

**Ask: How do we respect ourselves?** (Hint: Treating our bodies right)

Then explain: **One way we can respect ourselves is to brush our teeth. Can you think of anything else like that?** (Give them a chance to answer)

Say: **Yes, another thing we can do to respect ourselves is to eat healthy foods. Does anyone know the five different kinds of healthy foods?** (fruits, grains, vegetables, dairy, and protein.)

5. My Plate coloring page

- Tell them how to color in the plate - Fruit is Red, Grain is Orange/Brown, Vegetable is Green, Protein is Purple, Dairy is Blue.
- Ask kids to pick up a red crayon and tell them to color in the Fruit area. Ask them to give you examples of fruits. Repeat with all the other food groups.
- Tell the kids that you have to eat foods in all five food groups every day in order to be healthy. The sizes of proportions of food groups reflect how much you should have - i.e. you should eat more vegetables than fruits because the vegetable wedge is larger than the fruit wedge.

Say: **We've talked about good food choices. Now can anyone tell me some foods that aren't healthy?** (french fries, potato chips, candy bars, etc.)

6. Tell the kids the following safety tips for cooking. They should not be doing anything else because this is very important.

- Always cook with an adult or older person who is familiar in a kitchen. (Test is: Does the older person needs someone to cook with them? No they don't - you can probably cook with them; Yes they do - you should find someone else)
- Lots of sharp things (grater, knives, peelers) in kitchen and lots of things that get hot (microwave, oven, stovetop/burners)

Ask them: **Can anyone tell me something that's sharp or gets hot in a kitchen?**

- Lots of electrical appliances (blenders, food processors, microwaves, beaters) that you should always have an adult help you run.

## CONNECT

1. Make sure all the kids wash their hands.

2. Make the first recipe: Banana Bread Muffins. (SEE RECIPE BELOW) **(Brownie Snacks Badge Requirement #2)**
3. Start boiling water for Eggs in A Bag
4. Discuss these safety tips with the kids.

#### Hot Stove Safety

- Have an adult help you with stove top.
- Always turn off the burner when it's not being used.
- The burner will still be hot for a few minutes after turning it off.
- Never put an empty pan on a hot burner.

#### Boiling Water Safety

- An adult or older girl should handle boiling water.
- Boiling water can jump out of the pot and onto hands.
- Pot stays hot even after you take it off the hot burner.

5. Make the second recipe: Eggs in A Bag. (SEE RECIPE BELOW) **(Brownie Snacks Badge Requirement #4)**
6. Discuss these safety tips about blenders with the kids.
  - There are blades down in the blender.
  - Never reach down inside.
  - Always put the lid on.
  - Blender has to have liquid in order to mix.
7. Make the third recipe: Fruit Smoothie. (SEE RECIPE BELOW)  
Depending on how many kids you have, making sure they all get to help might involve just letting some of them press the blend button. **(Brownie Snacks Badge Requirement #5)**
8. Let each child try some of each recipe. As you're sampling them, move on to the Take Action activities.

## TAKE ACTION

1. Have the kids make a pledge saying what they're going to do to eat more healthfully. This could be the same pledge for your whole group, or each kid could come up with his or her own. Here are some examples:
  - Help a parent make a meal.
  - Eat a vegetable four times this week.
  - Eat a fruit at every meal for a whole day (including snack!) Try to eat a different fruit for each meal.

If your kids are good writers, you can give them each a copy of the Take Action Pledge to write down their pledge. If not, they can just make the pledge orally and you can follow up with parents to let them know that the kids decided to do.

[\(Daisy Respect Myself and Others Petal Requirement #3\)](#)

2. While you enjoy the food, talk about manners.
  - Which food that we're eating is okay to eat with your fingers? (muffins)
  - What other foods can you eat with your fingers? (watermelon, french fries, crackers)
  - Don't slurp your smoothie.
  - Eat your eggs with a fork, but you can still eat them in the bag.

# Shopping List/Supplies

## INGREDIENTS/SHOPPING LIST

- Various types of fruit and veggies for food faces or people
- Eggs, 2 plus one for each child participating
- Bananas, 3 very ripe
- Flour, 2 cups all-purpose
- Salt, 1 teaspoon
- Sugar,  $\frac{3}{4}$  cups
- Baking soda, 1 teaspoon
- Toppings for scrambled eggs (like cheese, tomatoes, crumbled bacon, etc. but keep in mind that it's for 5 - 7 year olds)
- Frozen fruit (berry mix or tropical mix recommended)
- Milk, approx.  $\frac{1}{2}$  cup
- Orange juice, approx. 1 cup
- Vanilla Yogurt (low-fat and/or Greek recommended), approx. 1 cup

## SUPPLIES

### For cooking

- 1 or 2 muffin tins
- Muffins liners or cooking spray
- 2 medium bowls
- 1 small bowl for mashing bananas
- Fork for mashing bananas
- Scraper
- Two big spoons
- Toothpicks
- Two medium or one large sized pot (depending on how many kids you have)
- Tongs
- Sandwich bags (Freezer recommended)
- Sharp knife (for adult prep only)
- Measuring spoons

- Dry measuring cups
- Liquid measuring cup
- Timer
- Oven
- Blender
- Paper cups
- Paper plates
- Plastic forks
- Straws (optional)

### Other

- *Gloria's Story* from *The Daisy Girl's Guide to Girl Scouting*.
- Various boxes or bags of popular foods (i.e. toaster pastries, cereals, snacks, granola bars, store-bought muffins, etc.)
- One *My Plate* coloring page per child (at end of patch program)
- Crayons, markers, or colored pencils
- One *Take Action Pledge* sheet per child (optional for this age group)
- Pencils

## Recipes

### Banana Bread Muffins

Serves 12-16

- 2 eggs, beaten
  - 3 very ripe bananas, mashed
  - 2 cups all-purpose flour
  - 1 tsp. salt
  - $\frac{3}{4}$  cup white sugar
  - 1 teaspoon baking soda
1. Preheat oven to 350 °F (175 °C). Lightly grease or line 10 muffin cups. (I filled my ten and still had some left, so I made 12, and they were filled to the top with batter, so they were pretty big. You could probably stretch this recipe to 16 or 18 if needed.)
  2. In a medium bowl, combine eggs and bananas. In a separate bowl, mix together flour, salt, sugar and baking soda. Stir banana mixture into flour mixture. Spoon batter into prepared muffin cups.
  3. Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into center of a muffin comes out clean.

### Eggs in a Bag

- Eggs, 1 per person
  - Toppings for eggs
1. Start boiling water. Crack your eggs into a sandwich-size bag\* and close it, getting as much air out as possible.
  2. Start squishing the eggs until they're one solid color all the way throughout. Open the bag and put in any toppings you want then seal the bag again.
  3. Put the bag in the boiling water (you can put as many bags in as will fit), and cook for about five minutes. Tongs can be used to take the bags out of the

boiling water. **Adults should always handle boiling water and take the bags in and out of the water.**

Note: Cheese, especially mozzarella and other light-colored cheeses, will make the eggs look uncooked, so be aware when cooking eggs with cheese.

\*Freezer bags are recommended because they are thicker.

### Fruit Smoothie

- Frozen fruit (Berry or tropical blends recommended) Serves 6
- Milk (optional)
- Orange juice
- Yogurt (optional)

Note: People make smoothies many different ways, and these are ways I like to make them. I also like mine thick, but other people like thinner smoothies. It's all about preference.

1. Put about two cups of frozen fruit in the blender. If using tropical blend, add a cup of orange juice. If using berry blend, replace about half of the orange juice with milk. Blend.
2. Take a spoon and open the blender and poke the fruit down into the blade area if it's not mixing that well on its own. If the blades are moving, but the smoothie is not blending, add some more liquid (milk or orange juice). Blend until smooth.
3. If using, add about a spoonful of yogurt. (I don't add any yogurt to the tropical smoothie, but I do add it to the berry.) Blend again and enjoy!

Note: If not mixing very well, add a little bit more liquid. Blend a lot if you want smooth smoothie, but if you want chunks, don't blend it a lot. **BE CAREFUL NOT TO ADD TOO MUCH YOGURT, OR IT WILL TASTE SUPER SWEET!!**

# A Heaping Helping of Health



## Snack Workshop

Recommended for:

Ages: 7 - 9

Grades: 2 - 3

Brownie Girl Scouts

Workshop Run Time: 1½ hours

### Please read through everything to think about preparations.

Doing this workshop as is will complete all the requirements for the **Brownie Snacks Badge**.

Make sure all the kids get to help in some way with every recipe.

A list of all the ingredients and supplies needed for this workshop, along with the recipes, is provided at the end of the workshop.

### **PREP (approx. 25-30 min.)**

1. Prepare bread crumbs and eggs for mozzarella sticks as indicated in step 2 of the recipe and preheat the oven to 350 °F. (10 min.)
2. GORP prep, if needed - if you don't want to use the whole package for any of the ingredients, measure out however much of that ingredient you do want to use and put it in a bowl or Ziploc bag. (5 min.)
3. Print out one copy of the cookbook found at the end of the patch program for each child. Print it as it appears. When you assemble the pages in order and fold them in half, the cookbook will be in the correct order. Fold cookbook recipe papers in half. Put them on the table. (10 - 15 min.)

## DISCOVER

1. As the kids arrive, have them make a cookbook. Have them pick a piece of construction paper, fold it in half lengthwise, **write their name on it (they can write something like "Joe's Cookbook" on the cover)**, and staple the pre-folded papers into them. You will need a second adult or a teen to monitor the kids and have them do the stapling. Then let the kids decorate their cookbooks with anything you're willing to clean up. (e. g. stickers, gems, colorful tapes, stencils, markers, crayons, etc.)
2. Once most of the kids are there, start going through the first aid page of their cookbook. Tell the kids that the first page of the cookbook is about safety and could help them answer the following questions.

**Ask: Does anyone know what to do if you get burned while cooking?** (Run the burn under cold - but not ice-cold - water, tell an adult)

**Ask: Does anyone know what to do if you cut yourself in the kitchen?** (Tell and adult, stop cutting, wash the cut, sterilize the cut with hydrogen peroxide or antibiotic ointment, cover with a Band-Aid, throw away any food that got blood on it)

3. Tell the kids how to color the My Plate coloring page.
  - Tell how to color in the plate - Fruit is Red, Grain is Orange/Brown, Vegetable is Green, Protein is Purple, Dairy is Blue.
  - Ask kids to pick up a red crayon and tell them to color in the Fruit area. Ask them to give you examples of fruits. Repeat with all the other food groups.
  - Tell the kids that you have to eat foods in all five food groups every day in order to be healthy. The sizes of proportions of food groups reflect how much you should have - i.e. you should eat more vegetables than fruits because the vegetable wedge is larger than the fruit wedge.
4. Discuss planning, food safety, and basic tools with the kids.

### Safety

- Always cook with an adult or older person who is familiar in a kitchen. (Test is: Does the older person needs someone to cook with them? No they don't -

you can probably cook with them; Yes they do - you should find someone else)

- Wash your hands before touching any food.
- Pick up the knife by the handle, not the blade.
- Hand the knife to someone with the handle toward them.
- There are lots of electrical appliances (blenders, food processors, microwaves, beaters) that you should always have an adult help you run.

**Ask: Can anyone think of anything else we can do to be safe when we cook?**

Let the kids know that we'll be talking about more safety rules as we get ready to make each recipe.

### Planning

- Know how long it takes to make the recipe so you can start making it in time for it to be ready when you want to eat it.
- Make sure you have all the ingredients and tools you'll need.
- Cut everything you need to cut before cooking on the stove so you don't have to walk away from the pot.

### Basic Tools (these are ones you'll need for most recipes)

- Sharp knives
  - Cutting board
  - Spoons to mix
  - Pots and pans to cook in
  - Measuring cups (dry and liquid) and measuring spoons for measuring correct amounts
5. Pass around a couple of the pre-packaged snacks, making sure to show them where the ingredients are. (Adults can help them pronounce some of the words) Keep one for yourself and read the ingredients to them.

**Ask: Who knows what any of those ingredients are?** Point out specific ingredients that are preservatives or dyes and tell the kids that's what they are.

Read the ingredients for one of the recipes we'll make later and ask if they understood any of those ingredients. (They should.)

Say: **We know that ours are healthier because we know what the ingredients are that we're putting into them. (Brownie Snacks Badge Requirement #1)**

## CONNECT

1. Discuss these safety tips about working around a hot stove with the kids.
  - Have an adult help you with stove top.
  - Always turn off the burner when it's not being used.
  - The burner will still be hot for a few minutes after turning it off.
  - Never put an empty pan on a hot burner.
2. Make the first recipe: Marinara Sauce. Stir periodically to make sure it doesn't burn. (SEE RECIPE BELOW)
3. Make the second recipe: Chocolate Dipped Fruit. Have each child dip just one piece of fruit at first to make sure everyone gets a chance. If there is additional fruit, then the kids can dip more. (SEE RECIPE BELOW) **(Brownie Snacks Badge Requirement #3)**
4. Discuss these oven safety tips with the kids.
  - Always let an adult take things out of the oven.
  - Always use hot pads when taking something out of the oven.
  - Put the pan on something heat-proof (no papers or plastic bags) or on another hot pad.
5. Make the third recipe: Mozzarella Sticks. Listen for the timer and take out when done. (SEE RECIPE BELOW) **(Brownie Snacks Badge Requirement #2)**
6. Make the fourth recipe: Fruit Juice Fizz. **(Brownie Snacks Badge Requirement #5)**
7. Make the fifth recipe: GORP. **(Brownie Snacks Badge Requirement #4)**

Explain that GORP can really be made with anything, and ask: **Does anyone know what GORP stands for?** (Good Old Raisins and Peanuts)

Say: **We don't use peanuts anymore because so many people have peanut allergies.**

8. Let each child try some of each recipe. As you're sampling them, move on to the Take Action activity.

## **TAKE ACTION**

1. Have the kids make a pledge saying what they're going to do to eat more healthfully. This could be the same pledge for your whole group, or each kid could come up with his or her own. Have them write down their pledge on the Take Action Pledge sheets to help them remember to do it. Here are some examples:
  - Help a parent make a meal using your cookbook.
  - Eat a vegetable four times this week.
  - Eat a fruit at every meal for a whole day (including snack!) Try to eat a different fruit for each meal.

# Shopping List/Supplies

## INGREDIENTS/SHOPPING LIST

- Crushed tomatoes, 28 oz. can
- Diced tomatoes, 15 oz. can
- Dried parsley
- Dried basil
- Dried oregano
- Salt
- Garlic powder (or 2-3 cloves fresh garlic)
- Onion powder (or  $\frac{1}{2}$  of a fresh onion, minced)
- Red pepper flakes
- Black pepper
- Fruit for dipping (strawberries, blueberries, pineapple, etc.)
- Melting chocolate (candy melts in any color or milk chocolate chips)
- Toothpicks
- Wax paper
- Aluminum foil
- Cooking spray
- Reduced-fat mozzarella string cheese, 12 oz. package
- Egg, 1
- Italian seasoning
- Panko (Japanese) bread crumbs, 8 tablespoons
- Cranberry Juice, 2 cups
- Pineapple Juice, 2 cups
- Orange Juice, 2 cups
- Sprite or Ginger Ale, 2 cups
- Lemon or orange
- Wheat Chex, 1 cup
- Kix, 1 cup
- Dried cranberries, 1 cup
- Raisins, 1 cup
- Pretzel sticks, 1 cup
- Greek yogurt chips,  $\frac{1}{2}$  cup

- Mini marshmallows,  $\frac{1}{2}$  cup
- Popcorn kernels,  $\frac{1}{4}$  cup
- Goldfish, 1 cup (optional)

## SUPPLIES

### For cooking

- Medium sauce pan
- Measuring spoons
- 2 spoons for stirring
- Microwave-safe small bowl
- Sharp knives, 5 or 6
- 2 baking/cookie sheets
- Small bowl
- Whisk
- Small non-stick skillet
- Liquid measuring cup (at least 2 cup measure)
- 2 quart drink container
- Long-handled spoon
- Very large bowl
- Dry measuring cups
- Smaller bowls or Ziploc bags for any GORP ingredients for which you don't want to use the entire package
- Timer
- Paper plates
- Paper cups
- Oven
- Microwave
- Brown paper lunch bags
- Tape or stapler
- Can opener
- Can punch

## Other

- Cookbook recipes, 1 set per child (at the end of the patch program)
- Colored construction paper, one per child
- Stapler (with staples)
- Crayons, markers, or colored pencils
- Item to decorate cookbook covers, as desired (i.e. stickers, gems, colorful tape, stencils, etc.)
- One My Plate coloring page per child (at the end of the patch program)
- Various boxes or bags of popular foods (i.e. toaster pastries, cereals, snacks, granola bars, store-bought muffins, etc.)
- One Take Action Pledge sheet per child (at the end of the patch program)
- Pencils

# Recipes

## Marinara Sauce

- 1 (28 oz.) can crushed tomatoes
- 1 (15 oz.) can diced tomatoes
- 1 tsp. dried parsley
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. salt
- $\frac{1}{2}$  tsp. garlic powder (feel free to use 2-3 cloves fresh)
- $\frac{1}{2}$  tsp. onion powder (feel free to use  $\frac{1}{2}$  of a fresh onion, minced)
- Pinch red pepper flakes (add a few pinches if you like your sauce to have a little heat)
- Pinch black pepper, to taste

Serves 18-20

1. Combine all ingredients in a saucepan and heat over medium heat until boiling.
2. Reduce heat and simmer for at least 20 minutes and up to an hour.

## Chocolate Dipped Fruit

- Fruit of your choice (Strawberries, blueberries, pineapple, etc.)
  - Chocolate of your choice (Candy melts in any color, or milk chocolate chips)
  - Toothpicks
1. Melt chocolate or candy melts in a microwave-safe bowl in the microwave in 30 second increments, making sure to stir after each 30 second interval so it doesn't burn.
  2. Wash/cut the fruit into bite-sized pieces.
  3. Stick a toothpick into the fruit if you want (the toothpick is not necessary for all fruits) and dip it into the chocolate.
  4. Put the dipped fruit onto a cookie sheet lined with wax paper and put in refrigerator for approximately 30 minutes to cool and harden.

## Mozzarella Sticks

- 1 package (12 oz.) reduced-fat mozzarella string cheese
  - 1 egg
  - 1 tsp. Italian seasoning
  - 8 Tbsp. panko (Japanese) bread crumbs
- Serves 12

1. Position rack in upper third of oven and preheat oven to 350 °F. Line a baking sheet with foil and spray lightly with cooking spray.
2. Remove cheese from packaging and set aside. In a small bowl, whisk egg until foamy. In small non-stick skillet, mix Italian seasoning with bread crumbs and place over medium heat. Cook and stir bread crumbs until lightly browned, about 5 minutes.
3. Dip one piece of string cheese in egg until coated and then into toasted bread crumbs, coating completely. Redip the string cheese in egg and again into the bread crumbs, if desired. Place on baking sheet. Repeat with remaining string cheese and place on baking sheet 1½ inches apart. Spray string cheese lightly with cooking spray.
4. Bake 5-6 minutes or until heated through. (Cheese may melt slightly and lose shape. Simply press it back into place.)

## Fruit Juice Fizz

- 2 cups cranberry juice
  - 2 cups pineapple juice
  - 2 cups orange juice
  - 2 cups Sprite or Ginger Ale
  - 1 lemon or orange
- Serves 16

1. Mix all juices together. Add in soda and stir.
2. Slice lemon or orange and put slices in juice.
3. Refrigerate, serve, and enjoy!

## GORP

Serves 14-16

- 1 cup Wheat Chex
- 1 cup Kix
- 1 cup dried cranberries
- 1 cup raisins
- 1 cup pretzel sticks
- $\frac{1}{2}$  cup Greek yogurt chips
- $\frac{1}{2}$  cup mini marshmallows
- $\frac{1}{4}$  cup popcorn kernels
- 1 cup Goldfish (optional)

GORP can be made with pretty much any dried food, this is just one recipe. You can also mix it in whatever quantities you want. I used about 1 cup of each ingredient, but  $\frac{1}{2}$  cup each of the sweet items (marshmallows and yogurt chips) so that the total quantity of sweet items is 1 cup.

1. Pop the popcorn kernels in a large brown paper bag in the microwave. Put  $\frac{1}{8}$  cup of kernels in the bag and staple or tape it shut making sure to have plenty of air in the bag. Microwave approximately  $1\frac{1}{2}$  minutes. Remove the popcorn and throw away any un-popped kernels. Repeat with remaining  $\frac{1}{8}$  cup of popcorn kernels.
2. Put all of the ingredients in a bowl and stir together.

# A Heaping Helping of Health

## Lunch Workshop



Recommended for:

Ages: 9 -11

Grades: 4 - 5

Junior Girl Scouts

Workshop Run Time: 1½ - 2 hours

### Please read through everything to think about preparations.

Doing this workshop as is will complete all the requirements for the **Junior Simple Meals Badge**.

Make sure all the kids get to help in some way with every recipe.

A list of all the ingredients and supplies needed for this workshop, along with the recipes, is provided at the end of the workshop.

### **PREP (approx. 30 min.)**

1. Cook broccoli and mix pizza dough (if necessary) for toaster pastries. (10 min.)
2. Peel and dice 3 plums, 3 peaches or nectarines, and 1 apple. (approx. 20 min.)

### **DISCOVER**

1. After all the kids have arrived, start on a kitchen tour. Try to show and discuss as many of the following items as possible, but feel free to add more:
  - Sauce pan (pot)
  - Frying pan
  - Measuring cups (identify the differences between liquid and dry)
  - Measuring spoons (liquid and dry are the same)
  - Casserole dish (oven safe bake pan)
  - Oven mitts/pot holders/trivets

- Baking sheet/cookie sheet
- Cheese grater
- Electric beater
- Whisk
- Colander
- Peeler
- Can punch
- Sieve
- Spatula
- Tongs
- Blender/food processor

### (Junior Simple Meals Requirement #1)

2. Have the kids sit at the table and give each one a My Plate coloring page
  - Ask the kids to name some fruits. Then have them draw a fruit in the Fruit area. Repeat with all the other food groups.
  - Ask the kids if they know about how much you should eat of each food group every day (based on 9 - 13 year olds)
    - Fruit - 1½ cups
    - Veggies - Boys: 2½ cups, Girls: 2 cups
    - Grains - Boys: 6 oz., Girls: 5 oz. (for both, 3 oz. should be whole grain)
    - Protein - 5 oz.
    - Dairy - 3 cups
3. Discuss basic food terminology
  - Beat - Mix rapidly to incorporate as much air as possible.
  - Bake - Cook something in an oven.
  - Dice - Cut into bite-sized pieces.
  - Batter - Mixture containing flour and liquid that's thin enough to pour.
  - Blend - Stir ingredients so they're mixed thoroughly.
  - Chop - Cut food into smaller pieces.
  - Grate - Rub food on a grater to turn it into tiny pieces.
  - Mix - Combine ingredients with a spoon or spatula.

## CONNECT

1. Make sure all the kids wash their hands.
2. Make the first recipe: Broccoli Cheese Toaster Pastry. (SEE RECIPE BELOW)  
**Note:** Be sure to listen for timer for the toaster pastries and take them out of the oven when done  
**(Junior Simple Meals Requirement #3)**
3. Discuss these safety tips with the kids.

**Ask: Does anyone know any stove safety tips for using a hot stove?**

### Hot Stove Safety

- Have an adult nearby to help you with stove top.
  - Always turn off the burner when it's not being used.
  - The burner will still be hot for a few minutes after turning it off.
  - Never put an empty pan on a hot burner.
4. Make the second recipe: Spaghetti O's. (SEE RECIPE BELOW) **(Junior Simple Meals Requirement #5)**
  5. Knife safety tips
    - Pick up the knife by the handle, not the blade.
    - Hand the knife to someone with the handle toward them.
    - Don't cut too fast; you might cut yourself.
    - Cut on a cutting board, not on a counter or in your hands.
    - Sharp knives are better to cut with - easier and better if you cut yourself.
    - If you cut yourself: wash wound, apply pressure, tell an adult, cover wound with antibiotic cream and band aid, throw bloody food away, get a new knife.
  6. Make the third recipe: Fruit Salad. (SEE RECIPE BELOW) **(Junior Simple Meals Requirement #2)**
  7. Discuss these safety tips about blenders with the kids
    - There are sharp blades down in the blender.
    - Never reach down inside.
    - Always put the lid on.
    - Blender has to have liquid in order to mix.

8. Make the fourth recipe: Milkshake. (SEE RECIPE BELOW) **(Junior Simple Meals Requirement #4)**
9. Let each child try some of each recipe. As you're sampling them, move on to the Take Action activities.

## **TAKE ACTION**

1. Have the kids make a pledge saying what they're going to do to eat more healthfully and write it on the Take Action Pledge. This could be the same pledge for your whole group, or each kid could come up with his or her own. Here are some examples:
  - Set personal nutritional goals. Keep a food journal for a week; review if you meet goals on own. (Food Journal at end of patch program)
  - Eat a vegetable four times this week.
  - Eat a fruit at every meal for a whole day (including snack!) Try to eat a different fruit for each meal.
  - Help a parent prepare a meal.
  - Plan, shop for, and prepare a simple meal by yourself.

# Shopping List/Supplies

## INGREDIENTS/SHOPPING LIST

- Pie crust
- Frozen broccoli,  $\frac{3}{4}$  cup
- Carrots, 1 small
- Yellow onion, 1 small (optional)
- Ham, 5 slices (optional)
- Cheddar cheese,  $\frac{1}{3}$  cup shredded
- Milk, 1 quart
- Eggs, 2 (1 optional)
- Salt
- Pepper
- No-salt-added tomato sauce, 15 oz.
- Onion powder,  $\frac{1}{2}$  teaspoon
- Paprika,  $\frac{1}{4}$  teaspoon.
- Butter type spread (in a tub, can use regular butter)
- Nutritional Yeast (look in health food stores; I found mine in Kroger in the baking subsection of natural foods)
- Sugar, 2 tablespoons (or other sweetener like honey, agave, etc.)
- Tiny whole grain pasta, 1 cup (large pasta is okay, but you will need 2 cups)
- Plums, 4
- Peaches or nectarines, 4
- Apples, 2
- Red grapes, 1 -  $1\frac{1}{2}$  cups
- Green grapes, 1 -  $1\frac{1}{2}$  cups
- Chunk pineapple, 1 can
- Mandarin oranges, 2 cans
- Strawberries, 1 large container
- Vanilla frozen yogurt, low-fat, low-sugar
- Vanilla extract (optional)

## SUPPLIES

### For cooking

- Sharp knives, 1 per child
- Several large cutting boards
- Measuring spoons
- Measuring cups
- Bowls, 1 large and 1 very large bowl
- Scraper
- Baking sheet
- Cooking spray
- Medium saucepans, 2 (one may need to be large)
- Colander
- Paper towels
- Stirring spoon
- Peeler, 2-3
- Can opener
- Liquid measuring cup
- Ice cream scoop
- Blender
- Timer
- Oven
- Paper plates
- Paper cups
- Plastic forks or spoons

### Other

- One My Plate coloring page per child (at the end of the patch program)
- Markers or colored pencils
- One Take Action Pledge sheet per child (at the end of the patch program)
- One Food Journal per child (at the end of the patch program)

## Recipes

### Broccoli Cheese Toaster Pastry

Serves 8-12

- Pie crust (preferably whole wheat)
- $\frac{3}{4}$  cup cooked broccoli, chopped fine
- 3 Tbsp. carrots, chopped fine
- 2 Tbsp. yellow onion, chopped fine (optional)
- 5 slices of ham, chopped (optional)
- $\frac{1}{3}$  cup shredded cheddar cheese
- 2 Tbsp. milk
- 1 egg (will need 2<sup>nd</sup> egg if opt to brush top with egg wash)
- Salt
- Pepper

1. Have an adult help you preheat the oven to 350 °F.
2. Chop broccoli, carrots, onion, and ham, if using.
3. In a large bowl, combine all ingredients except pie crust and mix well. Season with salt and pepper. Set aside.
4. Lay one rolled piece of pie crust, about 3" in diameter, on a greased baking sheet. Place one heaping tablespoon of the filling in the center.
5. Cover with another piece of crust and flatten edges with a fork. (You can also brush the top with the second egg white so the baked crust will have a golden shine.) Repeat with the remaining crust and filling.
6. Bake in preheated oven for 20 minutes, or until golden brown. Serve warm.

### Spaghetti O's

- 15 oz. no-salt-added tomato sauce
- 2 Tbsp. milk
- $\frac{1}{2}$  tsp. onion powder

Serves 6-8

- $\frac{1}{4}$  tsp. paprika
- $\frac{3}{4}$  tsp. to 1 tsp. salt (depending on your preference. I like 1 tsp.)
- 2-3 tsp. butter-type spread (such as Earth Balance or Smart Balance Light)
- 3-4 Tbsp. nutritional yeast
- 2 Tbsp. sweetener of choice (agave, sugar, honey, etc.)
- 1 cup uncooked tiny whole grain pasta (If using a larger pasta, such as elbows, increase to 2 cups and you will need a large saucepan)

1. In a medium saucepan, stir together all ingredients except the pasta. Bring to a boil, then lower and cook on low until the butter spread melts completely.
2. Meanwhile, bring a medium pot of salted water to a boil. Once boiling, throw in the pasta and cook until desired texture is reached. Drain, then pat dry with a paper towel. Pour the pasta into the sauce, and stir to combine. Serve.
3. Before reheating any leftovers, stir and add a little milk if needed.

### Fruit Salad

Serves 20-25

- 4 plums
- 4 medium peaches or nectarines
- 2 large apples
- 1 -  $1\frac{1}{4}$  cups green grapes
- 1 -  $1\frac{1}{2}$  cups purple red grapes
- 1 can of chunk pineapple
- 2 cans of mandarin oranges
- Large container of strawberries

1. Peel plums, dice them, and put them in a very large bowl.
2. Peel and dice peaches or nectarines and add to the bowl.
3. Peel apples, and then quarter, remove the cores, and dice them. Add them to the bowl.

4. Add mandarin oranges including liquid and make sure all fruit is submerged in the liquid to prevent it from browning.
5. Cut pineapple chunks in half and add in with all the liquid.
6. Wash and halve grapes lengthwise and add them.
7. Dice strawberries and add. Refrigerate as is (in layers) and mix right before serving.

### **Milkshake**

- Vanilla low-fat, low-sugar frozen yogurt
- $\frac{1}{2}$  cup milk
- Vanilla extract (optional)

Serves 6

1. Put three to four scoops of frozen yogurt in the blender with the milk. Blend. If too thick, add more milk.
2. Add vanilla if desired.

# A Heaping Helping of Health



## Dinner Workshop

Recommended for:

Ages: 11 - 14

Grades: 6 - 8

Cadette Girl Scouts

Time required: 2 hours

### Please read through everything to think about preparations.

Completing this workshop as is will fulfill all the requirements for the **Cadette New Cuisines Badge**. Note that the workshop as a whole completes requirement # 5.

Make sure all the kids get to help in some way with every recipe.

A list of all the ingredients and supplies needed for this workshop, along with the recipes, is provided at the end of the workshop.

### **PREP (approx. 70 min.)**

1. Prepare pizza dough per package instructions, if needed. (10 min.)
3. Cube butternut squash for the Mac and Cheese (60 min.) - this step is not needed if you buy frozen, cubed butternut squash but you will need to thaw it.
4. Preheat oven(s) to 475°F for the pie. If you have a second oven, preheat it to the temperature needed for the pizza.
5. Have a helper scald the milk while going through material in the Discover section.

## DISCOVER

1. Have the kids sit at the table and give each one a My Plate coloring page
  - Ask the kids to name some fruits. Then have them draw a fruit in the Fruit area. Repeat with all the other food groups.
  - Ask the kids if they know about how much you should eat of each food group every day (based on 9 - 13 year olds)
    - Fruit -  $1\frac{1}{2}$  cups
    - Veggies - Boys:  $2\frac{1}{2}$  cups, Girls: 2 cups
    - Grains - Boys: 6 oz., Girls: 5 oz. (for both, 3 oz. should be whole grain)
    - Protein - 5 oz.
    - Dairy - 3 cups
2. Discuss special diet(s) (vegetarian/gluten free)
  - Gluten- free
    - Ask: Does anyone know what gluten is?**
      - Gluten is a protein in wheat, barley, and rye
      - Some people are allergic to it and can't eat it
      - Other people choose not to eat it as part of a particular diet
  - Vegetarian/Vegan
    - Ask: Does anyone know the difference between a vegetarian and a vegan?**
      - Vegetarians don't eat meat, but do eat other animal products like eggs, milk, and cheese
      - Vegans don't eat meat or animals products (milk, cheese, eggs)
    - Ask: Does anyone know what vegetarians and vegans eat instead of meat and/or animal products?** (beans, peas, tofu and other soy foods, vegetarian meat, nuts and nut butters)

## CONNECT

1. Make sure all the kids wash their hands. Start boiling the water for the Mac and Cheese.
2. Make the first recipe: Custard Pie. (SEE RECIPE BELOW) **(Cadette New Cuisines Badge Requirement #3)**
3. Knife safety tips
  - Pick up the knife by the handle, not the blade.
  - Hand the knife to someone with the handle toward them.
  - Don't cut too fast; you might cut yourself
  - Cut on a cutting board, not on a counter or in your hands
  - Sharp knives are better to cut with - easier and better if you cut yourself
  - If you cut yourself: wash wound, apply pressure, tell an adult, cover wound with antibiotic cream and band aid, throw bloody food away, get a new knife.
4. Make the second recipe: Mac and Cheese. (SEE RECIPE BELOW) **(Cadette New Cuisines Badge Requirement #2)**
5. Make the third recipe: Pizza. (SEE RECIPE BELOW) **(Cadette New Cuisines Badge Requirement #1)**
6. Make the fourth recipe: Gluten-free Pizza. (SEE RECIPE BELOW) **(Cadette New Cuisines Badge Requirement #4)**
7. Make the fifth recipe: Lemonade. (SEE RECIPE BELOW) **(Cadette New Cuisines Badge Requirement #3)**
8. Let each child try some of each recipe. Have a side-by-side taste-test with the pizzas and ask the kids which one they like better. As you're sampling the food, move on to the Take Action activities.

## TAKE ACTION

1. Have the kids make a pledge saying what they're going to do to eat more healthfully and write it on the Take Action Pledge. This could be the same pledge for your whole group, or each kid could come up with his or her own. Here are some examples:

- Eat a vegetable every day this week
- Eat a fruit at every meal for two days (including snack!) Eat at least 3 different kinds of fruit, one of which you've never had before.
- Plan, shop for, and prepare a meal by yourself.
- Keep a food journal for a week to see how you're doing with eating all five food groups. (Food Journal at end of patch program)
- Eat a different special diet item twice this week (i.e. try a high-protein vegetarian dish on Tuesday and gluten-free pasta on Thursday)

## Shopping List/Supplies

### INGREDIENTS/SHOPPING LIST

- Pie crust, 1
- Eggs, 4
- Sugar,  $\frac{1}{2}$  cup
- Salt,  $\frac{1}{4}$  teaspoon
- Vanilla,  $1\frac{1}{2}$  teaspoons
- Milk,  $2\frac{1}{2}$  cups +  $\frac{3}{4}$  cup
- Nutmeg
- Elbow macaroni, 3 cups
- Butter, 1 tablespoon
- Yellow onion, 1 small
- Butternut squash, 2 or frozen, cubed butternut squash (4-5 cups cubed)
- Chicken or vegetable broth, 5 cups
- Salt
- Shredded cheese, 8 oz. any type
- Pepper
- Pizza dough or crust, 2 (one gluten-free, one regular)
- Tomatoes, 2 medium
- Fresh mozzarella, 4 - 6 oz.
- Fresh basil, 6 leaves
- Olive oil, 1 tablespoon
- Pizza sauce, approx. 1 cup
- Mozzarella cheese, 2 - 3 cups shredded
- Pizza toppings (try for healthier ones like veggies or fruits)
- Sugar,  $\frac{2}{3}$  cup
- Lemons, 3 large
- Ice

## **SUPPLIES**

### For cooking

- 3 large sauce pans
- 1 medium sauce pan
- 3 medium bowls - 2
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Whisk
- Stirring spoon
- 9" pie tin
- Cooling rack
- Colander
- Large skillet
- Knives, 5-6
- Cutting board
- Spatula
- Blender
- 2 large cookie sheets
- Pastry brush (optional)
- 2 quart pitcher
- Juicer (optional)
- Long handled spoon
- Forks
- Paper plates
- Cups
- Pizza cutter (optional)
- Oven (ideally, 2)
- Timer

### Other

- One My Plate coloring page per child (at the end of the patch program)
- Markers or colored pencils
- One Take Action Pledge sheet per child (at the end of the patch program)
- One Food Journal per child (at the end of the patch program)

## Recipes

### Custard Pie

Serves 8-10

- Pie crust
- 4 eggs
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  tsp. salt
- $1\frac{1}{2}$  tsp. vanilla
- $2\frac{1}{2}$  cups milk, scalded (heated almost to boiling)
- Nutmeg

1. Preheat the oven to 475°F.
2. Crack the eggs into a bowl and beat them lightly. Mix in the sugar, salt, and vanilla. Slowly stir in the scalded milk. Pour the mixture into the unbaked pie shell. Sprinkle with nutmeg.
3. Put the pie into the oven and bake it for 5 minutes at 475°F. Turn the heat down to 425°F and continue baking for about 12 more minutes, or until a knife stuck into the center comes out clean.
4. Take the pie out of the oven and cool it on the wire rack. If you are not going to eat the pie right away, put it in the refrigerator to chill. Store any leftover pieces in the refrigerator.

### Mac and Cheese

Serves 8-10

- 3 cups uncooked elbow macaroni
- 1 Tbsp. butter
- 1 small yellow onion
- 2 medium butternut squashes or frozen, cubed butternut squash (4-5 cups cubed)
- 5 cups chicken or vegetable broth
- $\frac{3}{4}$  cup milk
- 1 tsp. salt

- 8 oz. shredded cheese
- Salt and pepper to taste

1. Cook the macaroni according to package directions. Drain and set aside. Heat the butter in a large skillet over medium low heat. Cut the onion into thin rings and add to the butter in the pan, sautéing over low heat until fragrant and golden, about 20 minutes.
2. Meanwhile, remove the skin and the seeds from the squash. Cut the flesh into small cubes. Bring the broth to a boil and add the squash. Cook for 5-7 minutes or until fork tender. Drain, reserving  $\frac{1}{2}$  cup broth, and transfer squash to the blender. Add the onions, milk, 1 tsp. salt, and reserved broth and puree until completely smooth and creamy. This should yield about 4 cups of sauce.
3. Pour the pureed sauce over the cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency as needed. Salt and pepper to taste.

## NOTES

When caramelizing the onions, keep the heat low to prevent burning. The deeper the golden color, the more flavorful they will be.

## Pizza Margherita

- Pizza dough (or premade crust, if you prefer) Serves 8-10
- 2 medium tomatoes
- 4 - 6 oz. fresh mozzarella
- 6 basil leaves
- 1 Tbsp. olive oil

1. Pre heat the oven according to package instructions.
2. Mix the pizza dough according to the package instructions and pre-bake, if needed.
3. Brush oil onto the pizza dough.
4. Thinly slice the tomatoes and spread them evenly out on the pizza.
5. Thinly slice the mozzarella and spread it out on the pizza evenly.
6. Add the basil and bake according to package directions.

## Gluten-free Pizza

- Gluten-free pizza dough (or premade crust) Serves 8-10
- Approx. 1 cup of pizza sauce
- 2 - 3 cups of mozzarella cheese
- Any pizza toppings you like (in the interest of keeping this healthy - not a lot of meats; stick with vegetables or fruits if you like that)

1. Pre heat the oven according to package instructions.
2. Mix the pizza dough according to the package instructions and pre-bake, if needed.
3. Spread the sauce on the pizza.
4. Sprinkle cheese on the pizza.
5. Add any toppings and bake according to package directions.

## Lemonade

- 2/3 cup sugar Serves 8-10
- 1 cup warm water
- 3 large lemons
- 3 cups cold water
- Ice

1. Take the lemons out of the fridge (if you put them in there) to sit and become room temperature.
2. Dissolve the sugar in the warm water, and then pour it into a 2 quart pitcher.
3. Roll the lemons on the counter with your palm to make them juicier. Cut the lemons in half and juice them. You can use a juicer, but if you don't have one, you can squeeze them with your hands and use a spoon to help you. (Be careful not to let the seeds into the lemonade!) You can squeeze the lemon juice directly into the pitcher or into the measuring cup for the water so you have a chance to pull the seeds out of the juice.
4. Pour the lemon juice into the pitcher if you didn't squeeze it directly into the pitcher.

5. Add the cold water and stir. Taste-test to see if it's sweet enough. Add a little more sugar if it's not sweet enough for you, and stir until it's dissolved. Add the ice.
6. Serve and enjoy.

# A Heaping Helping of Health



## Dessert Workshop

Recommended for:

Ages: 14 - 16

Grades: 9 - 10

Senior Girl Scouts

Workshop Run Time: 2 hours

### Please read through everything to think about preparations.

Completing this workshop as is will fulfill all the requirements for the **Senior Locavore Badge**.

For the Foods in Season activity, you will need to spend some time looking up information about 15-20 fruits and vegetables that grow locally in your area and when they are harvested. Alternately, you could do this activity with the kids prior to running this workshop.

Make sure all the kids get to help in some way with every recipe.

A list of all the ingredients and supplies needed for this workshop, along with the recipes, is provided at the end of the workshop.

### PREP

1. Preheat oven to 350° F. If you have a second oven, preheat it to 375° F.
2. Place metal bowl and beaters for whipped cream in the refrigerator.

### DISCOVER

1. Have the kids sit at the table and give each one a My Plate coloring page
  - Ask the kids to name some fruits. Then have them draw a fruit in the Fruit area. Repeat with all the other food groups.

- Ask the kids if they know about how much you should eat of each food group every day (based on 14 - 18 year olds)
    - Fruit - Boys: 2 cups, Girls: 1½ cups
    - Veggies - Boys: 3 cups, Girls: 2½ cups
    - Grains - Boys: 8 oz., Girls: 6 oz. (for boys, 4 oz. of these should be whole grain and for girls, 3 oz. should be whole grain)
    - Protein - Boys: 6½ oz., Girls: 5 oz.
    - Dairy - 3 cups
2. Ask the kids if they know anything about local foods versus non-local foods.
- Ask: **Why is local food better?** (fresher, healthier, and tastes better)
- Ask: **Why should you get local foods?** (fresher, healthier, tastes better, more pure, supports local businesses)
- Ask: **Are there any reasons not to get local foods?** (not everything is available in all seasons, easier to pick up at grocery store with other food than make separate trip, may be less expensive)
- Ask: **What are some ways to get local foods?** (farmer's markets, farms)
- Good website for finding farmers and farmer's markets is  
<https://www.farmaid.org/find-good-food-from-family-farmers/>
- Ask: **Does anyone here get local food?**
3. Have the kids make up a survey of at least five questions on local foods. Some of the questions might be:
- Have you heard the word *locavore* and if so, what does it mean to you?
  - Do you buy any produce or meats from a local farm?
  - Have you ever tried to buy locally? If so, how hard or easy was it?
  - What does local mean to you? 25/50/100 miles? within your county, state, the US? (USDA defines local as within 200 miles)
- Have each child take the survey and compare and discuss the results. (**Senior Locavore Badge Requirement # 1**)
4. Hand out the Foods in Season papers to all the kids and have them come up with at least ten fruits or vegetables that grow locally and write them next to the

month in which they are harvested in your area. **(Senior Locavore Badge Requirement # 2)**

## CONNECT

1. Make sure all the kids wash their hands.
2. Discuss these safety tips about graters with the kids:
  - Don't grate when the food gets down to a little nub. Get a new piece of food.
  - Carry the grater by the handle and not the sides.
3. Make the first recipe: Zucchini cake. (SEE RECIPE BELOW) **(Senior Locavore Badge Requirement # 5)**
4. Discuss these safety tips about coring with the kids:
  - The core is hard, so cut it slowly.
  - If using a knife, cut away from your hand.
  - Core on a counter or a board.
5. Make the second recipe: Baked Apples. (SEE RECIPE BELOW) **(Senior Locavore Badge Requirement # 4)**
6. Make the third recipe: Blueberry Parfait. (SEE RECIPE BELOW)
7. Make the fourth recipe: Whipped Cream and Blueberry Compote. (SEE RECIPES BELOW) **(Senior Locavore Badge Requirement # 3)**
8. Let each child try some of each recipe. The whipped cream and blueberry compote are for topping the zucchini cake, instead of frosting. Also, don't force the kids to eat anything they don't want to. As you're sampling them, move on to the Take Action activity.

## TAKE ACTION

1. Have the kids make a pledge saying what they're going to do to eat more healthfully and write it on the Take Action Pledge. This could be the same

pledge for your whole group, or each kid could come up with his or her own.  
Here are some examples:

- Eat one locally grown vegetable every day this week.
- Eat a locally grown fruit at every meal for two days (including snack!) Eat at least 3 different kinds of fruit.
- Plan, shop for, and prepare a meal with at least one locally grown food.
- Plant a garden for your own locally grown foods.

# Shopping List/Supplies

## INGREDIENTS/SHOPPING LIST

- Zucchini, 1 large or 2 medium
- Applesauce,  $\frac{1}{2}$  cup
- Oil,  $\frac{1}{3}$  cup
- White or apple cider vinegar,  $1\frac{1}{2}$  teaspoons
- Pure vanilla extract
- All-purpose flour,  $1\frac{1}{2}$  cups
- Baking soda
- Salt
- Cinnamon
- Sugar,  $\frac{1}{2}$  cup
- 1 baking apple per 2 children
- Unsweetened apple juice,  $\frac{1}{4}$  cup
- Dried cranberries, 1 tablespoon per child
- Marshmallows, 1 per 2 children
- Yogurt, 20 oz., preferably Greek
- Blueberries, locally grown, 3 cups
- Low-fat granola (optional)
- Heavy whipping cream, 1 pint
- Lemon juice, squeeze
- Cooking spray

## SUPPLIES

### For cooking

- 8" square cake pan
- 3 bowls, at least one metal
- Whisk
- Measuring spoons
- Measuring cups
- Liquid measuring cup
- Scraper
- Toothpicks
- Corer, 1 per 2 kids
- Knives, 1 per 2 kids
- Peeler, 1 per 2 kids
- Baking pan
- Foil
- Hand mixer
- Sauce pan
- Mixing spoon
- Oven (ideally two)
- Timer
- Plates
- Forks
- Spoons
- Small, clear plastic cups, 1 per child

## Other

- One My Plate coloring page per child (at the end of the patch program)
- Markers or colored pencils
- Paper
- Pens/pencils
- One Foods in Season sheet per child (at the end of the patch program)
- One Take Action Pledge sheet per child (at the end of the patch program)

## Recipes

### Zucchini Cake

Serves 8-10

- 1 cup finely grated zucchini, loosely packed
- $\frac{1}{2}$  cup applesauce
- $\frac{1}{3}$  cup oil
- $1\frac{1}{2}$  tsp. white or apple cider vinegar
- $1\frac{1}{2}$  tsp. pure vanilla extract
- $1\frac{1}{2}$  cups all-purpose flour
- $\frac{1}{2}$  tsp. baking soda
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{3}$  cup sugar

1. Preheat your oven to 350° F and spray an 8-inch square pan with cooking spray.
2. In a mixing bowl, whisk together the zucchini, applesauce, oil, vinegar, and vanilla and let sit at least 10 minutes (or you can refrigerate overnight).
3. In a separate bowl, stir together all remaining ingredients. Pour wet into dry, and stir until just combined. Don't over mix.
4. Pour into the 8-inch pan and smooth down evenly. Bake 30 minutes or until a toothpick inserted into the center of the cake comes out clean.

### Baked Apples

- 1 baking apple per 2 kids
- $\frac{1}{4}$  cup unsweetened apple juice per apple
- 2 Tbsp. dried cranberries per apple
- 1 marshmallow per apple
- 1 tsp. cinnamon

Notes: Baking apples - you can really use any apple that's firm, even Granny Smith, because they won't taste that tart after baking them.

1. Preheat the oven to 375° F.
2. Have an adult help you core the apple almost all the way to the bottom. Then peel the apple about halfway down and place into a baking pan lined with foil.
3. Stuff the apple with the cranberries and pour the apple juice into it. It will overflow, but that's okay.
4. Repeat with all the apples you're making.
5. Sprinkle all the apples with cinnamon. Bake in the oven for 40 to 45 minutes. Put a marshmallow on for the last minute or two to melt a bit.
6. Serve warm or cold.

### **Blueberry Parfait**

- 2 1/2 cup yogurt (preferably Greek as it has lots of protein) Serves 5
- 2 1/2 cups fresh locally grown blueberries, rinsed
- 5 Tbsp. low-fat granola (optional)

1. Spoon 1/4 cup yogurt into each of 5 small, clear plastic cups.
2. Top each with 1/2 cup fresh blueberries.
3. Cover with remaining yogurt, so that each parfait has a total amount of 1/2 cup of yogurt.
4. Sprinkle 1 Tbsp. low-fat granola over each parfait, if desired.

### **Whipped Cream**

- 1 cup heavy whipping cream Serves 6-8
- 1 tsp. vanilla
- 2 tsp. granulated sugar

1. Whip heavy whipping cream to soft peaks.
2. Add in vanilla and sugar.
3. Beat to stiff peaks.

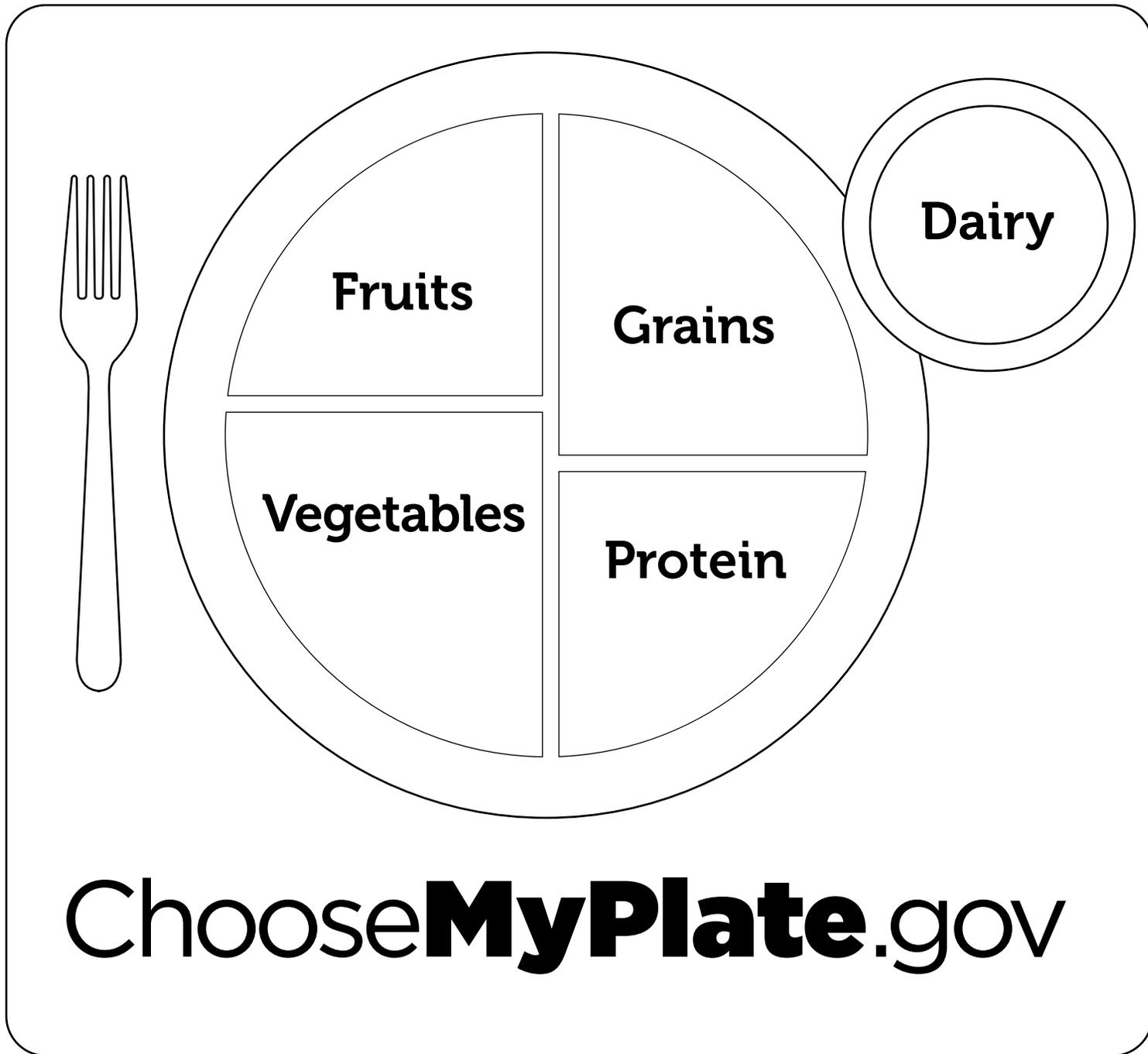
## Blueberry Compote

- 4 oz. locally grown blueberries, rinsed
- Squeeze of lemon juice
- 1 tsp. sugar (optional)

Serves 6-8

1. Place the blueberries in a sauce pan and pour in lemon juice.
2. Turn on the burner on medium heat and cook until the blueberries are soft and the lemon juice has turned blue from the blueberries. It will also smell really good.

Note: This is perfectly tart the way it is, especially when paired with the zucchini cake and whipped cream. Both are accents to the cake. They don't need to be super sweet, but you can add a little sugar to the compote if you want. I suggest trying it without first; you can always add some later.



# Foods in Season

January: \_\_\_\_\_

February: \_\_\_\_\_

March: \_\_\_\_\_

April: \_\_\_\_\_

May: \_\_\_\_\_

June: \_\_\_\_\_

July: \_\_\_\_\_

August: \_\_\_\_\_

September: \_\_\_\_\_

October: \_\_\_\_\_

November: \_\_\_\_\_

December: \_\_\_\_\_

## First Aid

### Cuts

Always wash cuts with soap.

Put Neosporin (any antibiotic ointment) on it and a band-aid.

### Burns

Put the burn under cool (not freezing cold) water or a towel run under cool water.

If it's a really bad burn, call the doctor or go to the hospital.

You can also put aloe vera gel on it to help it feel better.

## Banana Bread Muffins

- 2 eggs, beaten
  - 3 very ripe bananas, mashed
  - 2 cups all-purpose flour
  - 1 teaspoon salt
  - $\frac{3}{4}$  cup white sugar
  - 1 teaspoon baking soda
4. Preheat oven to 350 °F (175 °C). Lightly grease or line 10 muffin cups.  
(I filled my ten and still had some left, so I made 12, and they were filled to the top with batter, so they were pretty big. You could probably stretch this recipe to 16 or 18 if needed.)
  5. In a medium bowl, combine eggs and bananas. In a separate bowl, mix together flour, salt, sugar and baking soda. Stir banana mixture into flour mixture. Spoon batter into prepared muffin cups.
  6. Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into center of a muffin comes out clean.

## Spaghetti O's

- 15 oz. no-salt-added tomato sauce
  - 2 Tbsp. milk of choice
  - $\frac{1}{2}$  tsp. onion powder
  - $\frac{1}{4}$  tsp. paprika
  - $\frac{3}{4}$  tsp. to 1 tsp. salt, to taste
  - 2-3 tsp. butter-type spread (such as Earth Balance or Smart Balance Light)
  - 3-4 Tbsp. nutritional yeast
  - 2 Tbsp. sweetener of choice (agave, sugar, etc.)
  - 1 cup uncooked tiny whole wheat pasta of choice (If using a larger pasta, such as elbows, increase to 2 cups)
4. In a small saucepan, stir together all ingredients except the pasta. Bring to a boil, then lower and cook on low until the butter spread melts completely.
  5. Meanwhile, bring a medium pot of salted water to a boil. Once boiling, throw in the pasta and cook until desired texture is reached. Drain, then pat dry with a towel. Pour the pasta into the sauce, and stir to combine. Serve.
  6. Before reheating any leftovers, stir and add a little milk of choice if needed.

## Pizza

- Pizza crust or pizza dough
- Pizza sauce
- Mozzarella cheese
- Toppings like pepperoni, black olives, or sausage

1. Mix pizza dough per instructions if needed, or remove pie crust from packaging.
2. If using dough, bake if the instructions say to bake before adding toppings.
3. Add pizza sauce, cheese, and any toppings you want.
4. Bake per pizza dough or crust instructions and let it cool a few minutes so the cheese doesn't come off when you cut it.
5. Cut and enjoy.

## GORP

- Wheat Chex
- Kix
- Dried cranberries
- Raisins
- Pretzel sticks
- Greek yogurt chips
- Mini marshmallows
- Popcorn kernels
- Goldfish (optional)

GORP can be made with pretty much any dried food, this is just one recipe. You can also mix it in whatever quantities you want. I used about a cup of each, except the sweets, which I didn't add.

You will need to pop the popcorn kernels in a paper bag in the microwave. Staple or tape the bag shut and pop for maybe 30 seconds. You really need a bag and **cannot** substitute a bowl and paper towel.

### Fruit Juice Fizz

- 2 cups cranberry juice
- 2 cups pineapple juice
- 2 cups orange juice
- 2 cups Sprite or *Ginger Ale*
- 1 lemon or orange

4. Mix all juices together. Add in soda and stir.
5. Slice lemon or orange and put slices in juice.
6. Refrigerate, serve, and enjoy!

### Chocolate Dipped Fruit

- Fruit of your choice (Strawberries, blueberries, pineapple, etc.)
- Chocolate of your choice (Candy melts in any color, or milk chocolate chips)
- Toothpicks

1. Melt chocolate or candy melts in a microwave-safe bowl in the microwave in 30 second increments, making sure to stir after each so it doesn't burn.
2. Wash/cut the fruit into bite-sized pieces.
3. Stick a toothpick into the fruit of you want and dip it into the chocolate.
4. Put the dipped fruit onto a cookie sheet lined with wax paper and set aside to cool and harden.

### Mozzarella Sticks

- 1 package (12 ounces) reduced-fat mozzarella string cheese
  - 1 egg
  - 1 teaspoon Italian seasoning
  - 8 tablespoons panko (Japanese) bread crumbs
  - Marinara sauce
5. Position rack in upper third of oven and preheat oven to 350 °F. Line a baking sheet with foil and spray lightly with cooking spray.
  6. Remove cheese from packaging and set aside. In a small bowl, whisk egg until foamy. In small non-stick skillet, mix Italian seasoning with bread crumbs and place over medium heat. Cook and stir bread crumbs until lightly browned, about 5 minutes.
  7. Dip one piece of string cheese in egg until coated and then into toasted bread crumbs, coating completely. Re-dip the string cheese in egg and again into the bread crumbs, if desired. Place on baking sheet. Repeat with remaining string cheese and place on baking sheet 1 ½ inches apart. Spray string cheese lightly with cooking spray.
  8. Bake 5-6 minutes or until heated through. (Cheese will melt and lose shape. Press back into place if desired.)

### Marinara Sauce

- 1 (28 oz.) can crushed tomatoes
  - 1 (15 oz.) can diced tomatoes
  - 1 tsp. dried parsley
  - 1 tsp. dried basil
  - 1 tsp. dried oregano
  - 1 tsp. salt
  - ½ tsp. garlic powder (feel free to use 2-3 cloves fresh)
  - ½ tsp. onion powder (feel free to use ½ of a fresh onion, minced)
  - Pinch red pepper flakes (add a few pinches if you like your sauce to have a little heat)
  - Pinch black pepper, to taste
3. Combine all ingredients in a saucepan and heat over medium heat until boiling.
  4. Reduce heat and simmer for at least 20 minutes and up to an hour.



### DAY 3

- Breakfast

- Lunch

- Dinner

- Snacks/Dessert

### DAY 4

- Breakfast

- Lunch

- Dinner

- Snacks/Dessert

## DAY 5

- Breakfast
- Lunch
- Dinner
- Snacks/Dessert

## DAY 6

- Breakfast
- Lunch
- Dinner
- Snacks/Dessert

## DAY 7

- Breakfast
- Lunch
- Dinner
- Snacks/Dessert

## Take Action Pledge

I, \_\_\_\_\_, promise to

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Take Action Completion Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

