



## The Super Crew® Guide to Cooking with Kids

### Cooking with kids can be fun if the tasks are age-appropriate!

It is never too soon to teach your kids about healthy eating. Kids LOVE getting attention, so cooking together is a great way to spend time bonding! Kids can start cooking as young as 2 years old. Cooking is a life-long skill that presents many teaching opportunities, like following directions, measuring, practicing cleanliness and having fun tasting healthful new foods that reduce cancer risk. Follow the age appropriate tasks below and give your kids a practical skill that they will use for the rest of their lives.

#### Your 2-3 year-olds can help:

- Select which ingredients they want to taste or use
- Sort ingredients
- Rinse vegetables or fruits
- Tear large pieces of lettuce
- Stir
- Pour with assistance
- Add ingredients into mixing bowl
- Group utensils when setting the table



#### Your 4-6 year olds can help:

- Start to read recipes
- Count and do simple measurements
- Cut with a plastic or butter knife
- Cut herbs with kitchen shears
- Crack eggs
- Mix
- Pour
- Set the table
- Create recipe cards for recipe rolodex
- Push the start and stop button on food processor or blender

#### Your 7-12 year olds can help:

- Select which recipes the family will share at mealtimes
- Create their own recipes
- Find and gather ingredients
- Read and follow recipes
- Help create your shopping list
- Cut with a small sharper knife (supervised)
- Use zester, graters and peelers (supervised)
- Work with a heated source (with instructions)
- Help wash dishes

### Benefits of Cooking with Your Kids:

- Bonding experience
- Creates opportunity to discuss the senses (taste, sight, smell, touch)
- Boosts self-esteem by accomplishing tasks that contribute to the whole family
- Teaches children life skills and food safety practices
- Uses basic math skills
- Allows scientific observation when foods change form
- Promotes practicing how to follow directions
- Provides opportunity to discuss how healthy foods create a healthy body
- Encourages creativity
- Can improve cultural awareness

"I have fun cooking my favorite foods with my family!"

-Andy





# The Super Crew<sup>®</sup> colorful food tracker

Colors are health protectors – the more colorful healthy foods you eat, the more they protect you!  
Your body loves these and needs them to stay healthy.

*Are you getting all your colors of healthy foods each week?*



**purple**  
Eggplant  
Plums  
Purple-potato



**green**  
Avocado  
Kiwi  
Broccoli  
Basil



**red**  
Tomato  
Strawberry  
Beets  
Red quinoa



**orange**  
Mango  
Carrots  
Sweet-potato



**yellow**  
Lemon  
Corn  
Yellow-pepper



**brown**  
Cinnamon  
Walnut  
100% Whole grains



**black**  
Black beans  
Black lentils  
Black olives



**white/beige**  
Banana  
White bean  
Cauliflower  
Garlic  
Onion  
Oats



**Remember:**  
Aim for at least four (4) colors everyday.

monday	tuesday	wednesday	thursday	friday	saturday	sunday

### Directions:

Color the hearts with the colors you included each day for whole foods, like *fruit, vegetables, whole grains, nuts, beans, herbs and spices.*

At the end of the week see which color foods you are missing and try new foods in these colors.

\*Put a circle around the heart for white or beige foods.

**Favorite foods I included this week :**

---



---



---

**New foods - I'm going to try to get more colors.**

---



---



---



# SuperKids Nutrition

Good nutrition  
+ Fitness  
= Healthy family



Help Super Crew kid Tom-Tom find the  
yummy pairings  
you can have with **red apples!**

- Cinnamon**
- Salad**
- Oatmeal**
- Peanut Butter**
- Cottage Cheese**

E	M	A	X	J	K	Q	V	Z	C	J	O	C
I	F	W	U	C	L	M	L	I	L	A	O	B
N	A	U	Z	Q	M	D	N	Z	T	T	H	Z
L	J	U	D	Q	H	N	K	M	T	L	H	U
W	F	X	E	T	A	L	E	A	O	X	S	F
R	O	F	U	M	L	A	G	T	Y	A	K	G
G	D	L	O	W	L	E	G	Q	L	T	M	H
J	I	N	T	A	C	N	Q	A	F	C	F	V
T	N	T	E	H	T	I	D	T	U	G	V	H
N	T	M	E	I	U	R	D	E	G	X	L	P
A	R	E	T	T	U	B	T	U	N	A	E	P
G	S	W	C	P	F	G	J	Y	B	Y	Z	G
E	P	G	H	S	F	D	L	F	I	U	Q	N

## Simple Apple Chips

Tom-Tom loves **red foods** because they give him super powers. You can make red apples into apple chips to get to get super powers too!



### Ingredients:

- 2 apples (one peeled, one with skin)
- 2 teaspoons cinnamon

### Instructions:

1. Pre-heat oven to 250° F.
2. Line baking pan with parchment paper.
3. Wash and core the apples. Remove the skin from one of the apples.
4. Slice into thin chips to ensure crispness. Sprinkle with cinnamon.
5. Place on sheet and bake for 1 hour. Flip and bake for another hour.



-Tom-Tom

## Fun Food Fact With Tom-Tom

Leaving the skin on the apples gives your body a health boost! Apple skins have quercetin, a special plant compound with super food powers.

Eating quercetin lowers the risk of having heart disease, asthma and even some cancers. Plus it may boost your memory. So, next time you eat an apple, don't peel that skin and you won't be cheating your body!

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **berries**



## Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

### Produce Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

### Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.

## HONEY GINGERED FRUIT SALAD

Makes 6 servings. 1 cup per serving.

Prep time: 30 minutes

### Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

### Honey Ginger Sauce:

- 1/3 cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey\*
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

\*Do not give honey to children under the age of one.

### Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

Recipe courtesy of BOND of Color.

### Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.

- **At home:** Ride your bike for errands.
- **At work:** Invite coworkers to ride bikes during Bike-to-Work in May.
- **With the family:** Ride to a park after dinner to play a game of tag.

For more information, visit:

[www.bikeleague.org/programs/bikemonth](http://www.bikeleague.org/programs/bikemonth)

### Nutrition Facts

Serving Size: 1/2 cup blueberries (74g)  
Calories 42      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

### How Much Do I Need?

- A 1/2 cup of berries is about one cupped handful.
- A 1/2 cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily needs – fresh, frozen, canned, dried, and 100% juice! Look at the chart below to find out how much your family needs.

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
<b>Females</b>	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

### What's in Season?

In California, blackberries, blueberries, and raspberries are in peak season in late spring and summer. Frozen berries are available year round. Visit a local farmers' market to ask about the berry season in your area.

Try these other rich sources of phytochemicals: beets, cherries, plums, red or purple cabbage, red or purple grapes, and whole grains.