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A Pleasant Garden

INTRODUCTION

Kulture Kids has been creating original, interactive arts programs and performances that inspire community, cultural awareness and lifelong learning since 1999. Kulture Kids has been in residence at Rickoff School for ten years! Artists have worked with students and teachers exploring: Earth Resources; Seasonal Changes; Citizenship; Animal Adaptation; Force, Motion, Matter & Energy, Sustainable Mobility; Vibrant Green Space; Vital Neighborhoods; Health, Wellness & Nutrition; and now, Family, Farm and Table.

For the 2016-2017 school year, Kulture Kids built a community garden at the back of the school. It is called A PLEASANT GARDEN because it is located in the Mount Pleasant neighborhood. Since then, the garden has provided over 900 pounds of free produce to the community. If you'd like to help in the garden or need information on harvests, email: PleasantGarden@kulturekids.org

When writing the cookbook, students kept in mind wellness, as well as fruits and veggies grown in the garden. Then, the students collected healthy recipes and wellness tips from members of the Rickoff community for this cookbook.

“Live + Learn + Be Healthy = Wellness for Life”

-Cleveland Metropolitan School District's healthy equation for living

SPECIAL THANKS TO...



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THINGS TO CONSIDER

KEEP IN MIND:

- ✓ Cooking also uses all five senses.
- ✓ Cooking can be fun and tasty.
- ✓ Anyone can learn to do it.
- ✓ Always have an adult help you.
- ✓ Cooking and eating can bring your family together.
- ✓ Share or create family traditions such as taco Tuesday or fish Friday.
- ✓ Good food choices, cooking and eating can lead to a healthy life.

BEFORE YOU START COOKING:

- Take a tour of your kitchen so you can learn where all supplies and appliances are.
- Know how to turn on the stove, oven, microwave, blender and other equipment you may use.
- Keep hair confined and out of your food.
- Roll up your sleeves and wear an apron to protect your clothes.
- Hoodies, jewelry, and scarves are not appropriate attire for cooking.
- Make sure all equipment is clean and ready for you to use.
- Wipe off counters with a clean wipe.
- Wash hands in soapy water.

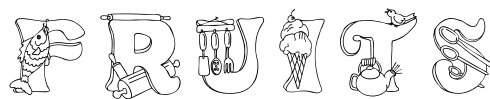
SAFETY FIRST:

- ✓ Be careful when using the oven or any other cooking equipment.
- ✓ Be careful when using sharp knives, heavy pots, boiling water and anything hot.
- ✓ If counters are too high, use a sturdy stepstool
- ✓ Always use potholders when handling hot items.
- ✓ Have a place to put hot pots and pans, such as a cooling rack or hot pad.
- ✓ After you turn them off, stoves and ovens may stay hot for a while.
- ✓ If something catches on fire, call 9-1-1, get an adult right away.
- ✓ Baking soda can put out a small fire.
- ✓ Using water to put out an oil fire can cause it to spread.

NOW YOU ARE READY TO READ THE RECIPE.

- Read the recipe and make sure you have all ingredients and tools needed to cook.
- Look up any cooking terms you may not understand.
- Have measuring tools available, such as measuring cups, teaspoons, and tablespoons.
- Measure carefully!
- Wash all fruits and vegetables.
- Remember: don't double-dip by putting a licked spoon back into what you are cooking.
- Take your time and have patience while cooking.
- Have fun while you cook!

Now...choose a recipe and get cooking! Yum.



MRS. OSBEY'S SYMPHONY OF FRUIT PIZZA

Ingredients

- 1 English Muffin
- 2 tablespoons Whipped Fat-Free Strawberry Cream Cheese
- 1/3 cup Strawberries, sliced



- 1/4 cup Red Grapes, quartered
- 1/4 cup canned Mandarin Oranges, drained

Directions

1. Toast English Muffin until golden brown.
2. Spread cream cheese on muffin.
3. Arrange sliced strawberries, grapes and orange slices on top of cream cheese.
4. Slice into quarters: fruit pizza!

Learn how to cook so you can eat well, and don't forget to help clean up.

HUNTER'S SALAD

Ingredients

- 3 tablespoons Olive Oil
- 1/4 cup Sweet Onion, finely chopped
- 1 cup Swanson Chicken Broth or Organic Chicken Broth
- 2 tablespoons Balsamic Vinegar
- 1/4 cup packed Brown Sugar



- 1 tablespoon coarse-grain Dijon-Style Mustard
- 16 ounces mixed Salad Greens
- 2 cups ripe Pears or Apples, thinly sliced
- 1/2 cup dried Cherries or Cranberries
- 1/4 cup Toasted Pecans, OPTIONAL
- 1/2 cup Crumbled Blue Cheese

Directions

1. Heat 1 tablespoon oil in a 2 quart saucepan, over medium heat.
2. Add onion and cook for 3 minutes, or until tender.
3. To make the dressing: stir in broth, vinegar, brown sugar and mustard, then heat to a boil. Cook for 5 minutes or until mixture is slightly less.
4. Remove saucepan from heat, and beat remaining oil into broth mixture with a fork or whisk.
5. Toss salad greens with 1/2 cup dressing in a large bowl, then arrange greens on a serving platter.
6. Top salad with pears, cherries, pecans and cheese.

MRS. KAISER'S SPICED CHERRY & APPLE SLICES (serves 40)

Ingredients

- 2 cans Apple Slices (Number 10 can)
- 6 quarts Cherries (Number 40 frozen carton)
- 8 1/4 cups packed Brown Sugar
- 1/2 cup Ground Cinnamon

Directions

1. Mix all ingredients together in large bowl.
2. Divide between two or more pans.
3. Bake in oven at 350 degrees Fahrenheit for 1 hour, or until fruit temperature reaches 140 degrees Fahrenheit.
4. Remove from oven and cover with aluminum foil to cool.
5. Scoop and serve.



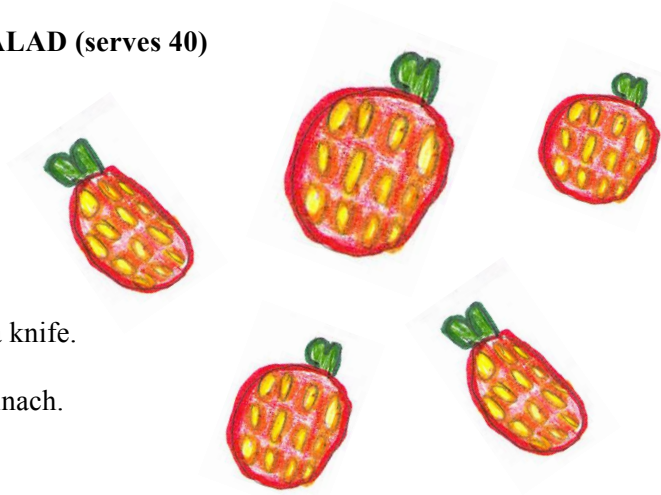
MRS. KAISER'S STRAWBERRY SPINACH SALAD (serves 40)

Ingredients

- 1 - 2.5 pound bag of Spinach
- 2 pounds Strawberries

Directions

1. Wash strawberries and spinach.
2. Dry spinach with paper towel.
3. Cut off top of strawberries and slice, using a knife.
4. Place spinach in large bowl or pan.
5. Place 2-4 slices of strawberries on top of spinach.
6. Serve immediately, or store in refrigerator.



FAITH'S SALAD

Ingredients

- 10 Cherry Tomatoes
- 1 Onion
- Salad Dressing of your choice
- 1 cup sliced Carrots
- 1 head Lettuce
- Other vegetables of your choice, OPTIONAL

Directions

1. Wash and dry all vegetables.
2. Cut up onions, carrots and tomatoes.
3. Tear lettuce into bite size pieces.
4. Put all vegetables in bowl and mix together.
5. Add salad dressing of your choice and toss.




PLAY WITH FRUIT: FIGURE IT OUT, THEN EAT IT!

Sharpie Marker sometimes to write on fruit skin as eyes, mouth, etc. **Don't** eat Sharpie ink!

1. With bananas and green grapes, figure out how to make a dolphin out of the banana and banana skin. Use green grapes at the bottom as the ocean.
2. With pieces of bananas and strawberries alternating, figure out how to make a caterpillar.
3. With bananas, strawberries, blueberries and Cool Whip figure out how to make a train.
4. With apple slices, half a whole apple and raisins, figure out how to make a crab.
5. With grapes and a toothpick (for a body) and small orange wedges (for wings) and ½ of a toothpick (for antennae), figure out how to make a butterfly.
6. For more fruit art, google "Fruit Art".
7. Google "Vegetable Art" to see what you can make out of vegetables.



 Eat healthy snacks like: veggie chips, plain popcorn, nuts, carrots, celery, pretzels, yogurt...

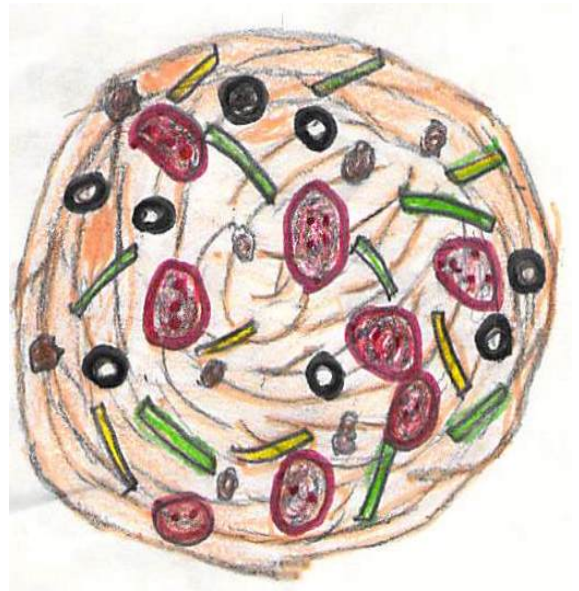
MRS. HARRIS' PASTA SALAD

Ingredients

1 pound Tri-Colored Spiral Pasta
16 ounce bottle of Italian Dressing
2 cups diced Cherry Tomatoes
1 chopped Green Bell Pepper
½ chopped Yellow Bell Pepper
1 can chopped Black Olives, OPTIONAL
1 bag Shredded Italian Cheese
½ diced Beef Sausage Stick
½ diced Pepperoni Sausage Stick
Athenos Tomato & Basil Feta Cheese

Directions

1. In large pot of salted boiling water, cook pasta until done.
2. Rinse under cold water and drain.
3. In salad bowl, combine pasta, tomatoes, peppers, olives, meat and mix.
4. Pour dressing over salad, toss and refrigerate overnight.
5. Eat and enjoy!



Mrs. Santa's Tutor:

MARGARET DOBBINS' FRUIT KABOB

Ingredients

Strawberries or any Seasonal Berries
Pineapple Chunks
Cantaloupe, Honeydew or Watermelon Balls
Seedless Grapes (Red or Green)
Bananas


OPTIONAL DIPS:

Cream Cheese
Marshmallow Whip
Cool Whip
Dried Sweetened Coconut
Instant or ready-made Chocolate or Vanilla
Pudding
Dash of Vanilla

Directions

1. Chop the fruit in chunks and thread the chunks on skewers.
2. Arrange skewers on plate or platter.
3. OPTIONAL: Mix up an awesome fruit dip to put in the middle of the plate or platter.
 - DIP 1: Whip 8 ounces cream cheese, then fold in 7 ounce jar of Marshmallow Whip and 1 cup Cool Whip, with a dash of vanilla.
 - DIP 2: Mix 1 cup Cool Whip with 2 tablespoons of dried sweetened coconut.
 - DIP 3: Use instant or ready-made chocolate or vanilla pudding, following package instructions.



 Meditation
is exercise for
the mind.

ORANGE SUN ART

Ingredients

2 or more Mandarin Oranges (as many as you want)

For more Orange Art, Google: "Fruit Art"

Directions

1. Wash and dry 2 or more Mandarin Oranges.
2. On cutting board, cut one orange in half from stem end to blossom end.
3. Place half of orange flat on cutting board (cut side down).
4. Cut 3 - 4 even wedges, repeat with other half of orange.
5. Cut the other orange into wheels, by slicing off both ends of the orange.
6. Then cut round slices of that orange, forming wheels.
7. To make a sun: on plate, place one wheel in the center; then place segments around the wheel to form the rays of the sun.



BAILEY, AMARIA & BRANDON'S FRUIT SALAD

Ingredients

Apples
Halos (Mandarin Oranges)
Seedless Green Grapes
Seedless Watermelon
Kiwi
Mango
Peaches
Green Apples
Pears
Cherries
Blackberries
Raspberries
Bananas
Strawberries
Blueberries



Directions

1. Wash and dry all fruit.
2. Core, then cut apples and pears into chunks.
3. Remove seeds and skin from mango and peaches, then cut into chunks.
4. Peel and separate mandarin oranges into segments.
5. Peel and cut bananas into small round pieces.
6. Remove green from strawberries, then cut in half.
7. Peel mango and kiwi, then cut into bite-size pieces.
8. Cut rind off watermelon and cut into bite-size pieces.
9. Put all fruit in a bowl and toss.

👉 Don't skip class and not do your homework, because then you won't be brain smart. Being smart will help you get a job, so you can pay your bills, get food, clothes and a place to live. You can also pay for fun stuff to do!

SWEET TREATS

MRS. MURPHY'S STRAWBERRY SOUR CREAM JELLO

Ingredients

2 packages Strawberry Jell-O
2 cups Boiling Water
2 10-ounces Frozen Strawberries

15 ¼ ounce can Crushed Pineapple
2 cups Sour Cream



Directions

1. Thaw and drain berries.
2. Drain pineapple.
3. Dissolve Jell-O in boiling water.
4. Add berries and pineapple.
5. Pour half of mixture in container and let set in refrigerator for 1 hour.
6. Spread sour cream on top.
7. Add other half of Jell-O mixture on top and refrigerate.
8. Enjoy on a hot summer day!

👉 Eat colorful fruits and veggies. Eat like a rainbow is on your plate: green spinach, red tomatoes, yellow peppers, white mushrooms, purple eggplant...

BRANDON & AMARIA'S CHOCOLATEY PEARS

Ingredients

2 Pears peeled, but with stalk intact
1 ½ cups Water
1 ¾ cups Sugar
1 cup Heavy Cream
10 ounces Milk or Almond Milk

Semi-Sweet Chocolate Chips or Caramel Chips
Vanilla Ice Cream or Whip Cream
Ready-Made Chocolate or Caramel Syrup, OPTIONAL



Directions

1. Wash, dry and cut pears in half length-wise and remove core, but do not remove stem.
2. Slice bottom of pears to make a flat base, so it can stand up.
3. Put pears in pan with water and sugar and cook in oven at 350 degrees Fahrenheit for 20 minutes until tender, but firm enough to stand up.
4. Make chocolate sauce by adding cream in saucepan, and slowly add chocolate or caramel pieces over low heat. Stir until all pieces have melted. OPTIONAL: Instead of melting pieces, may use ready-made chocolate or caramel syrup.
5. Remove pears from oven, and put on a serving plate.
6. Pour melted chocolate or caramel over pears.
7. Add a dollop of ice and or whip cream to top.

O'NYAIIH & ANTWOINE'S PEACHY CREAM

Ingredients

2 cups Blueberries
2 tablespoons Sugar
3 cups Vanilla Ice Cream

2 cups Raspberries and/or Blackberries
2 cups fresh or frozen sliced Peaches
1/8 teaspoon Ground Nutmeg




Directions

1. Wash and dry all fruit. Slice peaches.
2. Gently stir all fruit in bowl with nutmeg and sugar. Refrigerate for 30 minutes.
3. Spoon some of the fruit mixture into a clear wide glass or bowl (so you can see it) and top with large scoop of ice cream. Top with remaining fruit.

MRS. MURPHY'S BANANA SPLIT *This is not a regular ice cream banana split. It is a layered delicious dessert!*

Ingredients

2 cups Graham Cracker
Crumbs
3 sticks softened Margarine
2 cups Powdered Sugar
2 Eggs

 **Move
every day
and exercise!**

1 teaspoon Vanilla
3 large Bananas cut length-wise in half
1 large can Crushed Pineapple, drained
2 large 8-ounce containers of Cool Whip
Cherries and Nuts, OPTIONAL

Directions

1st Layer:

1. Mix together graham cracker crumbs and 1 stick margarine.
2. Press into 9 x 17 inch pan.

2nd Layer:

1. Work together 2 sticks margarine, powdered sugar, eggs, vanilla until thick and smooth. Pour over crumbs.

3rd Layer:

1. Place cut bananas on top of 2nd layer.

4th Layer:

1. Sprinkle drained, crushed pineapple on top of bananas.

5th Layer:

1. Cover top of mixture with Cool Whip.

6th Layer:

1. OPTIONAL – Put cherries and nuts on top.



Ms. Santa's Tutor:

MARGARET DOBBINS' DOWN-TO-EARTH GRANOLA (Makes 9 cups or 24 servings)

Ingredients

4 cups Old Fashioned Oats
1 ½ cups sliced Almonds
½ cup packed Light Brown Sugar
½ teaspoon Salt
½ teaspoon Ground Cinnamon
¼ cup Cooking Oil
¼ cup Honey
½ teaspoon Vanilla
1 ½ cup Raisins or Dried Cranberries

Directions

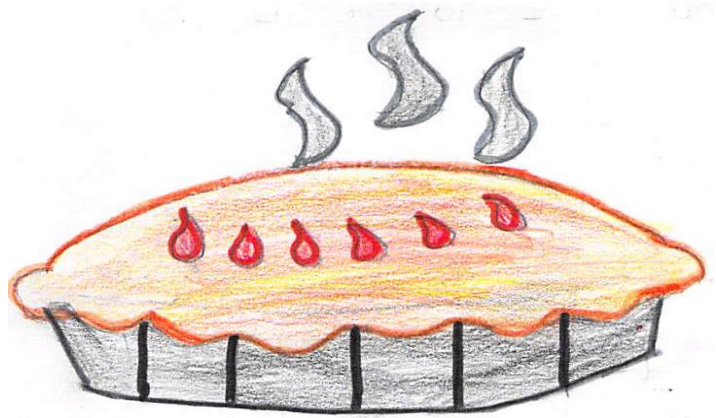
1. Preheat oven to 300 degrees Fahrenheit.
2. In bowl, mix oats, almonds, brown sugar, salt and cinnamon.
3. In saucepan or microwave, warm the oil and honey, then stir in vanilla.
4. Carefully pour honey, oil and vanilla mixture over oat mixture, and stir with wooden spoon.
5. Spread mixture, now called granola, in a 15" x 10" x 1" pan. Bake 40 minutes, stirring carefully every 10 minutes or so.
6. Transfer granola-filled pan to a rack and let it cool completely.
7. Stir in raisins and/or dried cranberries.
8. Eat and enjoy. Seal remaining granola in an airtight container.
9. Makes 9 cups or 24 servings.
10. Miles and Harmony say, "Add dried pineapple, kiwi, peaches, mango, almonds, pecans, pumpkin and/or sunflower seeds for a nutty, fruity taste!"



YUMMY PUMPKIN PIE

Ingredients

15 ounce can of Pumpkin
14 ounce can Sweetened Condensed Milk
2 large Eggs
1 teaspoon Ground Cinnamon
½ teaspoon Ground Ginger
½ teaspoon Ground Nutmeg
½ teaspoon Salt
9 inch Unbaked Pie Crust



Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth.
3. Pour mixture into pie crust and bake 15 minutes.
4. Reduce oven temperature to 350 degrees Fahrenheit and continue baking for 35-40 minutes or until knife inserted 1 inch from center comes out clean.
5. Cool. Cut into 8 slices.
6. OPTIONAL: Serve with whipped cream or ice cream. Store leftovers covered in refrigerator.

MRS. HARRIS' LAYERED FRUIT DESSERT

Ingredients

2 cups each of washed, sliced fresh Strawberries, Blueberries and Raspberries
2 sliced Bananas
1 cup washed, Seedless Green Grapes
6 Savoiardi (Crispy Ladyfingers) crumbled
1 package 8 ounce Cream Cheese, softened
¼ cup Sugar
Zest of 1 Orange, divided
(To Zest: clean orange skin-using a cheese grater – scrape the orange top to bottom to get some of the rind – do not use the white pith which has a bitter taste)
½ cup Orange Juice
2 cups Cool Whip

Directions

1. In a 1 ½ quart, straight-sided glass bowl, layer fruit and crumbled ladyfingers (sliced strawberries on bottom, next blueberries, then raspberries, followed by bananas, grapes, and lastly, ladyfingers).
2. Mix cream cheese, sugar and ½ the orange zest in a large bowl.
3. Stir orange juice into cream cheese mixture.
4. Stir in Cool Whip, and spread over lady fingers on top of the fruit bowl.
5. Sprinkle with remaining zest.
6. Refrigerate 1 hour. Serve.



👉 We are made up of at least 60% water, so be sure to hydrate.

MRS. SULLIVAN'S PEACH COBBLER DUMP CAKE

Ingredients

- 1 16-ounce can of Peaches in Heavy Syrup
- 1 package of Yellow Cake Mix
- $\frac{1}{2}$ cup Butter
- $\frac{1}{2}$ teaspoon Ground Cinnamon
- Fresh Peaches, OPTIONAL

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Empty peaches and syrup into bottom of one 9" x 13" pan.
3. Cover with the dry cake mix and press down firmly.
4. Cut butter into small pieces and place on top of cake mix. Sprinkle top with cinnamon.
5. Bake at 375 degrees Fahrenheit for 45 minutes.
6. Cool and serve. OPTIONAL: fresh peaches to top.



JAYLAN, GIO AND FAITH'S FRUIT SMASH

Ingredients

- Yogurt
- Apples
- Blueberries
- Strawberries

Directions

1. Put favorite yogurt in a bowl, put aside.
2. Wash fruit. Cut off apple skin and top of strawberries. Cut all fruit up in small pieces. Put in another bowl.
3. Smash up the fruit. Mix smashed fruit and yogurt.
4. Serve and enjoy.



👉 Get good study habits to become smart and learn how to do stuff.

KATALIA & JIMIA'S WATERMELON FACE

Ingredients

- Whole Seedless Watermelon
- 1 Strawberry
- Blueberries
- Apple Slices
- Cantaloupe (remove seeds)
- Seedless Grapes
- 1 Banana
- 1 Orange

Directions

1. Wash and dry all fruit.
2. Cut rind off of watermelon, and cut it in half. Cut watermelon so it is flat, like a plate, on both sides.
3. Put watermelon on a plate – this will be the face.
4. Cut banana in long slices, and place on top of head (like hair).
5. Apple slices will be placed at both sides of the head (as ears).
6. Cut off green leaves at top of strawberry, then cut berry in half long-ways to become the nose.
7. Cut 2 slices of cantaloupe to be like 2 crescent moons forming the top and bottom lips of the mouth. Then remove rind.
8. Cut grapes in half to use as teeth.
9. Peel orange, then cut it in $\frac{1}{2}$ -- to form the eyes. Use blueberries cut in $\frac{1}{2}$ to become the eyeballs.



KAMERON'S FRUIT BRACELET

Ingredients

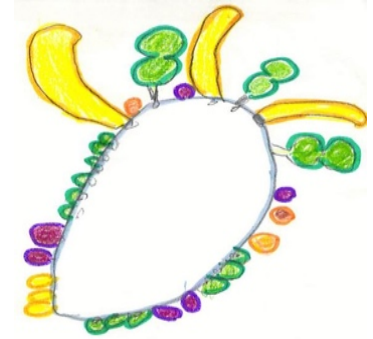
Plastic stretchy thread

Needle

Dried Fruit such as: Raisins, Cranberries, Peaches, Figs, Mangos, Bananas, Pears, Plums, Pineapples, Apricots,-- whatever you like!

Directions

1. Measure your wrist and add 8 extra inches, then cut thread to be that size for a bracelet. Make thread whatever size you need for a bracelet, depending on the size of your wrist. Make sure there is extra thread so you can tie the thread in a knot to secure bracelet.
2. Cut dried fruit (except raisins and cranberries) into small pieces, that resemble either circular or square beads, about $\frac{1}{2}$ inch x $\frac{1}{2}$ inch, or $\frac{1}{4}$ inch x $\frac{1}{4}$ inch.
3. Thread needle with plastic stretchy thread.
4. Guide needle through each piece of fruit. Do a pattern like 2 raisins, 2 pineapple, 2 pears, etc....
5. Wear and eat.



MR. THOMPSON'S CHEESE BURGER DIP

Ingredients

6 slices of Bacon

1 large chopped Onion

$\frac{1}{2}$ pound Ground Beef

8 ounces Cream Cheese

1 tablespoon Worcestershire Sauce

1 tablespoon Extra-Virgin Olive Oil

$\frac{3}{4}$ cup Shredded Monterey Jack Cheese

$\frac{3}{4}$ cup Shredded Cheddar Cheese

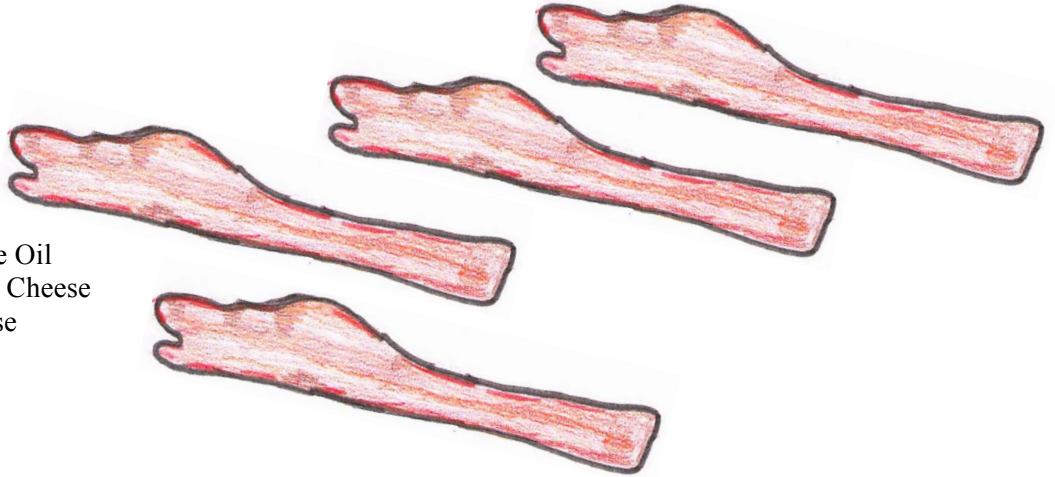
Chips for dipping

1 teaspoon Garlic Powder

Salt and Pepper

Dill Pickles

Minced Parsley



Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In large skillet, cook bacon until crispy. Then set aside on a plate to drain on paper towels, and cool.
3. Wipe out skillet.
4. Cook onions in skillet until soft. Then add ground beef, and cook about 6 minutes or until beef is no longer pink. Drain fat, then add to a large bowl.
5. Crumble bacon, and add most of it to a large bowl.
6. Add to bowl: cheeses, Worcestershire Sauce, garlic powder, olive oil, salt and pepper to taste. Mix.
7. Transfer mixture to ovenproof baking dish, and bake until dip is warmed through and cheese is golden and bubbly, about 12-15 minutes.
8. Serve with chips to dip.

MR. THOMAS' ANTS ON A LOG SNACK

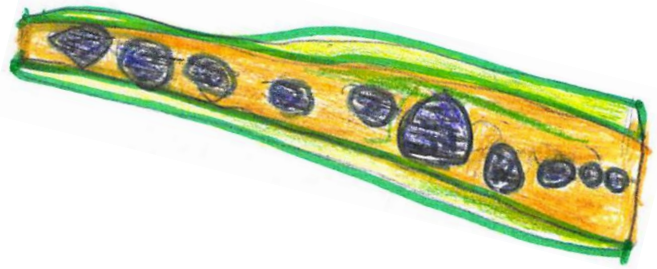
Ingredients

Celery Sticks

Peanut Butter or Cream Cheese

or Marshmallow Spread or Almond Butter or Yogurt

Raisins or Cranberries or Chocolate Chips



Directions

1. Cut off tops of celery, then wash and dry.
2. Cut celery into 4 inch pieces.
3. Spread desired amount of peanut butter or cream cheese or yogurt or almond butter into the grooves of the celery sticks, this becomes the "log."
4. To make the 'log', spread desired amount of raisins or cranberries or chocolate chips on top of the spreaded celery stick. These are the "ants."

Additional Ideas for Substitutions

For the "log": Carrots, Cucumber (with seeds removed), Banana (all cut length-ways)

For the filling: Hummus, Guacamole, other Nut Butters

For the "ants": Dried Fruit cut into bite-sized pieces, Peas, Olives, Cherry Tomatoes, Seedless Grapes, pieces of Kiwi, Cherries cut in half, any Berries, Sweet Corn, Pumpkin or Sunflower Seeds

BEYOND MILLER'S SPINACH DIP

Ingredients

4 chopped Bacon slices

1 cup chopped Onions

½ cup All Purpose Flour

2 teaspoons Seasoned Salt

½ teaspoon Seasoned Pepper

½ teaspoon Garlic Powder with Parsley

1 ½ cups Milk

2 packages Frozen Cooked Spinach or

Fresh cooked Spinach, OPTIONAL

Tortilla Chips



Direction

1. Fry bacon in skillet or oven until crispy. Remove from pan and drain.
2. Chop up bacon.
3. Add onions to bacon pan, and cook 10 minutes or until onions are soft.
4. Remove bacon and onions from pan, and put in a bowl. Place aside.
5. Add flour and seasoning to pan, and mix together.
6. Add milk to pan, and stir over low heat until thick.
7. Add spinach, onions and bacon to pan, with milk mixture.
8. Mix together.
9. Put mixture in bowl.
10. Serve with tortilla chips to dip!



⚠ Don't eat too much sugar and salt. Sugar can give you cavities, and salt can cause high blood pressure, which can lead to heart attack and stroke.

BEVERAGES

SMOOTHIES

Here are several smoothie recipes, directions are the same for all.

Try making up your own Smoothie recipe.

You will need a blender.

👉 Pay attention,
learn and think!

Tips for creating a Smoothie

- Smoothies have 3 ingredients: liquid; fruit/veggie base; something to chill it such as ice or frozen fruit
- Load liquids first, then soft fruits and vegetables, with the ice on top
- Try adding greens
- Suggestions for 1-2 cups of liquids: milk, coconut water, juice, kombucha, herbal or green tea
- Suggestions for a little zip: sweeteners, spices, honey, flavoring, natural extracts, herbs, citrus zest
- Suggestions for a little nutrition: protein powder, hemp, chia, flax, green powders, probiotics
- Suggestions to add creamy texture: banana, mango, avocado, nut butters, tofu, yogurt

Directions

1. Add all ingredients to blender and mix until smooth.
2. Eat and enjoy.
3. For cool treat, freeze smoothie!

NEVAEH'S CHOICE STRAWBERRY BANANA SMOOTHIE

Ingredients

- ½ cup Fresh or Frozen Strawberries
- 1 Banana
- 1 cup Ice Cubes
- ½ cup Orange Juice

MANGO COCONUT SMOOTHIE

Ingredients

- ½ cup Mango
- 1 Banana
- 1 cup Ice Cubes
- ½ cup Coconut Water

GREEN MACHINE SMOOTHIE

Ingredients

- 1 cup Baby Spinach
- ½ ripe Banana
- ¾ cup Seedless Green Grapes
- 1 teaspoon Honey
- 2/3 cup Almond or Dairy Milk
- Handful of Ice Cubes
- 1 tablespoon Almond or Peanut Butter
- 1 teaspoon Chia Seeds
- 1 cup Coconut Water
- Pinch of Ground Cinnamon, OPTIONAL
- Fresh Mint Leaves, OPTIONAL



PALM TREE SMOOTHIE

Ingredients

1 cup Spinach
½ cup Pineapple Chunks
½ of a Kiwi
1 tablespoon Hemp Seeds
Splash of Lime Juice
1 cup Coconut Water

☞ Try stuff you've never tried before: new foods, new subjects, new activities, meeting new people.

COCO BERRY SMOOTHIE

Ingredients

1 cup Spinach
2 tablespoon Oats
1 teaspoon Cacao Powder
2-3 Fresh Mint Leaves
1 cup Coconut or Almond Milk

BERRY BERRY SMOOTHIE

Ingredients

1 cup Milk (Coconut, Almond, Soy, Oat or Dairy)
½ cup Fresh or Frozen Blueberries
½ cup Ice Cubes
1 medium Banana
1 serving Protein Powder (Chocolate or Vanilla)

GO BANANAS

Ingredients

1 Banana
6 ounces Vanilla Yogurt
3 tablespoons Peanut or Almond Butter
5 Ice Cubes
1 teaspoon Honey

AMYA & BAILEY'S STRAWBERRY LEMONADE

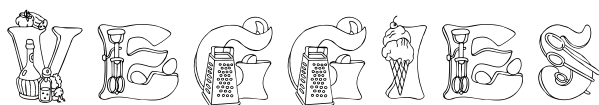
Ingredients

2 cups Fresh or Frozen Strawberries
1 quart store-bought Lemonade
Ice Cubes

Directions

1. Cut off stems of strawberries, wash, dry and cut fruit in ½.
2. Put berries in blender, add 1 cup lemonade and blend until it becomes a smooth puree.
3. Stir puree into remaining lemonade.
4. Add ice cubes and drink!

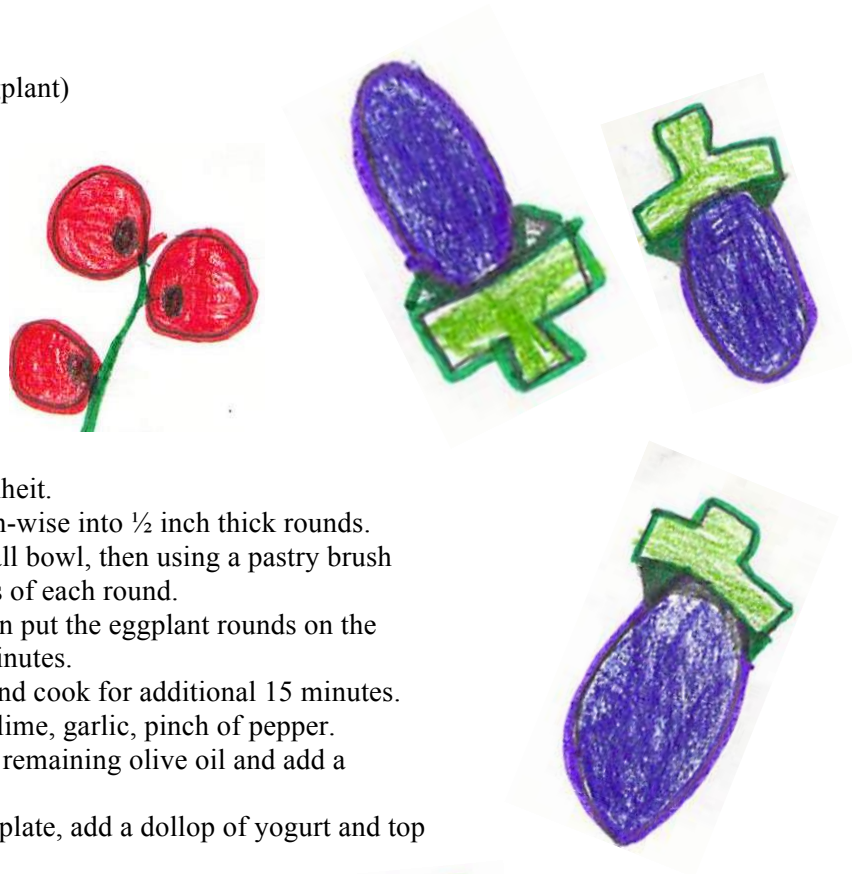




MADI & AMAYA'S PURPLE EGGPLANT

Ingredients

3 Purple Eggplants (can also use White Eggplant)
 3-4 tablespoons Olive Oil
 ½ cup Greek Yogurt
 1 Lime
 Lemon Juice
 ½ crushed Garlic Clove
 Coarse Salt
 Pepper to taste
 10 ounces quartered Cherry Tomatoes
 6 sprigs of chopped Cilantro



Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Wash, dry and slice eggplants width-wise into ½ inch thick rounds.
3. Put 2-3 tablespoons olive oil in small bowl, then using a pastry brush (like a paint brush), paint both sides of each round.
4. Put coarse salt on a baking tray, then put the eggplant rounds on the baking tray. Cook in oven for 15 minutes.
5. Flip eggplant rounds to other side and cook for additional 15 minutes.
6. In bowl, add yogurt, ½ juice of the lime, garlic, pinch of pepper.
7. Add tomatoes to bowl, drizzle with remaining olive oil and add a squeeze of lemon juice.
8. Place eggplant rounds on a serving plate, add a dollop of yogurt and top with tomatoes and cilantro.

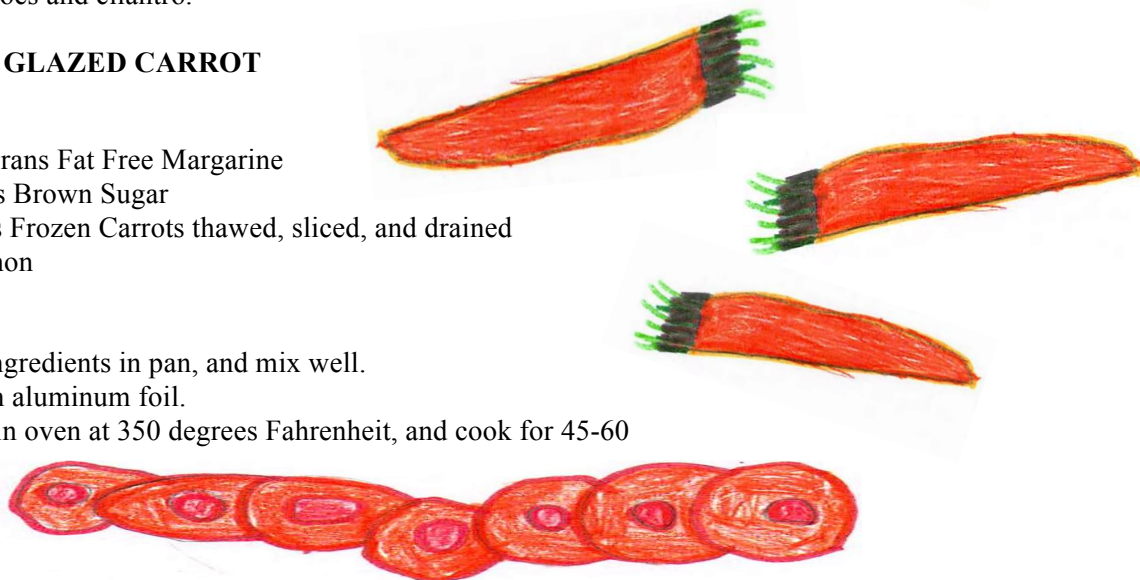
MRS. KAISER'S GLAZED CARROT

Ingredients

4 ounces melted, Trans Fat Free Margarine
 1 pound, 10 ounces Brown Sugar
 6 pounds, 8 ounces Frozen Carrots thawed, sliced, and drained
 2 teaspoon Cinnamon

Directions

1. Place all ingredients in pan, and mix well.
2. Cover with aluminum foil.
3. Place pan in oven at 350 degrees Fahrenheit, and cook for 45-60 minutes.



👉 Don't eat or drink junk food like pop/soda, Little Debbie's, chips, candy, Starburst, Skittles, Sour Patch Kids, Twix, Reese's Cups, Snickers, Jolly Ranchers, juice with added sugar, fruit punch, Doritos, Hot Cheetos, or any thing with a lot of sugar and salt...Junk food will make you fat, lazy, give you cavities in your teeth and make your life shorter.

MRS. FLETCHER'S SKILLET ZUCCHINIS & YELLOW SQUASH (adaptations by Mrs. Smiley)

Ingredients

½ tablespoon Butter
½ tablespoon Olive Oil
2 small diced Zucchini, ends trimmed
2 small, diced, Yellow Crookneck Squash, ends trimmed
Salt and Pepper to taste
Parmesan Cheese

Directions

1. Place 12-inch nonstick skillet, on stove. Heat butter and olive oil over medium heat until hot.
2. Add zucchini and yellow squash in as even a layer as possible (they should sizzle when they hit the skillet), and sprinkle with salt and pepper.
3. Let sit without stirring for 2-3 minutes, so they get nice and golden.
4. Give it a good stir, adding more salt and pepper to taste if needed. Let it continue to cook, stirring every now and then until the squash is browning and is tender to your liking (about 5-7 minutes).
5. Top with grated parmesan cheese.
6. Serve immediately.

MRS. SMILEY says add 1 small chopped Onion, that has been cooked on low in a covered skillet for 20 minutes, to zucchini and squash.



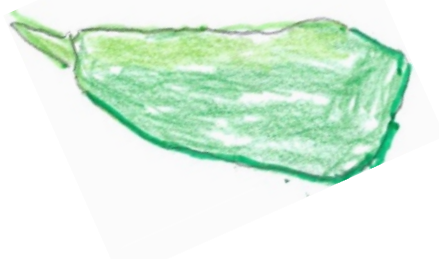
MRS. GATSON'S SPICY VEGETABLE MEDLEY

Ingredients

1 medium Onion
1 ½ cup Bell Peppers
2 small Jalapeno Peppers
½ cup chopped Mushrooms
1 cup Carrots
1 medium Squash
1 medium Zucchini
2 tablespoons Olive Oil
Salt and Pepper
Add your favorite seasonings, OPTIONAL

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash and chop vegetables, then place in a large bowl.
3. Add olive oil, a pinch of salt and pepper. Add your favorite seasonings. Mix well, until all vegetables are coated with oil.
4. Spread out vegetable mix on large baking sheet.
5. Bake 15-20 minutes in oven, or until vegetables are tender.
6. Remove from oven.
7. Serves 6.



👉 Exercise your brain. Think and read and learn, so your brain can be healthy.

BREEANA'S FRIED RED TOMATOES

Ingredients

3 tablespoons Bacon Grease
or 2 tablespoons Olive Oil
2 firm ripe Beefsteak Tomatoes
Salt and Pepper to taste
All Purpose Flour or Parmesan Cheese

Directions

1. Core tomatoes, by cutting a circle around the stem end of tomato, and with tip of knife remove the core.
2. Slice tomato into round pieces, $\frac{1}{2}$ to $\frac{3}{4}$ inches thick.
3. Season tomato with salt and pepper, to taste.
4. Put $\frac{1}{2}$ cup flour, or Parmesan Cheese, on a plate.
5. On stovetop, heat bacon grease, or oil, in skillet over medium heat.
6. Coat both sides of tomato with flour, or cheese, until there is a thin coating.
7. Place coated slices in pan, and cook 2 minutes, or until golden. Then flip, and cook other side.
8. Drain slices on paper towel, and serve right away.



 Encourage family and friends to make healthy choices.

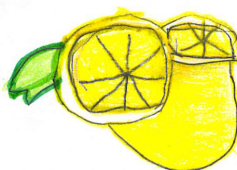
MISS RJ'S CRISPY RANCH-ROASTED CAULIFLOWER

Ingredients

Cauliflower Florets
Olive Oil
Lemon Juice
Panko Crumbs
Hidden Valley Original Ranch Seasoning Shaker

Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry florets.
3. Place florets in bowl with cover.
4. Drizzle a few tablespoons of olive oil on florets.
5. Sprinkle with seasoning shaker.
6. Cover, then shake bowl to coat.
7. Place coated florets on sheet pan, and roast in oven for 10 minutes.
8. Remove from oven, and sprinkle panko crumbs over florets. Toss lightly.
9. Place back in oven and roast for additional 10-15 minutes, until florets are softened and breadcrumbs are toasted.
10. Finish with a squeeze of lemon juice and serve hot.
11. Can substitute broccoli florets, or purple cauliflower, if desired.

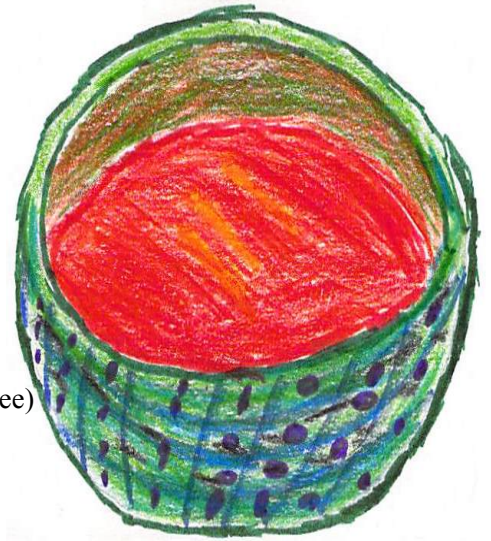


FAVORITE MEALS

BREEANA'S CARROT TOMATO SOUP

Ingredients

8 peeled and sliced, ¼ inch thick, large Carrots
 5 pounds of diced, big, juicy Tomatoes
 3 peeled and minced cloves of Garlic
 1 chopped Yellow Onion
 1 tablespoon Brown Sugar
 1/3 cup Heavy Cream or Half and Half (or Coconut Milk to be dairy free)
 2 teaspoons Herbs de Provence
 ¼ – ½ teaspoon Cayenne Pepper, to taste
 Sea Salt and Pepper to taste
 ½ cup freshly grated Parmesan Cheese for topping (OPTIONAL, for dairy free)
 4 tablespoons Butter
 Packaged Crispy Onions
 2 tablespoons Olive Oil



Directions

1. Place sliced carrots, 2 tablespoons butter and 1 tablespoon olive oil in large pot and sauté on medium heat for 10 minutes.
2. Add chopped onions and another tablespoon olive oil, and sauté for 5 more minutes. Vegetables should be soft.
3. Add minced garlic, sugar, Herbs de Provence and tomatoes.
4. Cover and allow to simmer for 25 minutes.
5. Place mixture in blender and mix until smooth.
6. Place a screen colander over a large bowl.
7. Using a ladle, scoop a few ladles of mixture into colander, and use back of ladle to push soup through the screen, straining out the skin and seeds. Do not skip this step.
8. Repeat previous step until all mixture is cleared of skin and seeds.
9. Discard skin and seeds.
10. Return mixture to pot. Stir in cream, cayenne pepper and remaining butter.
11. Reheat.
12. Add salt and pepper to taste.
13. Top with crispy onions and parmesan.

👉 Eat carrots for eye health.

KATALIA'S MOM'S SHEPHERD PIE

Ingredients

Mashed Potatoes
 Vegetables of choice
 Meat of choice
 Cheese of choice, shredded
 Biscuits, OPTIONAL

Directions

1. Cook meat of choice to liking (ground beef or chicken, etc.).
2. Cook vegetables of choice (peas, carrots, onions, peppers, corn, etc.).
3. In lasagna pan, layer the pie – bottom to top: meat, vegetables, mashed potatoes on top.
4. Add shredded cheese on top (OPTIONAL: add biscuits on top for a crust).
5. Bake in oven at 350 degrees Fahrenheit, until cheese is melted and crust forms.



Ms. Santa's Tutor: MARGARET DOBBINS' PENNE WITH CHERRY TOMATOES

Ingredients

$\frac{3}{4}$ pounds of Penne or any Pasta you like
1 tablespoon Olive Oil
2 cloves Garlic
1 pint Cherry Tomatoes
 $\frac{1}{2}$ teaspoon Salt
 $\frac{1}{4}$ teaspoon Black Pepper
 $\frac{1}{2}$ pound Mozzarella
1 cup packed Fresh Basil Leaves, finely chopped
Parmesan Cheese to sprinkle

Directions

1. Cook penne pasta in large deep pot of lightly salted water until firm, yet tender. Then drain.
2. In large non-stick skillet, heat oil over medium heat.
3. Add garlic, sauté 1 minute.
4. Add tomatoes, salt and pepper. Sauté 2 minutes.
5. Toss hot penne with tomato mixture and basil.
6. Sprinkle parmesan and mozzarella cheese, if desired.
7. Serve at once.



MRS. MASILONIS' BEAN AND VEGETABLE BURRITOS

Ingredients

2 tablespoons Chili Powder Mix
2 teaspoons Dried Oregano
1 $\frac{1}{2}$ teaspoon Ground Cumin
1 large Sweet Potato, peeled and diced
1 15-ounce can of Black Beans, rinsed and drained
4 minced Garlic Cloves
1 medium Yellow Onion, halved and thinly sliced
1 tablespoon chopped Fresh Cilantro
1 Jalapeño Pepper, seeded and minced
(Jalapeño peppers can sting the skin –so wear rubber gloves when cutting and keep away from your eyes!)
1 chopped green Bell Pepper
1 cup Frozen Corn, thawed and drained
3 tablespoons Lime Juice
 $\frac{1}{2}$ cup (3 ounces) shredded Monterey Jack Cheese
6 10-inch Flour Tortillas

Encourage family and friends to make healthy choices.



Directions

1. Combine chili powder mix, oregano and cumin in small bowl. Set aside.
2. Layer remaining ingredients (except cheese and tortillas) in crock pot or other slow cooking pan, in the following order - bottom to top: potatoes, beans, $\frac{1}{2}$ of chili powder, garlic, onion, jalapeño pepper, bell pepper, remaining chili powder, and corn.
3. Cover and cook on low for 5 hours, or until sweet potato is tender.
4. Stir in lime juice and cilantro.
5. Preheat oven to 350 degrees Fahrenheit.
6. On a flat pan, place each tortilla and spoon 2 tablespoons of cheese in one side of the tortilla, then top with one cup of the slow cooked ingredient mixture.
7. Fold tortilla to enclose filling.
8. Place in baking dish, cover with foil and bake 20-30 minutes, or until heated through.
9. Serves 6.



AMYA & BAILEY'S PIZZA MAN

You will be making a pizza look like a face using vegetables, fruit and meat.

Ingredients

Pizza Dough
Onion
Bacon
Apple Slices
Pepperoni
Blueberries or Seedless Grapes
Yellow, Green or Orange Bell Peppers
Mushrooms
Large Round Pepperoni slices
Whole Spinach Leaves
Pizza Sauce
Mozzarella cheese, shredded



Directions

1. Wash and dry all vegetables.
2. Slice mushroom from top to bottom so it looks like a mushroom – do not chop up.
3. Spread out pizza dough.
4. Put pizza sauce on top.
5. Put cheese on top of pizza sauce.
6. The pepperoni will be the base of the eyeball, with the blueberries or grapes cut in half, to look like the pupil in the eyeballs. Berries or grapes will be added once pizza is cooked.
7. Place a piece of the pepper to represent the nose.
8. If desired put small cut up pieces of peppers or pepperoni to be freckles on the cheeks.
9. Mushrooms will be put where the ears are.
10. Spinach leaves go on the top to represent hair.
11. For the open mouth you can put 2 slices of bacon, with pieces of apple or pineapple to represent the teeth.
12. Bake in oven at 350 degrees Fahrenheit, until dough is cooked and cheese is melted.
13. Take out of oven, and add berries or grapes as the eyeballs.
14. Then eat the Pizza Man!

Encourage family and friends to make healthy choices.

MARCELL'S BAKED WINTER SQUASH

Ingredients

1 Butternut Squash
2 tablespoons Brown Sugar or Maple Sugar
¼ teaspoon Cinnamon or Nutmeg
Salt and Pepper to taste

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Wash squash.
3. Cut squash in half length-wise.
4. Take out the seeds.
5. Place squash in baking dish. Put in oven for one hour, or until tender.
6. Remove from oven and scoop out squash, placing it in a bowl.
7. Add remaining ingredients and mix together until smooth.
8. Serve hot and enjoy.
9. Refrigerate left overs.



DUANE & MacKENZIE'S SUPER STIR FRY

Ingredients

Broccoli Florets
Fresh Corn off the Cob or canned Corn
Carrots
Bean Sprouts
Sesame Seeds
Peas
Yellow Bell Peppers
Zucchini
Boneless, Skinless Chicken
Soy or Teriyaki Sauce
Olive Oil
Salt and Pepper to taste
Whole Wheat Pasta
Cashews, OPTIONAL
Shredded Coconut, OPTIONAL



Directions

1. Boil water in pot on stove, and cook pasta. Drain.
2. Cut up boneless, skinless, chicken breasts, and cook in olive oil in skillet, until no longer pink.
3. Wash and dry all vegetables.
4. Cut corn off the cob or drain canned corn.
5. Slice carrots in small bite size chunks.
6. Remove seeds and stem from yellow pepper, and cut into bite size chunks.
7. Cut zucchini into bite size chunks.
8. Heat 2 tablespoons of olive oil, in skillet or wok.
9. Cook all vegetables, except bean sprouts, for about 10-15 minutes, or until cooked thoroughly.
10. Add soy or teriyaki sauce, and salt and pepper to taste.
11. Add chicken to sauce, and stir.
12. Serve vegetable/chicken mixture over pasta.
13. Sprinkle bean sprouts as a topping.

LEVI & JAMONTE'S TACO BAG

Ingredients

15-ounce can of Chili
4 snack bags of Tortilla Chips
 $\frac{1}{2}$ cup Salsa
 $\frac{1}{3}$ cup Sour Cream
 $\frac{1}{2}$ cup Shredded Cheddar Cheese
1 cup shredded Lettuce
 $\frac{1}{2}$ cup chopped Tomatoes

Directions

1. Microwave chili in bowl for 1 minute, or until hot.
2. Open snack bag of chips.
3. Add to bag: 2 tablespoons of chili; a handful of lettuce; 1 teaspoon each of salsa, tomatoes and sour cream.
4. Hold bag shut and shake. Serve right away.



 Don't stay inside all the time. Don't always be on the computer or phone. Go play outside!

ROUSE CHICKEN SOUP

Ingredients

½ cup chopped Onion
1 package Noodles
1 cup sliced Carrots
4 14.5-ounce cans Chicken Broth
½ pound chopped, cooked Chicken Breast
14.5-ounce can Vegetable Broth
Water
Salt and Pepper to taste
Celery, Basil, Oregano, OPTIONAL

Directions

1. Cook pasta as directed, drain, set aside.
2. In large pot on stove, melt butter.
3. Cook onion in butter until tender, 5 minutes.
4. Pour in chicken and vegetable broths.
5. Stir in chicken and carrots.
6. Salt and pepper to taste
7. Bring to a boil, then reduce heat, and simmer 20 minutes before serving.
8. OPTIONAL: add cooked celery, basil and oregano to taste.



ARLAND'S COOL CHICKEN

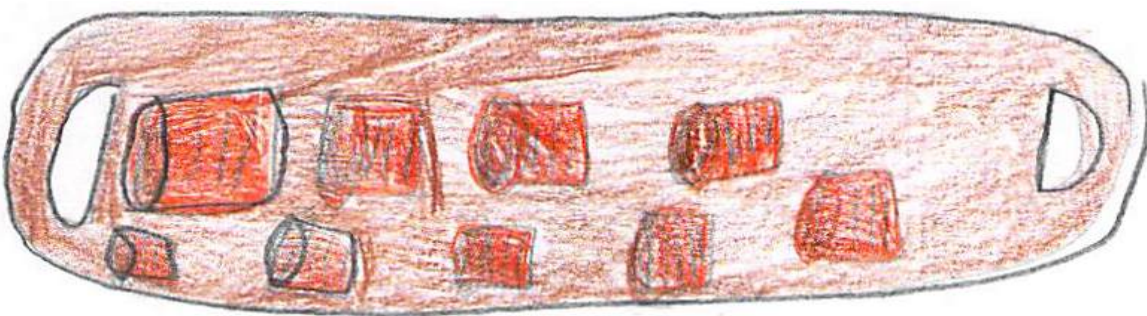
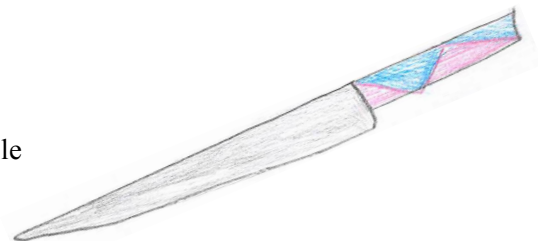
Ingredients

1 can Campbell's Condensed Cream of Chicken Soup
½ cup Milk
¼ teaspoon Black Pepper
1 cup chopped, cooked Broccoli
1 cup sliced, cooked Carrots
1 cup cooked Green Beans
¼ cup cooked Red Bell Peppers
1 12.5-ounce Swanson Premium White Chicken Breast in water, drained
1 ⅓ cups French Fried Onions (2.8-ounce can)

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Add all ingredients, except ½ can of onions in a 1 ½ quart casserole dish.
3. Bake in oven for 20 minutes, or until mixture is hot and bubbling.
4. Top with remaining onions.
5. Bake for additional 10 minutes, or until onions are golden brown.

Being calm is a healthy thing...take a breath, put your head down, walk away, listen to music.



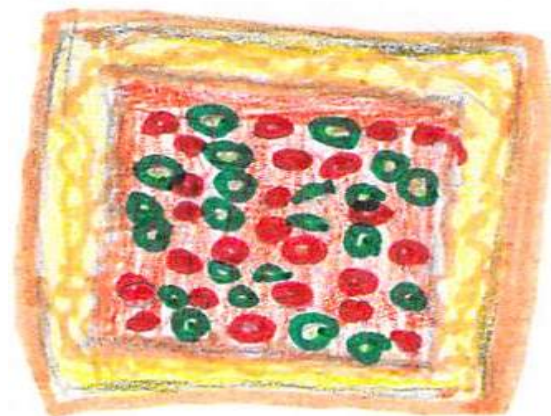
MRS. OSBEY'S TECHNICOLOR VEGETABLE PIZZA

Ingredients

3 cups frozen Mixed Vegetables with Mushrooms
5 slices Italian Bread (1 ounce slices, each 1" thick and 5" long)
1 tablespoon Olive Oil
½ cup Prepared Pizza Sauce
1 cup finely chopped Tomatoes
½ cup very finely diced Onion
1 tablespoon Dried Oregano Leaves
1 teaspoon Garlic Powder
2 ½ tablespoons grated Parmesan Cheese

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Put oven rack in middle-high position.
3. Microwave frozen vegetables, then pat dry.
4. Brush all bread slices lightly with oil, and place on cookie sheet.
5. Spread each with 1½ tablespoons pizza sauce.
6. Combine all vegetables in a medium-sized bowl.
7. Carefully spoon vegetable mixture equally onto bread slices.
8. Sprinkle with oregano and garlic powder. Then sprinkle with cheese.
9. Bake in oven about 5-7 minutes, until bread is brown on the edges, and all vegetables are piping hot.
10. Serve immediately.



JAYDEN, AIRRELL AND DEYONNA'S BREAD-FREE SANDWICH

Ingredients

1 6-ounce Can of Chicken or Tuna in Water
½ small Red Onion, chopped
1 stalk Celery, tops removed, and cut into small chunks
Handful fresh, chopped Cilantro
Handful quartered Cherry Tomatoes
2 tablespoons Mayonnaise
1 tablespoon Sour Cream or plain Greek Yogurt
1 tablespoon chopped Parsley Leaves
4 very large Lettuce Leaves
Squeeze of Lemon Juice
Black Pepper
Drizzle of Olive Oil

Directions

1. Separate, wash and carefully dry lettuce leaves.
2. Open chicken or tuna can, and pour into strainer over a bowl, to drain water.
3. Dispose of water, and put chicken or tuna into bowl.
4. Chop onion, celery, cilantro, tomatoes, and parsley.
5. Add all ingredients, except lettuce into bowl, and mix.
6. Add additional seasoning to taste.
7. Lay large piece of lettuce on plate and scoop some of the mixture onto the lettuce.
8. Roll lettuce around mixture like a burrito.
9. OPTIONAL: substitute egg salad for chicken or tuna.



☞ Spend time outside to get Vitamin D from the sun.

BRODIE & KENNEDY'S CHOOSE YOUR TOPPINGS PITA PIZZA

Ingredients

1 cup Tomato Sauce
2 tablespoons Tomato Paste
½ teaspoon Sugar
1 teaspoon dried Italian Herbs
Grated Mozzarella
Handful of Corn, cut off the cob
Diced pieces of Green, Red & Yellow Peppers
4 sliced Cherry Tomatoes
3 fresh Basil Leaves
1 sliced and pan-fried Mushroom
1 slice Pineapple, cut into chunks
5 pieces Pepperoni
1 slice Ham, cut into strips
Pita Bread



Directions

1. Put tomato sauce, tomato paste, sugar and herbs into small pot. Simmer for 5 minutes. Cool.
2. Toast pita slice for 1 minute.
3. Spread some tomato sauce on pita.
4. Top with cheese and chosen toppings.
5. Broil in oven for 5 minutes.

👉 Wash your body and brush your teeth, so you don't stink like a skunk.

PROPHET'S FRUITY PANCAKES

Ingredients

Sliced Bananas, Strawberries and/or Blueberries
1 Egg
1 cup Self-Rising Flour
¾ cup Milk
Butter
Maple Syrup
1 teaspoon Baking Soda
Cooking Spray
Powdered Sugar

Directions

1. Wash, dry and slice whatever fruit you want to add to the pancakes.
2. Add flour and baking soda to bowl. Make a hole in the center of the flour mixture.
3. In another bowl or pitcher, mix together egg and milk.
4. Pour egg mixture into flour mixture, and whisk until it forms a smooth batter.
5. Spray a skillet with cooking spray.
6. Drop spoonfuls of batter into the pan, to form round cakes.
7. OPTIONAL: Add slices of fruit to batter as it is cooking.
8. Cook pancakes on stovetop for 2 minutes, or until bubbles form on the top. Then flip to cook other side.
9. OPTIONAL: Serve pancakes with slices of fruit on top.
10. Add butter and syrup. If you don't like syrup, sprinkle powdered sugar over pancakes and fruit.



👉 Take a breath. It can help you focus, concentrate and calm down!

COOKING TERMS & TOOLS

BAKING DISH	Pan used to cook in the oven
BOIL	Cook liquid on stovetop, to form bubbles and steam on surface of liquid
BAKE	Cook in oven, usually in uncovered pan, to brown top of food
BAKING SHEET	Metal tray to cook food in oven (also called cookie sheet)
BLENDER	Machine that mixes things together
CASSEROLE DISH	Large deep dish used in the oven (and also used for serving)
COLANDER	Bowl with holes, used to strain off liquid from food
CHOP	Cut into ½ inch pieces
CORE	Tough central part of certain fruits containing the seeds; or to remove it
CUTTING BOARD	Flat piece of wood or other hard material, to use for cutting or preparing food
DICE	Cut into small cubes
DOLLOP	A blob
DRAIN	Cause the water or other liquid in something to run out, leaving it drier
FAHRENHEIT	American scale of temperature for cooking in the oven; or temperature outside
GRATE	Reduce food to small shreds, by rubbing it on a grater
HERBES de PROVENCE	Mixture of dried herbs
LADLE	Long-handled spoon with a cup shaped bowl to serve liquids (such as soup)
MINCE	Cut into tiny pieces
MIX	Combine ingredients together
MICROWAVE	An electric oven that heats and cooks food fast
NON-STICK PAN	Pan with a coating, so food does not stick when cooking
OVEN RACK	A tray that can be raised or lowered to cook food closer or further from the heat source in the oven
OVEN MITTS	Padded mittens used for handling hot dishes and pans
PREHEAT	Heat beforehand
PACK	Press firmly, especially with brown sugar
POT	Container made of metal or ceramic, used for cooking or storage (usually with 2 handles)
PAN	Metal container used to cook food in (sometimes with a long handle)
PINCH	A small amount gripped from one's finger and thumb
PITA	Flat, hollow unleavened bread that can be split open to hold a filling
PENNE	Pasta with short wide tubes
RIND	Tough outer skin of certain fruits, especially citrus or melons
SLICE	Cut across and straight down, to make equal sections
SAUTÉ	Cook in butter or oil, on top of stove, stirring
SAVORY	Belonging to the food category that is salty or spicy rather than sweet
STIR	Mix ingredients together, usually in a circular motion
SAUCEPAN	Deep, metal cooking pan, with a long handle and a lid
SKILLET	Frying pan
STRAIN	Pour liquid through a colander, or other device, to separate out any solid matter
STALK	Main stem of a plant (fruit or vegetable)
TOSS	Mix together
WHISK	Mix ingredients quickly, with a tool made of loops (for mixture to become thick and creamy, or light and frothy)
ZEST	Food ingredient made by scraping or cutting outer skin of citrus fruits

NUTRITION INFORMATION

Food Rap -- by students of A.J. Rickoff Elementary School

Food comes from plants

That grow in the ground.

There are lots of healthy foods all around.

Say 'em (*Children should list/say healthy foods*).

Food goes in your tummy, don't you know.

And as you eat the food, it makes you grow.

Bad foods: (*Children should list/say unhealthy foods*).

Good foods: (*Children should list/say healthy foods*).

Don't eat food that is not good for you.

Eat healthy food, that's what you should do.

And get some exercise

To make you healthy, strong and wise!

HEALTHY EATING INFORMATION

A balanced diet, made up of different types of foods, makes us healthy, have energy, grow and stay strong.

CARBOHYDRATES give quick energy.

PROTEIN builds muscles and bones.

FATS give energy.

VITAMINS and MINERALS make a body work.

FIBER gets rid of waste.

EXAMPLES OF NUTRITION FOUND IN FOOD:

CARBOHYDRATES:

Bread, Rice, Pasta, Oatmeal, Corn, Cereal

PROTEINS:

Eggs, Meat, Seafood, Poultry, Cheese, Seeds, Beans, Nuts, Tofu, Milk

FATS:

Butter, Red Meat, Avocado, Olives, Milk, Salmon, Chocolate, Ice Cream

VITAMIN C:

Carrot, Sweet Potato, Cantaloupe, Strawberry, Orange, Kiwi

VITAMIN D:

Milk, Salmon, Sunlight

VITAMIN E:

Peanut Butter, Avocado.

VITAMIN K:

Grapes, Green Beans, Broccoli

MINERALS:

Calcium - Milk, Yogurt, Spinach

Copper - Soybeans, Sesame Seeds, Nuts

Iron - Beef, Turkey

WATER:

Water, Tomatoes, Soup, Grapefruit, Milk, Juice, Lettuce



EAT
LIKE
A
RAINBOW

WHAT TO PUT ON YOUR PLATE:

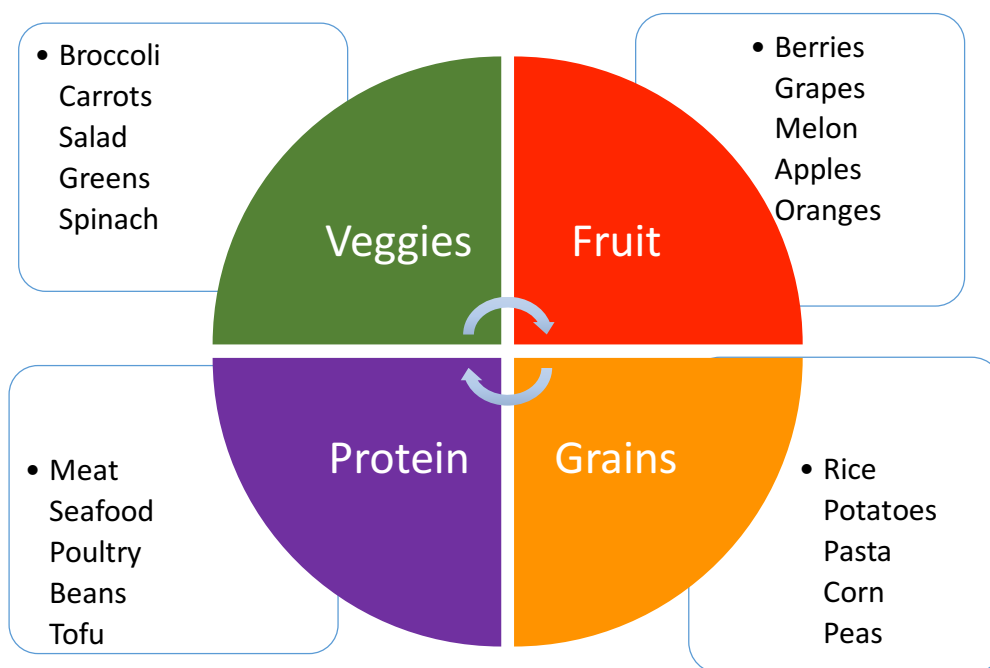
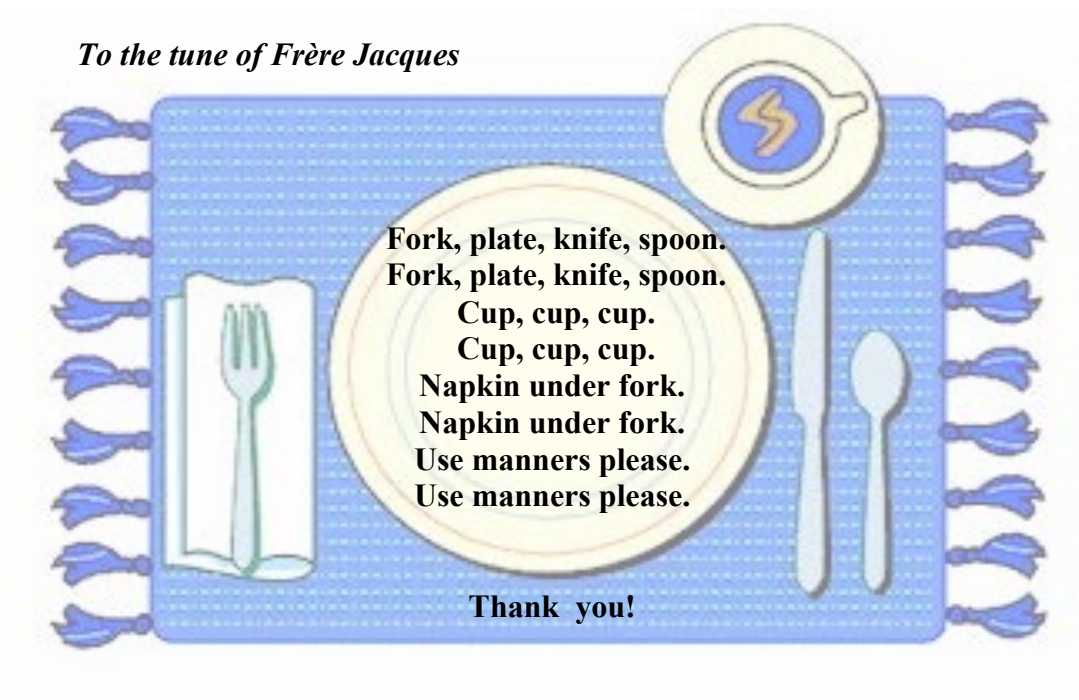


TABLE SETTING

Eating the food you prepared for your family is great! But first, you need to set the table. Here is the table setting song, to remind you where the utensils go.

To the tune of Frère Jacques



THE GARDEN SONG

Music and lyrics by Jake Fader and the Students of AJ Rickoff

♩ = 95
INTRO

VOCALS

Piano

5
VERSES **
Rapped by Duo or Trio. See attached Lyrics

Vox

Pn.

9
Vox

Pn.

13
Vox

Pn.

17

Vox

Pn.

21 **Chorus**

Vox

f What is a gar-den why does it grow

Pn.

Am *p* *Dm* *Am*

23

Vox

it grows to make food like a tom-ma - to

Pn.

25

Vox

f plants grow veg - gies fruits and flow - ers too

Pn.

27

Vox

nuts on trees for squir - rels me and you

Pn.

29

Vox

gar - dens make air clothes and food

Pn.

31

Vox

me - di - cine and beau - ty puts us in a good mood

Pn.

33

Vox

G A R D E N

Pn.

35

Vox

our gar - den grow it grow it we can

Pn.

Fine **Bridge**

Stomp Clap Pattern

38

Vox

Pn.

41

Vox

Pn.

D.C. al Fine

THE GARDEN SONG attached lyrics**

VERSE 1:

We're building a community garden for all,
Made of people from AJ Rickoff's halls.
And the people who live and work around our
school.
Our garden will grow and that is cool.
Our community will help us grow food to eat,
Working together and that is sweet.
C-O-M-M-U---NITY,
Community!

CHORUS:

What is a garden and why does it grow?
It grows to make food, like a tomato.
Plants grow veggies, fruit and flowers too,
Nuts on trees for squirrels, me and you.
Gardens make air, clothes and food,
Medicine and beauty puts us in a good mood.
G-A-R-D-E-N.
Our garden, grow it we can!

VERSE 2:

What's the first thing we need to grow plants?
Dirt or soil, but don't put it in your pants!
Put it in our garden box on the ground,
Then dig a hole, put the seed in the mound.
Cover it, water it, make sure it gets sun.
The plant will grow, 'cause planting time is
done.
Out of the dirt the seed will to grow
Then comes harvesting time, you know.

VERSE 3:

Plants and animals are not the same things
But they move, grow, reproduce and do the same
thing.
They are living beings that will die someday
Needing food, water, shelter, sunlight to help
them sway.
The purpose of living things is not to die,
But to be fruitful and multiply.
Living things are we
Plants, animals and people in our garden we'll
see.

VERSE 4:

The life cycle of plants will begin
Growing fruit and food for us and our kin.
The cycle starts with a seed
That grows to maturity.
Then the plant's seeds fall down on the ground
To grow new plants all around!
Then the cycle starts all over again
Growing new plants is the life cycle trend.

BRIDGE:

After we plant the seeds,
Roots grow, that's what we need
To hold the plant in the ground,
Hold the plant, hold it down.
It grows up and all the way around
Then we harvest the food, we've found
And grown, in the garden our own.
H-A-R-V-E-S-T,
Pick the food for the community
To eat!

VERSE 5:

Plants are used every day.
May we eat them, yes you may.
Healthy food helps you grow right away
Medicine from plants is good, we say.
Animals use plants for habitats
And eat them too, even rats!
Fuel, energy, paper, soil,
Books, oxygen, furniture, oil,
Education, decoration,
Plants grow over all nations!

VERSE 6:

The parts of a plant, are these:
Small, big or medium colorful seeds,
From the seeds, roots grow in the ground.
Then out of comes the stem, the stem is found.
From the stem, leaves come out,
Then the bud comes about.
Flowers or fruit will appear
Pick 'em and eat 'em every year!

CONCLUSION

Andrew J. Rickoff Elementary School is proud to be a nationally recognized healthy school, having met the requisite number of criteria in each of the following six wellness categories, that address school health improvement:

- School Health and Safety Policies & Environment
- Health Education
- Physical Education and Physical Activity Programs
- Nutrition Services
- Health Promotion for Staff
- Family and Community Involvement

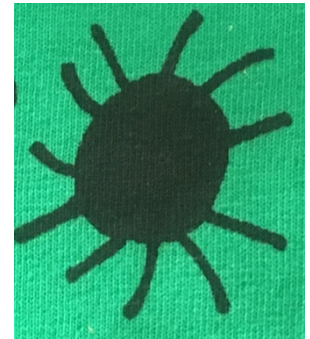


CLEVELAND METROPOLITAN SCHOOL DISTRICT has a Comprehensive Wellness Policy that states:

“Students need healthy lifestyle choices. The school district wants students to have information and education on proper nutrition and physical activity, that will increase student academic achievement and wellness.”

The school district defines WELLNESS, as a “state of optimal health, involving multi-dimensional approaches to change, improve, or attain the state of physical, mental, social, intellectual and spiritual well-being. Consequently, to create a community of lifelong healthy learners, in addition to eating nutritious food and hydration, the following is needed:

- Physically active lifestyle
- Healthy habits
- Peer mediation
- Family involvement
- Social skill building
- Self control
- Critical thinking
- Decision making
- Acceptance of differences
- Development of study habits”



Don’t forget to visit A PLEASANT GARDEN at the back of A. J. Rickoff Elementary School

contact us at: **PleasantGarden@kulturekids.org**

Stay Healthy and Well!

Greenhouse at PLEASANT GARDEN, back of A.J. Rickoff School
For information, contact: PleasantGarden@kulturekids.org

