Cooking Matters

at Home - Activities for Kids
Breakfast Crossword

Across
4 Put cream cheese or peanut butter on a whole wheat _________.
5 Add some fruit and brown sugar to a bowl of this whole grain.
7 Add fresh _________ like bananas or strawberries to whole grain waffles.
9 Top a breakfast _________ with some salsa.

Down
1 Scramble these and eat them with whole grain toast.
2 Add _________ to whole grain cereal.
3 Make a _________ with yogurt, fresh fruit, and granola.
4 This meal helps you do your best in school.
6 Eat breakfast _________ day.
8 Try whole grain French _________ or pancakes.
Snacks and Drinks Crossword

Across

2. Look for snacks made with ________ grains.
4. Raw ________ make great snacks — try them with dip!
6. Try making your own healthy snacks at ________.
7. Avoid drinks and snacks with lots of ________.
8. Watch out! Make sure your fruit drinks say 100% ________.
9. Low-fat ________ is a great drink choice — it helps keep bones strong.

Down

1. Check the ________ before you choose a drink or snack.
2. Get this healthy drink from a fountain, a bottle, or your kitchen sink.
3. Choose snacks with less ________ fat.
5. Put fruit, yogurt, and ice in a blender to make a ________.
Cooking Terms
Word Search

recipe    bake    measure
ingredients    roast    oven
chop    broil    stove
dice    boil    chef
mince    simmer    kitchen
Label Reading
Word Search

label

servings

calories

fat

sugar

fiber

lower

higher

a h l g h a l h l r

i i s a s n o o s e

e g s o e u w d i f

r h n e i e g l r a

d e t a r u t a s t

f r g r o v t e r g

r i h e l r i a o h

e l e b a l n n f s

r r l i c s i l g i

s o t f f e o n i s
# Colorful Fruits

## Word Scramble

<table>
<thead>
<tr>
<th>What fruit am I?</th>
<th>What color am I?</th>
</tr>
</thead>
<tbody>
<tr>
<td>betrrwrsya</td>
<td></td>
</tr>
<tr>
<td>alwetroenm</td>
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<tr>
<td>arenog</td>
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Colorful Vegetable Fill-In

Fill in the blanks to complete the names of these GREEN veggies.

B ___ C ___ L ___
__ P ___ C H
A ___ G ___ S
C ___ ER

Fill in the blanks to complete the names of these ORANGE veggies.

___ R ___ T
__ W ___ T P ___ O

Fill in the blanks to complete the names of these RED veggies.

B ___ ___
R ___ H

Fill in the blanks to complete the names of these YELLOW veggies.

C ___ N
__ QU ___
Break for breakfast!
Take a few minutes to fuel up each morning at home or at school. A balanced breakfast includes foods from at least 3 food groups. Think about the breakfast you ate this morning. What foods did it include? Which food groups do these foods belong to? Talk it over with a friend or write your answers below.

[Food I Ate]  [Food Group]
Ex: cereal  Ex: grains group

Now color in each food group you listed on the MyPlate picture below!

DID YOU KNOW?
Eating breakfast gives you energy to play and have fun all day long. It also helps you focus and do better in school.

Hint:
You may need to think about each ingredient of some foods. For instance, a breakfast burrito may have beans, cheese, and a tortilla — all different food groups!

It's good to eat from every food group, every day!
Circle the food groups on the MyPlate picture that you still need to eat from today.

Write or draw in ideas of foods you might eat today from these groups!

ChooseMyPlate.gov
Yogurt Parfait
Chef Joyce Roland • Seattle, Wash.
Serves 3, 1 parfait per serving
Prep time: 10 minutes • Cook time: None

Directions
1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any extra juices. Cut fruit into ¼-inch thick slices. There should be about 1 ½ cups total.
2. Layer ¼ cup yogurt into each of 3 cups or bowls. Top with ¼ cup sliced fruit and 2 tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Chef’s Notes
• Layer parfait just before serving to keep granola crunchy.
• Use any high-fiber cereal you like instead of granola.
• To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
• Use leftover fruit to sweeten low-sugar cereal the next morning. Or, eat it for an afternoon snack.

Nutrition Info (per serving)
<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Sugars</th>
<th>Sodium</th>
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<tbody>
<tr>
<td>260</td>
<td>4.5g</td>
<td>34g</td>
<td>90mg</td>
<td></td>
</tr>
</tbody>
</table>

Ingredients
2 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
1½ cups nonfat plain yogurt
⅔ cup granola

Optional Ingredients
1 Tablespoon sliced almonds

Materials
3 cups or bowls
Cutting board
Measuring cups
Measuring spoons
Sharp knife

DID YOU KNOW?
Most schools serve breakfast every day. Ask your teacher or principal about your school breakfast program.

Food group alert!
This healthy breakfast uses 3 food groups. Can you guess which ones? The answer is at the bottom of the page!

Un-Scrambled Eggs
Like scrambled eggs for breakfast? You’re not alone! See if you can un-scramble these popular breakfast foods below.

DID YOU KNOW?
Not hungry when you wake up? You don’t have to eat breakfast right away. Eat it within 1-2 hours of waking up.

maotiea____________________ uygrot____________________
rtuif____________________ raecel____________________
akpacens____________________ atots____________________
teolmete____________________ klimi____________________

DID YOU KNOW?
The word breakfast means to “break the fast.” You’ve been “fasting” since you ate dinner the night before! Get yourself going each morning with a healthy breakfast.

Nutrition Info (per serving)
<table>
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</tr>
</tbody>
</table>

Food Group Alert! answers: fruits, dairy, grains
Un-Scrambled Eggs answers: oatmeal, fruit, pancakes, scrambled, yogurt, cereal, toast, milk
COOKING MATTERS PRESENTS

Sugar Shocker

Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That's where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That's how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.

It's ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Compare the food labels below. Circle which food or drink is lower in sugar.

a. Soda

b. “Frosted” whole grain cereal

b. Unfrosted whole grain cereal

c. Plain yogurt

c. Strawberry yogurt

Nutrition Facts

Serving Size 1 cup (264g) Servings per Package 2

<table>
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<tr>
<th>Amount Per Serving</th>
<th>Calories 310</th>
<th>7% Calories from Fat 40</th>
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<tbody>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<td>Trans Fat</td>
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<tr>
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<td>Dietary Fiber</td>
<td>1g</td>
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<tr>
<td>Protein</td>
<td>0g</td>
<td>0%</td>
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Vitamin A 0% • Vitamin C 190%
Calcium 15% • Iron 20%

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

TRY THIS!

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.
Fruit Smoothies
Chef Susan Goss • Chicago, Ill.
Serves 2, 1 cup per serving
Prep time: 10 minutes • Cook time: None

Directions
1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender.
   If using cinnamon, add now.
3. Cover and blend until smooth.

Chef’s Notes
- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don’t have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

Ingredients
- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

Optional Ingredients
- ⅛ teaspoon ground cinnamon

Materials
- Measuring cups
- Special Materials
  - Blender

Nutrition Info (per serving)

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>TOTAL FAT</th>
<th>SUGARS</th>
<th>SODIUM</th>
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<tr>
<td>150</td>
<td>1.5g</td>
<td>19g</td>
<td>65mg</td>
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This is Your Brain on Breakfast
A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. Hint: Some foods may have ingredients from more than one food group!

Foods
- Bagel
- Cereal
- Eggs
- Apple
- Veggie omelette
- Oatmeal
- Yogurt
- Waffle
- Banana
- Bean burrito
- Milk
- Toast
- Peanut butter

Food groups
- Fruits
- Vegetables
- Grains
- Protein
- Dairy

TIP: You can make or buy all of these grain foods as whole grains.

DID YOU KNOW?
Fruit is naturally sweet and it gives you the healthy stuff you need to grow and be strong. Have it on its own for a snack. Or use it to sweeten lower-sugar versions of your favorite foods, like cereal or yogurt.

Want more tasty recipes to make with your friends and family?
Get all Cooking Matters recipes right on your phone at CookingMatters.org/app.

Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to www.choosemyplate.gov/kids.

Choose MyPlate.gov

DID YOU KNOW?
Most schools serve breakfast every day. They can include many of your favorite foods from this activity. Ask your teacher or principal about your school breakfast program.

Word matching answers: Fruits: Apple, banana, vegetables, yam; Vegetables: Carrots, celery, green beans, pumpkin, potato; Grains: Bagel, cereal, cornbread, rice, waffle, oatmeal; Protein: Eggs, yogurt; Dairy: Milk, sour cream
Go crazy for colors!
Colorful fruits and vegetables help you grow and get strong. Plus they look great on your plate! See if you can eat at least 3 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones already shown.

[Red]

[Orange]

[Yellow]

[Green]

[Blue or Purple]

DID YOU KNOW?
Eating different colors helps your body and your brain! Red, blue, and purple fruits and veggies can boost your memory. Green ones give you strong bones and teeth. Orange and yellow ones keep your eyes sharp and help you fight off colds!

DID YOU KNOW?
Your school serves colorful fruits and veggies every day at lunch! Draw a star next to the ones you see in the lunch line this week.

Circle the fruits and vegetables you ate yesterday. How many colors did you eat?

Draw a box around the fruits and vegetables you would like to eat today. Try to pick at least 3 colors!

TIP: The next time an adult you know goes food shopping, go with them! Look for a fruit or vegetable you’ve never seen or tasted before. Ask if you can try it together at home.
Fruit Salad

★ Wash and peel a variety of colorful fruits.
★ Cut fruits into bite-size pieces. Combine in a large bowl.
★ Cut a lime in half. Squeeze the juice over the fruit.
★ Drizzle a Tablespoon of honey if you like.
★ Stir ingredients to combine and enjoy!

Veggies with Dip

★ Cut up any colorful veggies you like. Try broccoli spears, bell pepper strips, celery sticks, cucumber slices, or carrot sticks.
★ Mix ½ cup nonfat plain yogurt, ½ cup low-fat mayonnaise or sour cream, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ½ teaspoon salt, and ⅛ teaspoon pepper.
★ Dip the veggies and enjoy!

Fruit and Cheese Kabobs

★ Cut block cheese into small cubes.
★ Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
★ Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.

Fill in the blanks — then fill up on yummy fruits and veggies!

Guess these GREEN fruits and veggies.

B ___ C ___ L __
K ___ W ___
__ P ___ C H

Guess these ORANGE fruits and veggies.

___ R ___ T
___ A N G ___ R ___
___ W ___ T P ___ O

Guess these RED fruits and veggies.

B ___
W A T ___ M ___ ___ N
R A ___ H

Guess these YELLOW fruits and veggies.

C ___ N
P ___ A P P ___
___ Q U ___

DID YOU KNOW?

Many fresh fruits and veggies taste their best in spring or summer. In the winter months, or all year round, give frozen and canned fruits and veggies a try. They often cost less and can taste as good or better!

Word bank

Squash Spinach
Sweet potato Carrot
Kiwi Pineapple
Beet Radish
Broccoli Corn
Tangerine Watermelon
Fruit and Vegetable Placemats

**Suggested Ages:** 3-10 years

**Estimated Time:** 15 minutes

**Materials:**
- Magazines to cut out pictures of fruits and vegetables
- Glue sticks
- Crayons, colored pencils, or markers
- Blank paper, 1-2 sheets per family
- Construction paper, 1 piece per family
- Clear contact paper
- Scissors, 1 pair per family

**In Advance**

1. Collect enough magazines so that each family will have at least two. Choose magazines that are more likely to have pictures of fruits and vegetables.

**In Class**

1. Distribute materials and encourage parent-child pairs to work together to create their own fruit and vegetable placemat.
2. Explain that families can draw pictures of fruits and vegetables on blank paper, or they can cut out fruit and vegetable pictures from the magazines. Pictures can be arranged and glued on both sides of the construction paper.
3. Ask parents to cover each placemat (front and back) with clear contact paper.
4. Ask a few kids to share their placemats with the class and answer questions such as:
   - Which of the fruits and veggies on your placemat are your favorites?
   - Did you find any pictures of fruits and veggies that you would like to try for the first time? If so, which ones?
   - What are some of the ways you like the fruits and veggies on your placemat prepared?
   - What season is best to find the fruits and veggies on your placemat?
5. Explain that families can use their placemats at home to remind them to include more fruits and vegetables in each meal.

**TIP:**
- Tell parents that they can clean the placemat by wiping it down with a damp cloth, but it should not be submerged in water.