

COOKING MATTERS[®]

THE FAMILY KITCHEN

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



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COOKING MATTERS®

The Family Kitchen: Getting Started

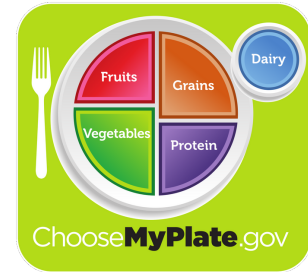


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets. How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered Cooking Matters Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a Cooking Matters facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present. Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your Cooking Matters Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES:

Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain culture will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN LANGUAGE:

If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

COOKING MATTERS[®]

The Family Kitchen: Lesson Plan



FOR FACILITATORS

GOAL

Encourage caregivers to work together with the kids in their care to make healthy meals and snacks that everyone will enjoy.

OBJECTIVES

- Discuss safe, age-appropriate tasks for kids in the kitchen.
- Practice preparing meals or snacks with child-friendly steps.

KEY MESSAGES

- Make your job easier. Kids are more likely to try new foods when they help choose and prepare them.
- Start young. Kids can help in the kitchen as early as their toddler years.
- Keep calm and cook on – working with kids in the kitchen may be messy. The more you practice, the better you'll get at figuring out what kitchen jobs are right for each of you.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes • Materials for kids' activity (if using - optional)

KIDS' ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/community-resources/#kids-handouts

CAREGIVER HANDOUTS

We have provided a set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. You are NOT required to provide all of these handouts as take-homes (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that at a minimum you provide a printed copy of the recipe(s) you prepared in class. Check off the handouts you plan to reference during class:

- Kids in the Kitchen
- Raising a Healthy Eater

RECIPE OPTIONS

Choose at least 1 recipe (or as many as time allows) for the hands-on prep. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.

Recipe Ideas			
Recipe Ideas	Prep & Cook Time	Time Saving Tips	Talking Points
Fruit Tarts	Prep Time: 30 minutes Cook Time: 10 minutes	Prep all fruit and mixtures. Focus lesson on assembling and cooking.	“Kids can practice measuring and mixing – or they can roll out the bread for the tarts. If you do not have a rolling pan, kids will have fun just pressing the bread as flat as possible with a plate, cup, sauté pan, or just their hands!” “Sub in any fruit you like – one of the greatest things about this snack is how nice it looks, and it will look even nicer to your kids if topped with fruits that they like to eat.”
Mini Pizzas	Prep Time: 25 minutes Cook Time: 25 minutes	Make pizza sauce in advance. Cut veggies in advance. Grate cheese in advance. Preheat oven. Focus lesson on assembling and discussing ways kids can be involved.	“Pizza is such a comfort food, which can make it easier to couple vegetables with when serving to your kids. If your kids are not ready to see the veggies on their pizza, you can just add grated carrot to the tomato sauce – the red of the tomato conceals the carrot and your kids may not even know it is there!” “Depending on their age, your kids can measure the spices, rip up spinach for topping the pizza, or they can help stir the sauce.”

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain that caregivers will learn how to help their kids develop good eating habits by involving them in preparing meals or snacks, with the added goal of saving them time and money in the long run. We'll also discuss age appropriate tasks for kids in the kitchen.
3. **Get acquainted:**

ASK

“Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?”

- Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented. Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON COOKING AND DISCUSSION (19 MINUTES)

1. Begin by having kids and caregivers prepare the food together

NOTE: Because this lesson is about involving kids in the kitchen, we strongly encourage you to have kids working alongside caregivers for the food preparation! If that's not feasible, and you have a helper to lead children, this is the best time to pull kids into a separate activity of your choosing while caregivers have a discussion.

- Have kids and caregivers wash hands using proper technique.
- Review the recipes together and identify places where kids can help based on what's appropriate for their age. Refer to the Kids in the Kitchen handout for age-appropriate ideas. Use this as an opportunity to delegate age-appropriate tasks to the children.
- Delegate different recipe steps to caregivers as needed. While kids and caregivers are working:

ASK

“How do you feel about your kid...scrubbing and peeling veggies? Cracking eggs? Reading you the recipe? Helping you gather ingredients?” [NOTE: Adjust your questions based on the recipes you have selected to prepare.]
“How would you feel about allowing them to do these same tasks at home?”

- Add to the discussion as needed, emphasizing that cooking and eating together promote positive eating habits for the whole family, teaches kids responsibility and builds self confidence, and makes meal time more fun.
- Share that kids tend to want to eat what they helped make, which could reduce the need to make separate meals. And, if kids are bought-in on the meal, there will be less food rejection and as a result, less food waste.
- If caregivers mention concerns or challenges with having kids help in the kitchen, take time to discuss challenges and possible solutions. Choose one challenge from the chart below to discuss. If time permits, address additional challenges.

Getting Kids in the Kitchen to Help	
Challenge	Talking Points
"I don't want the kids using knives. It's not safe."	"Check out our Kids in the Kitchen handout to find age-appropriate tasks for kids. There are lots of knife free ways that kids can help."
"I am afraid that my child might mess up and then we will have to throw all of the food out."	"Start with simple steps that would have minimal impact on the meal as a whole. For example, it won't be a big deal if kids don't snap the green beans perfectly in half. Let them work up to bigger jobs, and give them plenty of supervision to start. You might want to have a gentle hand on the egg they are cracking if it's the only one left to make the meal!"
"My child complains that it takes too long and wants to eat now".	<p>"Offer a small snack while you work together. Often when kids have more of an appetite they are more likely to try new foods, too, so this could be a great time to offer a taste or preview of what dinner is going to include (for example, if you're making stir-fry, offer them tastes of fresh celery, carrots, etc.)"</p> <p>"Cooking together is a way to spend time together as a family; it's sometimes even special one-on-one time with a parent/caregiver. Just make sure you have a snack on hand while cooking!"</p>
"It takes too long and I just need to get the meal made."	<p>"Child involvement doesn't have to be big at every meal. Giving the child a small task or "job" can help you, even if it's just a little. It also does not need to happen every night—it can be a tradition on your least busy night of the week, to start."</p> <p>"Helping in the kitchen doesn't have to just be about cooking. Think of a task or two that your child can own, like setting the table, putting a napkin or paper towel on each plate, or adding ice to glasses. Does that seem doable? What other non-cooking kitchen tasks can you think of?"</p> <p>"It can actually make clean-up faster if everyone pitches in. Start with small jobs like wiping the table with a sponge or sweeping up flour spilled on the floor."</p>
"There's more mess to clean up."	"It might be messy in the moment, but involving kids builds their competence which will free your time down the line. Imagine your kids getting their own breakfast so you can sleep in! You can also involve them in the clean-up - most kids love having a "job" that is all theirs to be responsible for."

2. If kids and caregivers have been separated, bring them back together for eating time.

- As kids and caregivers eat:



“How might you react if you involve your children in the food preparation and they still won’t eat the food?”

- Acknowledge that when feeding young children can be really challenging! Sometimes, no matter your best effort, your family won’t eat or enjoy the foods prepared. Have caregivers share ideas for how to handle this challenge. Add these two ideas to the discussion as needed.
- Have children taste-test the components of the meal instead of offering everything at once. Maybe they’ll eat everything but the sauce you put on at the end. Congratulate them on trying new tastes and add just the components they enjoy right now to their plate.
- Make sure that you always include a healthy food you know the child will like in the meal. This way they can try new foods, but there is always a “safe bet.”



“I’d like to hear from the kids. What were your favorite things to try? How did it feel to try something for the first time? If you didn’t like it, would you be willing to try it with a different ingredient, like your favorite vegetable?”

CLOSING (3 MINUTES):

ENCOURAGE: Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.

SHARE: Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram.


TAKE: Share handouts for caregivers to take home, as well as any incentive items you are providing. Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.

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The Family Kitchen: Recipes




Kids love to help in the kitchen and there are lots of ways to include them.

- The recipes in this packet include steps marked with the "little helping hand." 
- These steps are good for kids, but help from adults may be needed. Use these tips to help kids safely build their skills doing common cooking tasks.
- Trying new foods? Check out the Taste Test: Name that Food handout. Hang it on the fridge or another spot that is easy to find. Use it to introduce new foods to kids in a fun way.

Fruit Tarts

Serves 6, 1 tart per serving

Prep time: 30 minutes • Cook time: 10 minutes

 = Have kids help with the steps marked with the “little helping hand”!

Ingredients

4 ounces low-fat cream cheese
3 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
6 slices whole wheat sandwich bread
1½ Tablespoons nonfat milk
2 Tablespoons honey
¼ teaspoon vanilla extract

Materials

Baking sheet • Cutting board • Fork • Heavy skillet • Measuring cups • Measuring spoons • Sharp knife • Small bowl

Directions

 In Advance

1. Remove cream cheese from refrigerator. Let come to room temperature on counter top, about 2 hours.

Preparation



2. Preheat oven to 350°F.

3. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 2 cups total.

4. Slice crust off bread. Using the bottom of a heavy skillet, flatten to about ⅛-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Let cool for 5 minutes.



5. While bread bakes, in a small bowl, use fork to mix cream cheese and milk until smooth. Stir in honey and vanilla.



6. Spread a heaping Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about ⅓ cup fruit on top of each tart.

Nutrition Facts

Serving Size 1 tart
Servings Per Recipe 6

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 200mg **9%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 6g

Vitamin A 6% • Vitamin C 25%

Calcium 6% • Iron 6%

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

Chef's Notes

- Use your favorite fruits to make these tarts. For best price, choose fresh fruits in season or thawed frozen fruits. Mangoes, apples, pears, melons, pineapple, berries, and orange or grapefruit segments all make good toppings.
- If you do not have an oven, crisp the bread in a skillet over medium heat. Or, use a toaster or toaster oven. Watch carefully so bread gets just crisp and not brown.
- Cover and refrigerate the cream cheese mixture up to 3 days. Leftover cream cheese mixture makes a great dip for fruits.
- Use leftover crusts to make whole grain breadcrumbs. Chop them as finely as you can with a knife, or pulse in a blender until crumbs form. For fresh crumbs, use as is. For dried crumbs, toast in a skillet over medium heat until light brown. Freeze in an airtight container until ready to use.

Make Food Fun! - Fruit Tarts

Easy and fast tips for making food fun for kids.



Arrange the fruit in a design or face.

Tips and Tricks:

Put out small bowls of a few types of fruits and let kids decorate their own tarts.

Tips and Tricks:

This fruit-filled recipe is colorful and tasty enough to work for breakfast, snack, or dessert.

Try different fruits to change up the flavors and textures. Try fresh, frozen or canned fruits!



Serve as a sandwich or use a cup or cookie cutter to make fun shapes.


Tips and Tricks:

Before toasting, press the bread into a muffin tin. After toasting the bread will form a cup that can be filled with or fruit and filling.

Tartas de fruta

Rinde 6 porciones, 1 tarta por porción

Tiempo de preparación: 30 minutos • Tiempo de cocción: 10 minutos

= ¡Deje que los niños ayuden con los pasos marcados con la "manito que ayuda"! 

Ingredientes

4 onzas de queso crema bajo en grasa

3 tazas de fruta fresca o congelada, previamente descongelada, tales como plátanos, fresas, duraznos o mango

6 rebanadas de pan de trigo integral para sándwich

1½ cucharada de leche descremada o sin grasa

2 cucharadas de miel

¼ cucharadita de esencia de vainilla

Utensilios

Bandeja para hornear • Tabla de cortar • Tenedor • Sartén pesada • Tazas de medir • Cucharas de medir • Cuchillo afilado • Tazón pequeño

Preparación



Con anticipación

1. Saque el queso crema del refrigerador. Colóquelo sobre la mesa de la cocina y deje que alcance la temperatura ambiente, unas 2 horas.

Preparación

2. Precaliente el horno a 350 °F.



3. Si va a usar fruta fresca, lávela, pélela y quítele lo que sea necesario. Si va a usar fruta congelada, previamente descongelada, escurra cualquier exceso de jugo. Corte la fruta en rodajas de ¼ pulgada. Deben salir alrededor de 2 tazas en total.

4. Quítele la corteza al pan. Usando la parte de abajo de una sartén pesada, aplane el pan dejándolo aproximadamente de 1/8 pulgada de grosor. Colóquelo en una bandeja para hornear y cocine hasta que esté crujiente, alrededor de 10 minutos. Deje enfriar por 5 minutos.



5. Mientras hornea el pan, mezcle con un tenedor, en un tazón pequeño, el queso crema y la leche hasta que esté cremoso. Añada la miel y vainilla.



6. Esparza una cucharada bien llena de la mezcla de queso crema en cada pedazo de pan ya frío. Eche alrededor de 1/3 taza de fruta encima de cada tarta.

Nutrition Facts

Serving Size 1 tart
Servings Per Recipe 6

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 200mg **9%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 6g

Vitamin A 6% • Vitamin C 25%

Calcium 6% • Iron 6%

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

Sugerencias del chef

- Puede usar sus frutas preferidas para hacer estas tartas. Para obtener un mejor precio, escoja frutas frescas de temporada o frutas congeladas, previamente descongeladas. Los mangos, manzanas, peras, melones, piña, bayas y gajos de naranja o toronja, son todas buenas opciones.
- Si no tiene un horno, puede tostar el pan en una sartén a temperatura media. O use una tostadora u horno eléctrico. Observe con cuidado para que el pan se tueste pero no se dore.
- Tape y refrigere la mezcla de queso crema hasta por 3 días. La mezcla que sobre es un excelente dip para frutas.
- Puede usar las cortezas del pan que le sobren para hacer migas de pan de trigo integral. Córte las con un cuchillo lo más finamente posible, o échelas en la licuadora hasta que se vuelvan migas, para obtener miga fresca de pan. Para miga seca de pan, tueste las migas en una sartén a temperatura media hasta que estén ligeramente doradas. Congele en un recipiente hermético hasta que las vaya a usar.

¡Haga que la comida sea divertida!-

Tartas de fruta



Cree un diseño o haga una cara con la fruta.

Consejos y Trucos:

Saque cuencos pequeños con diferentes tipos de fruta y deje que los niños decoren sus propias tartas.

Consejos y Trucos:

Esta receta llena de fruta tiene color y sabor suficiente para servir como desayuno, botana o postre.

Pruebe frutas diferentes para cambiar los sabores y texturas. ¡Pruebe con fruta fresca, congelada o enlatada!




Sirva como un sándwich o use una taza o un molde para galletas para crear formas divertidas.

Consejos y Trucos:

Antes de tostarlo, apriete el pan en una bandeja para mantecadas. Después de tostarse, el pan tendrá la forma de un cuenco que se puede rellenar con fruta y relleno.

Mini Pizzas

Serves 6, 2 muffin halves per serving
Prep time: 25 minutes • Cook time: 25 minutes

 = Have kids help with the steps marked with the “little helping hand”!

Ingredients

1 medium red or green bell pepper
8 ounces button mushrooms
1 large tomato
1 (4-ounce) chunk part-skim mozzarella cheese
6 whole grain English muffins
1 Tablespoon canola oil
½ teaspoon dried oregano
½ teaspoon dried basil
1 (8-ounce) can tomato sauce, no salt added







Optional Ingredients

12 (2-inch-diameter) turkey pepperoni slices

Materials

Large skillet • Measuring Baking sheet • Box grater • Can opener • Colander • Cutting board • Large skillet • Measuring spoons • Medium bowl • Sharp knife • Small bowl

Directions

1. Preheat oven to 450°F.
-  2. Rinse bell pepper, mushrooms, and tomato.
3. Remove core and cut pepper into thin slices. Slice mushrooms ¼-inch thick. Remove core and dice tomato into ¼-inch pieces
-  4. In a small bowl, grate cheese.
5. Split English muffins in half. Place them on a baking sheet. Bake until edges are lightly browned, about 10 minutes. Prepare sauce while muffins cook.
6. In a large skillet over medium heat, heat oil. Add peppers and mushrooms. Cook for 5 minutes. If needed, use a colander to drain vegetables.
-  7. Transfer veggies to a medium bowl. Add tomatoes. Stir to combine.
-  8. Stir spices into tomato sauce. Do this directly in the can.
-  9. When muffins are lightly browned, spoon 1 Tablespoon sauce over each muffin half. Coat evenly.
-  10. Layer veggies evenly over sauce. If using pepperoni, place one slice on each muffin half. Top with shredded cheese.
11. Bake muffins until cheese is melted and bubbly, about 6–8 minutes.
12. Let pizzas cool for 2 minutes before serving.

Chef's Notes

- Use mini pitas in place of English muffins, if you like.
- Use any seasonal veggies you like. Try broccoli, onion, or spinach.
- Use leftover cooked ground meat, chicken, or turkey sausage in place of pepperoni.
- Leftover pizza sauce will hold well in the refrigerator for a few days.
- Make just enough pizzas for dinner. Use leftover sauce to make more for lunch or a snack the next day.

Nutrition Facts	
Serving Size 2 English muffin halves	
Servings Per Recipe 6	
Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 380mg	17%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Sugars 9g	
Protein 11g	
Vitamin A 20%	Vitamin C 50%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Make Food Fun! - Mini Pizzas

Easy and fast tips for making food fun for kids.



Arrange toppings in a design or face.

Tips and Tricks:

Pizza offers endless ways to tailor for picky eaters and different taste preferences.

Tips and Tricks:

Top with vegetables that are on sale or in season for a budget friendly meal.



Try different toppings mixed together and name them something fun or after your kid(s).



Put toppings in small bowls or a muffin tin, allow kids to make their own pizza.


Tips and Tricks:

English muffins can be stored in the freezer, making it easy to keep them on hand. Pita bread also works well in this recipe!

Mini Pizzas

Rinde 6 porciones, 2 mitades de muffin por porción

Tiempo de preparación: 25 minutos • Tiempo de cocción: 25 minutos

 = ¡Deje que los niños ayuden con los pasos marcados con la “manito que ayuda!”!







Ingredientes

1 pimentón verde o rojo
8 onzas de champiñones pequeños
1 tomate grande
1 pedazo (4 onzas) de queso mozzarella
6 muffins ingleses de trigo integral
1 cucharada de aceite de canola
½ cucharadita de orégano seco
½ cucharadita de albahaca seca
1 lata (8 onzas) de salsa de tomate, sin sal añadida
Ingredientes opcionales
12 tajadas (de 2 pulgadas de diámetro) de salchichón de pavo

Utensilios

Abrelatas • Bandeja para hornear • Colador • Cucharas de medir • Cuchillo afilado • Rallador de cuatro lados • Sartén grande • Tabla para cortar • Tazón mediano • Tazón pequeño

Preparación

1. Precaliente el horno a 450°F.
2.  Lave el pimentón, los champiñones y el tomate.
3. Sáquele el centro al pimentón y córtelo en tajadas delgadas. Corte los champiñones en rodajitas (¼ pulgada). Sáquele el centro al tomate y píquelo en pedacitos de ¼ de pulgada.
4.  Ralle el queso en un tazón pequeño.
5. Abra los muffins por la mitad. Colóquelos en una bandeja para hornear. Hornee hasta que los bordes estén ligeramente dorados, unos 10 minutos. Prepare la salsa mientras se hornean los muffins.
6. Caliente el aceite en una sartén grande a temperatura media. Eche los pimentones y los champiñones. Cocine por 5 minutos. Si es necesario, use el colador para escurrir las verduras.
7.  Pase las verduras a un tazón mediano. Añada los tomates. Revuelva.
8.  Eche los condimentos en la salsa de tomate. Haga esto directamente en la lata.
9.  Cuando los muffins estén ligeramente dorados, con una cuchara eche 1 cucharada de salsa sobre cada mitad de muffin. Cúbralos uniformemente.
10.  Coloque una capa de verduras sobre la salsa. Si va a usar el salchichón, ponga una tajada en cada muffin. Espolvoree con el queso rallado.
11. Hornee los muffins hasta que el queso esté derretido y haga burbujas, de 6 a 8 minutos.
12. Deje que las pizzas se enfríen por 3 minutos antes de servir.

Sugerencias del chef

- Si lo desea, use pan de pita miniatura en lugar de los muffins ingleses.
- Use las verduras de temporada que prefiera. Pruebe con brócoli, cebolla o espinaca.
- Puede usar sobras de carne molida cocida, pollo o salchichas de pavo en lugar de salchichón.
- La salsa de pizza que le sobre puede guardarse en el refrigerador por unos pocos días. Prepare solamente las pizzas que necesitará para el almuerzo.
- Utilice la salsa que le sobre para preparar más pizzas para el almuerzo o un snack para el día siguiente.

Nutrition Facts	
Serving Size 2 English muffin halves	
Servings Per Recipe 6	
Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 380mg	17%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Sugars 9g	
Protein 11g	
Vitamin A 20%	Vitamin C 50%
Calcium 25%	Iron 15%

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

¡Haga que la comida sea divertida! - Mini Pizzas



Haga diseños o caras con los ingredientes.

Consejos y Trucos:

La pizza ofrece maneras ilimitadas de agradar a los comedores más quisquillosos y los gustos diferentes.

Consejos y Trucos:

Ponga verduras que estén de oferta o de temporada para hacer una comida que se adapte a su presupuesto.



Pruebe a mezclar diferentes ingredientes y dele un nombre divertido o el de uno de sus niños.



Ponga los ingredientes en cuencos pequeños o una bandeja para mantecadas y deje que los niños hagan su propia pizza.

Consejos y Trucos:

Los muffins ingleses se pueden congelar, haciendo que sea más fácil tenerlos a mano. ¡El pan pita también se puede usar con esta receta!

COOKING MATTERS[®]

The Family Kitchen: Caregiver Handouts



Kids in the Kitchen

Help kids develop a love of healthy foods. Teach them to create healthy meals.

Kids aged 2 and younger can:

- Play with plastic measuring cups, spoons, containers, or a bowl of water and a whisk
- Learn to say names and colors of foods being used
- Smell foods and, depending on the food, taste small amounts

- Start simple. Make recipes with just a few steps until you learn what each child can do.
- Let your experience be your guide. Adjust the tasks you assign based on your child's skills.
- Supervise: Make sure kids know the rules of kitchen safety from the start.

Let 3-year-olds try to:

- Rinse and scrub fresh produce
- Tear, snap, or break foods
- Use a cookie cutter to cut shapes in dough
- Pluck fruits or leaves from stems
- Dip foods into dips
- Arrange foods on a plate
- Help stir ingredients together in a bowl

Let 4-year-olds try to:

- Measure ingredients
- Cut with a plastic or dull butter knife
- Squeeze juice from fruits
- Shake ingredients in small containers, such as jars or zip-top bags

Let 5-year-olds try to:

- Help grate cheeses and vegetables
- Crack and beat eggs
- Peel oranges

Kids can also help:

- Set and clear the table
- Clean up
- Get out ingredients and equipment and put them away

Let 6-8-year-olds help:

- Read the recipe
- Crack eggs
- Measure small amounts of ingredients
- Use an egg beater
- Rinse, scrub, and peel onions, carrots, cucumbers, and other produce
- Grate cheese and vegetables
- Decorate cookies
- Spread soft frostings and spreads
- Roll out and shape dough
- Cut soft foods with a plastic or dull butter knife

Let 9-13-year-olds help:

- Follow recipes and make simple meals by themselves
- Use electrical tools like blenders and mixers
- Open cans
- Drain cooked pasta in a colander
- Remove trays from the oven with adult supervision

Los niños en la cocina

Ayude a los niños a tomarle cariño a los alimentos saludables. Enséñelos a crear comidas saludables.

Los niños de 2 años y menores pueden:

- Jugar con tazas de medir, cucharas, recipientes plásticos o un tazón con agua
- Aprender a decir los nombres y colores de los alimentos que estén usando
- Oler los alimentos y, dependiendo del alimento, probar cantidades pequeñas

Deje que los niños de 3 años traten de:

- Lavar y restregar frutas y verduras frescas
- Rasgar o partir los alimentos
- Usar un cortador de galletas para cortar la masa en diferentes formas
- Arrancar las hojas o los tallos de las frutas
- Untar los alimentos en dips
- Acomodar los alimentos en un plato
- Ayudar a mezclar ingredientes en un tazón

Deje que los niños de 4 años traten de:

- Medir ingredientes
- Cortar con un cuchillo plástico o para mantequilla sin filo
- Exprimir el jugo de las frutas
- Agitar los ingredientes en recipientes pequeños, tales como frascos o bolsas plásticas con cierre hermético

Deje que los niños de 5 años y mayores traten de:

- Ayudar a rallar quesos y verduras
- Partir y batir huevos
- Pelar naranjas

Niños de todas las edades pueden ayudar a:

- Poner y levantar la mesa
- Limpiar
- Sacar los ingredientes y equipos y luego colocarlos de nuevo en su sitio

- Comiencen con cosas simples: Preparen recetas con solo unos pocos pasos hasta que ustedes sepan lo que cada miembro de la familia puede hacer.
- Dejen que su experiencia lo guíe: Ajusten las tareas que asignen con base en las habilidades de su hijo.
- Supervisen: Asegúrense de que todos sepan las reglas de seguridad en la cocina desde un principio.

Dejen que los niños de 6 a 8 años ayuden a:

- Leer la receta
- Romper huevos
- Medir cantidades pequeñas de ingredientes
- Usar un batidor de huevos
- Enjuagar, restregar, y pelar cebollas, zanahorias, pepinos, y otros vegetales y frutas
- Rallar quesos y vegetales
- Decorar galletas
- Extender nevados suaves y cremas o pastas para untar
- Extender y dar forma a masas
- Cortar alimentos blandos con un cuchillo plástico o para mantequilla

Dejen que los niños de 9 a 13 años comiencen a:

- Seguir recetas y a preparar comidas simples por sí mismos
- Usar aparatos eléctricos tales como licuadoras, procesadores de alimentos y batidoras
- Abrir latas
- Escurrir pasta cocida con un colador
- Sacar bandejas del horno con supervisión de un adulto

Raising a Healthy Eater

Help children learn to make healthy choices on their own. It's a lesson they will use for life.

Have healthy foods ready to eat.

- Want kids to reach for healthy foods? Make sure healthy foods are in reach.
- Keep plenty of fruits and vegetables in the house to add to meals and snacks.

Let kids learn by serving themselves.

- Follow a regular meal and snack schedule so kids know what to expect.
- Serve foods family-style.
- Teach them to take small amounts at first. Use smaller bowls and plates so they don't take too much at once.
- Tell them they can get more if they are still hungry

Be patient. It works better than pressure.

- Kids don't always take to new foods right away. Offer them many times, and try serving them in different ways.
- When you offer children new foods, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice

Let kids help in the kitchen.

- Kids like to try foods they help make. It's a great way to support trying new fruits and vegetables.
- Name their dish ("Karla's Salad"). Make a big deal of serving foods they help create.

Use encouraging words.

- As a parent, what you say has a big impact on kids' eating habits.
- Gently guide your kids to make healthy choices with positive words.

Continued >

Raising a Healthy Eater continued >

Change negative phrases...	...into positive, helpful ones!
<p>Avoid phrases that teach children to eat to win your favor.</p> <ul style="list-style-type: none"> • "Eat that for me." • "If you do not eat one more bite, I will be mad." 	<p>Support trying new foods by connecting them to the senses.</p> <ul style="list-style-type: none"> • "This is kiwi fruit. It's sweet like a strawberry." • "These radishes are very crunchy!"
<p>Avoid phrases that teach children to ignore fullness to win your favor.</p> <ul style="list-style-type: none"> • "You're such a big girl. You finished all your peas." • "You have to take one more bite before you leave the table." 	<p>Help children to tell when they are full to prevent overeating.</p> <ul style="list-style-type: none"> • "Is your stomach telling you that you're full?" • "Is your stomach still making its hungry growling noise?" • "Has your tummy had enough?"
<p>Avoid phrases that imply children are wrong to refuse a food.</p> <ul style="list-style-type: none"> • "See, that didn't taste so bad, did it?" 	<p>Let children explore the taste of the food and decide what they like.</p> <ul style="list-style-type: none"> • "Do you like that?" • "Which one is your favorite?" • "Everybody likes different foods, don't they?"
<p>Avoid phrases that teach children to eat to feel better.</p> <ul style="list-style-type: none"> • "Stop crying and I will give you a cookie." 	<p>Reward children with support and kind words.</p> <ul style="list-style-type: none"> • "I am sorry you are sad. Come here and let me give you a big hug."
<p>Avoid phrases that make some foods, like dessert, seem better than others, like vegetables and phrases that emphasize children's dislikes.</p> <ul style="list-style-type: none"> • "No dessert until you eat your broccoli." • "I know broccoli isn't your favorite, but can you give it a try?" 	<p>Let children make the choices about when to try new foods. They will be more likely to enjoy it when they do. Help children understand that learning to like new foods may take time.</p> <ul style="list-style-type: none"> • "We can try broccoli another time. Next time would you like to try it raw instead of cooked?"

Para criar niños con hábitos de alimentación saludables

Ayude a los niños a aprender a escoger opciones saludables por su propia cuenta. Esta es una lección que pondrán en práctica toda la vida.

Tenga alimentos saludables listos para comer.

- ¿Quiere que los niños coman alimentos saludables? Asegúrese de que los alimentos saludables estén a su alcance.
- Mantenga muchas frutas y verduras en la casa para agregarlas a las comidas y snacks

Deje que los niños aprendan a servirse ellos mismos.

- Mantenga un horario regular para las comidas y snacks para que los niños sepan qué esperar.
- Sirva los alimentos al estilo familiar (en recipientes para que cada uno se sirva).
- Enséñeles a servirse pequeñas cantidades para empezar. Use tazones y platos más pequeños para que no se sirvan demasiado de una vez.
- Dígalos que pueden servirse más si todavía están con hambre.

Sea paciente. Da mejor resultado que presionarlos.

- A los niños no siempre les gustan los alimentos nuevos en el primer intento. Ofrézcaselos muchas veces y trate de servirselos de maneras diferentes.
- Cuando les ofrezca a los niños alimentos nuevos, déjelos escoger la cantidad que quieren comer. Es más probable que los niños disfruten más un alimento cuando son ellos mismos quienes deciden comerlo.

Deje que los niños ayuden en la cocina.

- A los niños les gusta probar alimentos que ellos mismos preparan. Esta es una excelente manera de ayudarlos a probar frutas y verduras nuevas.
- Póngale nombres a los platillos (Ensalada de Karla). Celebre con elogios cuando sirva alimentos que los niños ayudaron a preparar.

Use palabras de aliento.

- Como padre o madre, lo que usted dice tiene un gran impacto en los hábitos alimenticios de los niños.
- Con cariño y palabras positivas, guíe a sus niños a escoger opciones saludables

Continúa >

Para criar niños con hábitos de alimentación saludables, continuación >

Cambie las frases negativas...	...!a frases positivas y prácticas!
<p>Evite las frases que le enseñan a los niños a comer para complacerla.</p> <ul style="list-style-type: none"> • Cómete eso por mí. • Si no te comes otro bocado, me enojaré. 	<p>Anímelos a probar alimentos nuevos, asociándolos con los sentidos.</p> <ul style="list-style-type: none"> • Esta fruta es kiwi. Es dulce como una fresa. • ¡Estos rábanos están muy crujientes!
<p>Evite frases que le enseñan a los niños a ignorar que ya están llenos para complacerla.</p> <ul style="list-style-type: none"> • ¡Que niña tan buena! Te comiste todos los chicharos. • Tienes que comerte un último bocado antes de pararte de la mesa. 	<p>Ayude a los niños para que le digan cuando están llenos para evitar que coman en exceso.</p> <ul style="list-style-type: none"> • ¿Te está tratando de decir tu estómago que ya estás lleno? • ¿Todavía te suenan las tripas del hambre? • ¿Ya está llena esa barriguita?
<p>Evite frases que les insinúen a los niños que están equivocados al rehusar comer un alimento.</p> <ul style="list-style-type: none"> • ¿Si ves? ¡No supo tan mal! 	<p>Deje que los niños saboreen los alimentos y decidan lo que les gusta.</p> <ul style="list-style-type: none"> • ¿Te gusta esto? • ¿Cuál te gustó más? • A todas las personas le gustan alimentos diferentes, ¿cierto?
<p>Evite frases que les enseñan a los niños a comer para sentirse mejor.</p> <ul style="list-style-type: none"> • Deja de llorar y te doy una galleta. 	<p>Premie a los niños con apoyo y palabras cariñosas.</p> <ul style="list-style-type: none"> • Siento mucho que estés triste. ¡Ven y te doy un abrazo grandote!
<p>Evite frases que hagan que algunas comidas, como el postre, parezcan mejores que otras, como las verduras, y frases que enfatizen lo que les desagrada a los niños.</p> <ul style="list-style-type: none"> • No te doy postre hasta que no te comas tu brócoli. • Sé que el brócoli no es tu alimento preferido, pero ¿por qué no lo pruebas? 	<p>Deje que los niños escojan cuándo probar alimentos nuevos. Probablemente lo disfrutarán más de esta manera. Ayude a los niños a entender que disfrutar del sabor de un nuevo alimento puede tomar algún tiempo.</p> <ul style="list-style-type: none"> • Podemos probar el brócoli en otra ocasión. ¿Te gustaría probarlo crudo en vez de cocinado la próxima vez?

COOKING MATTERS[®]

Waiver & Release Printable Promotion





Cooking Matters by Share Our Strength Waiver and Release

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Name of Participant or Volunteer (please print): _____

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