

# Eat Smart New York!



Produced By Cornell Cooperative Extension

## Make Cooking a Family Affair

Cooking with your children is an excellent way to spend time together. You teach them new skills and allow them to try foods that may be new to them. It allows you, the parent, to be a terrific role model for healthy eating.



### Cooking helps kids develop these skills:

- ◇ Motor skills from tasks like rolling, cutting, kneading, pouring and scrubbing.
- ◇ Language and reading skills from tasks like reading and following directions, recognizing letters and words and naming food and cooking equipment.
- ◇ Math skills from tasks like counting, measuring and reading numbers on labels.
- ◇ Social skills from working together as a team and learning to share.
- ◇ Science skills from tasks like dissolving, browning and melting.

### Five Ideas for Successful Cooking Projects

1. Plan projects that match your child's age and abilities.
2. Supervise, but let your child do the bulk of the work.
3. Plan cooking activities that fit into a healthy diet.
4. Model safe kitchen practices like handling a knife or cooking at the stove.
5. Make sure children participate in cleaning up.

*Information adapted from Teaching Children About Food - A teaching and activities guide by Christine Berman, MPH, RD and Jacki Fromer*

### Skills in the Kitchen by Age

#### 2 year olds

scrub, tear, break,  
snap and dip

#### 3 year olds

wrap, pour, mix,  
shake, and spread

#### 4 year olds

peel, roll, juice,  
crack eggs, mash

#### 5 and older

measure, cut,  
beat with a mixer

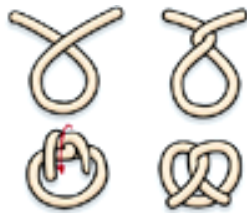
# Kid Friendly Recipes



## Tangled Twisters

Prep: 20 minutes—Bake: 15 minutes  
Makes 8 pretzels

11-ounce package (8) refrigerated breadsticks  
2 tablespoons granulated sugar  
1/4 teaspoon ground cinnamon  
Small bowl of water



### Directions:

1. Turn on oven to 350°F.
2. Open the breadstick package and remove breadsticks. Gently pull or roll each breadstick on the countertop to make a rope of dough about 20 inches long. Shape each rope of dough into a pretzel by crossing one end over the other, forming a circle and leaving 4-inch tails. (a) Holding a tail in each hand, twist once at the crossover point. (b) Carefully lift the tails and place over the center of the circle. (c) Place the ends of the tails over the circle edge and tuck them under to make a pretzel shape. (d) Press ends to seal.
3. Using a pancake turner, place each pretzel about two inches apart on a baking sheet lined with foil and sprayed with cooking spray
4. Dip your fingertips in the bowl of water. Gently rub the top of each pretzel with your damp fingertips.
5. Put sugar and cinnamon in the bowl. Stir with a spoon to mix.
6. Using the spoon, gently sprinkle the sugar and cinnamon mixture over each pretzel.
7. Bake for 15 to 18 minutes or until pretzels are light brown. Serve warm.

\*\*Nutrition Facts: Yield-8 servings; Serving size-1 pretzel; 120 calories, 20 calories from fat, 17% calories from fat, 2 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 290 mg sodium, 22 g carbohydrate, less than 1 g dietary fiber, 3 g protein, 0% vitamin A, 0% vitamin C, 0% calcium, 6% iron

## Alphabet Tomato Soup

Makes 8 servings

1 tablespoon olive oil  
3 cloves garlic, minced  
1 carrot, washed and chopped into small pieces  
1 small zucchini, washed and chopped into small pieces  
6 tomatoes coarsely chopped or 1-28 oz can whole tomatoes, chopped  
2 quarts (64 ounces) vegetable or chicken broth  
3/4 cup alphabet pasta  
1 teaspoon dried basil  
salt / pepper to taste

### Directions:

1. In a soup pot, add olive oil, then garlic and sauté, stirring constantly until golden (about 15 seconds).
2. Add the carrot and zucchini and cook for 5 minutes, stirring constantly.
3. Add the tomatoes, broth, pasta and dried basil.
4. Bring to a boil then cover and simmer for 10 - 15 minutes.
5. Add salt and pepper to taste. Serve immediately.

\*\*Nutrition Facts: Yield-8 servings; Serving size-1 cup; 110 calories, 20 calories from fat, 18% calories from fat, 2.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 340 mg sodium, 21 g carbohydrate, 2 g dietary fiber, 3 g protein, 45% vitamin A, 30% vitamin C, 2% calcium, 4% iron

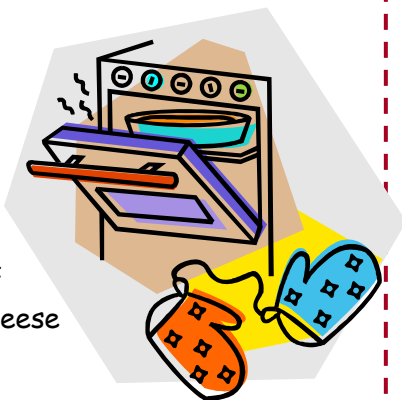
Adapted from [www.letsallcook.com](http://www.letsallcook.com)

# Lasagna Stuffed Shells

Makes 4-6 servings

Vegetarians may use spinach instead of meat.

- 16 large pasta shells
- 8 ounces lean ground beef
- 1 cup part-skim ricotta cheese
- 1 egg, lightly beaten
- 1/2 cup Parmesan cheese
- 1/2 cup part-skim mozzarella cheese
- 1/2 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- 1 jar of your favorite spaghetti sauce



## Directions:

1. Preheat oven to 350°F.
2. Cook shells according to package directions. Drain and plunge in cold water to stop cooking. Lay shells upside down on paper towels to drain.
3. Cook the ground beef in a medium skillet over medium high heat, until no longer pink. Drain fat. Place meat in a colander and rinse with hot water. Pat dry with paper towels; cool.
4. In a large mixing bowl, stir together ground beef, ricotta cheese, egg, 1/4 cup Parmesan cheese, 1/4 cup mozzarella cheese, oregano, basil, salt and pepper.
5. Spread the bottom of a medium baking dish with 1/2 cup spaghetti sauce.
6. Using a teaspoon, stuff shells generously with the ground meat/cheese mixture and place in baking dish, open side of shell face up.
7. Pour remaining sauce over the stuffed shells so that shells are completely covered and sprinkle with the extra parmesan and mozzarella cheese.
8. Bake for 30 minutes or until heated through. Allow to stand for 10 minutes before serving.

\*\*Nutrition Facts: Yield-8 servings; Serving size-2 shells; 380 calories, 80 calories from fat, 21% calories from fat, 9 g total fat, 4 g saturated fat, 0 g trans fat, 60 mg cholesterol, 460 mg sodium, 54 g carbohydrate, 3 g dietary fiber, 23 g protein, 10% vitamin A, 6% vitamin C, 25% calcium, 20% iron

Adapted from [www.letsallcook.com](http://www.letsallcook.com)

# Frozen fruit cups

Serves 10

- 2 cans (20 ounces each) unsweetened crushed pineapple, undrained
- 2 packages (10 ounces each) frozen unsweetened strawberries, thawed
- 1 can (20 ounces) light fruit cocktail, undrained
- 1 can (12 ounces) frozen orange juice concentrate, thawed
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 6 medium bananas, peeled and cubed



## Directions:

1. Foil lined muffin cups or individual plastic beverage glasses.
2. In a large bowl, combine all of the ingredients.
3. Pour into foil lined muffin cups or individual plastic beverage glasses. Freeze until solid.
4. Thaw for 30 minutes before serving.

\*\*Nutrition Facts: Yield-10 servings; Serving size-3/4 cup; 280 calories, 0 calories from fat, 0% calories from fat, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 73 g carbohydrate, 5 g dietary fiber, 3 g protein, 6% vitamin A, 170% vitamin C, 4% calcium, 8% iron

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\*\*Nutrition Facts calculated by the Food Processor(R) Nutrition Analysis Software from ESHA Research, Salem, Oregon

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## Eat Smart New York

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***Building Strong and Vibrant  
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# KORNER IDS Spring Ideas For Kids

## Spring Collage

Collect construction paper, scissors, glue, crayons or markers, tape, other craft items and old magazines and catalogs. Have your child write "spring" across the top of the page. Ask your child to flip through the magazines and catalogs and cut out words and pictures of things that represent

the spring season. Have your child arrange these images as a collage on the construction paper. Talk with your child about your memories of spring when you were a child.

## Garden in an Egg Carton

You will need a cardboard (not Styrofoam) egg carton, potting soil, a spoon and bean or sunflower seeds. Remove the top of the egg carton. Have your child use the spoon to fill up each section of the egg carton with soil. Plant one seed in each section. Lightly pack down the soil once the seed is planted. Lightly water the seeds and place the egg carton in a sunny location. If your child is old enough, have them make a chart to record the growth of the seeds - when does the first sprout appear, how often do the seeds need water, how often do you need to turn the egg carton so the plants grow straight? After mid to late May, plant your seedlings outdoors and enjoy the plants all summer.

## Celebrate Earth Day

Look for volunteer activities at your local park or clean up your own neighborhood. Learn about recycling and how you can recycle used goods in your town. Come up with ideas on how to reuse an item instead of throwing it away.



## Read "My Spring Robin"

*By Anne and Harlow Rockwell*

This book tells the story of a girl taking a walk in her neighborhood and of all the signs of spring she sees on her walk. After you read the book, take a walk as a family and see how many of the same signs of spring you can find.



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