

**Bridging the Gap Between
Good Nutrition and
Healthy Families.**

**United Way of Long Island
is proud to partner with
The Nature's Bounty Foundation,
a world leader in health and wellness.
The Healthy Kids - Healthy Families initiative
aims to enrich the lives of families by
promoting nutrition education
and healthy living.**

**THE
NATURE'S BOUNTY
FOUNDATION**



www.unitedwayli.org



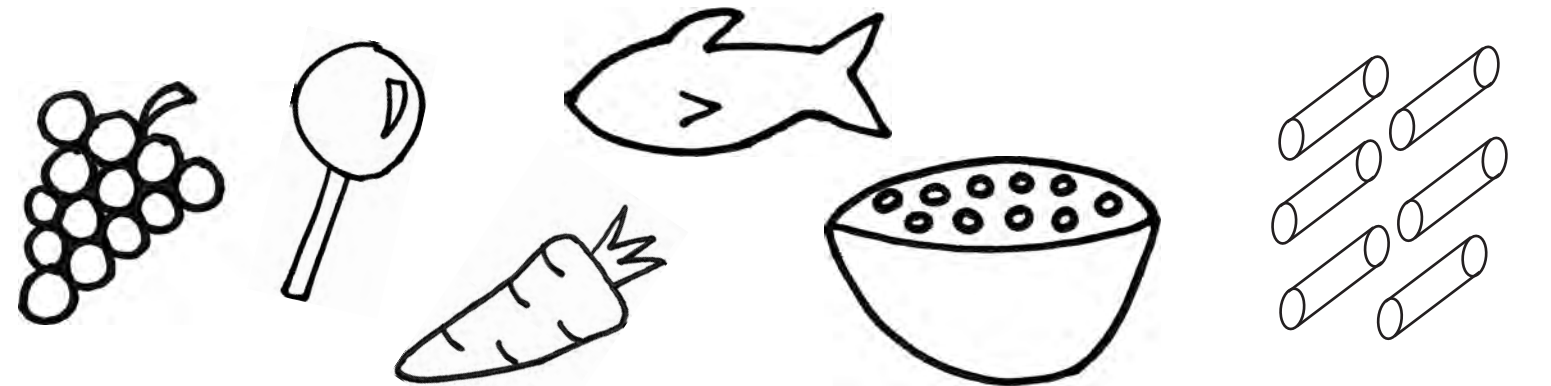
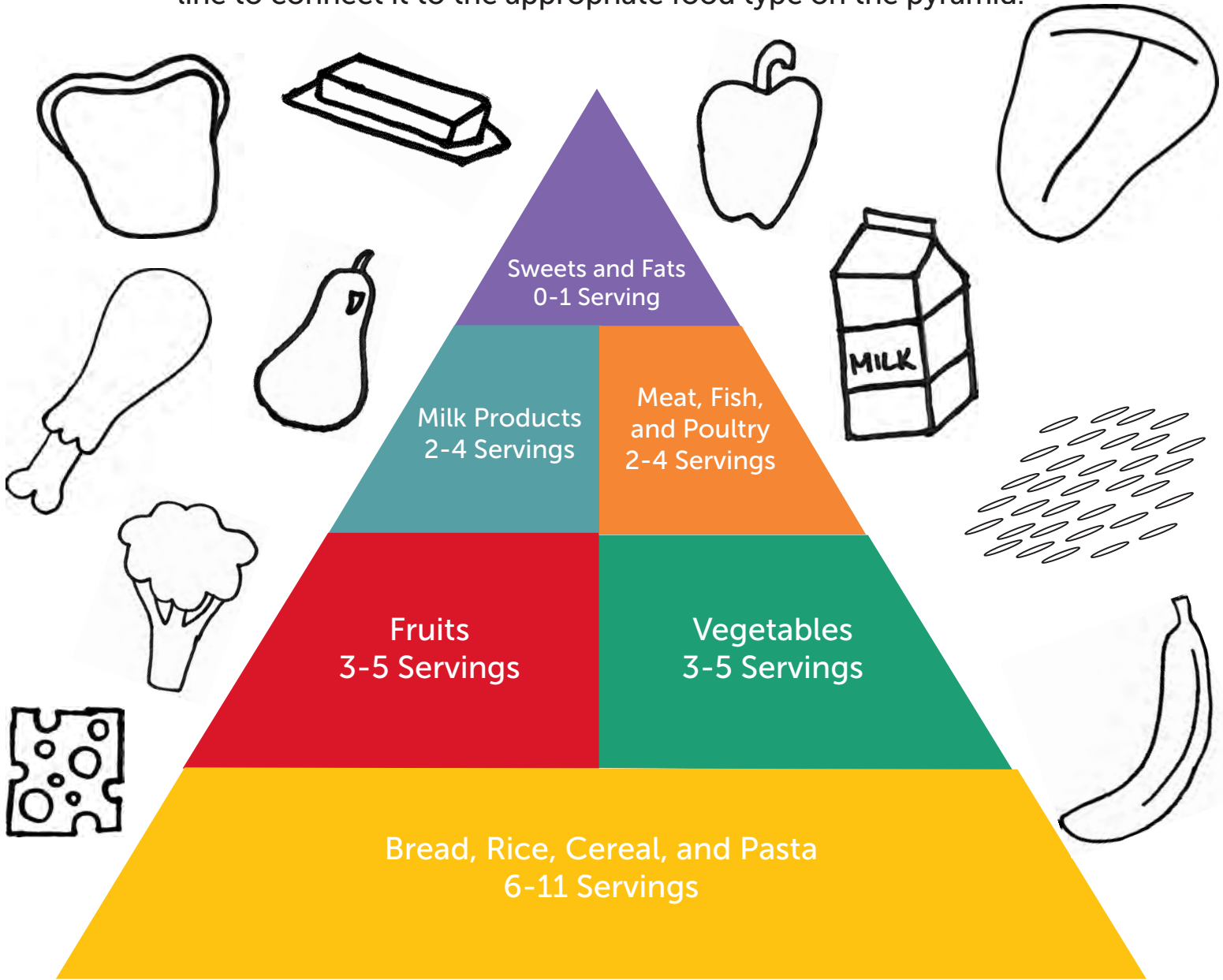
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Healthy Kids -
Healthy Families
Nutrition Activity Book

Food Pyramid

Below is the food pyramid. Each section shows the name of the food type and the number of servings to eat each day. Color each food and draw a line to connect it to the appropriate food type on the pyramid.



HEALTHY KIDS - HEALTHY FAMILIES AGREEMENT

I agree to be a healthy kid. I understand that eating healthy food and exercising are important to my health.

Parent's Name: _____

Child's Name: _____

Fun Recipes to Try

Chicken and Cranberry Salad

Ingredients:

- 12 oz chicken, cooked and diced (1 1/2 cups)
- 1/2 cup vinaigrette dressing
- 1 cup dried cranberries (or cherries)
- 2 tablespoons almonds (sliced)
- 1 head lettuce (chopped)

Instructions:

1. Toss chicken, cranberries, almonds, with dressing
2. Serve on a mound of chopped lettuce



Yields 4 servings
Serving size
1/4 of recipe
Cost
Per recipe: \$6.76
Per serving: \$1.69

Delicious Oven French Fries

Ingredients:

- 2 pounds large potatoes
- 8 cups ice water
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1 teaspoon white pepper
- 1/4 teaspoon allspice
- 1 teaspoon hot pepper flakes
- 1 tablespoon vegetable oil

Instructions:

1. Scrub potatoes and cut into 1/2 inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in plastic bag. Toss potatoes in spice mixture.
5. Brush potatoes with oil.
6. Place potatoes in nonstick shallow baking pan. Cover with aluminum foil and place in 475° F oven for 15 minutes.
7. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Yields 4 servings
Serving size
1/4 cup
Cost
Per recipe: \$2.12
Per serving: \$0.42

My Healthy Menu for a Day

For breakfast I can eat...

For lunch I can eat...

For dinner I can eat...

Food Group Matching Game!

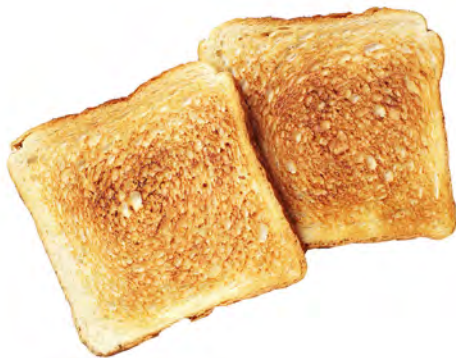
Directions: Draw a line from the food to its correct food group

Fruit

Grains

Vegetables

Dairy



Fun Recipes to Try

Tortilla Pizza

Yields 6 servings
Serving size
1/6 recipe
Cost
Per recipe: \$1.98
Per serving: \$0.33

Ingredients:

- 12 flour or corn tortillas (small)
- Vegetable oil or margarine
- 1 can refried beans (16 oz)
- 1/4 cup onion (chopped)
- 2 oz fresh or canned green chili peppers
- 6 tablespoons red taco sauce
- 3 cups vegetables such as broccoli, mushrooms, spinach, and red bell peppers (chopped)
- 1/2 cup shredded part-skim mozzarella
- 1/2 cup cilantro (chopped, fresh)

Instructions:

1. Brush one side of each of 2 tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat the refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately

Orange Cow

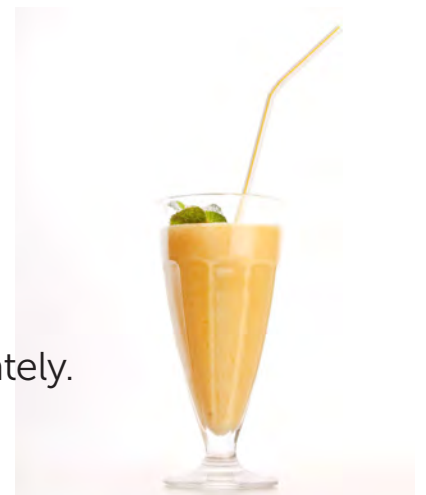
Yields 3 servings
Serving size
1/4 cup
Cost
Per recipe: \$2.02
Per serving: \$0.25

Ingredients:

- Orange juice (frozen, 16 oz can)
- 2 cups water (cold)
- 1 teaspoon vanilla
- 1/3 cup milk (nonfat, dry)
- 1 cup ice (more)

Instructions:

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.



Fun Recipes to Try

Fruit Yogurt Parfait

Ingredients:

- 1/2 cup yogurt, fruit flavored
- 1/2 banana (medium)
- 1/2 cup grape
- 1/4 cup dry, crunchy cereal (Grape Nuts or granola cereals are good)

Instructions:

1. Peel and slice the banana
2. Spoon the grapes into a tall plastic cup
3. Put 3 spoonfuls of yogurt on top of the grapes
4. Spoon sliced bananas on top of the yogurt
5. Add the rest of the yogurt
6. Sprinkle the cereal on top



Yields 1 serving
Serving size
1 parfait
Cost
Per recipe: \$0.81
Per serving: \$0.81

Apple Salad

Ingredients:

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 teaspoons salad dressing (or mayonnaise)
- 1 tablespoon orange juice

Instructions:

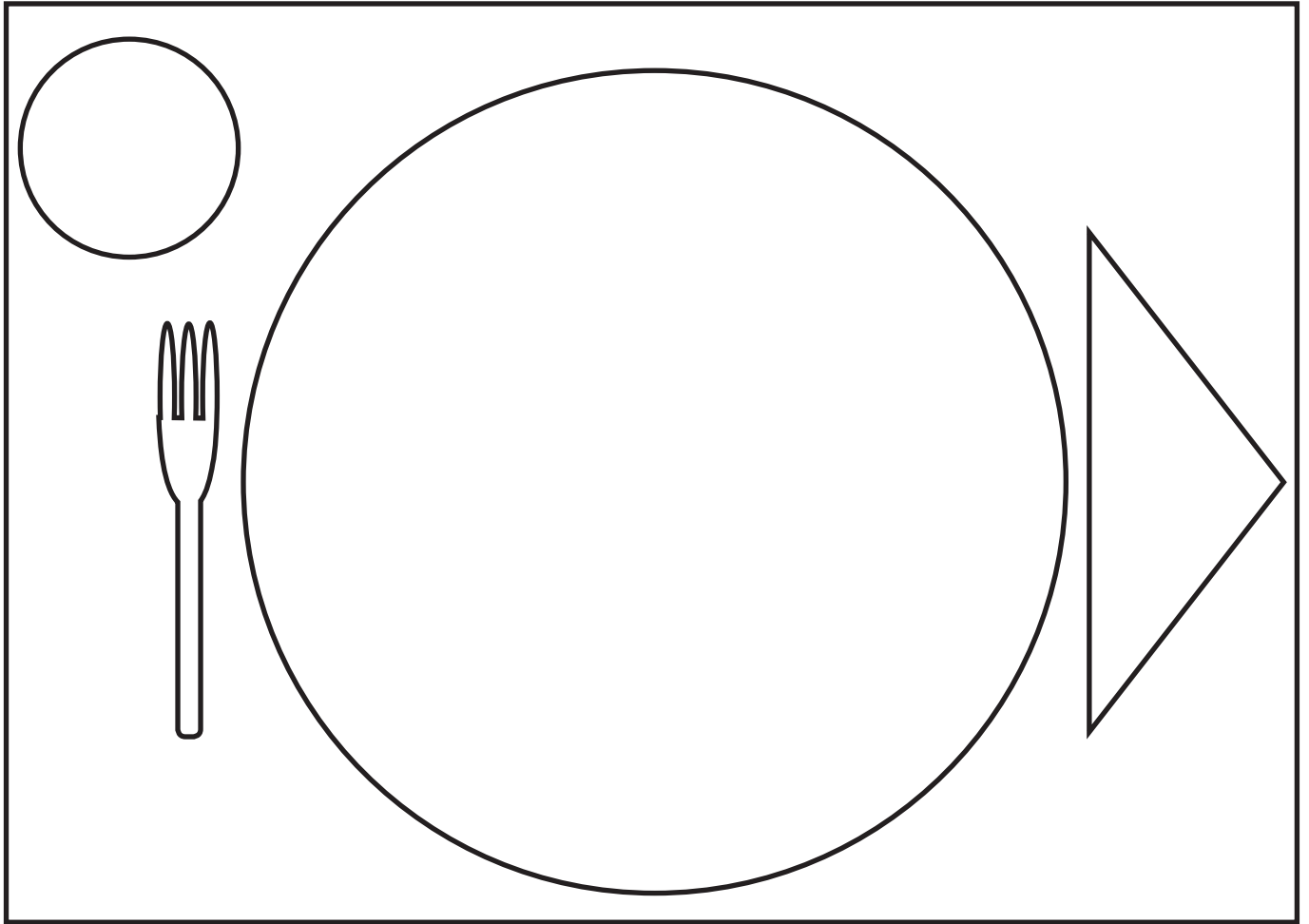
1. Mix orange juice with salad dressing or mayonnaise
2. Toss apples, celery, raisins, and nuts with the dressing mixture



Yields 4 servings
Serving size
1/4 cup
Cost
Per recipe: \$2.02
Per serving: \$0.25

My Plate

Directions: Draw a healthy meal you would like to eat



I Can Eat a Rainbow!

Directions: Draw pictures of fruits and vegetables for each color of the rainbow

Red

Orange

Yellow

Green

Blue

Purple

What's Your Favorite Fruit?

Directions: Color the pictures and circle your favorite fruit

