



# THE MARKET BASKET

July/August 2012



Expanded Food and Nutrition Education Program



Hi Friends:

Did you know...children who help prepare a snack or meal are more likely to try it? This issue has tips on getting your children involved in the kitchen, healthy snack recipes, as well as tips on saving your family food dollars.

Starting from now on in each issue we will have one activity page for Children on some topic related to Nutrition. If anyone currently is not on our email list to receive "The Market Basket" & would like to be added, please send an email to me (see below). Til September, enjoy the Rest of your summer.....

*Joyce Tompkins*

Polk County Extension Service  
UF IFAS/ EFNEP  
(863)519-8677 x114  
To: j6256@ufl.edu

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## Benefits of Cooking with Kids:

- Cooking builds self-esteem.
- Children develop confidence, responsibility and independence when they can help you prepare a snack or meal.
- When they get more practice, they will be able to prepare more foods on their own.
- Cooking teaches! When kids begin to cook, they can help stir, pour, shake and tear. As they become more experienced, they can move on to spread, mix and knead. Later they can cut, grate and measure with supervision!
- Kids can develop math and language skills when they measure ingredients and read recipes.
- Cooking gives kids a sense of accomplishment. They have a sense of pride when they finish cooking and get to share what they have made with their family.
- Cooking helps kids make smart food choices. Rather than choosing ready-to-eat snack or meal options, they know how to make healthier snacks themselves.
- They are able to make informed decisions to eat nutrient-dense foods.
- Cooking builds creativity! Preparing foods allows kids to show their artistic side. They may have new ideas about methods of preparation, combining different flavors or how the dish is presented when it is served.

## Age-appropriate Tasks:

Around age 5 to 7, kids should be able to perform the following tasks with supervision:

- Helping collect ingredients from the cupboards, refrigerator and freezer
- Pouring
- Stirring and mixing ingredients by hand
- Assisting in measuring ingredients
- Setting a timer

Around age 8 to 10, they may be able to help perform tasks such as:

- Preheating the oven to the correct temperature
- Using the microwave
- Using a blender with assistance
- Using a knife to cut, slice or dice with supervision

# MyPlate FINGER PUZZLE Game

## Your Nutrition Fortune

Choose **MyPlate.gov**

**DAIRY**

You will share your French Fries with a friend since a serving is just 10 fries. Choose more dark veggies and orange veggies for more nutrients.

**PROTEIN FOODS**

Your muscles could get stronger and bigger if you exercise them daily. Get at least 60 minutes of exercise every day.

If you can name the food group that provides iron, protein and zinc, you can play the game again! (Answer: Protein Foods Group)

If you consume 5 ounces of grains every day, your body will receive nutrients to process your body to climb a bike. Whole grains give you even more nutrients!

You will find 2 cups of fruit hidden in your meals today—your breakfast, your snack, your lunch and dinner. Be sure to eat 1 1/2 - 2 cups of fruit every day.

Your bones will be stronger if you consume 3 servings a day of low-fat and fat-free dairy products like milk, cheese and yogurt.

You will start your head by eating breakfast today. Make sure you have at least 3 different food groups in your meal.

You will enjoy a tall, cold glass of chocolate milk today. It has nine essential nutrients plus energy to help your body after sports.

**GRAINS**

**FRUITS VEGGIES**

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### Instructions:

1. Copy the Nutrition Fortune game for your file and for handouts.
2. Cut out the large yellow square on the dashed lines.
3. Put the printed side face down and fold each corner to the center.
4. Turn the folded paper over so the flaps are now face down.
5. Once again, fold each corner to the center point, making a square and crease.
6. Fold in half and crease to make a rectangle, then fold in half again to make a square. This is your finger puzzle game.
7. Unfold twice and using both hands, place both thumbs and index fingers under each flap.
8. Push toward the center and practice opening and closing the game piece.
9. Ask a partner to pick a color and you spell the color by opening and closing game piece for each letter of the color: **B-L-U-E**, that would be 4 moves.
10. Next ask your partner to look at the foods and pick their favorite. Spell the food with your puzzle. Your partner should choose one more favorite food, then lift the panel to read your partners *nutrition fortune*.

## Powder, Powder its more than just milk!

When it comes to saving money in your grocery budget be sure to choose instant nonfat dry milk fortified with vitamins A and D, nutritionally, 1 cup of reconstituted dry milk has about the same calories and other nutrients as 1 cup of nonfat fluid milk. Buy the amount you will use within a reasonable amount of time. Store nonfat dry milk in a cool, dry place, and use it within the “best if used by” date on the package. Prepare only as much as you need by adding water to reconstitute it so it takes up less refrigerator space and stays fresher. Nonfat dry milk and water can be substituted for fluid milk as a beverage, or it can be used in place of milk in recipes.

### How to Reconstitute Instant Nonfat Dry Milk (NDM)

| To make this much fluid milk | Combine this amount of NDM  | With this amount of water |
|------------------------------|-----------------------------|---------------------------|
| 1/4 cup                      | 1 tablespoon + 1 teaspoon   | 1/4 cup                   |
| 1/3 cup                      | 2 tablespoons               | 1/3 cup                   |
| 1/2 cup                      | 2 tablespoons + 2 teaspoons | 1/2 cup                   |
| 1 cup                        | 1/3 cup                     | 1 cup                     |
| 1 quart                      | 1 1/3 cup                   | 1 quart (4 cups)          |

### When preparing NDM, remember these safety tips:

- Use a container, measuring cup and spoon that have been washed with hot, soapy water.
- Mix well and store in the refrigerator.
- Use within two days for best flavor.

### These are some ways to use reconstituted NDM in place of fluid milk:

- Casseroles, cream soups and stews
- Cocoa
- Pudding\*
- Scrambled eggs
- Smoothies
- Homemade breads, muffins, pancakes, waffles\*
- Mashed potatoes

\* Add the NDM to the dry ingredients, then add the appropriate amount of water.



## Granola Bars

- 4 c. uncooked oats (not instant)
- 1 c. packed brown sugar
- 1 tsp. vanilla
- ½ tsp. ground cinnamon
- ½ c. raisins or dried cranberries
- ½ c. shredded coconut
- 1 c. chopped nuts (cashews, peanuts or walnuts)
- ¾ c. melted butter
- ½ c. honey

Combine all ingredients in a large mixing bowl. Mix well with greased hands and press into a well-greased 15.5-inch by 10.5-inch jelly roll pan. Bake at 450 degrees for eight to 10 minutes or until light golden brown. Cool thoroughly and cut into bars. Store in an airtight container to keep The



## Cinnamon Tortilla Chips

- 10 10-inch flour tortillas (whole-wheat or white)
- Butter-flavored cooking spray
- ½ to 1 tsp. cinnamon
- 1/3 c. sugar

Preheat oven to 350 degrees. Mix cinnamon and sugar together and place in empty spice container (or use commercial cinnamon-sugar mix). To make cinnamon chips, coat one side of tortilla with cooking spray. Cut into wedges of desired size and place in single layer on baking sheet. Sprinkle with cinnamon sugar. Spray again with cooking spray. Bake for eight to 10 minutes. Repeat for remaining wedges. Cool for 15 minutes. Serve with salsa.  
m chewy.

