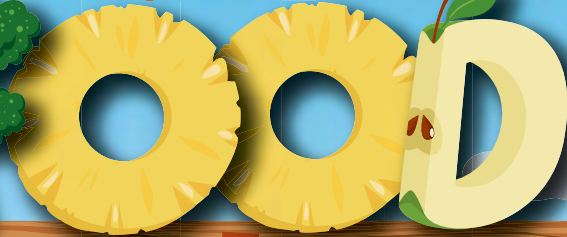


Kohl's Cooks for Kids
presents:



Adventures



KOHL'Scares

Tampa Bay
Times
NIE
newspaper in education
tampabay.com/nie



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NIE staff

- Jodi Pushkin, manager, jpushkin@tampabay.com
- Sue Bedry, development specialist, sbedry@tampabay.com
- Noelle Sansom, coordinator, nsansom@tampabay.com

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Credits

Written by Johns Hopkins All Children’s Hospital staff
 Curriculum activities by Jodi Pushkin, Times staff
 Project manager: Sue Bedry, Times staff
 Designed by Stacy Rector, Fluid Graphic Design LLC

Florida Standards

This publication and its activities incorporate the following Florida Standards for elementary school students: **Health:** HE.2.B.4.1; HE.2.B.6.1; HE.2.C.1.1; HE.3.B.3.1; HE.3.B.3.2; HE.3.B.3.3; HE.3.B.5.4; HE.3.B.6.1; HE.3.B.6.2; HE.3.C.2.5; HE.3.C.2.6; HE.3.P.7.1; HE.3.P.7.2; HE.3.P.8.1; HE.4.B.5.4; HE.4.B.5.5; HE.4.B.6.1; HE.4.B.6.2; HE.4.C.1.1; HE.4.C.1.2; HE.4.C.2.1; HE.4.C.2.5; HE.4.C.2.6; HE.4.P.7.2; HE.4.P.8.1; HE.5.B.3.1; HE.5.B.3.3; HE.5.B.4.2; HE.5.B.5.5; HE.5.B.6.1; HE.5.B.6.2; HE.5.C.1.1; HE.5.C.1.2; HE.5.C.1.3; HE.5.C.1.4; HE.5.C.1.6; HE.5.C.2.5; HE.5.C.2.6; HE.5.C.2.7; HE.5.C.2.8; HE.5.P.7.1; HE.5.P.7.2; HE.5.P.8.1. **Language Arts:** LAFS.2-5.L.1.1; LAFS.2-5.L.1.2; LAFS.2-5.L.2.3; LAFS.2-5.L.3.4; LAFS.2-5.L.3.5; LAFS.2-5.L.3.6; LAFS.2-5.RF.3.3; LAFS.2-5.RF.4.4; LAFS.2-5.RI.1.1; LAFS.2-5.RI.1.2; LAFS.2-5.RI.1.3; LAFS.2-5.RI.2.4; LAFS.2-5.RI.2.5; LAFS.2-5.RI.2.6; LAFS.2-5.RI.3.7; LAFS.2-5.RI.3.8; LAFS.2-5.RI.3.9; LAFS.2-5.SL.1.1; LAFS.2-5.SL.1.2; LAFS.2-5.SL.1.3; LAFS.2-5.SL.2.4; LAFS.2-5.SL.2.6; LAFS.2-5.W.1.1; LAFS.2-5.W.1.2; LAFS.2-5.W.1.3; LAFS.2-5.W.2.5; LAFS.2-5.W.3.8

MyPlate Tips

Choose **MyPlate.gov**

Fruits

- Provide illness-fighting nutrients.
- Best choice: whole fruits instead of fruit juice. Juice lacks fiber and can be high in sugar.
- The natural sweetness of fruit makes it a great option for dessert instead of cake or cookies.

Grains

- Provide fiber, B vitamins and minerals for maintaining body function and providing energy.
- Best choice: whole-grain foods.
- Whole grains include brown rice, wild rice, buckwheat, bulgur, millet, oatmeal, popcorn and quinoa.

Dairy

- Provides calcium for building strong teeth and bones.
- Best choice: fat-free or low-fat foods.
- Try low-fat string cheese and fruit for an after-school snack, a low-fat yogurt with lunch or a glass of skim milk with dinner.

Vegetables

- Provide vitamins for good eyesight and can help cuts and bruises heal faster.
- Best choice: Choose a rainbow of different colored vegetables every day.
- The more types of vegetables you eat, the better for your health. Try to avoid fatty and high-calorie sauces and dips such as ranch or thousand island.

Protein

- Provides the building blocks for strong muscles and helps you feel full.
- Best choice: lean meats, fish with high levels of omega-3, beans, nuts and seeds.
- A bean burger can be just as tasty as beef – without the fat.

Meet the Team (I-R)

- Sky Roberts**
writer
- Kellie Gilmore**
community wellness manager
- Melanie Newkirk, M.S, R.D.N, C.S.P., L.D.N.**
Fit4Allkids instructor
- Raquel Hernandez, M.D., M.P.H.**
Fit4Allkids medical director, director of medical education and assistant professor of pediatrics
- Janelle Garcia, Ph.D.**
Fit4Allkids coordinator
- Anita Jimenez**
culinary expert





Fit4Allkids – and families!

Are your vegetables boring? Do your meals need a makeover? Then share this page with your family! When families team up to create meals together, it's easy to be healthy.

Kids are more likely to try new foods when they play a role in choosing and preparing them. That's why Johns Hopkins All Children's Hospital offers many programs, from after-school nutrition education to evening family cooking classes and special community events, to help kids and their families make nutritious choices and become adventurous eaters.

This project was made possible by a generous Kohl's Cares grant from Kohl's Department Stores and is supported by the Kohl's Cooks for Kids culinary program and events held in cooperation with Johns Hopkins All Children's Hospital. To learn more about the Kohl's Cares program, visit any Kohl's store nationwide or go to kohls.com/cares.

Johns Hopkins All Children's Hospital in St. Petersburg is a leader in children's health care, combining a legacy of compassionate care focused solely on children since 1926 with the innovation and experience of one of the world's leading health care systems. The 259-bed teaching hospital, ranked as a *U.S. News & World Report* Best Children's Hospital, stands at the forefront of discovery, leading innovative research to cure and prevent childhood diseases while training the next generation of pediatric experts. With a network of Johns Hopkins All Children's Outpatient Care centers and collaborative care provided by All Children's Specialty Physicians at regional hospitals, Johns Hopkins All Children's brings care closer to home. Johns Hopkins All Children's Hospital consistently keeps the patient and family at the center of care while continuing to expand its mission in treatment, research, education and advocacy. For more information, visit HopkinsAllChildrens.org.

Kohl's Cooks for Kids Family Cooking Class

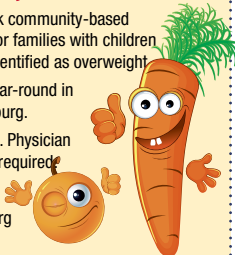
- A five-week session of classes focused on making nutritious choices and gaining culinary skills.
- Offered year-round in St. Petersburg, Largo, Holiday, Hudson and Palm Harbor.
- Ages 8+. At least one adult must attend.
- Cost: Free

KohlsCooksForKids.org

First Steps: Fit4Allkids

- A six-week community-based program for families with children who are identified as overweight
- Offered year-round in St. Petersburg.
- Ages 7-11. Physician referral is required.
- Cost: Free

Fit4Allkids.org



Parent Power

Sarah Krieger, M.P.H., R.D.

Food for a child has many purposes: It encourages growth, supports a healthy mind and improves energy and focus. Here are a few tips to help your children get the best nutrition:

- ★ Have a child pick out a vegetable at the store or market and then prepare it together at home. Participation in cooking helps kids become adventurous eaters.
- ★ Look online or in cookbooks for inspiration on how to prepare new-to-you foods, especially vegetables. Choose recipes with pictures so kids know before tasting how it will look.
- ★ Try to offer veggies at every meal and snack time to make sure kids get the recommended daily amount.
- ★ Limit snacks to two or more hours before dinner.
- ★ Before giving up on a food, try preparing it in different ways. Knowing your child's flavor and texture preferences can help you find a way that works.
- ★ It's okay to be honest and tell the kids there is a vegetable with your favorite foods instead of hiding it. How about adding stir-fried peppers and onions to pizza or chopped cauliflower to rice or pasta?
- ★ Use the MyPlate guide to build the foundation of meals and snacks.
- ★ Sitting together at a table without screens is a great setting for a meal and snack.
- ★ Kids are more likely to eat a variety of foods if the adults they are eating with do, too.

For more information, email achFit4Allkids@jhmi.edu.

Welcome to

FIT 4 ALL KIDSVILLE

Follow healthy habits to keep moving, but watch out for bad habits that will set you back. The first player to reach the end of the path wins the game.

SETUP:

- You will need beans of different colors and/or shapes and a set of dice.
- This game works best with two to four players.
- Open up this poster and place it on a flat surface.
- Each player picks a different bean and places it on the START space.

GAMEPLAY:

- Roll the dice to determine who goes first. The player with the highest number will roll again to start the game. Play then passes to the left.
- On his or her turn, each player will roll the dice and move forward that many spaces.
- Follow the directions on the square. Some squares require the player to complete a task before moving their piece forward. Other squares will send the player's piece backward.
- There can be more than one player on a square at a time.

HOW TO WIN THE GAME:

If you are the first player to reach the end of the path, you've been following healthy habits and have won the game!

King Kale

Pineapple Palace

Queen Cabbage

Princess Kiwi

Duke of Dill

Mango Mountains

Asparagus Woods

Broccoli Forest

Start

Banana Boats

Cape Carrot

Tasks and Instructions:

- Went on a hike. Move ahead 3 spaces.
- Chase a squirrel of water. Move back 4 spaces.
- Name a red fruit to move ahead 3 spaces.
- Name an orange vegetable to move ahead 2 spaces.
- Played video games for 4 hours. Lose a turn.
- Do 5 toe touches to move ahead 5 spaces.
- Rode your bike after school. Take another turn.
- Started a garden! Take another turn.
- Do 5 jumping jacks to move ahead 5 spaces.
- Snacked on chips and soda. Move back 6 spaces.
- Ate yogurt for a snack. Move ahead 3 spaces.
- Name a whole grain to move ahead 2 spaces.
- Went for a swim. Move ahead 2 spaces.
- Ate ice cream for breakfast. Lose a turn.
- Watched TV for 2 hours. Move back 5 spaces.
- Ate 5 servings of veggies! Roll again!
- Spent all day Saturday on the computer. Lose a turn.
- No breakfast? Go back to Start.
- Ate fruit for dessert. Move ahead 5 spaces.
- Named a fruit to help for this family. Drawing gives the reward!
- Made a recipe from the Yum Yum! Let's Make Some Family Cookbook! Skip across the rainbow!
- Ate salad for lunch! Roll again.
- Cooked a family dinner. Move ahead 6 spaces.
- Walked to school. Move ahead 4 spaces.
- Ice cream for breakfast. Lose a turn.

Learning with the Times

Fruit and veggie scavenger hunt

Try to find some of these words in the *Tampa Bay Times*. You can earn extra points if you can find pictures as well as words. If you cannot find the words, find the letters and spell out the word. Be sure to check the news articles as well as the advertisements. The Taste section should be a good place to begin.

- | | | |
|------------|-----------|---------|
| Apple | Asparagus | Avocado |
| Blueberry | Broccoli | Carrot |
| Caiflower | Date | Grape |
| Jicama | Kiwi | Lemon |
| Lettuce | | |
| Melon | | |
| Mushroom | | |
| Onion | | |
| Pea | | |
| Potato | | |
| Strawberry | | |
| Tomato | | |

Eating healthy

Look through the articles and recipes in the Taste section of the *Tampa Bay Times* (in Wednesday's newspaper). Find a recipe that sounds good to you, and split apart the ingredients according to the My Plate guide below. Place each ingredient in a section of the pyramid. Do you have a well-rounded meal? If not, what do you need to add to enhance the nutritional value? Are there high-calorie or high-fat ingredients in the recipe? How can you modify the recipe to be more healthful? Share what you have learned with your class.



Getting fit

Getting fit and exercising can be a lot of fun, especially when you keep track of your results and share those results with others. Keep a fitness journal for a three- to four-week period. Record the activities you took part in, including work around the house; walks to school, the store and around the neighborhood and other forms of activity. If you think you need more exercise, what changes can you make to increase your activity level? Write down all of the activities you do each day and see if you can increase your activity a little bit each week. Share your results with your class and family. Next, look through the *Tampa Bay Times* for advertisements and articles about sports and fitness equipment. Based on the articles and ads you find, determine what the most popular ways to stay fit in your area are. Make a list of these methods. Now think about each method, do some research and decide the positive and negative attributes of each method. Create a list that shows the positive and negative points as well as your overall critique of each method. Share what you have learned with your class.

Create a menu

Did you know that eating at least five cups of fruits and vegetables daily will improve your health? Fruits and vegetables are important not only in reducing the risk of developing certain types of cancer, but also in reducing the risk of heart disease, diabetes, stroke and obesity. You can help your family create a healthy menu, including the 5-a-day rule. Using the ChooseMyPlate.gov website, create a weekly menu that includes all of the proper nutrition (including fruits and veggies). Look in the *Tampa Bay Times* for pictures to illustrate your menu. Also, look for advertisements for healthful foods. List the cost of the foods next to the pictures on your menu. Can you eat healthful foods on a budget? Share your menu with your class and family.



Don't make poor choices

Though many of us know the difference between healthy and unhealthy food choices, we are often convinced by highly effective advertising to make poor eating choices. Look at the advertisements in the *Tampa Bay Times*, and select several examples of ads for foods and beverages that you think are nutritionally poor. Analyze your selections carefully, making brief notes on the arguments or techniques used to sell each of the foods of low nutrition and value. In a small group, discuss your findings. How is the advertiser trying to convince readers to buy the product? Is the information truthful? Is it misleading? On a piece of construction paper or poster board, create an ad for a low-nutrition food that might convince the best-informed of readers to make this food choice. Next, create an ad for a high-nutrition food that might convince readers to make this food choice. Discuss what you have learned with your class.

Critical thinking skills

It is time to use your critical thinking skills. Monitor the *Tampa Bay Times* for one week. Save all articles that focus on health, fitness, food and cooking. Write down the main points for each article. Using the Kids' sections of the ChooseMyPlate.gov and LetsMove.gov websites, note whether these articles are focusing on positive or negative choices. Choose one of the points represented in one of the articles to write a blog post to share with your peers. Be sure to use examples from the article and the website to support your ideas. Share your article and what you have learned with your class.



Food for thought

Before you eat, think about what goes on your plate. Foods such as vegetables, fruits, whole grains, low-fat dairy products and lean-protein items contain the nutrients you need without too many calories. The United States Department of Agriculture suggests these options: Make half your plate fruits and vegetables; drink skim or 1 percent milk; make at least half your grains whole; vary your protein food choices; and cut back on foods high in solid fats, added sugars and salt. Based on these suggestions, create your own plate! Find photos and words in the *Tampa Bay Times* to create a plate for breakfast, lunch and dinner.



Talk with a Doc

9-5-2-1-Almost none Healthy Tips

Raquel Hernandez, MD, MPH, FAAP
Fit4AllKids medical director and assistant professor of pediatrics

Staying healthy is as easy as counting down! Have you heard about 9-5-2-1-Almost none? If you follow these numbers every day, you'll be on the path to a healthy lifestyle.

- 9 hours of sleep: Getting enough sleep is an important part of staying healthy. The light from electronics can disrupt your natural sleep cycle. Talk to your family about setting a "family bedtime" when everyone can relax for the night.
- 5 cups of fruits and vegetables: Did you know that not only are veggies and fruits full of vitamins and minerals you need to stay healthy, but they can also help keep you full? Help your family pick out a new veggie to try every week and prepare it as a family. Don't forget to keep fruits and veggies close for quick snacks.
- 2 hours or less screen time: TV, video games and time spent on computers, tablets and other devices are common sources of inactivity, which is a leading risk factor for an unhealthy lifestyle. Challenge yourself to spend no more than two hours a day (not counting homework) with electronics.
- 1 hour of physical activity: Getting active is a great way to be healthy. Choose activities that are fun for you or start a competition with your family to see who can be the most active.
- Almost none: Skip sugary drinks such as soda, sports drinks and fruit juice. Instead, choose water or flavored water when you can.



Are you ready to make some more recipes?

Ask an adult to go online to KohlsCooksforKids.org and request a free copy of our *Yum Yum! Let's Make Some* family cookbook.

Stir Up Something New

Try out your cooking skills with these easy-to-make, kid-approved fruit and veggie dips. Don't forget to ask an adult for help!



Veggies with Awesome Sauce

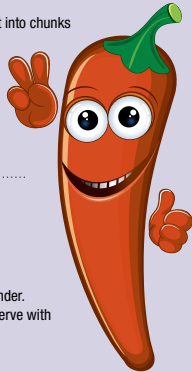
What You Need:

- ¾ cup buttermilk
- 1 tablespoon + 2 teaspoons vinegar
- ¼ teaspoon pepper
- ½ cup parsley leaves

- ¾ cup light mayonnaise
- ½ teaspoon salt
- 2 green onions, cut into chunks
- 1 clove garlic

What You Do:

1. Put all ingredients in a blender and blend until smooth.
2. Pour the sauce into small cups and serve with a variety of cut-up veggies, such as broccoli, carrots, green beans, sugar snap peas and peppers.



Salsa Roja

What You Need:

- 1 (28-ounce) can of whole peeled tomatoes
- ¼ large onion
- 1-2 serrano or jalapeño peppers, seeded (optional)

- ½ bunch cilantro
- ½ teaspoon salt

What You Do:

1. Drain the tomato juice from the can of tomatoes and put the tomatoes in a blender.
2. Add the remaining ingredients to the blender and process until well blended. Serve with whole grain tortilla chips or cucumber slices.

Pumpkin Fruit Dip

What You Need:

- 1 (15-ounce) can of pumpkin
- ¼ cup maple syrup
- ½ teaspoon ground ginger
- Chopped pecans, raisins and/or pumpkin seeds (optional)

- 1 pint of Greek yogurt
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon allspice

What You Do:

1. Put all ingredients in a bowl and whisk until smooth.
2. Serve with cut-up fruit, such as apples and pears, sprinkled with optional toppings.

Word Scramble

Unscramble the words below to find out what you should eat or drink every day. Can you name an example of each?

S R I T F U

G S A T E V E L E B

T O R N E I P

R Y I A D

L O W E H A N S R I G

E R A T W

