

Kohl's Cooks For Kids

presents

PASSPORT TO FLAVOR



KOHL'S
Cares

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

In cooperation with

all
children's hospital
JOHNS HOPKINS MEDICINE

Newspaper in Education

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational resources — a “living textbook.” Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world.

Since the mid-1970s, NIE has provided schools with class sets of the *Tampa Bay Times* plus award-winning original curriculum supplements, teacher guides, lesson plans, educator workshops and many more resources at no cost to schools, teachers or students. Each year, more than 5 million newspapers and electronic licenses are provided to Tampa Bay-area teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors. NIE teaching materials cover a variety of subjects and are correlated to the Florida Standards.

For more information about NIE, visit tampabay.com/nie, call 800-333-7505, ext. 8138 or email ordernie@tampabay.com. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

Newspaper in Education Staff

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

© Tampa Bay Times 2015

Credits

Project manager: Sue Bedry, *Times* staff
Written by the All Children’s Hospital Fit4Allkids team
Curriculum activities by Jodi Pushkin, *Times* staff
Designed by Stacy Rector, Fluid Graphic Design, LLC

This publication and its activities incorporate the following Florida Standards for middle school students: **Health** HE.6-8.B.3.1; HE.6-8.B.3.3; HE.6-8.B.4.1; HE.6-8.B.4.2; HE.6-8.B.4.3; HE.6-8.B.5.2; HE.6-8.B.6.3; HE.6-8.C.1.8; HE.6-8.C.2.1; HE.6-8.C.2.2; HE.6-8.C.2.3; HE.6-8.C.2.4; HE.6-8.C.2.5; HE.6-8.C.2.7; HE.6-8.C.2.8; HE.6-8.P.8.1; HE.6-8.P.8.3; HE.6-8.P.8.4

Language Arts LAFS.6-8.L.1.1; LAFS.6-8.L.1.2; LAFS.6-8.L.2.3; LAFS.6-8.L.3.4; LAFS.6-8.L.3.6; LAFS.6-8.RI.1.1; LAFS.6-8.RI.1.2; LAFS.6-8.RI.1.3; LAFS.6-8.RI.2.4; LAFS.6-8.RI.3.7; LAFS.6-8.SL.1.1; LAFS.6-8.SL.1.2; LAFS.6-8.SL.1.3; LAFS.6-8.SL.2.4; LAFS.6-8.SL.2.5; LAFS.6-8.SL.2.6; LAFS.6-8.W.1.1; LAFS.6-8.W.1.2; LAFS.6-8.W.1.3; LAFS.6-8.W.2.4; LAFS.6-8.W.2.5; LAFS.6-8.W.2.6; LAFS.6-8.W.3.7; LAFS.6-8.W.3.8; LAFS.6-8.W.3.9

Meet the team

The Fit4Allkids team at All Children’s Hospital Johns Hopkins Medicine works with kids and families every day to encourage them to eat healthy and be more active and fit. Team members are focused on creating a healthy tomorrow for all children and truly hope that everyone will enjoy the information in this publication.



Kellie Gilmore
Fit4Allkids outreach coordinator



Anita Jimenez
PEP program coordinator and culinary expert



Sarah Kreiger MPH, RD
Fit4Allkids lead nutrition expert and instructor



Sky Roberts
All Children’s Hospital communication specialist

The Fit4Allkids team would like to extend special thanks to our contributing physicians for sharing their expertise:



Raquel Hernandez M.D., MPH FAAP
Assistant professor of pediatrics,
Johns Hopkins University School of Medicine, and
director of medical education
All Children’s Hospital Johns Hopkins Medicine



Pallavi Iyer, M.D.
Medical director, All Children’s
Specialty Physicians, Endocrinology & Diabetes





Be a Taste explorer

Food is not a one-size-fits-all experience. The world is full of a variety of vegetables and fruits that can be prepared in many different ways. Think about exploring new foods you've never tried before — you might just end up with a plate filled with color that tastes good, too.

There is no better place to start your taste adventure than right in your own back yard. Florida has many more vegetables and fruits to offer than you might realize. You can even visit many local farms to pick your own produce.

Once you've sampled the local fare, explore new cultures. Across the world, food plays a key role in how we live our lives and interact with each other. Borrow ideas from other areas of the world to find a new favorite breakfast food, add a new twist to your lunch or spice up your dinner.

The most important thing is to experiment and have fun with your meals. Try vegetables

that look strange and unusual. Mix and match herbs and spices until you find a seasoning you like. Be adventurous!

Consider this publication to be your passport to flavor. From traditional dishes to new takes on old favorites, use the featured recipes to kick off your journey. When you're ready to find more recipes and ideas, visit KohlsCooksforKids.org, where you also can learn about family cooking classes, read inspirational stories and watch the Kohl's Cooks for Kids video series. All Children's asked cooking class and Palm Harbor Middle School students to spend some time in front of a green screen to make these fun and informative videos that have aired on local television and on Pinellas County Schools' cafeteria televisions.

NIE wins international award

In 2014, Fit4Allkids, the family nutrition education and fitness program at All Children's Hospital, and the Tampa Bay Times Newspaper in Education program were awarded a World Young Reader Prize special mention by the World Association of Newspapers and News Publishers (WAN-IFRA).

Entries for the World Young Reader Prize are submitted from all over the world. The Fit4Allkids Newspaper in Education program was the only North American publication to receive one of these prestigious awards in 2014.

Since 2009, All Children's and NIE have collaborated to produce an annual Fit4Allkids curriculum supplement focused on fitness and nutrition. Each year targets a different age group and has a different editorial focus.

The 2014 World Young Reader Prizes were awarded at the 2014 World Young Reader Summit and Ideathon, held Nov. 24, 2014, in Bali, Indonesia.



Learning with the Times Learning new words

When you study new things, you often come up against some tough vocabulary words! Most

vocabulary words are learned from context clues or good old-fashioned dictionary work. While you read this publication, be sure to highlight or circle words you don't know. Try to figure out the words' meanings by looking for clues in the sentences around them. Write down your best guess, and then look the words up in a dictionary. As a group activity, make a list of the words students identified and see which ones stumped the class. Next, use these words for a news scavenger hunt. See if you can find these words in the *Tampa Bay Times*. The group that finds the most words wins the game.

Breakfast

around the world



Whether you call it breakfast, desayuno, colazione, proinó, morgenmad or zâocán, breakfast is the most important meal of the day. Starting the day with good food will help keep you full and focused. In addition to breakfast, students in many countries will bring a snack, such as a roll and fruit, to have around 10 a.m.

Scrambled eggs are a favorite around the globe. In Colombia, you might find tomato and scallions mixed into scrambled eggs. Families often enjoy this breakfast favorite with arepa (a type of corn tortilla), queso fresco (a semi-soft white cheese) and hot chocolate.

Breakfast in Italy is small, usually consisting of a pastry such as a jam-, cream- or chocolate-filled cornetto and a cup of espresso or cappuccino. Many kids will enjoy coffee with their parents, but milk and hot chocolate are also popular choices.

Most Greek families rely on products that are produced locally, so breakfast can vary depending on the region of the country. In general, Greeks enjoy a combination of wheat bread (possibly baked with olives or raisins), fresh local cheese or yogurt, a vegetable, cheese or meat pie, and olives, honey, fruit and nuts.

An average breakfast for students in Den-

mark is hearty yet simple. It might include oats and milk topped with a teaspoon of sugar, oatmeal cooked with water and garnished with apple slices and almonds, low-fat yogurt or a slice of whole-grain bread with cheese. Sugary cereals are available in grocery stores, but most families reserve them as a treat for special occasions.

Breakfast in Taiwan is about convenience. Items that can be made quickly and eaten on the go are a must. Popular items include egg pancakes and sandwiches, which often have ham or vegetables mixed in, steamed pork buns, rice rolls stuffed with pork and pickled vegetables, and crispy pan-fried buns filled with vegetables. Don't forget a glass of warm soy milk!



What is MyPlate?

MyPlate is a food guideline icon developed in 2011 by the U.S. Department of Agriculture to remind people to make healthier choices by illustrating how to build a balanced plate. Many countries around the world use a similar format for planning school lunches. The biggest difference between the U.S. guidelines and what other nations use is the fruit section. Other nations may represent fruit as a side dish or dessert, and vegetables will cover an entire half of the plate. You can learn more about MyPlate by visiting ChooseMyPlate.gov.



Learning with the Times Exploring other cultures

Although basic food ingredients are similar across cultures, how those ingredients are used and combined can be very different. Think about the types of food you eat in your home. Do they represent a specific culture? Make a list of the foods in your journal. Look through the *Tampa Bay Times* for advertisements and listings of local restaurants. See how many ethnic restaurants (those that feature the cooking of a particular nation or culture) you can find. Cut out the ads. How many different cultures are represented? Which ethnic food is most popular in your area? Imagine you can create your own restaurant featuring a variety of foods representing different cultures. Create a name for this restaurant and a menu. Next, outline a social media campaign for this new restaurant.

Lunch around the world



Lunches in other countries can be quite different from what you may be used to. If you buy your lunch from the cafeteria, you probably don't have much control over what you get. If you bring your lunch to school, what do you think about while packing it? See how your lunch compares to these global lunches.

Japanese students will often take a bento (box lunch) to school with them. A bento will typically consist of rice, cooked vegetables, eggs and grilled fish or other meat. Most of these items are leftovers from the previous day's meals. In fact, many families will plan meals around what leftovers will make good bentos. Items in a bento often will be arranged in cute or eye-catching designs – Japanese food is as much about looks as it is taste.

French schools place high importance on serving healthy school lunches. The food is often cooked on site in school kitchens, and very little is processed or prepackaged. French students may dine on a salad or grain dish as a side with a main course of mostly vegetables and a protein, such as a sausage. Treats such as ice cream are enjoyed occasionally, though a more typical dessert is a piece of fruit.

New Zealand does not have a national school lunch program, so students rely on bringing a lunch from home that they enjoy outdoors or in their classroom. Because there is no lunch program, there is no cafeteria. Schools may have a

small snack store, called a canteen, where students can purchase prepackaged snacks and drinks or some fresh items like wraps, though options are very limited.

In Denmark, most students bring a packed lunch from home, although a few schools offer lunches. A typical lunch is two or three slices of rye bread made into open-faced sandwiches with sliced vegetables and perhaps a slice of lunch meat. Some students will bring a handful of almonds or a piece of fruit for a snack.

All school lunches in Finland are fully funded by the government, and students do not bring lunches from home. A sample meal, which follows a format similar to the American MyPlate guidelines, is on display in all cafeterias. Many Finnish schools do not allow soda, sweets or other “junk food” items such as potato chips in classrooms or the cafeteria.



Meal mapping

Can you find all of the countries listed on the pages of this publication on a map of the world? First make a list of all of the countries. Separate the countries first by continent and then in alphabetical order. Mark each country on a world map.

Make your own bento

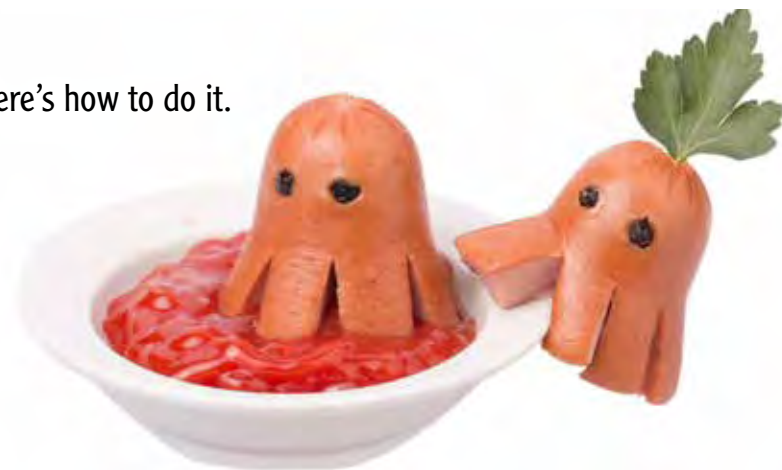
Easy to make and fun to eat, octopus-shaped sausages are bento box essentials. Here's how to do it.

What you need:

Hot dogs or sausages
Oil
Sesame seeds
Honey

What you do:

- Cut the sausages into 3-inch-long pieces.
- Slice the bottom two-thirds of each piece in half, as shown in the photo at right.
- Rotate 90 degrees and slice again. You should now have four “tentacles.”
- Slice each tentacle in half lengthwise, for a total of eight.
- Heat the oil in a frying pan and cook the sausages on medium heat until cooked thoroughly and the tentacles are opened up.
- Use the honey to stick sesame seeds onto the top of each octopus for eyes.



Try this!

Have you ever been to the grocery store and wondered, “How am I supposed to eat that?” Some vegetables and fruits are strange and alien looking. Others may look familiar, but you may not know how to cook with them. Use these tips and recipes to try something new with your family.



Kohlrabi

What it tastes like: Similar to cabbage.

Look for: Kohlrabi is available in green and purple varieties and may be sold with or without the leaves. Choose round bulbs that are 3 inches in diameter or smaller for a sweeter flavor.

Storage: Remove the leaves and store in the refrigerator for up to two weeks.

How to enjoy: Roast, add to soup or stew, or shred and slice to enjoy raw in a salad or slaw. Make sure to wash and peel away the tough outer layer before cooking.



Spring/summer radishes

What it tastes like: Crisp with a spicy kick.

Look for: Choose radishes that are smooth with minimal blemishes and no mushy spots. The most common types of radishes are no larger than a Ping-Pong® ball. These radishes can be red, pink or purple.

Storage: Wrap loosely in a paper towel and store in the crisper drawer of your refrigerator. Radishes will last for at least a week.

How to enjoy: Use the greens in a salad or to make a pesto sauce. Enjoy the bulb raw in potato, tuna or green salad, use in any recipe as a substitute for turnips, or slice thin and bake into chips. Always wash radishes before using.



Eggplant

What it tastes like: Neutral to pleasantly bitter.

Look for: Choose eggplants that are heavy for their size with no cracks or discoloration. Eggplants can be purple, green, white or striped, teardrop- or cylinder-shaped, small or large.

Storage: Keep in the crisper drawer of your refrigerator for up to a week.

How to enjoy: Eggplants are often used as a meat substitute. You can slice and grill them, make a dip or add to pizza, pasta or curry.



Leek

What it tastes like: Similar to an onion, but sweeter and lighter.

Look for: Firm, crisp stalks with as much white and light green areas as possible. Avoid those with yellow or withered tops.

Storage: Refrigerate unwashed in a plastic bag for up to two weeks.

How to enjoy: Wash before using and use as you would an onion. Add to salads, soups, pastas, mashed potatoes and more.



Carambola (star fruit)

What it tastes like: Sweet and mild, like a mix of a pear and citrus fruit.

Look for: Select a shiny and firm star fruit that is yellow and does not have a lot of brown on it.

Storage: Keep at room temperature until you can smell its aroma, then refrigerate for up to a week.

How to enjoy: Slice crosswise to reveal a fun star shape and eat raw, dip in chocolate or add to a stir-fry or fruit salad.



Rambutan

What it tastes like: Sweet and sour, similar to a grape.

Look for: A spiky, bright red rind resembling a sea anemone, 2 to 3 inches in length. Don't worry about the spikes. They are soft and harmless!

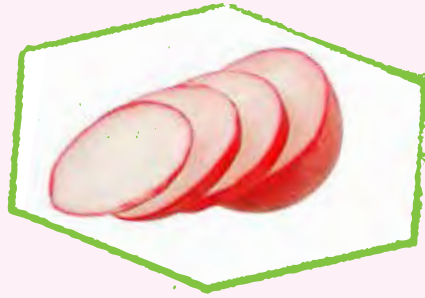
Storage: Keep in a plastic bag in your refrigerator and eat within a few days.

How to enjoy: Peel away the rind as you would an orange and remove the seed. Enjoy on its own or in a fruit salad or smoothie.

Radish chips

What you need:

- Fresh radishes
- Nonstick cooking spray
- Salt and pepper



What you do:

- Thoroughly wash the radishes.
- Preheat your oven to 375 degrees.
- Lightly coat a baking sheet with nonstick cooking spray.
- Cut the radishes into very thin slices. Discard the tops and tails, and spread out on the baking sheet.
- Mist the radishes with the cooking spray and season with salt and pepper to taste.
- Bake the radish chips for 10 minutes. Flip the chips and bake for another 5 to 10 minutes or until crispy.

Tip: For even more flavor, try adding seasonings such as a lemon pepper blend or dill in addition to salt and pepper!

Food for thought

All food, including fruits and vegetables, have calories, dietary fiber and various vitamins. Many also have sugars, fat, cholesterol, sodium, potassium and protein. On the Internet, look up each of the ingredients listed on this page and write down the nutritional values. Create a chart with the information that you can share with your class and family.

Kohlrabi slaw with Dijon vinaigrette

What you need:

- 1 large carrot
- 1 to 2 kohlrabi bulbs
- 2 tablespoons orange juice
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar
- Raisins, dried cranberries and/or nuts (optional)
- Salt and pepper



What you do:

- Thoroughly wash the carrots and kohlrabi.
- Using a peeler or paring knife, remove the outer layer of the kohlrabi.
- Shred the carrots and kohlrabi into a bowl.
- If desired, add raisins, dried cranberries and/or nuts.
- Mix all the ingredients together and set aside.
- In a small bowl, whisk together the orange juice, olive oil, apple cider vinegar and Dijon mustard. Season with salt and pepper to taste.
- Toss the slaw and dressing mixture together just before serving.

Eggplant rollatini

What you need:

- 1 (1-1½ lb.) eggplant
- Olive oil spray
- 1 (15 oz.) container of low-fat ricotta
- 1 egg
- 2 tablespoons parmesan
- ¼ teaspoon garlic powder
- ¼ cup chopped basil
- 1 cup grated mozzarella
- 6 thin slices of ham
- 1½ cups marinara sauce



What you do:

- Cut the eggplant into ¼-inch-thick slices. Tip: cut at a diagonal to get larger pieces.
- Spray a skillet with olive oil and heat it to 300 degrees. Add the eggplant slices and sprinkle them with salt. Cover the skillet and cook for 2 minutes. After 2 minutes, remove the lid, spray the tops of the eggplant slices with oil and flip them over. Cover and continue to cook on the second side for 2 more minutes or until the eggplant is soft and flexible, but still holding its shape. Repeat until all the slices are cooked.
- Allow the skillet to cool. Once it is cooled, clean and dry it.
- Mix together the ricotta, egg, Parmesan, garlic powder, basil and ½ cup of the mozzarella.
- Cut the ham slices in half. Place one half slice on top of each eggplant slice.
- Place 2-3 tablespoons of the ricotta mixture in the center of each ham slice.
- Spread ½ cup of marinara sauce in the bottom of the skillet. Roll the eggplant slices into tubes and place in the skillet seam-side down.
- Spoon the remaining sauce over the rollatini and sprinkle with the remaining mozzarella.
- Heat the skillet to 300 degrees. Cover and cook for 15 minutes.
- Turn the heat off, uncover and let the rollatini rest for 5 minutes before serving. Remove with a spatula.



Learning with the Times Going beyond the text: labels

While fruits and vegetables do not have labels because there are no additional ingredients in the item, most processed foods do have labels. Food labels can be confusing. Believe it or not, there is a lot of science behind each food label that you see. The information on the labels is important and required by law. You can see an example of a food label on the Choose My Plate website: choosemyplate.gov/downloads/NutritionFactsLabel.pdf. Some typical items on a food label are ingredients, calories, fat, cholesterol, sodium, potassium, carbohydrates, dietary fiber, sugars, protein and various vitamins. What are these things and why is it important for you to know that they are in your food? Look up the terms listed and do some research to find out why they are listed on nutrition labels. Using the advertisements in the *Tampa Bay Times*, make a list of some of your favorite foods. Look up the nutritional information for these foods. Are the foods you like healthy choices? Explain why they are good or bad choices for you. If they are bad choices, find an alternative item to include in your daily food plan. Write a blog post about the information you have learned and share the information with your class and family.

Oven-crisp chicken fingers

What you need:

- | | |
|-------------------------------------|-----------------------|
| 2 eggs | 1 tablespoon water |
| 1 boneless, skinless chicken breast | Parmesan bread crumbs |

What you do:

1. Preheat the oven to 350 degrees.
2. Cut the chicken breast into ½-inch strips.
3. In a large bowl, beat the eggs and water together.
4. Pour the bread crumbs into another bowl.
5. Dip each chicken strip into the egg mixture and then into the bread crumbs.
6. Place the breaded strips on a wire rack on a cookie sheet (this will keep them crispy while cooking).
7. Bake the strips for about 15 minutes or until the chicken is crisp and no longer pink.

Mac & sneaky cheese

What you need:

- | | |
|--|---|
| ½ medium onion, finely diced | 4 tablespoons butter |
| ⅓ cup flour | 2 cups milk |
| 6 oz. grated Swiss cheese | 2 cups pureed butternut squash |
| ⅛ teaspoon nutmeg | 1 teaspoon salt |
| ¼ teaspoon pepper | 2 cups frozen petite peas, thawed in warm water |
| 1 lb. pasta shells, cooked according to package directions | |

What you do:

1. Heat a heavy pot over medium heat. Add the butter and melt. Add the onions. Reduce the heat to medium low, cover and cook, stirring occasionally, until the onions are translucent and tender, about 10 minutes.
2. Remove the cover and stir in the flour. The mixture will become pasty.
3. Gradually add the milk, stirring continuously and adding more milk as the sauce thickens.
4. Once the milk is all incorporated, add the cheese, stirring until it is melted.
5. Add the squash and mix well. Fold in the remaining ingredients.
6. Serve immediately, or, if allowed to cool, reheat in the oven at 350 degrees until warmed through.



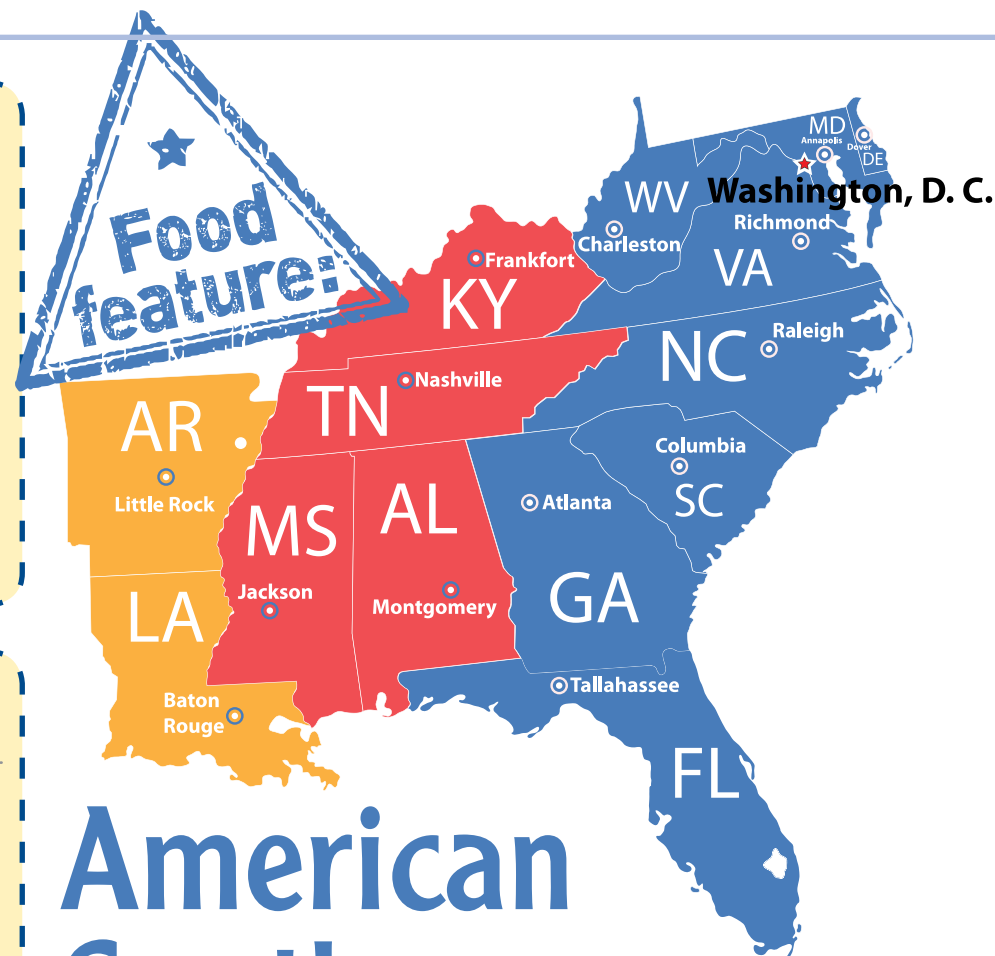
Learning with the *Times* Eating healthy

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 food pyramid. 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? Your friends don't always eat healthy meals. You need to design an ad to convince your friends to eat a healthy but unpopular food (pick one). What information will you use to persuade your audience? Write a persuasive editorial, blog post or letter to convince your friends that your revised recipe is healthy and tastes good.

Swapping ingredients

Caldo gallego is a yummy dish. It does contain some meat products, though. What ingredients would you change to make this recipe vegetarian?



American South

Location: Southeastern United States

Staples: Pork, corn

Herbs and Spices: Chili powder, Creole seasoning, pumpkin pie spice (a blend of cinnamon, ginger, cloves, nutmeg and allspice), thyme, rosemary, sage, paprika

Living in the South is all about good company and good food. Southern family gatherings often feature dishes such as crispy fried chicken, barbecue pork, potato salad and collard greens. Cooking styles vary from state to state and can be influenced by Spanish, French, African and Caribbean cooking. Southern cooking typically embodies the idea of “comfort food.”





Food feature:

Cuba



Location: Off the coast of southern Florida

Staples: Root vegetables such as yuca, malanga and boniato

Herbs and spices: Sofrito — a sauce of onion, green pepper, garlic, oregano and ground pepper quick-fried in olive oil

Cuban cuisine is very popular in South Florida and shares similar flavors of food with other Caribbean nations. When it comes to preparation, hardly anything in Cuban cuisine is deep fried or covered in a cream sauce. Instead, chefs rely on spices to add flavor to their meals. Meats are typically marinated in lime, orange or other citrus juices and then roasted over low heat until fall-off-the-bone tender.

Simple yuca simmer

What you need:

2 pounds yuca root	2 tablespoons lemon juice
2 cloves garlic, chopped	2 tablespoons chives
½ teaspoon salt	⅛ teaspoon ground black pepper
Water	

What you do:

1. Rinse the yuca root well. Cut off the tapered ends and discard.
2. Cut the yuca root into 6-inch lengths. Stand each piece on end and use a sharp knife to cut away the peel in strips until it is completely gone. Tip: Vegetable peelers are not recommended for peeling yuca because the peel is very thick and typically covered in a protective wax coating.
3. Cut each peeled piece in half lengthwise, then lengthwise in half again so that the root is quartered into wedges with the fibrous core exposed.
4. Remove the core by cutting off the inner corner of each wedge and discard.
5. Combine the yuca, lemon juice, garlic, chives and salt in a large pot with enough water to cover the yuca. Bring to a boil.
6. Lower the heat to a simmer, cover and cook until tender, about 15 minutes.
7. Use a colander to drain the yuca, sprinkle with pepper and serve hot.

Caldo gallego

What you need:

½ tablespoon olive oil	2 chorizo links, thinly sliced (about 3.5 oz.)
4 ounces (oz.) diced ham	1 small onion, diced
3 cloves of garlic, minced	1 teaspoon paprika
¼ teaspoon pepper	8 oz. frozen chopped collard greens, thawed
32 oz. low-sodium chicken broth	2 potatoes, peeled and diced
2 turnips, peeled and diced	1 (15 oz.) can white beans, drained

What you do:

1. Heat a 2-quart pot over medium-low heat. Add the olive oil, chorizo, ham, onion, garlic and spices.
2. Stir, cover and cook until the onions are translucent, about 5-6 minutes.
3. Add all the remaining ingredients and increase the heat to medium. Cook for another 15 minutes or until the potatoes and turnips are tender.

Root veggies 101

A root vegetable is exactly what it sounds like — a vegetable that grows underground as the root of the plant. Roots are full of vitamins and minerals, and the slow-burning calories will help keep you full for a long time. Commonly used roots include carrots and sweet potatoes, but this family is home to many more varieties. Chefs in tropical regions such as the Caribbean use root vegetables in many dishes.



Boniato

Also known as the white sweet potato, boniato is common in South Florida. It is fluffier and less sweet than the traditional orange sweet potato but can be used in much the same way.



Malanga (cocoyam)

The malanga root is about the size and shape of a white potato, but with a somewhat hairy skin. These can be prepared as a potato substitute or ground into flour and used in place of wheat flour.



Yuca (cassava)

These roots are starchy and slightly stringy with a potato-like taste that is perfect for use in soups and stews. They also can be sliced and cooked like potato fries or even grilled.



Jicama

Pronounced Hi-ka-ma, the jicama root is crunchy and sweet. It works well in salsas, salads and stir-fry but can also be enjoyed raw. Just wash, peel and slice and you have a tasty snack.

Look it up

What is a root vegetable? What vegetables fall into this category? Why is the term "root vegetable" appropriate?



Vietnam

Location: Southeast Asia

Staples: Rice, fish sauce

Herbs and spices: Cilantro, mint, basil, lime leaf, lemongrass, scallions, garlic chives, perilla leaf, turmeric, ginger, Saigon cinnamon

Vietnamese food draws influence from its neighboring countries of China, Cambodia and Thailand as well as from its time under French rule. The basic elements of Vietnamese dishes are rice and fish sauce. Vietnam is one of the world's largest rice exporters, and rice is served in one form or another during most meals. Fish sauce is a funky and salty sauce made from fermented fish, typically anchovies. It can be used in everything from marinades and soup broths to salad dressings and egg roll dips. The most popular version is nước chấm, where the sauce is slightly diluted with a splash of lime juice, sugar, chilies and garlic.



Fast facts: Rice

- More than half of the world's population consumes rice as their primary dietary staple.
- Rice is full of vitamins and minerals, and supplies energy to keep your body and brain going strong.
- There are more than 40,000 different types of rice grown throughout the world.
- Rice is grown on every continent except Antarctica, covering more than 500 million hectares of land. One hectare is about the size of a soccer field.
- China, India, Indonesia, Bangladesh and Vietnam are the top five rice-producing nations.

Vietnamese fried rice

What you need:

- | | |
|---|--------------------------------------|
| 1 1/2 tablespoons rice vinegar | 2 tablespoons sugar |
| 2 tablespoons soy sauce | 4 to 5 cups chilled white rice* |
| 2 tablespoons peanut or vegetable oil | 2 large eggs |
| 2 tablespoons minced garlic | 1 teaspoon red pepper flakes |
| 1 1/2 cups scallion, chopped | 1 1/2 cups carrot, shredded |
| 2 cups cooked broccoli OR 2 cups fresh bean sprouts OR 1 1/2 cups frozen peas | 1/4 cup cilantro, chopped |
| | 1/4 cup dry roasted peanuts, chopped |
- * It is essential that the rice be made well ahead of time and be well chilled. This is a great use for leftover rice.

What you do:

1. Combine the rice vinegar, sugar and soy sauce in a bowl and set aside. Have all the other ingredients ready at hand in the order listed and be ready for fast cooking.
 2. Heat a wok or large frying pan to medium high and add the oil.
 3. Lightly beat the eggs. When the oil is hot, stir fry the eggs until scrambled, about 30 seconds.
 - Add the scallions, garlic and red pepper flakes and cook about 15 seconds or until fragrant.
 - Add the carrots and cook until softened, about 1 minute.
 - Add the broccoli (or peas/sprouts) and mix well.
 - Add the rice and cook, stirring often, for another 2 to 3 minutes, or until heated through.
 - Add the sauce and toss to coat evenly. Serve sprinkled with the cilantro and nuts. Serves 8-10 as a main course.
- Optional: Add 1-2 cups diced cooked chicken/beef/pork with the broccoli.

Bahn mi sandwiches

What you need:

- | | |
|---------------------------------|-------------------------------------|
| 3/4 cup rice vinegar | 2 tablespoons sugar |
| 1/2 teaspoon salt | 1 daikon (Asian radish) |
| 1/2 lb. carrot | 1/2 English cucumber, thinly sliced |
| 1/2 cup light mayonnaise | 2 teaspoons soy sauce |
| 1-2 teaspoons sweet chili sauce | 2 1/2-3 cups shredded chicken |
| 6 thin slices ham | 12-16 sprigs of cilantro |
| 2 crusty thin baguettes | |

What you do:

1. Mix the vinegar, sugar and salt in a metal or ceramic bowl, until the sugar and salt are dissolved.
2. Peel and grate the daikon and carrots and add to the vinegar mixture. Set aside. This should be made at least 15 minutes before making the sandwiches and can be made up to a day in advance.
3. In a separate small bowl, mix together the mayonnaise, soy sauce and chili sauce.

To assemble the sandwiches:

4. Cut the bread lengthwise close to the bottom around the ends and one side, and then pull open.
5. Pull out the soft inside of the bread so that it creates a bowl. Discard the inside.
6. Spread the mayonnaise evenly on both sides of both baguettes.
7. Cut the ham slices in half, and arrange on the hollowed-out side of the bread.
8. Using tongs, spread the vegetables on top of the ham.
9. Put the chicken on top of the vegetables, dividing evenly between the two baguettes.
10. Arrange the sliced cucumbers on top of the chicken.
11. Arrange 6-8 sprigs of cilantro on each sandwich. Cut each baguette into thirds to serve.

What's in season?

Use this chart to find which Florida-grown fruits and vegetables to look for each month.

Florida Food Challenge

Florida is celebrated for its oranges and strawberries, but did you know that many more vegetables and fruits are grown locally? Produce that is in season and grown close to where you live will not only taste better, but also will cost less. Over the next year, take the Florida Food Challenge with your family. Each week, pick one or two Florida-grown vegetables or fruits to try. Use the chart at right to find what is in season each month for the freshest, crispiest and juiciest items. Visit the Florida Department of Agriculture's website at FreshFromFlorida.com to print out monthly shopping lists, find local farmers markets or plan a family trip to a U-pick farm.

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Avocado	🍎					🍎	🍎	🍎	🍎	🍎	🍎	🍎
Bell Pepper	🍎	🍎	🍎	🍎	🍎						🍎	🍎
Blueberry				🍎	🍎							
Broccoli	🍎	🍎	🍎									
Cabbage	🍎	🍎	🍎	🍎	🍎							🍎
Cantaloupe				🍎	🍎	🍎						
Carambola (Star Fruit)	🍎	🍎	🍎	🍎			🍎	🍎	🍎	🍎	🍎	🍎
Carrot				🍎	🍎							
Cauliflower	🍎	🍎	🍎	🍎								🍎
Celery	🍎	🍎	🍎	🍎	🍎							🍎
Cucumber			🍎	🍎	🍎					🍎	🍎	🍎
Eggplant	🍎	🍎	🍎	🍎	🍎	🍎					🍎	🍎
Grapefruit	🍎	🍎	🍎	🍎	🍎				🍎	🍎	🍎	🍎
Guava	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎
Lettuce	🍎	🍎	🍎	🍎								🍎
Longan							🍎	🍎				
Lychee						🍎	🍎					
Mango					🍎	🍎	🍎	🍎				
Mushroom	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎
Orange	🍎	🍎	🍎	🍎	🍎	🍎			🍎	🍎	🍎	🍎
Papaya		🍎	🍎	🍎	🍎	🍎						
Passion Fruit	🍎					🍎	🍎	🍎			🍎	🍎
Peanut	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	🍎	
Potato		🍎	🍎	🍎	🍎	🍎						
Radish	🍎	🍎	🍎	🍎	🍎						🍎	🍎
Snap Bean	🍎	🍎	🍎	🍎	🍎						🍎	🍎
Spinach			🍎	🍎								
Squash	🍎	🍎	🍎	🍎	🍎					🍎	🍎	🍎
Strawberry	🍎	🍎	🍎	🍎								🍎
Sweet Corn	🍎	🍎	🍎	🍎	🍎	🍎				🍎	🍎	🍎
Tangerine	🍎	🍎	🍎	🍎	🍎				🍎	🍎	🍎	🍎
Tomato	🍎	🍎	🍎	🍎	🍎	🍎				🍎	🍎	🍎
Watermelon				🍎	🍎	🍎	🍎					

Tech it out

by Raquel G. Hernandez, MD MPH, FAAP
Diplomate, American Board of Obesity
Medicine



Did you know that being physically active is one of the best things you can do for your health? Studies have shown that kids who exercise at least 60 minutes per day, at least three times per week, can live longer, sleep better and have higher levels of self-confidence. It's fantastic for you!

Technology, including physical activity trackers, is very helpful in getting kids and adults to be more active. The more we track what we do, the more likely we are to reach our goals and to reach higher levels of activity. In fact, some studies have shown that the use of pedometers (devices that track your steps per day) was associated with nearly a 30 percent increase in a person's activity.



Devices such as FitBit®, Nike® Fuel Band, and Jawbone® bands have technology within them that allows for tracking of your total steps per day, the amount of active minutes and even your sleep patterns, among other things. These devices can sync with your smartphone, PC or other devices so that this information is always at your fingertips.

Is an activity tracker the right thing for you? Here are a few benefits to consider:

- Activity trackers tell you how active or inactive you are. A standard step goal per day would be about 10,000 steps. How do you think you do?
- If you are actively trying to lose weight or become more fit, an activity tracker gives you an idea of how far you are from your goals in fitness or weight. Logging diet and activity with trackers can often help you lose weight as well as be more thoughtful about what you eat and drink.
- If you're interested in knowing more about and improving your sleep, activity trackers are great tools. Weight loss and greater fitness can't occur without the right amount of sleep.

Not all activity trackers are the same, and there are a lot of choices out there. Find the product that you think fits your needs best. Once you've got your tracker, get moving and tech it out! You'll see how much fun tracking your activity and reaching new limits can be.



Learning with the *Times* Peer pressure

Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them, and that includes eating junk food. Find an article in the *Tampa Bay Times* in which peer pressure may have played a role. In your journal, write about the peer pressure you see, read and hear about at your school and in your community. Explore why it is important for people to be prepared for situations where they may feel pressured to do something that may have negative effects on their lives. Write a one-page essay focusing on the article from the newspaper and your journal points. Be sure to use specific examples from the article to support your ideas.

School nutrition

Public school districts offer a wide array of nutrition services to students and families. Find out more about your district's initiatives:



Feeding Body & Mind...One Child At A Time

Hillsborough County Public Schools
Student Nutrition Services

813-840-7092

www.sdhc.k12.fl.us/sns



Pasco County Schools
Food and Nutrition Services

727-774-2439

www.pasco.k12.fl.us/nutrition



Pinellas County Schools
Food Service

727-588-6000

pcsb.org/Page/3406



Learning with the *Times* Making good 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 nutritional value. In a small group, discuss your findings. 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. Share your ads with your class. In your groups, decide which ads are more effective and why.

Pinellas County Schools Nutrition and Culinary Program



Fit4Allkids at All Children's Hospital has teamed up with Pinellas County Schools to bring a new cooking and nutrition program to 23 Pinellas middle schools and one high school.

Over the course of three years, our nutrition and culinary experts will lead students on an exploration of unfamiliar foods while expanding nutrition knowledge and developing healthy eating habits.

Get a taste of what students are learning by checking out the program's food prep videos online at vimeo.com/album/3110170.

Meet the team

The Nutrition and Culinary Program's team has five instructors and is led by program coordinator and culinary expert Anita Jimenez. The instructors come from diverse backgrounds in health and nutrition education as well as culinary fields. One has even traveled from as far away as Colorado to join the program. Jimenez dishes the details on this exciting new program.

Why is this program such a big deal?

A.J. – "We know that eating vegetables and fruits helps in reducing the risk of diseases such as diabetes, as well as helping to maintain a healthy weight. Our goal is to educate kids on the preparation of foods that contain a variety of vegetables and fruits, get them excited about experiencing new tastes and encourage them to take that knowledge and enthusiasm home to share with their families."

How does this program tie in to the existing eighth grade curriculum?

A.J. – "While our program emphasizes cooking skills, we also reinforce the nutrition information that is being taught in the classroom. We talk about eating a 'rainbow' of colors for balanced nutrition, as well as the effects of eating too much of the wrong foods."

What have you found the students like best? What do they dislike?

A.J. – "The students fill out a survey every time we meet to help guide our recipe selection. They are very honest with their assessments. Though they are

enthusiastic about most items they try, we have been surprised with the favorites so far this year – soups loaded with lots of vegetables!"

Are you using any foods that students might be unfamiliar with?

A.J. – "Students are exposed to at least 25 vegetables and fruits during the course of the six-week program. Some are familiar, such as onions, carrots and celery, and some are unfamiliar to the majority of students, such as fennel, butternut squash, kale and eggplant. The students come with a lot of food prejudices, but they are almost always willing to try something they thought they didn't like when it is prepared in a way that looks and smells appealing. Adding a little meat or cheese to a recipe goes a long way in getting the kids to experiment with new flavors."

What kind of experience are your classes gaining?

A.J. – "It's so great to see the kids gain confidence in their ability to use kitchen tools. Every week I ask if anyone has made the recipe at home, and there are always a few that tell me of their experiences, how their families liked it and how they might have changed it. I love seeing their food vocabularies increasing. I think these classes really open the students up to taking culinary risks. I tell them to walk through the produce section of the grocery store and see how many vegetables you can now identify and know how to prepare."

Making smart choices

By Pallavi Iyer, M.D., medical director, All Children's Specialty Physicians, Endocrinology & Diabetes



Why is following a healthy lifestyle so important? Making smart choices from childhood onward lowers our chances of developing obesity-related health problems.

Too much unhealthy weight can put us at risk for heart disease, cholesterol problems, high blood pressure, type 2 diabetes, fatty liver disease, joint pain, sleep apnea and menstrual problems. So, let's make a pact to live our lives healthfully.



Every day, think: 5-2-1-0. That means:

- Eat five servings of fruits and vegetables
- Spend less than two hours in front of the screen (TV, computer, tablet or smartphone).
- Exercise for at least one hour.
- Drink zero sweet drinks such as regular juice, soda, sweet tea, lemonade and sports drinks.

When going to the grocery store, make a plan — stay on the outside perimeter of the store. For example, start with the produce section. Then, make your way to meats and seafood, dairy and frozen vegetables. Shopping this way will save

you money, time and calories.

Sitting down, turning off electronics and eating as a family can also be helpful. Slow down your eating by putting down your fork between each bite. This gives your brain a chance to realize that you are full.

Here's to making thoughtful choices every day.

Calling all teachers, parents and family members

Become a Voice4Allkids advocate and make a difference in the lives of every child that will need the care of All Children's Hospital, now and in the future.

Voice4Allkids

As an advocate, you will help to pass laws that protect and improve the health, safety and well-being of children. It is an awesome responsibility, and one that we take very seriously at All Children's.

Voice4Allkids advocates are contacted by email when children's issues that require community voices are needed. You will be asked to contact key legislators with your concerns through a simple custom email that will not require much time.

If you are interested in becoming a Voice4Allkids advocate, please visit allkids.org/advocacy or call Anita Lake at 727-767-2392.

Think about your drink

Sweet (and sometimes even not so sweet) drinks can contain a lot of added sugar. Before reaching for a sugary drink, think about this:

- An 8-ounce sweet tea has nearly 8 teaspoons of sugar — the equivalent of about seven or eight cookies.
- A 20-ounce bottle of fruit-flavored juice has the same amount of sugar as two 7-ounce canisters of whipped cream.
- A 13.7-ounce bottled coffee drink or a 16-ounce energy drink contains the sugar equivalent of six glazed doughnuts.

How much sugar does your favorite drink have? Find out with this quick activity:

What you need:

- granulated sugar
- measuring teaspoon
- clear container such as a plastic cup
- the nutrition label from your favorite drink

What you do:

- 1) Find where sugar is listed on your nutrition label. How many grams of sugar does it contain?
- 2) Convert the grams of sugar to teaspoons of sugar. Four grams of sugar are equal to about one teaspoon of sugar.
- 3) Using the teaspoon, measure the number of teaspoons from step 2 into the container. Is there more or less sugar than what you thought there would be?
- 4) Empty the container and repeat this activity with other favorite drinks and foods. Record the results.
- 5) Read the "Just Add Water" article on page 15. How do your favorite items compare to the recommended guidelines for sugar?

Just ~~add~~ water

Did you know that sugar-sweetened beverages are the No. 1 source of added sugars in the American diet?

In fact, over the past 50 years, consumption of sugary drinks has increased 500 percent. In just the past 10 years, sugary beverages have surpassed milk as the largest category of caloric intake in children. Sugar-sweetened drinks account for 10 to 15 percent of the average child's total daily calories.

Because children consume a large amount of calories from sugar-sweetened beverages, it is no surprise that about one in three American kids and teens is overweight or obese – nearly triple the ratio in 1963. In recent years, research has made the connection between sugar-sweetened beverages and the increase in cardiovascular disease, high blood pressure, type 2 diabetes and overall healthcare costs. Physicians are now seeing children with what were once considered adult diseases, such as hypertension and high cholesterol, caused by being at an unhealthy weight.

Sugar comes from many different items that we eat – even fruits, veg-

etables, grains and milk all have natural sugars. Other sugars that are added to foods during processing may increase a person's risk of heart disease. These added sugars are found in soda and other sugar-sweetened beverages, baked goods, candy and ice cream, among other items. They can even make their way into seemingly "healthy" beverages such as sports drinks, fruit drinks and flavored milks.

Consider this: A 12-ounce can of regular soda contains about 150 calories and 10 teaspoons of sugar. The recommended sugar intake is no more than 100 calories a day (6 teaspoons) for adult women, and no more than 150 calories a day (9 teaspoons) for adult men.

Because children's ages, sizes and nutrition needs vary, there is no specific recommended sugar intake for them. Kids and teens should consume as little added sugar as possible. One can of soda contains more sugar than any child or adult should consume in a day.

The American Heart Association recommends limiting the amount of added sugars in all the foods that people eat. Switching to low- and no-calorie bever-

ages such as water and fat-free or low-fat milk from full-calorie soft drinks is a good place to start. Try some of these tips for other ways of eliminating excess sugar:

- Reduce the amount of sugar you add to beverages like tea, coffee and milk. Syrups and mixes for flavored milk can contain a lot of sugar.
- Make your own naturally flavored water. Add fresh sliced fruit, vegetables and herbs to ice water. Citrus, berries or cucumbers and mint are a few refreshing ideas.
- If you like the bubbles of soda, give sparkling water a try. It comes in many different flavors. Just be sure to check the label to ensure that you are getting one that is free of calories, sodium and artificial sweeteners.

Sugar can make you feel sluggish, but hydrating with water can increase energy levels, making it easier to reach and maintain a healthy weight. Drinking water also provides many important benefits for improving overall health, including regulating body temperature, cushioning joints and other sensitive areas and eliminating wastes.

One can of soda

contains more sugar than any child or adult should consume in an entire day. A 12-ounce can of regular soda contains about 150 calories and 10 teaspoons of sugar. The recommended sugar

intake is no more than 100 calories a day (6 teaspoons) for adult women, and no more than 150 calories a day (9 teaspoons) for adult men.



Learning with the Times Monitoring the news

Food and nutrition are always hot topics in the newspaper. Monitor the *Tampa Bay Times* for a week and keep track of all of the articles on food and nutrition. Also, keep an eye out for advertorials that are promoting nutritious or weight-loss

products. Take notes about what the main idea of each article is. Do you agree or disagree with the ideas being presented? Are the articles presenting helpful choices? Write a blog post about what you have learned. Be sure to use specific examples from the news articles or advertisements in your post. Share your ideas with your class.

Think about it

According to a 2012 article in the journal *Nature*, sugar is "a toxic substance that should be regulated like tobacco and alcohol." Some studies have shown that too much sugar not only can cause obesity, but it also can harm our livers and hearts and impair our metabolism and brain functions. There are quite a few different types of sugars. With a partner, do some research about the different types of sugars and how they can affect your body. Make a chart with the information you find and share it with your class and family.



Eat your frozen vegetables

Spinach, broccoli, cauliflower, green beans, lima beans, Brussels sprouts, onions, turnips and collard greens are all examples of vegetables that are tasty when fresh, but also can be found in the freezer section of the grocery store. Why choose frozen? Because the vitamins and minerals found in vegetables are very sensitive to light, water, time and heat.

Broccoli is a favorite vegetable of Fit4Allkids families, so let's use it as an example. Broccoli, like all vegetables, starts to lose nutrition the minute it is picked. If your broccoli is picked in a field a few states away, travels by truck to the grocery store and then sits for a few days in the store before you buy it, do you think it still has the same amount of nutrients it did the moment it was picked? The truth is that the longer it takes vegetables to get from the field to your plate, the more nutrients are lost.

To solve this problem, look no further than

the freezer aisle. These vegetables are usually blanched to preserve their quality and frozen within hours of being harvested. Blanching is a cooking process in which food is plunged into boiling water, then into ice water to stop the cooking process. This process helps the vegetables transition to the freezer with very few nutrients lost.

Frozen vegetables will last at least six months in the freezer, so they are ready when you are. Just beware of frozen vegetables with added butter, salt or sauces. It is better to choose plain frozen vegetables and dress them up yourself at home. Since frozen vegetables are slightly cooked already, they can be easily steamed with a small amount of water in the microwave or on the stove. They also make great additions to stir-fry, soups, chili, meatloaf and casseroles. The recipes are up to you, so get cooking – and enjoy those vegetables!



Learning with the Times Journaling to self discovery

Knowing who you are is the first step in being healthy and taking charge of your life. Keeping a journal is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping your journal, read the *Tampa Bay Times* to test yourself. What are your thoughts about the things you read in the news? To begin your journal, write about something that you have read in the *Times* or this publication that directly affects your life. Share some of your journal entries and thoughts with your peers.

Fit4AllKids and families

Are you ready to give your meal a makeover? Joining a Kohl's Cooks for Kids family cooking class will teach you all the skills needed to prepare a healthy and delicious meal with your family. This five-week session of classes is free to families and is offered several times a year at locations across the Tampa Bay area. More information can be found online at KohlsCooksforKids.org.

Families that need a little extra help making the change to a healthy lifestyle might find the Fit4Allkids Weight Management and Nutrition Education program to be a good fit. Since 2004, All Children's Hospital has been helping families develop a healthy and active lifestyle by providing children and families with the latest nutrition information, family coaching and fun fitness activities. Read more at Fit4Allkids.org and ask your doctor if the program is right for you.



Yum Yum! Let's Make Some

More than a year in the making, the third version of Fit4Allkids' award-winning cookbook, *Yum Yum! Let's Make Some*, is packed with more than 50 new recipes, including an all-new chili section. These recipes have been submitted by families and kids just like you through Fit4Allkids' family firehouse cook-offs and teen chili challenges.

Yum Yum! Let's Make Some not only has many new recipes, but also includes meal ideas, suggestions for creating your own recipes, and lots of nutrition and cooking tips to help you along the way. Request your free family cookbook by visiting KohlsCooksforKids.org.



In cooperation with

KOHL'S
Cares

