

# KOHL'S Cooks for Kids

*presents*

**Dirt**  
to  
**Plate!**



In Collaboration with

**KOHL'S Cares**  
Committed to Kids' Health and Education

Tampa Bay  
**Times**  
**NIE**  
newspaper in education  
[tampabay.com/nie](http://tampabay.com/nie)

all  
children's  
hospital

JOHNS HOPKINS  
MEDICINE



# Meet the team

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



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Special thanks to Mike Sexton, director of creative services, for the cover photo, and to Ellen Arky, institutional communications manager, for her editing expertise. Thanks to our Fit4Allkids interns Sky Roberts and Melinda Yeung for their time and contributions to this project.

**KOHL'S Cares**  
Committed to Kids' Health and Education

**Fit4Allkids**



## 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* that directly affects your life. Share some of your journal entries and thoughts with your peers.

# KOHL'S Cooks for Kids

Does the phrase "dirt to plate" get your attention? We hope so! This Tampa Bay Times Newspaper in Education publication is intended to get kids and families to eat more fresh foods that come straight from the earth. Of course, we are hoping that you wash and prepare everything prior to actually adding it to your plate.

So to help you, All Children's Hospital and Kohl's Cares (Kohl's Department Stores) have teamed up with the Tampa Bay Times Newspaper in Education program to offer you lots of great information on fresh foods, including fruits, veggies and even herbs, as well as some great information on gardening and how easy it can be to get something started, even if you don't have a lot of space.

Our Fit4Allkids and Kohl's Cooks for Kids program experts have put together some of their favorite recipes and shared their most trusted cooking secrets and want you



to share this information with your family. One of the best ways to get healthy and stay healthy is to add more fruits and veggies to your meals. After reading this publication, we hope that everyone will want to be a little adventurous and try something new.

In addition, we hope that you will visit our Fit4Allkids website. It features great resources, including fun cooking videos and information about our Kohl's Cooks for Kids cooking classes. We give young chefs the opportunity to show off their culinary skills and learn some new ones, as well.

**To learn more, just visit  
[fit4allkids.org](http://fit4allkids.org). You'll be glad you did.**





# Get to know us better

Are you ready to get healthy but don't know where to start? Look no further than the Fit4Allkids website! All the resources needed to get your family and you more active and fit are right at your fingertips.

For aspiring chefs, you can find fun cooking videos and the recipe suggestions for healthy eating all day long. You will learn how to incorporate the foods you need into meals you will love. You can learn how to make a zesty pepperoni pasta salad for lunch, chocolate sauce dip with fresh fruit for a snack or golden banana pancakes for any time of day. Want some more tasty recipes? Information about the Kohl's Cooks for Kids cooking classes also is available online. These classes give you and other young chefs the chance to show off your culinary skills and to learn new ones.



Eating well is only part of living a healthy life. You need to get active, too! To get you started, the Fit4Allkids website features a variety of stretch, strength and stride exercises that are fun for the whole family. These activities will keep you energized all day.

Do you want more information?

Take a look at our nutrition tips and videos. Do you need extra motivation? Check out the Fit4Allkids program! Experts at All Children's Hospital and the YMCA want to help you achieve your health and fitness goals.

Are you ready to get started?  
Visit [fit4allkids.org](http://fit4allkids.org).



## Tampa Bay Times NIE

newspaper in education

[tampabay.com/nie](http://tampabay.com/nie)

### Newspaper in Education

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

With ever-shrinking school budgets, the newspaper and our curriculum supplements have become an invaluable tool to teachers. In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors.

NIE provides supplemental materials and educator workshops free of charge. Our teaching materials cover a variety of subjects and are consistent with Florida's Next Generation Sunshine State Standards and Common Core Standards.

The *Times* and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For more information about NIE, visit [tampabay.com/nie](http://tampabay.com/nie). Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE), and check out the NIE Blogging Zone at [tampabay.com/blogs/niezone](http://tampabay.com/blogs/niezone).

To learn how to sponsor a classroom or education supplement or receive NIE resources at your school, go to [tampabay.com/nie](http://tampabay.com/nie) or call 800-333-7505, ext. 8138.

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### Credits

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**This publication incorporates the following Next Generation Sunshine State Standards:**  
**Health:** HE.6.B.3.1-3; HE.6.C.1.1-3; HE.6.C.1.7; HE.6.C.2.1-2; HE.6.C.2.7; HE.7.B.2.2-3; HE.7.C.1.1-3; HE.7.C.1.7; HE.7.C.2.1-3; HE.7.P.1.1; HE.8.B.2.1-3; HE.8.C.1.1-3; HE.8.C.1.7; HE.8.C.2.1-3; HE.912.B.2.1-3; HE.912.C.1.1-3; HE.912.C.1.7; HE.912.C.2.1-3  
**Language Arts:** LA.6.1.5.1; LA.6.1.6.1-10; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3; LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-5; LA.6.3.5.1-3; LA.6.4.2.1; LA.6.4.3.1-2; LA.6.5.2.1-2; LA.6.6.1.1-3; LA.6.6.4.1-2; LA.7.1.5.1; LA.7.1.6.1-11; LA.7.1.7.1-8; LA.7.2.2.1-5; LA.7.3.1.1-3; LA.7.3.2.1-3; LA.7.3.3.1-4; LA.7.3.4.1-5; LA.7.4.2.1; LA.7.4.3.1-2; LA.7.5.2.1-3; LA.7.6.4.1-2; LA.8.1.5.1; LA.8.1.6.1-11; LA.8.1.7.1-8; LA.8.2.2.1-5; LA.8.3.1.1-3; LA.8.3.2.1-3; LA.8.3.3.1-4; LA.8.3.4.1-5; LA.8.4.2.1; LA.8.4.3.1-2; LA.8.5.2.1-5; LA.8.6.4.1-2; LA.910.1.5.1; LA.910.1.6.1-11; LA.910.1.7.1-8; LA.910.2.2.1-5; LA.910.3.1.1-3; LA.910.3.2.1-3; LA.910.3.3.1-4; LA.910.3.4.1-5; LA.910.4.2.1; LA.910.4.3.1-2; LA.910.5.2.1-5; LA.910.6.4.1-2; LA.1112.1.5.1; LA.1112.1.6.1-11; LA.1112.1.7.1-8; LA.1112.2.2.1-5; LA.1112.3.1.1-3; LA.1112.3.2.1-3; LA.1112.3.3.1-4; LA.1112.3.4.1-5; LA.1112.4.2.1; LA.1112.4.3.1-2; LA.1112.5.2.1-5; LA.1112.6.4.1-2

**Reading this supplement and completing the newspaper activities in this publication can be applied to the following Common Core Standards:**  
**Reading informational text:** RI.6.1; RI.6.2; RI.6.3; RI.6.7; RI.7.1; RI.7.2; RI.7.3; RI.7.7; RI.7.9; RI.8.1; RI.8.2; RI.8.3; RI.8.7; RI.8.9  
**Writing:** W.6.1; W.6.2; W.6.3; W.6.4; W.6.5; W.6.7; W.6.8; W.6.9; W.7.1; W.7.2; W.7.3; W.7.4; W.7.5; W.7.7; W.7.8; W.7.9; W.8.1; W.8.2; W.8.3; W.8.4; W.8.5; W.8.7; W.8.8; W.8.9; W.9-10.1; W.9-10.2; W.9-10.3; W.9-10.4; W.9-10.7; W.9-10.8; W.9-10.9; W.11-12.1; W.11-12.2; W.11-12.3; W.11-12.4; W.11-12.5; W.11-12.7; W.11-12.8; W.11-12.9  
**Speaking & listening:** SL.6.1; SL.6.2; SL.6.4; SL.7.1; SL.7.2; SL.7.4; SL.8.1; SL.8.2; SL.8.4; SL.9-10.1; SL.9-10.2; SL.9-10.4; SL.11-12.1; SL.11-12.2; SL.11-12.4  
**Language:** L.6.1; L.6.2; L.6.3; L.6.4; L.7.1; L.7.2; L.7.3; L.7.4; L.8.1; L.8.2; L.8.3; L.8.4; L.9-10.1; L.9-10.2; L.9-10.3; L.9-10.4; L.11-12.1; L.11-12.2; L.11-12.3; L.11-12.4



# The 411 on cooking veggies

Now before you say, “Yuck, anything but vegetables,” we have some interesting ideas to share with you and it comes straight from the amazing chefs and nutrition experts at All Children’s Hospital. Sometimes it takes a few tries before you find the best way to prepare certain foods, and veggies are no different. There are several ways to cook vegetables, and they all produce a different result. Here are a few tips and tricks to cook delicious, nutritious veggies. Be adventurous and encourage your family to give these a try. You may find something new you really like.



## Steaming

Steaming is a great way to cook veggies so they retain their nutrients without added fat or sodium. Large chunks of veggies are tough to steam quickly, so cut vegetables into smaller pieces for faster cooking.

After washing and chopping the vegetables, fill a pot with about a quarter inch of water and place a steamer basket in the pot. Place the vegetables in the steamer basket and turn the heat on high to bring the water to a boil. Once the water is boiling, the heat can be turned down, but still maintain a boil. Cover the pot and cook the vegetables until tender. Cooking time will vary depending on the size of the vegetables, usually 5-12 minutes.

If you are not serving the vegetables immediately after steaming, have a bowl of ice water ready to “shock” your veggies. This will stop the cooking process so your veggies retain their color and texture.

**Special chef’s note:** You also can steam in the microwave. Just place evenly cut veggies in a microwave-safe bowl, add a little water and top with microwave-safe plastic wrap. Pull back one corner of the wrap so some steam can escape.



## Boiling



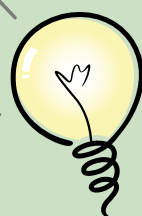
Boiling is a quick, easy way to cook vegetables, but if you don’t do it right, you can end up with flavorless, mushy veggies instead of brightly colored, tasty ones. The key is to cook vegetables in the shortest time so they retain as much flavor, color and nutrients (meaning vitamins and minerals) as possible.

**Step 1** - Wash the vegetables by gently scrubbing them under lukewarm water.

**Step 2** - Cut the vegetables into pieces: The smaller the pieces, the faster they will cook. That means less nutrient loss. The pieces should all be cut about the same size so they cook evenly.

**Step 3** - Bring the water to a boil and add a bit of salt and the chopped vegetables. Adding the vegetables will bring the temperature of the water down, so make sure to leave the heat turned up so the water comes to a boil again.

**Special chef’s note:** Green vegetables are best cooked until just tender in order for them to retain their bright green color. Chlorophyll is what gives green vegetables their vibrant color, and the longer they are cooked, the more chlorophyll is destroyed, leaving vegetables looking gray.



### Critical thinking corner

## Think about it

Eating vegetables provides many health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for the health and maintenance of your body. Most vegetables are naturally low in fat and calories, and none have cholesterol. Vegetables are chock full of vitamins, fiber and folic acid.

Source: United States Department of Agriculture



## Braising

This is a great technique that works well with all sorts of vegetables, especially those that don't have a lot of moisture content, such as carrots, parsnips, turnips and other root vegetables.

To prepare the vegetables, cut them into bite-size pieces. If you are using broccoli, separate the stems from the florets. Since broccoli stems take longer to cook than the florets, they will need to be started first and the florets added later in the cooking process.

Start off by heating a small amount of oil or butter over medium-high heat. You may, at the end of cooking, want to reduce the cooking liquid down to a glaze. In that case, use butter — it will work better. Add your vegetables and cook, stirring occasionally until brown. Firmer, thicker vegetables will take longer to brown than thinner, more delicate ones.

Once the vegetables are brown, add the cooking liquid, just enough to cover the food halfway. Start with  $\frac{1}{2}$  cup and build from there. For the liquid, chicken or vegetable broth is a flavorful choice. Season with salt, pepper and whatever herbs or spices you like.

Reduce the heat to medium-low, cover and let the vegetables finish cooking until tender.

**Special chef's note:** Remove the vegetables from the pan and raise the heat to high. Let the remaining liquid boil away until you have a thick sauce or a glaze. You can add a touch of sugar to make a slightly sweet glaze or add a small amount of butter for a rich, savory sauce to pour over vegetables.



### Learning with the Times Analyzing information critically

It is time to use your critical thinking skills. Using the electronic edition of the *Tampa Bay Times*, review the articles and ads for a one-week time period. Save all articles that focus on health, fitness, food and cooking. Write down the main points for each article. Be sure to comment on whether the article is focusing on positive or negative choices. Choose one of the points represented in one of the articles to write a research paper. You can focus your research and paper on any aspect of the article. After your paper is written, create an oral presentation for your class. Explain whether the information you found is positive, negative, helpful or harmful. Be sure to use specific examples from the article and your research in your paper and presentation.

# Cooking with your family

These next two methods are a little more involved and may require some adult assistance. Cooking with your entire family can be a fun experience, so share this information with your family and ask for help when needed.



## Roasting

This method really brings out the sugars in your veggies. Yes, we said sugar; even veggies can have a sweeter taste when prepared using this unique method. Roasting helps sweeten the veggies by caramelizing them. To do this, you will heat them at a very high temperature in the oven on a roasting pan.

Heat and surface area are the most important things to remember when roasting vegetables. Again, remember to ask for some adult help when using this method. The more surface area of the vegetable directly touching the roasting pan or the hot air of the oven, the more caramelization you're going to get. In order to achieve this, don't pile your vegetables on top of one another. Cut vegetables into small pieces. An elongated shape, such as a domino, for instance, will have more surface area than a cube.

Preheat your oven to 425 degrees Fahrenheit. The temperature can be adjusted hotter or cooler, depending on what ratio of browning-to-tenderness you want.

Cut your vegetables into even, bite-size pieces.

In a large bowl, toss the vegetables with salt, pepper and olive oil. Add enough olive oil to coat every piece. The oil will conduct heat, giving you an even browning rather than little dry bits.

Spread the vegetables out on a baking sheet, making sure they are all in one layer. Put the sheet in the upper third of the oven and roast, stirring and checking for tenderness about every 10 minutes.

**Special chef's note:** If the vegetables are tender but not brown enough, continue cooking under the broiler until browned. If they are as brown as you want them, but not yet tender, turn the heat down to 350 degrees Fahrenheit and sprinkle a few tablespoons of water over the vegetables to cool the pan and create a little steam.



# Fruity-licious

Who doesn't love fruit? It's juicy, sweet and delicious and there are loads of things to do with it. So we challenged our experts to come up with 10 ways to prepare and serve their favorite fruits. Here is what they came up with:

- 1 Try grilling some thick slices of pineapple, mango or peaches.
- 2 Make a smoothie using low-fat yogurt and just about any fruit you can think of. You can use frozen, fresh or canned.
- 3 Make a refreshing fruit soup by pureeing your favorite fruit with a little low-fat buttermilk or fruit juice. And don't forget to add some fresh herbs, such as mint or basil.
- 4 Add fruit to your salads for a little sweetness. Strawberries and spinach go well together. Mandarin oranges and romaine lettuce with a little chicken added makes a great Asian salad. Try some grilled apples and blue cheese with mixed greens and nuts.
- 5 Add fresh fruit to water to make refreshing fruit-flavored water. You can use melons, citrus fruit, strawberries, mangos and more.
- 6 Puree fresh, frozen or canned fruit, then pour into ice cube trays and freeze. Add a Popsicle stick about half way through the freezing process to make a healthy, sweet frozen treat.
- 7 Chop any fruit you like or a variety and sauté in a little butter until soft. Serve over angel food cake or frozen yogurt.
- 8 Add fruit to pancake batter for added vitamins and flavor.
- 9 Make your own fruit syrup. Put your favorite fruit in a pot, add water or fruit juice to just cover the fruit and cook until the fruit falls apart. Mix a little cornstarch with cold water and slowly add to the cooked fruit. Cook for about a minute or until the fruit is thick and clear.
- 10 Make a fresh mango salsa to serve with chips or to top grilled chicken or fish.
  - Chopped fresh mango
  - Finely diced red bell pepper
  - Finely chopped fresh cilantro
  - A splash of lime juice
  - A little fresh minced garlic
  - Finely chopped scallions (white and green parts)
  - Finely chopped jalapeno if you like some heat!



# Let's talk soup



Vegetables make a wonderful low-fat soup packed with vitamins and minerals. Making soup can even be fun! Follow the instructions below and you will have the chance to chop, simmer and blend your way to a healthy meal your whole family will enjoy.



Chop a variety of vegetables and simmer in a flavorful vegetable, chicken or beef broth for a quick meal. Just remember to cook longer-cooking vegetables first, then add more delicate vegetables later.

Root vegetables such as carrots, potatoes and parsnips — as well as green beans and winter squash —

will take longer to cook than vegetables such as summer squash and greens.

Add these after the tougher vegetables are tender so they don't turn to mush.

Delicious cream soups also can be made with vegetables. Broccoli, carrots, cauliflower, butternut squash and many more veggies can simply be boiled in a flavorful broth or water until very tender, then simply pureed in a blender. A small amount of cream or half and half can be added for a more velvety texture.

Liven up the flavor of soups by adding spices, dried or fresh herbs, garlic, ginger, soy sauce, hot sauce, flavored vinegar or flavored oils. Just remember to start off with small amounts of these items, as they are potent and add lots of flavor with just a little bit.



## Critical thinking corner Think about it

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body. Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C and folate (folic acid).

Source: United States Department of Agriculture



# Herbs and spice and everything nice



All great chefs know how to use herbs in a variety of different ways to make food taste great. By using herbs, you add flavor without adding additional salt or fat. This means food can taste great and be good for you at the same time.

The first thing you should know is that growing fresh herbs is very easy, and once you have a few of your favorites, they can be added to your favorite foods. Herbs also can be used to flavor water or make tea.

The second thing you should know is that you really don't need a lot of space to grow an abundance of herbs. They can be grown in small pots but do better if planted directly in the ground. All you need is some good soil and lots of sun.

## What you should know when cooking with herbs:

- One teaspoon of dry herbs is the same as one tablespoon of fresh herbs. Add dried herbs during the cooking process to help release their flavors. Add fresh herbs at the end of the cooking process, as they lose their flavor the longer they are cooked.
- Cooking with fresh herbs is simple and only limited by your imagination. Sure, there are traditional flavors that go well together, such as fish and dill, tomatoes and basil, turkey and sage, but you can experiment to find new and interesting combinations of flavors.
- Add chopped fresh herbs such as mint, basil or oregano to salads. Or chop finely and add to low-fat sour cream or Greek yogurt for a great potato topping.
- Make a salad dressing by adding finely chopped herbs to vinegar and oil or buttermilk.
- Add fresh mint to water to make a refreshing, healthy beverage.
- Use the hard woody stems of a large rosemary bush as skewers for grilling vegetables, shrimp or chicken. The flavors from the stems infuse the meat and veggies.
- Use fresh herbs in marinades for all types of foods. Mix fresh cilantro with lime juice, orange juice and some hot peppers for chicken. Try some fresh thyme or oregano mixed with a little oil and balsamic vinegar for portobello mushrooms. Or chop some garlic and rosemary with a little olive oil for some marinated shrimp.
- Use a mixture of dried herbs, paprika, salt and pepper tossed with diced potatoes and olive oil for fabulous baked fries.
- Make herb-flavored salts, vinegars and oils.



## 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 electronic edition of 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.

- Make herb-flavored butter. Simply chop any one or a variety of fresh herbs; then mix with softened butter. Arrange the butter on a piece of plastic wrap and roll up like a log, twisting the ends to close. Store in the freezer and slice off pieces as needed.





# Why **5** a day?

## For Who? Me?

“Eat your vegetables.” Ever been told to do this? Well, Mom and Grandma are right. There are many, many reasons to eat vegetables, but fruit is just as important. This is good news since fruits are usually sweeter than vegetables.

Here’s the deal: There are many fruits and vegetables in the world. You should eat at least five servings of them a day.

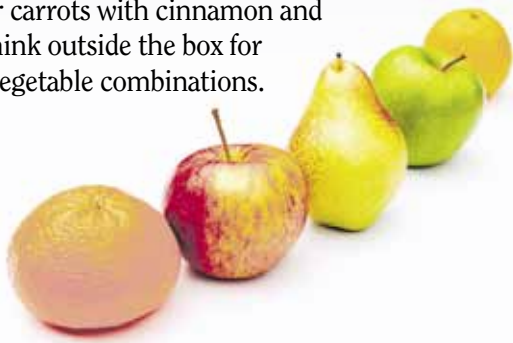
Fruits and veggies keep you lean and fast because they are low in calories, but can give you good energy. They fill your belly but not other parts of your body.

What is your favorite color: red, orange, yellow, green, blue, purple, white or brown? You know there is a fruit or vegetable with any of these colors.

Are you thirsty? Fruits and vegetables contain a lot of water. If you are thirsty, try eating an orange or grapefruit or fresh grapes.

Are you hungry? In between meals, a crisp, fresh apple or pear or cucumber slices can be just what you need to tame the hunger beast. Eat these first before a salty or sweet dry snack.

Do you hate vegetables because they are not sweet like fruits? How about eating them together? Ever try dried cranberries or fresh strawberries on a salad? Yum! How about blueberries or raspberries on hot oatmeal or carrots with cinnamon and grapes? Think outside the box for fruit and vegetable combinations.



# Eat a rainbow of colors every day!



Here is a list of colors and the fruit or vegetable that just might be what you are looking for.

**Red/pink:** apples, red peppers, cherries, cherry tomatoes, chile peppers, cranberries, pink grapefruits, guavas (yummy pink), lychees, papayas (another yummy pink or yellow), pomegranates, red cabbages, red potatoes, radicchios, radishes, raspberries, strawberries, sun-dried tomatoes, tomatoes, watermelons.

**Orange:** apricots, orange peppers, butternut squash, cantaloupes, carrots, mandarin oranges, mangos, nectarines, oranges, peaches, persimmons, pummelos, pumpkins, sweet potatoes, tangerines.

**Yellow/white:** acorn squash, apples, Asian pears, bananas, yellow bell peppers, carambolas/ star fruit, yellow carrots, cauliflower, corn, garlic, white grapefruits, jicamas, lemons, Meyer lemons, mushrooms, onions, peaches, pears (when ripe), pineapples, potatoes, quinces, rutabagas, yellow tomatoes, yams, yellow snap beans.

**Green:** apples, artichokes, arugula, asparagus, avocados, beet greens, green bell peppers, bok choy, broccoli, brussels sprouts, cabbage, celery, chayotes, cherimoyas, chile peppers, collard greens, cucumbers, endives, grapes, green beans, honeydew melons, jalapeno peppers, kale, kiwi, lettuce (romaine, bibb, iceberg), limes, mustard greens, Napa cabbage, okra, olives, scallions, pears, peas, plantains, snow pea pods, spinach, swiss chard, green tomatoes, turnip greens, watercress, zucchini. Actually, everything is green to start. As fruits and vegetables ripen, they turn amazing colors. The more color there is, the more flavor and sweetness.

**Blue/Purple:** beets, blackberries, blueberries, boysenberries, purple carrots, currants, dates, eggplants, figs, grapes, parsnips, plums, purple potatoes, prunes, raisins, rhubarb, turnips.

## Fruit and veggie weekly challenge

Over the next week, we challenge you to see how many different-colored fruits and veggies you can eat. Use this chart to keep track and encourage your whole family to get involved. Each day you can fill in the blanks with the fruit or veggie you ate.

Day	Red/Pink	Orange	Yellow/White	Green	Blue/Purple
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



# Your health, your choice

There's a lot of information about how to eat: at school, on food labels and even at restaurants. But here's a simple way to think about meals. Every time we eat a snack or meal, we have a choice about what to eat. We may even think we already know what is best for our bodies, but sometimes we may only think about how food tastes, how hungry we are or what foods are in front of us.

Picture a plate. How many different foods can you fit on it? This is where ChooseMyPlate.gov fits in. It's an easy visual to keep in mind every time you eat.



Close your eyes and picture a salad plate. Half of that plate could be filled with salad, steamed broc-

coli, asparagus, shredded carrots and grapes or any other variety of fruits and/or vegetables.

Fill that side of the plate first. Now you have half the plate left. But for what? Okay, break it into halves again.

A quarter of the plate should be a protein food (shrimp, lean pork, chicken breast, lean ground beef, beans, tofu, veggie burger, nuts or nut butter) and then the remaining quarter of the plate could be a grain or starch: brown rice, pasta, baked potato, bread, crackers, tortillas, pancake, dinner roll or cereal. The combination is up to you, but by aiming for this type of plate combination, you just might be the healthiest person around!

Have you noticed on some posters or food labels on the MyPlate that milk is missing? Well, don't forget it. Aim for two or three cups of nonfat milk, soy milk or yogurt every day. Drinking the milk in a bowl of cereal, a carton of chocolate milk at school lunch and yogurt in a smoothie after school all count!

But what about cheese? Cheese is a great source of protein, some calcium and potassium. But it can also be higher in salt and sat fat — that's saturated fat, the nasty fat that is hard on your heart. The good news is that cheese sticks — cheddar



and mozzarella — are good options. Eat one stick with a few cucumber slices or an apple and call it a snack or breakfast! When you eat cheese pizza with vegetables, it is also a great meal choice.

What about sweets and salty snacks? Candy, cookies and chips are very tasty, but all of these foods are high in sugar and fat and low in nutrition to fuel your body. When you eat sugary foods by themselves, you quickly fill up your stomach, but soon after you feel irritated and hungry, and you need energy. It's okay to eat candy once in a while, but eat more nutritious foods first.



## Critical thinking corner Think about it

So, what is the difference between a fruit and a vegetable? There are lots of differences: botanically, genetically and culturally. The main difference you may already know is that a fruit technically comes from a seed or tree. Citrus, berries and tomatoes may come to mind. On the other hand, roots, fungi (mushrooms, anyone?) and leaves are vegetables. But wait! What about zucchini, pumpkin and red peppers? Yes, technically fruits. But who cares what you call them? Eat them all and eat them together: The more the merrier.



## Learning with the *Times* Food presentation

Food advertisements often are carefully constructed to entice people to buy certain types of food. Look in the *Tampa Bay Times* for advertisements or articles that feature food. How is the food presented? Is it being presented as nourishment, as a reward or as a way to impress someone? Discuss the messages about food conveyed by the advertisements with your classmates. Do the ads make you want to buy the food? Why or why not? Write a fully developed paragraph explaining your views. Be sure to use specific examples from the article or advertisement to support your ideas.



# Dirt-to-plate recipes

Did you know that heat and oxygen destroy vitamins and minerals found in fresh fruits and veggies? The less food is cooked and the closer to harvest food is eaten means better-tasting and more nutritious options. Here are some simple ways to prepare fruits and veggies and make them taste great. Your family will be asking for seconds for sure!



## Learning with the *Times* Healthy eating week

Plan a healthy eating week at your school to increase awareness of good nutrition. Talk to the head of your school cafeteria to find out how meals are planned and write an article for your school newspaper based on your findings. Use the articles in the Taste section of the *Tampa Bay Times* to help with suggestions for healthy eating. With a partner, create a plan for the healthy eating week. Use the ads and articles in the *Tampa Bay Times* to assist you. Create a graphic organizer with the information and share it with your class.

## RECIPE

### INGREDIENTS

Cauliflower  
2 cups tightly packed fresh basil leaves  
2 medium garlic cloves  
2 tablespoons pine nuts, walnuts, pecans or almonds  
¼ cup grated Parmesan cheese  
½ cup olive oil

### DIRECTIONS

Cut cauliflower into bite-size pieces. In a large bowl, add the cauliflower, some olive oil, salt and pepper, and toss to coat all the cauliflower with oil.

Spread cauliflower onto a large sheet pan in a single layer and bake in a preheated 425-degree Fahrenheit oven until tender and golden brown.

In a food processor, combine basil, garlic and nuts and process until coarsely chopped. With processor running, add olive oil until mixture comes together. Remove sauce from processor and stir in the grated Parmesan cheese.

Mix pesto with cauliflower and serve.

Notes: The smaller the pieces of cauliflower, the more surface area there will be to brown and caramelize. It also will cook faster, so you will want to check it about every 10 minutes during the cooking process.

Pesto is an excellent way to flavor a variety of foods, so make extra and freeze in ice cube trays for future use. Just microwave for a minute and add to chicken, fish, eggs or pasta. Add a cube to soups and stews for extra flavor.

## RECIPE

### INGREDIENTS

Carrots  
Vegetable broth  
Orange juice  
Orange zest (optional)  
Brown sugar (optional)

### DIRECTIONS

Peel carrots and cut in half or quarters depending on how large they are. In a large frying pan, heat a small amount of olive oil and butter over medium heat. When the butter is melted, add the carrots to the skillet and cook until golden brown.

Add enough vegetable broth and orange juice to cover carrots half way. The amount of orange juice you choose to use is up to your taste. The more orange juice used, the sweeter the carrots will be. Start off with half broth and half juice and adjust from there.

Cover the pan and cook until carrots are tender.

Remove carrots from pan and turn the heat to high to boil away any excess liquid to make the sauce. At this point, you can add a little brown or white sugar if you like your carrots sweeter. The sugar also will help make a nice thick glaze.

Notes: The zest of citrus fruit is a wonderful way to flavor many dishes. It actually has more flavor than the juice of the fruit. In this recipe, use a fresh orange and remove the skin before juicing. To zest any citrus fruit, you can use the fine holes of a grater, peel the skin off the fruit and dice or use a citrus zester. Any of these work fine — just be sure to only use the outer part of the peel and avoid the white underside, which is very bitter.



# RECIPE

## INGREDIENTS

Broccoli  
Low-fat or fat-free Greek yogurt  
Fresh ginger  
Fresh garlic

## Broccoli With Yogurt Ginger Garlic Sauce

### DIRECTIONS

Grate some ginger using the smallest holes possible on a grater. Put the garlic through a garlic press and grate using the smallest holes possible.

In a small bowl, mix together the yogurt, ginger and garlic and set aside. Cut the florets from broccoli and save the stems to make a wonderful broccoli soup. Cut the florets into bite-size pieces and place in a steamer basket. Place water and the steamer basket in a pot, cover and bring to a boil. Steam broccoli for about 5-7 minutes or until tender.

Serve with yogurt sauce drizzled on top.

Notes: Ginger and garlic are both very pungent and flavorful. Start off with a smaller amount and add to suit your taste. In this recipe, start with about 2 teaspoons of each in a 6 to 8 ounce container of yogurt. The longer this mixture sits, the more the flavors will develop, so make it a day in advance if you can.

Use the broccoli stems to make a wonderful cream of broccoli soup. Simply peel and dice the stems, then boil them in some vegetable or chicken broth or the water used from steaming the florets (it's loaded with nutrients) until very tender. Cool slightly. Add to a blender and blend until smooth. This is a nutritious low-fat soup, made in a snap. If you would like to add a creamier texture, you can add a little bit of half and half or cream after blending.

# RECIPE

## INGREDIENTS

1/2 whole wheat English muffin  
2 tablespoons pizza sauce  
Spinach leaves  
4 slices turkey pepperoni  
1 tablespoon low-fat mozzarella cheese

## Mini-pizzas

### DIRECTIONS

This recipe is great as an afternoon snack — or pair it with a small salad and some fresh fruit and have it as a meal. No muffins in the house? You can use tortillas in place of the muffins and turn these into pizza quesadillas.

Heat a skillet to 250 degrees Fahrenheit.

Top an English muffin with pizza sauce, spinach leaves, pepperoni and cheese.

Place the English muffin in skillet.

Cover the skillet and cook for about 1 minute or until cheese is melted.

## More great recipe ideas

Smooth and creamy or crunchy and salty? However you enjoy fruits and vegetables — fresh and raw from the garden, dipped into a favorite sauce, steamed in the microwave, roasted in the oven or whipped into a smoothie — it's all good for you! If you tend to like smoothies for your fruit servings, try adding vegetables. Say what? You read correctly. It's a favorite smoothie that most kids and even grown-ups like. Try this after school or on a weekend.

### Green Machine Smoothie

#### Ingredients

2 cups fresh chopped kale or spinach  
1 sliced, frozen or fresh mango (1 cup)  
1 sliced, frozen banana  
1 cup vanilla almond milk or nonfat milk and dash of vanilla

Blend all until smooth in a blender and share with a friend.

### Chocolate Raspberry Smoothie

#### Ingredients

1 cup light chocolate soy milk  
1/2 cup frozen raspberries  
1/2 cup frozen banana slices

Blend until smooth. Makes one serving.

## Dips for sliced fruits and vegetables

### Pumpkin Dip

#### Ingredients

1 (15 ounce) can plain pumpkin  
2 cups vanilla yogurt  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg

Whisk together and chill. Use as a dip for apple or pear slices, red pepper, celery stalks or cucumber slices.

### Honey Yogurt Dip

#### Ingredients

2 cups plain, nonfat yogurt  
1/2 cup honey  
1 teaspoon vanilla  
1 teaspoon cinnamon

Whisk all together. Chill. Dip pepper slices, apples, pears, kiwi, baby carrots, etc.



# Watch me grow

## Tips and tricks to starting your own garden — big or small!

Growing your own vegetables is easier than you may think! It can be a fun family activity and a great way to add nutrition to your meals. By following a few simple steps, you can create a garden that will provide delicious veggies all season.

**Step 1** – Evaluate the area you have to work with. Most vegetables require 6-8 hours of direct sun each day and frequent watering. The location you choose will need to have access to both. If you have a small area to work with, such as a balcony or patio, you may want to consider a container garden. This type uses pots or other containers to house your plants. If you have a larger area, you might consider a box garden or an actual plot in the ground.

**Step 2** – Decide what type of vegetables you would like to plant. Some good plants for beginners are carrots, cucumbers, peppers, tomatoes and green beans. Herbs are also good for starters and are great additions to any garden. Why not give parsley or dill a try? Larger vegetables will require a larger growing area, so be sure to factor that into your decision-making. Though you can grow your plant from a seed, many beginners choose to buy a seedling plant because it is simpler.

### CONTAINER GARDEN

- Choose your containers. Most vegetables will require a container in the 6-inch to 12-inch range. Larger vegetables, such as tomatoes, may need up to a 5-gallon container. Your containers can be in any style and can even be household objects. Just make sure that there are drainage holes in the bottom — you don't want to drown your plants!
- Place about an inch of gravel in the bottom of the container before adding your soil. Be sure to use fresh potting soil and not soil from your garden or soil that was previously used. Potting soil is designed for container gardens and will ensure that diseases will not contaminate the new plants. Fill up the container with your soil, leaving several inches at the top. Water the soil and then add



the seedling(s) to the container. Smooth out the potting soil to cover the roots of the plant. Place the container in a sunny location and repeat the process for each container.

one side of a 4 by 4 piece. This will form one side of the box. Repeat until all of the 2 by 4s have been attached. You should now have a box with two pieces on each side and a 4 by 4 post in each corner.

### BOX OR RAISED-BED GARDEN

- For this type of garden, you will need an adult's help. The box that will hold your garden will need to be built from scratch and can be any size you would like. To build the box, you will need eight pieces of lumber, such as 2 by 4s, for the sides and four square pieces, such as 4 by 4s, that are little bit taller than the sides. The square pieces will be used to anchor the box into the ground. Have an adult use screws to attach two 2 by 4s to
- With help, position the box where you would like it. Dig holes for the corner posts and then fill in those areas with soil to secure it. Rake the existing soil to level it and then line the box with chicken wire or hardware cloth. To ensure the best growing environment, fill the box with a mixture of topsoil, potting soil and compost, and then lightly water. Add your vegetable seedlings and smooth out the soil to make sure the roots are covered. Plant your rows north to south, with the tallest plants at the back and the shortest in the front.



## IN-GROUND GARDEN

- Mark off the area where you will be planting your garden. Then prepare the soil by removing weeds, rocks, sticks and other debris. Work the soil with a tiller and incorporate compost.
- Once the soil is prepared, you are ready to plant your seedlings. You should plant the rows north to south and place the tallest plants at the back and the shortest in the front.

vegetables. You should pick ripened crops frequently to encourage more production. If you find that rabbits enjoy your veggies, too, plant a few marigolds — they act as a deterrent!

- Enjoy! Celebrate your hard work with a tasty snack or use your vegetables in your dinner that night.

Be creative with your garden! If you use containers, add interest by mixing and matching different styles and colors. Planting a variety of vegetables will add color to your garden and your plate!



## ALL GARDENS

- Once the garden is planted, all that is left is to maintain it. Your vegetable garden should be watered once a day, but potted plants may need additional watering in hot weather. Be sure to pull weeds and fertilize regularly! Once they are ripe, harvest your



# Food safety 101

Tips from Sarah Krieger, MPH, RD

## Have you ever felt a little queasy after eating?

Many people believe that restaurants and other “outside the home” meal places cause people to be sick after eating. But think again: There can be a lot of bacteria growing in your own kitchen. Why take the chance? Here are a few simple things we can do to prevent a 24-hour illness:

- ✓ **Wash your hands!** Sick of hearing it? Then just do it! Before preparing foods, especially uncooked foods, such as when making a salad or slicing fruit.
- ✓ **Wipe up a spill soon after it happens** – in the fridge and on the counter. Bacteria multiply quickly, so make the germs disappear.
- ✓ **Do a smell test....on the sponge — eeewww!** If your family tends to leave a sponge by the sink for months and months, either replace it every few weeks or put it in the microwave every night after dinner to kill the germs. If there is dish soap in the sponge, it bubbles up into a cool science project ... but just microwave it for one minute.
- ✓ **Thaw meat on the bottom of the fridge** with nothing under it except a plate that will be washed while you are cooking the meat. In one of the refrigerators I inspected, there was fresh fruit under the thawing hamburger. How about eating a banana with burger juice on it? Yuck! I was really thinking: Why was a fresh banana in the fridge anyway?!
- ✓ **Keep that fridge at 35-40 degrees Fahrenheit.** Tell your family to get a thermometer if you don't have one. Food will last longer when stored at the proper temperature, which means your family saves money.
- ✓ **Label those leftovers!** Most last 3-5 days if chilled properly. Ever look at something in the fridge and think, “How long has THIS been in here?” If the date is on the container the day it is stored, then everyone knows how long they have to enjoy it.

See how easy these tips are? No one likes to be sick, but sometimes we make ourselves sick with our “kitchen habits.” Practice these tips and you will avoid sickness so you can hang out with friends instead.



### Learning with the Times Going organic

Because of concerns about health risks, some people prefer not to eat produce that's been grown with chemical aids. Organic farmers avoid using artificial pesticides and fertilizers to grow their crops. Look for articles in the *Tampa Bay Times* about organic farming and produce. Do some research to find out more about organic farming and its methods. How are they different from the methods of conventional farming? Would you like to see more or less organic farming in the future? Why? Write a short editorial explaining your viewpoint. Be sure to back up your opinions with facts from your research.





# Dirt to classroom— Awesome school gardens

The Tampa Bay area is rich with wonderful local fresh produce that comes from gardens, farms and orchards. Bright-colored, just-picked fresh fruits and veggies are easy to come by. In fact, gardens big and small are everywhere, even in our school systems. Fit4Allkids decided to head out in the field and visit one of our local school gardens here in Pinellas County. Pinellas County schools actually have more than 60 gardens being cared for by school staff, volunteers and students. That is amazing when you think about it! We just had to learn more, so the Fit4Allkids team headed to Pinellas Park Middle School (PPMS) to check out their school garden and see firsthand what a school garden looks like.



## Meet Jamie Colver

Jamie Colver, Agriscience/Intro to Agriculture teacher at Pinellas Park

Middle School, just happens to have an extraordinary green thumb and a great passion for fresh, healthy foods. Colver walks the walk and talks the talk when it comes to gardening and helping her students learn about the importance of growing fresh, healthy foods. She and her students maintain the Pinellas Park Middle School garden throughout the school year. The students learn about composting, planting and harvesting. They also get to taste test what they grow. Colver showed us all the wonderful veggies that they care for, including butter crunch lettuce, sweet peas, eggplant, green beans, cabbage, kale, broccoli and tomatoes. We sat down with her to find out more — and this is what we learned.

## Who is responsible for the garden?

**Colver:** I have been with Pinellas Park Middle for the past three years, and this has been an ongoing project that the students and I have been working on to both maintain and expand. Our school staff is very supportive of our efforts, so together the students and I are able to care for the garden. I teach Intro to Agriscience and my students are very fortunate to spend half of their class time in the classroom and then the other half outside in the garden. This is how we are able to take such great care of the plants.

## Can you tell us what happens to the food that comes from the garden?

**Colver:** I'm lucky to be able to utilize the food in the classroom for education as well as offer my students fresh tastings of all the plants they are learning about and growing firsthand. Someday, if we can produce enough food from the garden, we would like to use some in our culinary classes.



## What do you tell people when they ask, why a school garden?

**Colver:** There are many reasons to want to do something like this on a school campus. Today, we are a society that struggles with many health issues. Providing education to students on where fresh healthy food comes from and letting them experience and try new foods is a great teaching opportunity — and that may just provide them with some skills and insight that could keep them healthy for years to come.

## What advice would you give students or school staff at other schools who are interested in starting a school garden?

**Colver:** I would love to see all of our schools, including the elementary schools, have this type of education in place. Getting the kids hooked on learning and trying healthy foods should start as early as possible. If someone is truly interested in doing a start-up garden, then here are my tips for getting started:

- Whether you are student or a teacher, find a garden champion at your school to support your efforts. There are going to be lots of questions and decisions to make, and you will need some help and support.
- Start small, especially if you are trying to figure out a budget for your garden. Many times, the Dollar Store will have gardening tools and even seeds to get you going. The garden here at PPMS was started in a small area with a budget that was under \$100.
- Talk with someone who knows about grants. (Grants provide money for special projects.) There are many grant opportunities out there that support gardens, but it will take someone with experience



to help you write a really good grant proposal.

- Ask local stores and nurseries for possible donations. Sometimes a local nursery or home supply store might have plans to throw something out that might be of great use to you, like extra seeds, dirt, plants or maybe some planting pots. They also might have extra wood for planting boxes.
- Talk with your school's PTA. Maybe they can assist with funding for a start-up garden. They also might be willing to get the message out to parents who could be willing to help with funding for this special project.

## What do you like best about having a garden on campus, and what do you think the students like best about having it on campus?

**Colver:** For me, it is about offering our students an opportunity to learn and discover firsthand. I love to see their sense of wonder, and watching them experience it together with their peers makes a huge impact. For the students, I would say they enjoy being outside working in the garden the best, and they also love the

tastings of all the fresh foods. They are very adventurous and love trying anything new.

## We heard something about the project at Rawlings Elementary School that your kids worked on. Can you explain what that was and how it worked?

**Colver:** I'll be glad to! We began the project at Rawlings Elementary School in late October of 2011 and completed it in the spring of 2012. Once a week, a select group of my science students, students from my garden club and I would walk to Rawlings to work on the project. We cleared a space in the center of their campus about the size of my small garden. Once the area was cleared, we built six raised beds — one for each grade level — and filled them with a mixture of organic soil and topsoil.

The teachers at Rawlings are planning to utilize the garden across the curriculum. The wood for their beds was provided by their teachers and PTA. The nails, brackets and soil were funded in part by a grant. What a gratifying and wonderful experience. I am truly grateful to them for allowing us to mentor their students

as well as expand our knowledge and experience through building the garden. As I mentioned, I feel it's essential that every public school, especially elementary schools, should have a campus garden. The future is green, and the earlier we can instill a love and true respect for the land and what it can provide to our younger generation, the better.

## Okay, last question. What does the future look like for the PPMS garden?

**Colver:** Right now, we have two beautiful areas on campus dedicated as gardens. I hope that with additional funding and support we will expand these efforts to more areas around campus. In addition, one of my other hopes is to have chickens on campus so that we not only have fresh produce but also fresh eggs.

**Special thanks to Pinellas Park Middle School and Ms. Colver for giving us the time and opportunity to learn more about your amazing school garden. We love the work you are doing and the healthy eating message you are providing the students. Way to go!**



### Learning with the Times Food safety

Many food safety issues can be controversial. Look for articles on these issues in the *Tampa Bay Times*. As you read the articles, try to identify different points of view in each article. Make a list of the statements that are opinions and a list of the statements that are facts. Once your list is complete, think about which list is stronger and why. Which side makes the stronger case for its point of view? Write an argument essay focused on this topic. Use specific points from the articles to support your ideas.





# Zoe's Edible Garden

## Changing the way kids eat

On many days, you can find executive chef Tyson Grant whipping up delicious meals in the kitchen of Parkshore Grill on busy Beach Drive by the downtown St. Petersburg waterfront. But his heart is never far from a special patch of land a mile away at All Children's Hospital. It is a beautiful, thriving place that symbolizes life and honors the memory of his baby girl, whose own life ended far too soon when her heart gave out.

Just outside the glass doors of the All Children's cafeteria, Zoe's Edible Garden flourishes by a spacious patio with lettuce, cucumbers, banana and lemon trees, herbs and more, all cultivated with a healthy dose of love.

This is where restaurant entrepreneur Grant and wife Sommer keep alive the memory of their infant daughter, Zoe, whose name in Greek fittingly translates into the word "life." She was only 24 days old when she died in April 2009, but



thanks to the efforts of her parents and All Children's Hospital, Zoe's memory will forever enrich the lives of others.

That is the magic of the garden. It not only serves as a wonderful memorial to Zoe but also gives young patients a chance to get outdoors to pick fruits, vegetables and herbs and learn more about healthy foods. And it is a valuable way for kids and grown-ups alike to gain a greater understanding of how to improve their diets organically.

"We want to get the patients downstairs and outside," says Grant.

"We want to have cooking classes for kids, which is what Fit4Allkids is doing now. We've had three or four groups visit, and they'll pull different things out of the garden. It may be stuff they've never heard of or eaten before — collard greens or kohlrabi — or familiar items like carrots and radishes. We'll go out there and make dif-

ferent teas with lemon grass and allspice, and squeeze some oranges in."

Instead of sugar, they'll add honey to demonstrate that sweeteners can still be good for you. "There are some amazingly healthy alternatives to lots of sugar," Grant stresses. "That's what a lot of kids don't understand. Things can taste good without loading them up with lots of processed sugar. The kids get into it and the parents do, too. They love it. And hopefully they take the lessons home with them and use it every day."

The roots of Zoe's Edible Garden reach back some three years. Grant and his wife wanted to find a way to memorialize their baby. They had already done so at Bayfront Medical Center by dedicating a room in her name there. Sitting in the back yard of their house one day, the thought dawned on them: How about something interactive, educational and symbolic of life, like a garden?

It seemed like a perfect idea. At the time, their son, Tanner, was 3 years old and it made sense to start stressing healthy eating and learning where beneficial food comes from for his sake. In addition, Grant himself had already begun eating better as a way of life. "Having a child focused me on it," he explains. "I have to live longer and I want my

son to live longer, too. You see it on the news every day — Type 2 diabetes, cancer. There's got to be a connection to the food we're eating, because it wasn't this bad once upon a time."

Zoe's Edible Garden opened in May 2011. As part of the dedication, the family released butterflies, a symbol of Zoe's spirit. And family members, friends, hospital staff and patients all dug their hands into the dirt, planting seeds that would soon blossom.

"It just worked out perfectly, where it's underneath the trellis and everything just came together," Grant says. It's still working wonderfully today — a teaching tool for kids in the community, and a treat for kids in the hospital. "This is a healing garden, but it's even more so because it's actually life that's coming out of the ground," he says, "and that's what it's all about."

