

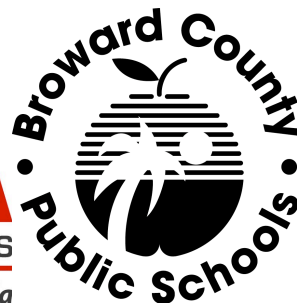
# Healthfully Ever After

A literary adventure through *MyPyramid for Kids*

Developed by the Junior League of Greater Fort Lauderdale, Inc. for Broward County Public Schools

**TOSHIBA**  
BUSINESS SOLUTIONS

Florida



JUNIOR LEAGUE OF  
GREATER FORT LAUDERDALE

*Women building better communities*

Junior League of Greater Fort Lauderdale, Inc.

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- The Junior League of Greater Fort Lauderdale 2008-2009 Childhood Fitness and Nutrition Committee members for their contributions to this project.
- The Broward County Public School's employees, especially Darlene Moppert, RD, Program Manager for Nutrition Education and Training and Elly Zanin, Curriculum Specialist, Physical Education, for working with the Junior League of Greater Fort Lauderdale to develop and implement this program.
- Our sponsors for their contributions to this program: Toshiba, Broward Education Foundation, Cheesecake Factory, Bonefish Grill

Second Grade Nutrition  
Education Resource Kit  
Developed by  
Heather Moraitis

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Business Solution



*Dear Teachers,*

*In 2006, the Junior League of Greater Fort Lauderdale's Childhood Fitness and Nutrition Committee embarked on a campaign to address the childhood obesity epidemic by teaching nutrition and cooking to a group of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grade children for 8 weeks. Due to the success of the pilot program, we developed a resource kit to give you quick and easy tools to teach a nutrition unit. We selected and included a variety of literature to read when teaching nutrition and wrote a literature guide with recipes to accompany these books. Materials from the USDA, a food pyramid pocket chart and measuring cups are also included.*

*This resource kit was developed by teachers and made for teachers. It is a gift from the Junior League of Greater Fort Lauderdale to assist you as you strive to teach healthful practices to the next generation of Broward County residents.*

*Sincerely,*

*Tara McGinn*

*Junior League Greater Fort Lauderdale President*

### **Junior League Mission Statement**

The Junior League of Greater Fort Lauderdale is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

#### **Resource Kit Contents:**

- Literature:
  - My Food Pyramid, by DK Publishing
  - Gregory, the Terrible Eater, by Mitchell Sharmat
  - The Seasons of Arnold's Apple Tree, by Gail Gibbons
  - The Milk Makers, by Gail Gibbons
  - Eating the Alphabet Fruits & Vegetables from A to Z, by Lois Ehlert
  - The Little Red Hen, by Paul Gildone
  - Stone Soup, by Marcia Brown
- Nylon Food Pyramid Pocket Chart and Card Set by Learning Resources®
- Measuring Cups and Spoons

#### **Teacher Packet Contents:**

- USDA Level 1 *MyPyramid for Kids* Lessons for Grades 1 & 2
- *MyPyramid for Kids* Classroom Poster
- *MyPyramid for Kids* and Tips For Families Take Home Page
- USDA *Team Nutrition* Fruit and Vegetable Challenge Kit
- Junior League of Greater Fort Lauderdale Nutrition Program Guide with Literature Lesson Plans for Grade 2

## Program Goal

Students will learn how to use *MyPyramid For Kids* as a tool for making healthy food choices.

Lesson	Objectives	Activities	MyPyramid Fun & Recipes
USDA Lesson 1	Students will learn about the food groups that make up <i>MyPyramid for Kids</i> .	Color the <i>My Pyramid for Kids</i> handout using the proper color for the 5 food groups plus oils.  Categorize lunchroom foods according to the food groups.	Play the <i>Moving More</i> physical activity game.  Start the <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  <i>Make Sassy Cilantro Salsa</i>
USDA Lesson 2	Students will learn how they can use <i>MyPyramid for Kids</i> to help them make food choices for healthy eating	Using the Eat Smart with <i>MyPyramid for Kids</i> handout, categorize foods into the proper food groups  Visit the cafeteria and learn where to find foods from each food group.  <i>Dear Parents – Grocery Store Treasure Hunt</i>	Play Pyramid Go Fish  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Easy Trail Mix
USDA Lesson 3 & <u><a href="#">Eating the Alphabet, Fruits and Vegetables from A to Z</a></u> by Lois Ehlert	Students will identify fruits and vegetables they like and expand the variety of fruits and vegetables they eat.  Students will learn about healthy choices in the <b>vegetable food group</b> .	Read <u><a href="#">Eating the Alphabet, Fruits and Vegetables from A to Z</a></u>  Using <i>My Fruit and Vegetable Diary</i> handout, students complete a diary of fruits and vegetables eaten.	Make a fruit and vegetable collage  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Fruit Parfait
<u><a href="#">Gregory the Terrible Eater</a></u> by Mitchell Sharmat & <u><a href="#">My Food Pyramid</a></u> , DK Publishing	Students will learn to choose healthier food from each group.  Students will learn the importance of breakfast and choose healthy foods while planning a breakfast	Plan a healthy breakfast with foods from each of the 5 food groups.	Food Pyramid Pocket Chart and Card Set Activity  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Orange Frosty
<u><a href="#">Season's of Arnold's Apple Tree</a></u> by Gail Gibbons & <u><a href="#">My Food Pyramid</a></u> , DK Publishing	Students will learn about the life cycle of an apple and what foods are made from apples.  Students will learn about healthy choices in the <b>fruit food group</b> .	Research apple recipes and rank them from least healthy to most healthy.	Food Pyramid Pocket Chart and Card Set Activity  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Cheese and Apple Sailboats
<u><a href="#">The Milk Makers</a></u> by Gail Gibbons & <u><a href="#">My Food Pyramid</a></u> , DK Publishing	Students will learn where milk comes from and the process of getting milk from the farm to their homes.  Students will learn about healthy choices in the <b>milk food group</b> .	Compare and contrast milk with different fat contents and discuss choosing the healthiest milk  Simulate milking a cow with a water-filled surgical glove.	Food Pyramid Pocket Chart and Card Set Activity  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Strawberry Smoothie
<u><a href="#">The Little Red Hen</a></u> by Paul Gildone & <u><a href="#">My Food Pyramid</a></u> , DK Publishing	Students will learn how bread is made.  Students will learn about healthy choices in the <b>grain food group</b> .	Record foods eaten the previous day and count the number of grains consumed.  Discuss serving size and daily amount of grains needed each day.	Food Pyramid Pocket Chart and Card Set Activity  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Roll-ups and Butter Naturally on Whole Wheat
<u><a href="#">Stone Soup</a></u> by Marcia Brown & <u><a href="#">My Food Pyramid</a></u> , DK Publishing	Students will learn about healthy food choices in the <b>meat and beans food group</b> .  Students will learn about mixed foods.	Discuss recipes and write a healthy recipe using an ingredient from the meat and bean group.  Write an expository essay as a class.	Food Pyramid Pocket Chart and Card Set Activity  <i>Team Nutrition: Fruit and Vegetable Challenge Poster</i>  Make Minestrone Soup

The first three weeks of lessons are found in the USDA Level 1 *MyPyramid For Kids* Lessons for Grades 1 and 2. The next five weeks of lessons and all of the *MyPyramid Fun* extension activities and recipes are found in this program guide.

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# Gregory, the Terrible Eater

by Mitchell Sharmat

## Objectives:

### Students will:

- learn to choose healthier foods from each food group.
- learn the importance of breakfast and choose healthy foods while planning a breakfast.

## Sunshine State Standards (SSS):

HE.A.1.1, HE.B.1.1,  
LA.2.1.6, LA.2.1.7, LA.2.2.1,  
LA.2.5.2

## Materials:

- [Gregory, the Terrible Eater](#), by Mitchell Sharmat
- [My Food Pyramid](#) by DK Publishing
- *MyPyramid for Kids*
- Paper Plates
- Markers, Colored Pencils or Crayons

## Get Ready to Read:

- Ask students to name their favorite foods and identify where these foods are found on the food pyramid. Explain that fats and sweets need to be limited.
- Tell the students that they are going to learn about Gregory's favorite foods.
- Look at the cover of the book and have students make predictions about what they think the story is about.

## Read and Discuss:

- What are Gregory's favorite foods? Discuss where these foods are on the food pyramid.
- What do Gregory's parents like to eat?
- How did Gregory feel after he ate all of the junk food?
- How do you feel when you eat too much junk food?
- Did Gregory change what his parents ate for breakfast?
- What can you ask your parents to serve for breakfast?
- How can you encourage your family to make good choices?

## Activity:

- Give each student a thin paper plate. Fold the plate in half and in half again so that the plate is divided into four sections
- Recall what Gregory ate for breakfast at the end of the story (eggs, orange juice and wax paper).
- Have students draw the eggs in one section of the paper plate and an orange circle in the same section to represent the orange juice.
- Refer to the USDA Food Pyramid poster and ask students to identify what food groups are represented in this breakfast (meat and fruit).
- Ask students to identify the food groups missing from this breakfast (grains, vegetables, milk).
- Plan a breakfast with ingredients from all of the food groups. In the last three sections of the plate, have the students draw a food from the grain group, vegetable group and milk group.
- Allow the children to share their breakfast menus with the class. Discuss where each food is found on the USDA Food Pyramid poster.

## Wrap up:

- Read and discuss the chapter "Making Choices" and refer to page 5 from [My Food Pyramid](#) by DK Publishing.

ESOL: E9, B5

ESE: Oral Directions

# The Seasons of Arnold's Apple Tree

by Gail Gibbons

## Objectives:

Students will:

- learn about the life cycle of an apple and what foods are made from apples.
- learn about healthy choices in the fruit food group.

## Sunshine State Standards (SSS):

HE.A.1.1, HE.B.1.1,  
HE.C.2.1.2,  
LA.2.1.6, LA.2.1.7, LA.2.2.2,  
LA.2.5.2, LA.2.6.4, SC.F.1.1

## Materials:

- The Seasons of Arnold's Apple Tree by Gail Gibbons
- My Food Pyramid by DK Publishing
- MyPyramid for Kids
- Computers with Internet access
- Tape

## Get Ready to Read:

- While looking at the cover, make predictions about what this book will be about.
- Ask student what food group they think will be discussed.

## Read and Discuss:

- Discuss how the apple changes each season.
- Discuss the foods Arnold makes with his apples.

## Activity:

- Divide the class into small groups.
- Brainstorm foods you can make with apples and write this list on the board.
- Let each group pick one of the foods listed and research the recipe on the following website  
<http://www.bestapples.com/recipes/index.shtml>.
- Print out all recipes.
- Draw a line on the board labeling left side "least healthy" and right side "most healthy".
- Arrange the recipes on the continuum from "least healthy" to "most healthy" based on the calorie count of each recipe.
- Tape the pictures on the continuum.
- Make observations and discuss the continuum and how not all foods made with healthy ingredients end up being healthy.

## Wrap up:

- Read and discuss the chapter "Fruits" from My Food Pyramid by DK Publishing.

ESOL: A7, B3, B5, C2

ESE: Oral Directions

# The Milk Makers

by Gail Gibbons

## Objectives:

### Students will:

- learn where milk comes from and the process of getting milk from the farm to their homes.
- learn about healthy choices in the milk food group.

## Sunshine State Standards (SSS):

HE.A.1.1, HE.B.1.1,  
HE.C.2.1,  
LA.2.1.6, LA.2.1.7, LA.2.2.2,  
LA.2.5.2, SC.F.1.1.4,  
SC.G.1.1, SS.B.2.1.5,  
SS.D.2.1.1

## Materials:

- The Milk Makers, by Gail Gibbons
- My Food Pyramid by DK Publishing
- *MyPyramid for Kids*
- Dixie cups – 4 for each student
- Whipping cream, whole milk, 2% milk, skim milk
- Surgical glove
- Bucket

## Get Ready to Read:

- Introduce the book cover and predict what food group will be introduced.
- Tell the students that this book will teach us how milk gets from the cow to our table.

## Read and Discuss:

- Which animals make milk? (dairy cow, goat, sheep and reindeer)
- How many stomachs does a cow have? (four)
- How does milk get from the farm to your house?

## Activity:

- Organize a science experiment to compare and contrast types of milk.
  - Teacher will give each student four small cups labeled A, B, C and D. All A cups will have whipping cream, B cups will have whole milk, C cups will have 2% milk, and D cups will have skim milk.
  - The students will taste each kind of milk and record their findings. Which one tastes the best? Which one has the most fat? How do the different kinds of milk look and smell different and the same?
  - Allow students to discuss findings.
- Fill a surgical glove with water and tightly secure the open end of the glove with a ponytail holder. Poke a pinhole in the tip of each finger and allow students to take turns coming to the big bucket to squirt a little water from each glove similar to how a farmer milks a cow.

## Wrap up:

- Read and discuss the chapter "Milk" from My Food Pyramid by DK Publishing.

ESOL: A1

ESE: Oral Directions

# The Little Red Hen

by Paul Gildone

## Objectives:

### Students will:

- learn about how bread is made.
- learn about healthy choices in the grain food group.

## Sunshine State Standards (SSS):

HE.A.1.1, HE.B.1.1,  
LA.2.1.6, LA.2.1.7, LA.2.2.1,  
LA.2.4.2.2, LA.2.5.2

## Materials:

- [The Little Red Hen](#) by Paul Gildone
- [My Food Pyramid](#) by DK Publishing
- [MyPyramid for Kids](#)
- Writing Paper

## Get Ready to Read:

- Ask students who has read or heard this story before. Invite a student to tell the story in his/her own words.
- Explain that this story is a fable. The author's purpose in writing a fable is to teach a lesson. Instruct the students to listen for the lesson in this story.

## Read and Discuss:

- What is the lesson in this fable?
- What are the steps for making bread? Have students recall these steps in order.
- What food item is this book about? Find which food group this food is a part of on the *MyPyramid for Kids* poster.

## Activity:

- On a sheet of paper, have the students list everything they ate yesterday for breakfast, lunch, dinner and snacks.
- Go back to the students' food lists and circle all of the grains.
- Count them. Ask students if they ate 6 servings (look at serving size suggestions on pages 20-21)?
- Discuss which meals had grains and then allow students to give examples of grains from their list. Are these foods the healthiest grain choices? Discuss the healthiest grain choices from the *MyPyramid for Kids* poster.
- Discuss which meals lacked grains and how grains can be added to them.
- Ask them to think about what they have eaten so far today and if they think they will make the goal of eating 6 servings. What foods can they choose the rest of the day to make the healthiest grain choices?

## Wrap up:

- Read and discuss the chapter "Grains" from [My Food Pyramid](#) by DK Publishing.

ESOL: B3, B5

ESE: Oral Directions

# Stone Soup

by Marcia Brown

## Objectives:

### Students will:

- learn about healthy food choices in the meat and beans food group.
- learn about mixed foods.
- Learn how to write a recipe.

## Sunshine State Standards (SSS):

HE.A.1.1, HE.B.1.1,  
LA.2.1.6, LA.2.1.7, LA.2.2.1,  
LA.2.3.1, LA.2.5.2

## Materials:

- Stone Soup, by Marcia Brown
- My Food Pyramid by DK Publishing
- *MyPyramid for Kids*
- Writing paper

## Get Ready to Read:

- Ask students to define the word recipe.
- Explain the definition of the word recipe and the importance of recipes (including how you can determine how nutritious the food is, how you can share the recipe with others and how recipes get passed down through generations, etc.).
- Discuss when we use recipes and for what.

## Read and Discuss:

- Encourage the students to pay attention to the ingredients and the steps necessary to make the stone soup.
- After reading Stone Soup, review the order of the stone soup recipe. Discuss the first item needed and what food group this item is in on the *MyPyramid for Kids* poster. Write the recipe for stone soup on the board. Define a mixed food for children as a food item with ingredients from multiple food groups. Ask children if stone soup is a mixed food.
- Ask the students if they think the travelers and the villagers will have the opportunity to use the stone soup recipe again.
- Ask the students to share their favorite family recipes, including when their family makes the dish (i.e. for a specific holiday).

## Activity:

- Give each student a blank piece of writing paper.
- Explain to the students that they will be writing their own recipe using at least one healthy ingredient from the meat and beans food group. They will need to include the title of the dish, the ingredients, how to prepare the dish, cooking and serving instructions.
- Prior to having the students write their own recipe, model this activity for them and write a "new" recipe on the board.
- Allow the students ample time to write their own recipe. The recipe can be anything – a made-up recipe, a family favorite, anything.
- Have students share their recipes with the class!

## Wrap up:

- Read and discuss the chapter "Meat and Beans" and "Mixed Dishes" from My Food Pyramid by DK Publishing.

ESOL: G8

ESE: Oral Directions



*MyPyramid* Fun  
Extension Activities

# MyPyramid Fun Extension Activities

## USDA Team Nutrition Vegetable and Fruit Challenge

- The directions and chart are in the teacher resource folder.

## Moving More Game

- USDA *MyPyramid for Kids* Lesson 1 Group Activity

## Pyramid Go Fish

- USDA *MyPyramid for Kids* Lesson 2 Group Activity

## Food Pyramid Pocket Chart & Card Set Activity Guide from Learning Resources®

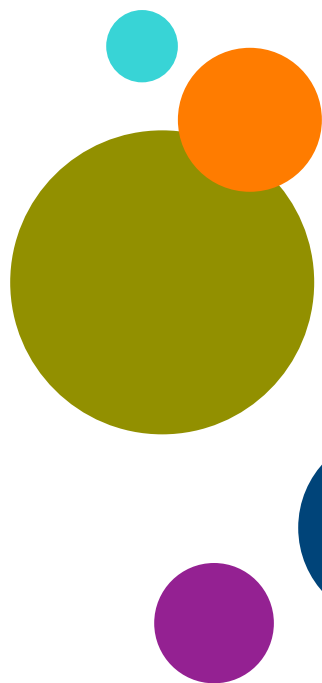
- This guide is in the kit with the pocket chart.

## Fruit and Vegetable Collage:

- Give students old magazines and have them cut out pictures of fruits and vegetables and glue them on construction paper.
- Have students come to the front of the class and name the fruits and vegetables on the collage. Encourage children to eat more fruits and vegetables!

## Food Pyramid Pocket Chart and Card Set Sorting Game

- Choose 7 children to stand at the front of the room to represent each of the following categories found on the food cards from the Food Pyramid Pocket Chart Card Set: Grains, Vegetables, Fruits, Milk, Meat & Beans, Fats & Sweets, and Mixed.
- Give each child a sign with the name of one of the 7 categories.
- Divide the rest of the children into two teams.
- Use the food cards from the Food Pyramid Pocket Chart & Card Set.
- Give each team ½ of the food cards in a container.
- Allow one child at a time to choose a food card from the container and deliver the food card to the correct food group.
- The team that sorts the food cards first wins!
- For an extra challenge, play this game outside and have the teams sit 25 yards from the children representing the food groups. Each child on the team will run 25 yards and deliver the food card to the correct food group.
- The team that sorts the food cards first wins!



# Expository Essay and Exceptional Teacher Awards

## Expository Essay Writing Prompt



*MyPyramid for Kids* is a great tool to help us live a healthy lifestyle.  
How does the *MyPyramid for Kids* remind us to make healthy food choices?

1. Write this question on the board.
2. Elicit responses from students and write responses on the board.
3. Compose one class expository essay from the responses on the board.



## EXCEPTIONAL TEACHER AWARDS

### 1. Golden Apple Award

One teacher will win the Golden Apple Award. Submit your expository essay as a Microsoft Word document to [browardhealthykids@ymail.com](mailto:browardhealthykids@ymail.com) with the subject line "Golden Apple Award" by Friday, May 1<sup>st</sup>, 2009. The winning teacher's classroom will receive a healthy snack cooking class with a local chef, a \$50 gift certificate to the Cheesecake Factory and a copy of the Junior League of Greater Fort Lauderdale cookbook, *Paradise Served*. The winner will be announced on Monday, May 4<sup>th</sup>.

### 2. Silver Apple Award

Nine teachers will win the Silver Apple Award. Simply let us know what your students enjoyed about this nutrition program. Send an email to [browardhealthykids@ymail.com](mailto:browardhealthykids@ymail.com) with the subject line "Silver Apple Award" by Friday, May 1<sup>st</sup>, 2009. All teachers will be entered into a drawing. The winning nine teachers will receive a \$50 gift certificate to The Cheesecake Factory and the Junior League cookbook, *Paradise Served*. The winners will be announced on Monday, May 4<sup>th</sup>, 2009.

### 3. Teamwork Award

One second grade team will win a dinner at Bonefish Grill. The first team leader to submit an expository essay from each class on the team will win the team dinner. The team leader should attach all team essays in one email with the subject line "Teamwork Award" to [browardhealthykids@ymail.com](mailto:browardhealthykids@ymail.com). The winning team will be announced Monday, May 4<sup>th</sup>, 2009.





# Sassy Cilantro Salsa

From Junior League of Greater Fort Lauderdale's *Made in the Shade* Cookbook

## Supplies:

- Blender

## Ingredients for whole class:

- 8-10 plum tomatoes, chopped
- ½ red onion, chopped
- 1 bunch cilantro, finely chopped
- Juice of 2 limes
- 1 teaspoon minced garlic
- ½ green pepper, chopped\*
- Salt and pepper to taste

## Directions:

1. Add the tomatoes, onion, cilantro, limejuice, garlic, pepper, salt and pepper in the blender and mix well. Serve with multigrain tortilla chips.

\* The original recipe contains ½ habanera pepper. The green pepper is a substitute to make it more appropriate for students.



# Easy Trail Mix

From the Association of Junior League International's Kids in the Kitchen Program

## Supplies:

- Mixing bowl
- Airtight container for storage

## Ingredients for 4 Children:

- ½ cup peanuts
- ½ cup banana chips
- ¼ cup carob or chocolate chips (optional)
- ½ cup raisins
- ½ cup dried fruit

## Directions:

2. Mix all of the ingredients in a bowl.
3. Put into airtight container and store in refrigerator to keep fresh.



## Fruit Parfait

From the Association of Junior League International's Kids in the Kitchen Program

### Supplies:

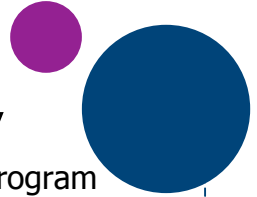
- 1 tall glass or cup for each child

### Ingredients:

- Vanilla yogurt
- Assorted fruit sliced into small bite sized pieces; bananas, strawberries, peaches
- Honey

### Directions:

1. Fill a tall glass about  $\frac{1}{4}$  way with yogurt
2. Top yogurt with assorted fruit, filling glass to about  $\frac{1}{2}$  full
3. Top assorted fruit with more yogurt
4. Top yogurt with assorted fruit until glass is full
5. Drizzle honey on the top and ENJOY!



## Orange Frosty

From the Association of Junior League International's Kids in the Kitchen Program

### Supplies:

- Blender
- Measuring cups and spoons
- Glasses or cups for serving

### Ingredients for 4 children:

- 1 cup frozen orange juice concentrate
- 1 cup milk or plain yogurt
- 1 teaspoon sugar (optional)
- 1 ripe banana, 1 peach or 1 cup of strawberries
- 4 to 5 ice cubes

### Directions:

1. Place the orange juice concentrate, milk or yogurt, and ice cubes in a blender
2. Add the sugar and fruit
3. Blend ingredients until frosty
4. Pour into four cups and enjoy!



# Cheese and Apple Sailboats

From the Association of Junior League International's Kids in the Kitchen Program

## Supplies:

- Wooden toothpicks
- Serving tray

## Ingredients for 4 Children:

- 1 apple
- 4 cheese slices

## Directions:

1. Cut the apple into four wedges, and remove the core
2. Trim the cheese slices to make triangles resembling sails
3. Thread the cheese triangles on wooden toothpicks
4. Stick the toothpicks into the apple wedges for sails



# Strawberry Smoothie

From the Association of Junior League International's Kids in the Kitchen Program

## Supplies:

- Mixing bowl
- Blender
- Glasses or cups for serving

## Ingredients for 4 children:

- 8-10 strawberries
- 1 ripe banana
- ½ cup low fat milk
- ½ cup ice
- 1 tablespoon sugar

## Directions:

1. Wash the strawberries, place in bowl and set aside, then peel the banana
2. Pour the milk and ice into a blender, add the banana, strawberries and sugar
3. Turn on the blender and blend for 1-2 minutes
4. Pour into a tall glass and enjoy!



# Roll Ups

From the Association of Junior League International's Kids in the Kitchen Program

## Supplies:

- Cutting board
- Knife

## Ingredients for 4 Children:

- 2 slices cold cuts
- 1 whole wheat or regular tortilla wrap
- Cream cheese

## Directions:

1. Place the wrap on a cutting board
2. Spread the cream cheese on the wrap then top with cold cuts
3. Roll the stuffed wrap into a tight roll
4. Cut the roll into 8 pieces (each about 2" long).
5. Grab and enjoy!



# Butter Naturally on Whole Wheat

From Junior League of Greater Fort Lauderdale's *Made in the Shade* Cookbook

## Supplies:

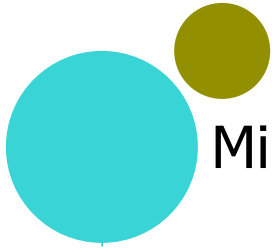
- Measuring Cups
- 1 ½ cup plastic cup with lid per student
- 1 plastic knife per student

## Ingredients for whole class:

- ¼ cup heavy cream per student
- 1 slice whole wheat bread per student

## Directions:

1. Provide each student with a cup and lid (baby food jars work nicely).
2. Instruct students to measure and pour ¼ cup heavy cream into the lid.
3. Put the lid on tightly.
4. Shake until heavy cream becomes a solid (about 3-5 minutes).
5. Using the plastic knife, spread the butter on the slice of bread.



# Minestrone Soup

From Junior League of Greater Fort Lauderdale's *Sunny Side Up* Cookbook

## Supplies:

- Crock pot

## Ingredients for 4 Children:

- 1/3 cup olive oil
- 2-3 onions, chopped
- 1 bunch celery hearts, chopped
- 2 T. parsley, chopped
- 2/3 cup Italian tomatoes
- 2 cans (10 <sup>3</sup>/<sub>4</sub> each) beef broth
- 4 cups water
- 2 bouillon cubes
- 2 carrots, sliced
- 2 tsp. salt
- 1/2 tsp. pepper
- 1/8 tsp. sage
- 1/8 tsp. rosemary
- 1 can kidney beans, drained
- 1 zucchini, sliced
- 1 pkg (10 oz) frozen green beans
- 1/4 - 1/2 head cabbage, shredded
- 1 1/2 cups elbow macaroni
- Grated Parmesan Cheese

## Directions:

1. Heat oil in Crock Pot
2. Add onions, celery, and parsley. Cook for one hour.
3. Stir in tomatoes, beef broth, water, bouillon cubes, carrots, salt, pepper, sage and rosemary
4. Add vegetables and macaroni
5. Cook on high for 5 hours
6. Serve with cheese. Also delicious with garlic bread and salad

\*This recipe has been adapted for classroom use by substituting a Crock Pot for a Dutch oven from the original recipe.



# Junior League of Greater Fort Lauderdale, Inc.

## Making an Impact in Our Community

### Rich History of Serving Our Community

During our 70-year history, we have invested millions of dollars, matched by millions of volunteer hours to improve the lives of our neighbors in Broward County. We have trained thousands of women to address community needs and to take on leadership roles at every level. The Junior League of Greater Fort Lauderdale has created several of Broward County's top charitable organizations including:

- Museum of Art Ft. Lauderdale
- Museum of Discovery and Science
- Jack and Jill Children's Center
- Kids in Distress
- SOS Children's Village
- Henderson Mental Health Center
- OUR House
- Susan B. Anthony Center
- Volunteer Broward
- Family Central
- National Safety Council, Broward Chapter
- And the list goes on...

### Who We Are

- Organized in 1937
- More than 700 volunteer members
- Emphasize leadership training for members
- Dedicate resources – volunteer and financial – to projects that most positively impact families and children.
- Promote volunteerism, encourage community involvement beyond the Junior League
- Member of Associations of Junior League International (AJLI)

### Junior League: A Training Organization

- Preparing women for effective life-long volunteer service
- Leadership development
- Skills training opportunities
- Hands-on experience

### How We Support Our Projects

- Volunteer time and expertise
- Sponsorship opportunities
- Effective collaborations with other corporations
- Community fundraising events
- Grant solicitation
- Endowment
- Annual Fund Campaign

# Junior League of Greater Fort Lauderdale, Inc. Fundraising Efforts

## Financial Contributions Made by the Junior League of Greater Fort Lauderdale Since 2000

- \$200,000 to fund the Junior League Play Station at the Holiday Park
- \$40,000 for Ronald McDonald House
- \$30,000 for Jack and Jill Children's Center
- Numerous "Done in a Day" projects throughout the year with various non-profit organizations in our community.

## Junior League Riverwalk Run

- The Riverwalk Run, now in its ninth year, takes runners on a beautiful 5-mile or 5k course through Rio Vista and downtown Fort Lauderdale. More than 1,400 participants enjoy the run and the famous post-race brunch at Huizenga Plaza in downtown Fort Lauderdale. For a third year, a Kid's Run will be part of the festivities. Runners and non-runners alike enjoy the Pre-Race Party on March 12<sup>th</sup>, 2009 at the Ft. Lauderdale Museum of Art. Festivities that evening will include live entertainment, a silent auction of items donated by our sponsors, as well as a fabulous buffet-style dinner and cocktails.

## Made in the Shade

- The Junior League of Greater Fort Lauderdale cookbook is a classic with favorite recipes from our distinctive South Florida area. Sales from our cookbook fund community projects.

## Paradise Served

- *Paradise Served* is the third in the JL product line of books and produced as a perfect companion to *Made in the Shade*. In response to the overwhelming success of *Made In The Shade* during the past nine years, the new cookbook will mirror its sophisticated and savory South Florida flavor while capturing the casual essence of our seaside lifestyles.

# Junior League of Greater Fort Lauderdale, Inc.

## Community Projects

### How We Meet Our Community's Needs

- Extensively research community issues, needs and challenges
- Members select a project and dedicate resources to solving the problem.
- More than 50 organizations have benefited from the Junior League's assistance.
- Over 17,517 hours of volunteer time annually dedicated to community service projects (valued at \$316,000 in manpower).
- Net revenues from our fundraisers top \$150,000 annually

### Healthfully Ever After Nutrition Program

- From September, 2008 – May, 2011, the Junior League of Greater Fort Lauderdale organized this nutrition education program in partnership with Broward County Schools and committed \$13,500 over three years to fund nutrition education resource kits for 138 second grade teams. More than 700 teachers and 16,000 students will be able to participate in this three-year nutrition education program. Second grade children will learn the importance of eating a variety of foods daily from each of the five food groups as part of a healthy lifestyle. Sponsors will offer incentives to the second grade team with the greatest participation and the teacher who shows the greatest involvement in the program. All elementary children will be encouraged to participate in the Junior League of Greater Fort Lauderdale Riverwalk Run held in March during National Nutrition Month. Children will run a one-mile or a 5K course and make a healthy snack after the run as part of the Association of Junior League's International Kids in the Kitchen Program.

### Transitional Independent Living

- Adolescents who come of age in the foster care system are at a severe disadvantage when it comes to achieving successful independence, avoiding the criminal justice system, depending on welfare, or even becoming homeless. The League is poised to make a dramatic impact in our community's ability to deliver these transitional independent living skills to its foster youth.

### Ronald McDonald House

- Located at Broward General Medical Center, the Ronald McDonald House is a home away from home for families who must travel many miles outside of their own communities to seek medical attention for their child.

## Useful Web Resources for Nutrition Research

### Produce for Better Health Foundation:

[www.foodchamps.org](http://www.foodchamps.org)  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
[www.pbhfoundation.org/educators](http://www.pbhfoundation.org/educators)

### USDA resources:

[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.fns.usda.gov](http://www.fns.usda.gov)

### Association of Junior League's International Kids in the Kitchen Program

[www.kidsinthekitchen.ajli.org](http://www.kidsinthekitchen.ajli.org)

### Action for Healthy Kids:

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

### American Dietetic Association:

[www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html)

### Center for Disease Control (CDC)

[www.cdc.gov/HealthyYouth/nutrition/index.htm](http://www.cdc.gov/HealthyYouth/nutrition/index.htm)

### Dairy Farming Today – by America's Dairy Farmers:

[www.dairyfarmingtoday.org/DairyFarmingToday/Home/](http://www.dairyfarmingtoday.org/DairyFarmingToday/Home/)