

Fun in the Kitchen!

Turn Off the Screens Week 2007

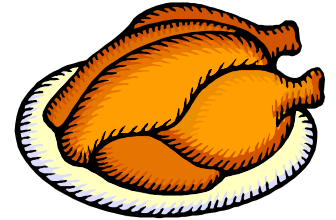
Take Home Activity #1: Fun in the Kitchen (Intermediate)

Instead of watching TV, try this fun recipe with your family to add some “spice” to your life! While you are eating it, discuss the questions below the recipe. Remember to wash your hands, before, during and after you prepare food.

Chicken & Rice and Everything Spice

Ingredients:

1 cup	Coarsely Chopped Onions
1 clove	Garlic, Minced
3 cups	Chopped Cooked Chicken Breast (about 1-1/4 pounds)
1 can (28 ounces)	Tomatoes, Undrained, Cut Up
1 can (19 ounces)	Chickpeas, Drained and Rinsed
1 can (5 ½ ounces)	Tomato Paste
1 cup each	Sliced Zucchini and Chopped Yellow Pepper
¾ cup	Chopped Carrots
¾ cup	Chopped Celery
2	Bay Leaves
1	Cinnamon Stick
1 tsp	Grated Ginger Root
1 tsp	Chilli Powder
¾ tsp	Ground Cumin
¼ tsp each	Crushed Pepper Flakes and Black Pepper
4 cups	Cooked Brown Rice



Instructions:

1. Spray a large saucepan with non-stick spray. Add onions and garlic. Cook over medium heat for 5 minutes, stirring often, until onions are tender.
2. Add chicken and all remaining ingredients except rice. Stir well. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer for 25 minutes. Stir every once in awhile.
3. To serve, remove cinnamon stick and bay leaves. Divide hot rice among six plates and ladle chicken and vegetables on top.

Makes 6 servings. For a **vegetarian version** just add tofu to vegetables instead of chicken.

Recipe from Looneyspoons by Janet and Greta Podleski, Granet Publishing Inc., 1996. For more recipes ideas, check out *Great Food Fast* by Bev Callaghan & Lynn Roblin for Dietitians of Canada, Robert Rose Inc., 2000.

Food Talk:

1. Discuss with your parents healthy ways to cook chicken.

2. What is more nutritious? Brown or white rice and why?

3. What nutrients are in the ingredients used in this recipe?

Answers to Food Talk:

- 1) Grilling, baking
- 2) Brown rice. Contains more fibre and is a whole grain.
- 3) Vitamin A (tomatoes, carrots, yellow pepper); Vitamin C (tomatoes, carrots, yellow pepper); Fibre (brown rice, vegetables); Protein (chicken, chickpeas); Iron (chicken)

NUTRITION FACT:



Did you know that removing the skin from chicken reduces the fat content by approximately 50%?



RATE YOUR PLATE !

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Take Home Activity #2: Rate your Plate (Intermediate)

Part A. Using Canada's Food Guide to Healthy Eating, rate your eating habits by writing down what you ate yesterday. Does this day fit in with your regular eating pattern?

Examples of serving sizes: 3 oz of meat = 1 deck of cards, 50g cheese = 4 dice
 ¾ cup yogurt = 1 tennis ball, 2 tablespoons peanut butter = 1 golf ball

MEAL	FOODS EATEN	SERVING SIZES	FOOD GROUPS
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Other activities to do with your family instead of watching TV:

- Compare food labels at the grocery store or with food items around your home
- Help with making the grocery list or grocery shopping
- Help your parent(s) with meal planning
- Help make dinner or set the table

Part B: Now compare the food groups eaten with Canada's Food Guide to Healthy Eating. Fill in the table the number of servings from each group that you ate.

Grain Products	Fruits and Vegetables	Milk Products	Meats and Alternatives	Other Foods
(5-12)	(5-10)	(2-4)	(2-3)	(sparingly)

Part C: YOUR NUTRITION GOALS: _____

For more information on meal planning check out: www.dietitians.ca/english/meal/mea_index.htm or www.milknutrition.org/families.html (click on Menu Planner)

