

Fun in the Kitchen!

Turn Off the Screens Week 2007

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

Instead of watching TV, make a yogurt parfait! You can make this recipe with your family and enjoy a nutritious snack!

Yogurt Parfait Recipe

Ingredients:

- ½ cup Fruit-Flavoured Yogurt
- ½ cup Drained, Sliced Canned Peaches
- 1 tbsp Granola

(Optional) Instead of peaches, you can use any of your favourite fruits.

Instructions:

1. Spoon half of yogurt into a clear glass or dessert bowl.
2. Top with half of fruit.
3. Repeat layers with yogurt and fruit.
4. Sprinkle with granola.
5. Enjoy! Remember to brush your teeth after you eat it.

Food Talk:

1. Look at Canada's Food Guide to Healthy Eating. Explain what food groups the ingredients belong to.
2. Discuss what your favourite fruits are. Talk about other fruit like kiwi, mangoes, melons, pineapple, berries...
3. What nutrient in yogurt helps your bones grow strong?
4. Why is vitamin D important?
5. Did you know that we get vitamin D from the sun?
6. How many servings of milk products do you need in a day?
7. Talk about the beneficial nutrients in granola.

Fun in the Kitchen activity adapted from *Kids in the Kitchen 2003* from <http://www.youville.ca/>

Answers to Food Talk:

3. Calcium
4. It helps your body use calcium
5. During the winter months our bodies don't make vitamin D as much so we need to eat foods like milk, fish, and eggs.
6. 2-3 servings for children 4-9 and 3-4 servings for children 10-16. E.g. of one serving = 1 cup of milk or ¾ cup of yogurt.
7. It is a carbohydrate which gives the body energy.



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

For More Information

Meal Planning:

www.dietitians.ca/english/meal/mea_index.htm

www.milknutrition.org/families.html (click on Menu Planner)

Recipes:

www.allrecipes.com

Great Food Fast by Bev Callaghan & Lynn Roblin for Dietitians of Canada, Robert Rose Inc., 2000

Looney Spoons by Janet & Greta Podleski, Granet Publishing Inc., 1996



RATE YOUR PLATE !

Turn Off the Screens Week 2007 Take Home Activity # 2: Food Diary (Junior)

With help from your parent, write down what you ate yesterday. For each food item, write the number of servings from each food group. Use a check mark to show food items in the other foods category. Total the number of servings of each food group and compare it to *Canada's Food Guide to Healthy Eating*.

Meals or Snacks	Grain Products	Vegetables & Fruit	Milk Products	Meat & Alternative	Other Foods
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					
Supper					
Evening Snack					
Total Servings					

Food Diary activity adapted from Region of Peel Health Department, Toronto Public Health, York Region Health Services, Discover Healthy Eating! A Teacher's Resource for Grades 1-8, 2000.