



Nutrition Manual

Healthy Nutrition Education for After
School and Community Recreation
Settings



Hearty Heart Cookbook

MyPyramid Recommendations

Grain Group:

- Recommended 6-11 servings per day with half of those coming from actual whole grain such as 100% whole-wheat bread or pasta, brown or wild rice, oatmeal, or even popcorn (without butter).
- A serving = 1 ounce cereal, 1 slice bread, 1/2 bagel, or 1/2 cup of cooked rice or pasta

Vegetable Group:

- Recommended at least 3-5 servings per day, or about 2.5 cups of vegetables per day.
- Vary the veggies you eat and include more dark green or orange vegetables like broccoli, spinach, carrots, and sweet potatoes.
- A serving= 1 cup raw leafy vegetables, 1/2 cup of other veggies, or 3/4 cup vegetable juice

Fruit Group:

- Recommended at least 2-4 servings per day or about 2 cups of fruit per day.
- Because 100% fruit juice does not contain fiber and is less filling than whole fruit, keep fruit juice to no more than 1 servings per day.
- A serving = a medium apple, 3/4 cup 100% fruit juice, or 1/2 cup chopped, cooked, or canned fruit

Veggies with Dip

Utensils and Supplies:

Small paper plates
Knife for trimming vegetables
Cutting board
Bowl and Serving spoon
Napkins

Ingredients per servings:

Choose four of the following veggie items. Eight pieces of veggies equal one serving.

Fresh broccoli florets
Fresh cauliflower florets
Fresh summer squash slices
Fresh mushroom slices
Fresh celery slices
Fresh baby carrots
Fresh Chinese pea pods
Fresh cherry tomatoes
Ranch dressing— low-fat



Preparation Instructions:

1. Wash vegetables thoroughly
2. Trim vegetables into bite size pieces
3. Place vegetables on a plate
4. Pour dressing on a plate
5. Allow children to serve themselves

Snackin' Time on the Trail

Utensils and Supplies:

Bowls
Napkins

Ingredients per serving:

1/2 cup wheat, corn, or rice Chex cereal
1/4 cup Cheerios
2 tablespoons raisins, dates, or other dried fruit
1 tablespoon peanuts

Preparation Instructions:

1. Measure ingredients into a cup
2. Mix carefully



Dairy Group:

- Recommended 2-3 servings or 2-3 cups of low-fat dairy products per day.
- If you do not consume dairy products choose lactose free products, calcium fortified beverages, or other sources of calcium
- A serving = 1 cup skim or 1% milk, 1 cup low fat yogurt

Protein Group:

- Recommended 2-3 servings or 5.5 total ounces per day
- A 3 ounce serving of meat, fish, or poultry is about the size of a deck of cards
- 1 ounce= 1 ounce of cooked lean meat, 1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter

Oils

- It is recommended to limit extra fat, sugar, and salt in your diet
- Try not to add extra butter, margarine, or oils to your foods





Ants on a log

Utensils and Supplies:

Knife to cut celery
Spoon to put peanut butter on celery
Plastic knives to spread peanut butter
Napkins

Ingredients per serving:

1 stalk celery
2 tablespoons peanut butter
1 tablespoon raisins

Preparation Instructions:

1. Wash and clean celery
2. Cut celery into 3 pieces
3. Spread about 2 tablespoons peanut butter on each piece of celery
4. Press 1 tablespoon raisins into the peanut butter

Hummus

Utensils and Supplies:

Blender or food processor
Can opener
Serving bowl



Ingredients for 16 servings:

2 cups of canned garbanzo beans, drained
1/3 cup tahini
1/4 cup lemon juice
1 teaspoon salt
2 cloves garlic, halved
1 tablespoon olive oil
1 pinch paprika
1 teaspoon mined fresh parsley

Preparation Instructions:

1. Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor
2. Blend until smooth
3. Transfer mixture into serving bowl
4. Drizzle olive oil over the garbanzo bean mixture
5. Sprinkle with paprika and parsley

Hearty's Stellar Sundae

Utensils and Supplies:

Bowls
Spoons
Napkins

Ingredients per serving:

1/2 cup low-fat flavored yogurt
1/2 graham cracker sheet
1/2 banana

Preparation Instructions:

1. Spoon 1/2 cup yogurt into a cup
2. Stir carefully
3. Break 1/2 graham cracker into small pieces and place on top of yogurt
4. Peel and slice 1/2 of banana and place on top



Apples 'n' yogurt



Utensils and Supplies:

Paper plates
Spoon for dipping out yogurt
Plastic knives
Apple corer
Napkins

Ingredients per serving:

1/2 fresh apple (washed and cut into slices)
1/2 cup low-fat flavored yogurt
1/2 teaspoon cinnamon (optional)

Preparation Instructions:

1. Measure the yogurt into a cup
2. Sprinkle cinnamon on the yogurt
3. Dip the apple slices in the yogurt



Cereal of the Stars

Utensils and Supplies:

Paper Bowls
Plastic Spoons
Napkins

Ingredients per serving:

1/2 cup skim or 1% milk
1 cup of one of Raisin Bran, Cheerio's, OR Chex
1/2 cup of the following fruit
 Bananas
 Raspberries
 Blueberries
 Strawberries

Preparation Instructions:

1. Wash berries or slice bananas/strawberries
2. Pour 1 cup cereal and 1/2 cup milk in the bowl
3. Top with 1/2 cup of fruit



Garden Delight and Tomato Caterpillars

Utensils and Supplies:

Paper plates
Toothpicks
Napkins

Ingredients per serving:

1 slice whole-grain bread
1 tomato slice
1/2 cup bean sprouts
1/2 tablespoon of low-fat mayonnaise
1 leaf dark green lettuce
3 cherry tomatoes
Parsley sprigs or celery leaves

Preparation Instructions:

1. Spread mayonnaise on the slice of bread
2. Put the lettuce, tomato slices, and bean sprouts on the bread
3. Make a row using the cherry tomatoes
4. Poke two holes in the end of the tomato and insert small celery leaves into the holes

Frozen Fruit Favorites

Utensils and Supplies:

Measuring Cup
Knife
Ice cube tray



Ingredients per serving:

2 cups orange juice
12 bite-sized pieces of fruit (bananas, straw-berries, grapes, or pineapple chunks)

Preparation Instructions:

1. Put a bite-sized piece of fruit in each section of the ice cube tray
2. Pour fruit juice into tray
3. Carefully place tray in freezer
4. Wait at least an hour until the juice cubes harden
5. Add the cubes to a glass of fruit juice or eat them plain



Cracker Delight

Utensils and Supplies:

Paper plates
Plastic spoons
Napkins

Ingredients per serving:

2 graham cracker sheets
1/2 cup low fat ricotta cheese or low-fat cottage cheese
2 tablespoons dried fruit like raisins, dates, or figs
1/4 teaspoon cinnamon (optional)

Preparation Instructions:

1. Spread cheese on the graham cracker
2. Top with dried fruit
3. Sprinkle cinnamon on the cheese (optional)

Dynamite Sticks

Utensils and Supplies:

Plastic knives
Cutting board
Toothpicks (10 per serving)
Can opener
Napkins



Ingredients per serving:

Pineapple, cut up in chunks
Grapes, seedless
Bananas
Kiwifruit, cut up in chunks
Cantaloupe, cut up in chunks
Papaya, cut up in chunks
Apples, cut up in chunks
Pears, cut up in chunks
Oranges, cut up in chunks
Peaches, cut up in chunks,
Apricots, cut up in chunks
Mango, cut up in chunks
2-1 oz. cubes of part-skim mozzarella or farmer's
cheese

Preparation Instructions:

1. Wash fruit that won't be peeled (grapes, apples, pears, peaches, apricots) and slice
2. Peel and slice bananas, kiwi, cantaloupe, papaya, mango, oranges
3. Place fruit and cubes of cheese on a plate
4. Spear fruit and cubes of cheese onto toothpick

Elephants' Favorite

Utensils and Supplies:

Plastic knives
Cutting board
Napkins

Ingredients per serving:

1 slice raisin bread
1 tablespoon peanut butter
1 banana

Preparation Instructions:

1. Spread 1 tablespoon peanut butter onto slice of bread
2. Peel banana and cut in half
3. Slice each half of the banana into 2 long pieces
4. Place the pieces of the banana on top of the peanut butter

