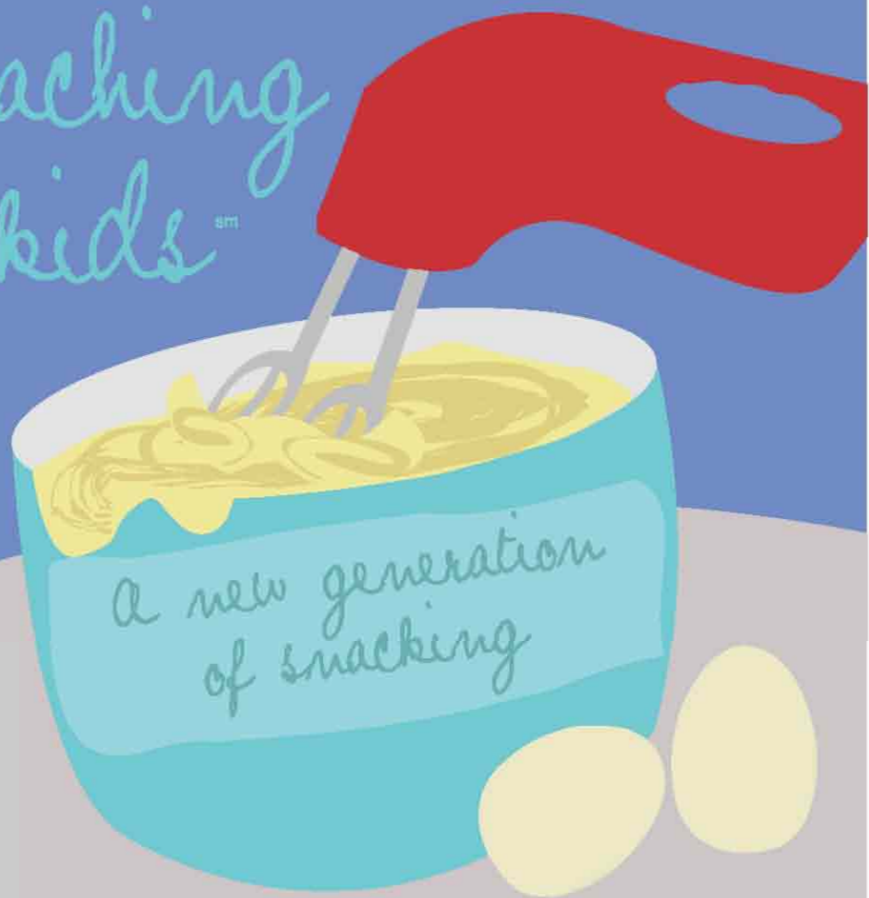
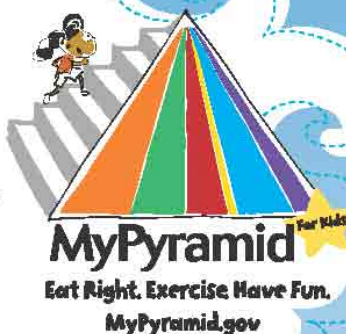


kids
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Power Up!

Your body is like a car – it needs a steady supply of fuel to keep your engine running! The foods you eat supply fuel and important nutrients that help “power up” your body and brain. **My Pyramid For Kids** tells you how to eat smart, stay active, and have fun. Eating smart means choosing foods from the **five food groups** each day.



How **the 5 food groups** fuel your body:

- 1 GRAINS** give you energy and fiber.
- 2 FRUITS** give you vitamins A and C for healing and fighting illness.
- 3 VEGETABLES** also give you vitamins A and C for healing and fighting illness.
- 4 MILK PRODUCTS** help you get enough calcium for strong bones.
- 5 MEAT AND BEANS** give you protein, zinc, and iron to help keep you lean and strong.

Choose meat that is lean

“Lean” means it has less fat. Lean beef is a good choice. There are lots of ways to enjoy eating lean beef... in tacos, on your pizza, as a hamburger, or a juicy steak to name a few.

Our favorite Lean Cuts of Beef*

- Top Sirloin Steak
- 95% Lean Ground Beef
- Chuck Shoulder Steak
- Top Loin (Strip) Steak
- Tenderloin
- T-Bone Steak
- Flank Steak
- Tri-Tip
- Brisket, Flat Half
- Bottom Round Steak
- Top Round
- Eye Round
- Round Tip

*All cuts meet the government guidelines for “lean” – less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per serving.



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In the past 20 years, the percentage of children in the United States who are overweight or obese has jumped, from 5 to 16 percent. The impact of childhood obesity is severe. Medical conditions resulting from overweight and obese children include high blood pressure, high cholesterol and type 2 diabetes.

According to a recent study published in the Health Affairs Journal, American children are consuming nearly three snacks a day, on average, in addition to three regular meals. The research, which looked at data on more than 31,000 young people between the ages of 2 and 18 from four federal diet surveys done between 1977 and 2006, also found that up to 27 percent of children's daily calories today come from snacks.

An increase in snacking behavior was seen across all age groups, and the changes over nearly three decades are striking: The prevalence of snacking jumped from 74 percent in 1977-78 to 98 percent in 2003-06.

Medical City Dallas Hospital created kids teaching kids to help fight this growing problem. In the fall of 2010 Medical City, Wylie High School, the Greater Dallas Restaurant Association, and the Texas Beef Council worked together to develop a healthy-snack book for the elementary kids in Wylie. We challenged the students from Wylie High School's Culinary Program, Computer Science program, and Photography program to develop an easy to follow healthy-snack book. Through this collaboration the process of raising awareness regarding the severity of obesity began. Kids teaching kids program has created a fun and healthy snack book for all ages to enjoy. Kids will benefit from snacks that are edible arts-and-crafts, provide nutritional facts, and easy-to-make with common pantry items.

The goal of the booklet is to introduce healthy snack choices that kids will enjoy and influence future chefs to consider healthy and nutritious ingredients when preparing recipes.

kids teaching kids

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Apple Boats

Ingredients:

1/2 apple(large
whole with skin, any color)
1/2 Tbsp of fat free cream cheese
1/2 Tbsp raisins(any color)
2 pretzel sticks
1/2 oz cheese cubes(made with 2% milk)
** Optional: a skewer

Directions:

Cut the apple vertically into quarters then cut along the top of each slice to remove the core leaving a flat edge on the top. Spread ½ teaspoon of cream cheese over the flat edge. Use the skewer to poke a hole in the center of the flat edge to put the pretzel in as a mast for the boat. Put a cheese cube on top of the pretzel and arrange raisins on the flat edge over the cream cheese for people.

Nutrition Facts:

83 calories

1 gram fat

1 gram saturated fat

10 grams sugar

2 grams fiber

Apple Sammiches



Ingredients:

- ½ Tbsp Reduced Fat Peanut Butter
- ½ Apple
- A butter knife
- A spoon
- ½ Tbsp Mini Chocolate Morsels

Directions:

- Cut apple up
- Put peanut butter and chocolate chips on top
- Squish apple pieces together and enjoy!

Makes one serving.



Nutritional Facts:

- 134 calories
- 7 grams fat
- 2 grams saturated fat
- 12 grams sugar
- 2 grams fiber

Banana Buddies



Ingredients:

1 small banana

1 cup of yogurt, low fat, no added sugar

5 crushed almonds or cashews

Pop-sickle sticks

Makes 2 servings

Directions:

First take one whole banana and cut it in half (down the middle).

Then take one of your pop-sickle sticks and push it into your banana. It should look like a banana on a stick.

Next take your banana and dip it into your yogurt and spread it around so that the whole banana is covered in yogurt.

Last sprinkle the chopped nuts onto your banana. Now you are ready to enjoy your banana buddy!



Nutritional Facts:

Calories- 137 calories

Fat- 2 grams

Saturated fat- 0 grams

Sugar- 15 grams

Fiber- 2 grams

Serving(s): 2

Beefy Taco Spinner

Ingredients:

- 2 Tbsp left over beef (ground taco meat)
- 1 Tbsp Fat Free shredded cheese
- 1 Tbsp Hot Sauce
- 1 Tbsp Shredded Lettuce
- 1 8" Whole Wheat Tortilla
- Toothpicks

Directions:

Warm up your taco meat for 2 minutes. (It will be hot, let it cool)

Get your Tortillas, lettuce, cheese, and hot sauce if wanted

Layout your tortillas and place meat on it.

Put your cheese and lettuce on top of your taco meat and or hot sauce if wanted

Roll up your taco

Place toothpicks in a line through your taco, with a 1 inch in between. (Toothpicks need to be at the way through your taco)

Cut your taco in between each toothpicks

Its ready to eat

Nutritional Facts:

Calories- 200 calories

Fat- 6 grams

Saturated fat- 2grams

Sugar- 2 grams

Fiber- 3 grams

Bowl of Fruit Kabobs

Ingredients:

- 1 banana
- 1 apple chopped
- ½ teaspoon of cinnamon
- 2 strawberry
- Utensils
- Skewers
- Plastic Knife
- Directions



Directions:

Place chopped banana in the bowl

Then chop 1 apple in the bowl

Sprinkle one teaspoon of cinnamon on top of fruit kabobs

Finally mix on top 2 chopped strawberry



Nutritional Facts:

Calories- 85 calories

Fat- 0 grams

Saturated fat- 0 grams

Sugar- 13 grams

Fiber- 4 grams

Serving(s): 2

Burnana's Brown Jackets



Ingredients:

- 1 Popsicle stick
- ½ Bananas
- 1 Tablespoon Reduced Fat Creamy Peanut Butter
- 1 Reduced Fat Vanilla Wafer Cookie
- 1 tablespoon
- Small bowl
- Medium plate
- Butter knife
- Small Ziploc bag

Directions:

Stick the popsicle stick in the banana

Freeze for 10 minutes

Melt 1 tablespoon of peanut butter in microwave for about 15 seconds

Coat frozen banana in peanut butter

Crush vanilla wafer cookie

Coat banana with vanilla wafer cookie crumbs

Ready to eat



Nutritional Facts:

Calories- 155 calories

Fat- 6 grams

Saturated fat- 1 grams

Sugar- 10 grams

Fiber- 2 grams

Crazy Chicken Quesadilla Dippers



Ingredients:

Shredded chicken- 1oz.
Low sodium mozzarella
cheese- 1 Tbsp, shredded
Corn tortillas - 1
Taco seasoning
Tomatoes ¼ cup
Hot sauce- (optional)

Directions:

Shred chicken with fork

Mix shredded chicken with taco seasoning

Cut tortillas out with cookie cutters, then toast both sides

Lay cheese on bottom with chicken following topping it off with diced tomatoes

Enjoy!



Nutritional Facts:

Calories- 132 calories

Fat- 4 grams

Saturated fat- 2 grams

Sugar- 2 grams

Fiber- 2 grams

Serving(s): 2

Cucumber Sandwiches

Ingredients:

- ½ a slice of light wheat bread
- 2 slices of cucumber
- 1 dash of salt
- ½ teaspoon of light butter



Directions:

- Peel the cucumber and cut into multiple even slices
- Get one slice of the light wheat bread and cut into half
- Smear the light butter onto the half slice of bread evenly
- Put the 2 cucumber slices onto the buttered bread
- Add the dash of salt
- Eat and repeat

Nutritional Facts:

- Calories- 72 calories
- Fat- 3 grams
- Saturated fat- 2 grams
- Sugar- 2 grams
- Fiber- 2 grams

English Muffin Suprise

Ingredients:

- ½ English muffin
- ½ slice of Swiss cheese
- 1oz of leftover meatloaf
- Sauce (optional)



Directions:

Put meatloaf on a plate,

Add cheese to the top,

Melt in microwave, until the meat is warm and cheese is melted. About 45 seconds-60 seconds.

Split muffin in half put warm meatloaf on to bottom part of muffin

Add sauce (Optional)

Bon Appetite!



Nutritional Facts:

Calories- 200 calories

Fat- 6 grams

Saturated fat- 2 grams

Sugar- 6 grams

Fiber- 5 grams

Serving(s): 1

Get Saucy

Ingredients:

- 1 tbsp BBQ Sauce
- 1 tbsp Pulled Brisket/ Beef Roast
- 1 tbsp Cream Cheese (fat free)
- 8 Wheat Thins (reduced fat)

Directions:

WITH BBQ SAUCE: Mix cream cheese, pulled brisket, and BBQ sauce. Then dip wheat thins and eat!

WITHOUT BBQ SAUCE: Mix cream cheese and pulled brisket. Then dip wheat thins and eat.

Enjoy!



Nutritional Facts:

- Calories- 177 calories
- Fat- 5 grams
- Saturated fat- 2 grams
- Sugar- 2 grams
- Fiber- 1 grams

Hawaiian Wrap

Ingredients:

1 Flour Tortilla
1 Slices Turkey Lunch Meat
1 Tbsp Crushed Pineapple
2 Baby Carrots

Directions:

Spread cream cheese on tortilla. Lay 2 pieces of lunch meat on flour tortilla. Shread carrots and put on top. Follow with honey. Roll up and cut into bite size pieces.



Nutritional Facts:

Calories- 191 calories
Fat- 4 grams
Saturated fat- 1 grams
Sugar- 4 grams
Fiber- 2 grams

Serving(s): 1

Party on a Cracker

Directions:

Place 5 Whole Wheat Ritz Crackers on a flat surface
Spread ¼ tsp of Jet Puffed Marshmallow Crème on top of each cracker
Spread Nutella Hazelnut Spread on top of each cracker
Place slices of Strawberry and/or Pineapple on top of each cracker
Enjoy!



Ingredients:

5 Whole Wheat Ritz
Crackers
Jet Puffed Marshmallow
Crème ¼ tsp.
Nutella Hazelnut Spread
(¼ tsp.
5 Strawberry Slices
5 Pineapple Chunks

Nutritional Facts:

Calories- 159 calories
Fat- 3 grams
Saturated fat- 1 grams
Sugar- 15 grams
Fiber- 3 grams

Pirate Sliders

Directions:

For One Slider -

Combine

1 Hawaiian Roll

Half a slice of Roast Beef

1 lettuce leaf, shredded.

Sauce

¼ of a tomato, diced.

1 tablespoon of Cream Cheese

Ingredients:

1 package of Hawaiian
Rolls

Slices of Roast Beef

Lettuce

Tomatoes

Package of Cream Cheese



Nutritional Facts:

Calories- 181 calories

Fat- 4 grams

Saturated fat- 2 grams

Sugar- 8 grams

Fiber- 1 grams

Serving(s): 1

Ritznana

Directions:

Use 1 Ritz cracker

Take 1 tbsp of chunky peanut butter and spread over 1 Ritz cracker.

Place 2 thin banana slices on top of Ritz and peanut butter.

Spoon 1 tbsp of whipped topping on top of cracker and banana and peanut butter.

Crack 4 pretzel sticks over combination already made.

Serve and enjoy.

Ingredients:

6 Honey Ritz crackers

1 1/2 tbsp Chunky peanut
butter

1/4 chopped Banana

6 Pretzel Sticks

3 tbsp Fat Free Whipped
topping



Nutritional Facts:

Calories- 152 calories

Fat- 6 grams

Saturated fat- 1 grams

Sugar- 5 grams

Fiber- 1 grams

Smoochie Smoothies

Directions:

Gather All Materials

Pour 1 Cup Of Ice In Blender

Then Strawberry Yogurt In Blender

Pour The Strawberries In Afterwards

Swirl Chocolate Syrup Into The Inside Of The Cup And Then Pour Strawberry Smoothie Into Cup

Add Strawberry To Top Off Your Smoothie

Place Chocolate Swirl Straw In Cup (Optional) And Drink.

Ingredients:

¼ Cup Strawberry Yogurt

3 to 4 Medium to Large
Strawberries

½ teaspoon Lite Hershey
Chocolate Syrup

1 ½ - 2 Cups Ice
Oreo Fun Stix



Nutritional Facts:

Calories- 104 calories

Fat- 3 grams

Saturated fat- 2 grams

Sugar- 10 grams

Fiber- 1 grams

Serving(s): 2

Strawberry Nut Jam

Directions:

Get 2 vanilla wafers
Spread ½ tbsp Nutella between 2 wafers
Place strawberry in center

Ingredients:

½ tbsp Nutella
4 Reduced Fat Vanilla Wafers
1 Strawberry

Nutritional Facts:

Calories- 114 calories
Fat- 4 grams
Saturated fat- 1 grams
Sugar- 11 grams
Fiber- 1 grams

Sweet Almond Carrots

Directions:

Pour your honey into a bowl
Rinse carrots off in cold water
Pour almonds in a small bowl
Roll carrots into bowl of honey
Roll carrots into your almonds if desired



Ingredients:

4-5 carrots
1.5 teaspoon of honey
2 tablespoons of Almonds

Nutritional Facts:

Calories- 119 calories
Fat- 6 grams
Saturated fat- 0 grams
Sugar- 12 grams
Fiber- 2 grams

Serving(s): 1

The Ritz Cracker Supreme

Ingredients:

4 Ritz crackers
2 tbsp light Cool Whip
4 grapes

Directions:

Get 4 Ritz crackers
And put a dab of light cool whip on top of each one.
Put one grape on each.



Nutritional Facts:

Calories- 89 calories
Fat- 4 grams
Saturated fat- 2 grams
Sugar- 4 grams
Fiber- 0 grams

The Ritz Fritz

Ingredients:

Plate
Knife
Spoon
5 Reduced Fat Ritz
Crackers
1 Tablespoon Cream
Cheese
1 oz. Sirloin Steak
or
1 oz. Chicken Breast
¼ Carrot



Directions:

Gather all of your materials and ingredients. Take a spoon and spread a small amount of cream cheese on each of your crackers. Then take a slice of your carrot and place it on top of the cream cheese. Next you will put another small amount of cream cheese on the carrot slice. Finally, you will put your choice of steak or chicken on top of that cream cheese. Now, you're ready to eat!



Steak Ritz Fritz
Calories- 170 calories
Fat- 6.3 grams
Saturated fat- 2 grams
Sugar- 3 grams
Fiber- 2 grams

Nutritional Facts:

Chicken Ritz Fritz
Calories- 188 calories
Fat- 6.4 grams
Saturated fat- 2 grams
Sugar- 2.3 grams
Fiber- 2 grams

Under the Sea

Ingredients:

- 1 Tbsp. of cream cheese
- 1/3 cup of baked gold fish
- 3 drops of blue food coloring
- Lettuce (optional)

Directions:

Put 3 drops of food coloring into the cream cheese, stir until blue

Spread on a plate to look like the sea

Add gold fish and if wanted lettuce (as seaweed) and let your child enjoy this fun snack



Nutritional Facts:

Calories- 129 calories

Fat- 6 grams

Saturated fat- 2 grams

Sugar- 0 grams

Fiber- 0 grams



Healthy Guidelines for Kid's Snacks.....

200 calories or less

less than 7 grams of fat

Less than 2 grams of saturated fat

Less than 10 grams of sugar

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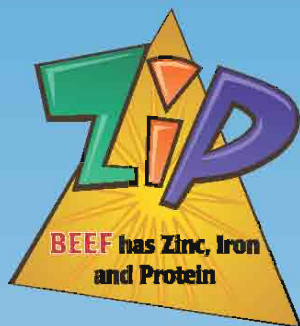


For questions and feedback, please contact Ryan Eason with Medical City Dallas Hospital at ryan.eason@hcahealthcare.com.

If you would like a copy of this book or others, please go to our website www.medicalcityheart.com and click on the kids teaching kids tab.

Get ZIP!

Zinc, Iron and Protein, that is! These body-building nutrients are in some of your favorite foods, like burgers and steak.



Zinc helps power your brain. It helps you think so you can remember important facts and pay attention in school. It may even help you get an A on your math test! Zinc also helps your body heal when you have an injury and helps you fight off illness, like a cold.

Iron helps carry oxygen in your blood. Your brain and your body need oxygen to help you do your best. So whatever your thing is – sports, music, writing – you'll do it better. Beef is one of your best sources of iron.

Protein can supply energy for your body and keeps you strong. That's because it helps build and repair all parts of your body. Protein helps give you the power to perform, so go ahead and throw that ball or hit that high note. For more information, visit beefnutrition.org.

Trail Ride Mix*

(a great way to refuel after school)

- 2 cups beef jerky pieces (cut into bite-size pieces)
- 2 cups pretzels
- 1/2 cup peanuts
- 1/2 cup almonds
- 1/2 cup raisins
- 1/4 cup M&M's candies (optional)

Mix all ingredients in large sealable plastic bag.
Serving = 1/2 Cup

Carol Bradley
Registered Dietitian, Lufkin, Tx

*Dietitian's Note:

The lean beef jerky is a good source of ten essential nutrients such as zinc, iron, protein and B vitamins. Pretzels provide a serving from the grain group. Peanuts and almonds provide vitamin E, potassium, magnesium and fiber. Raisins also provide potassium and fiber.

An easy snack to make ahead of time and keep on hand for those busy school days!



American Heart Association
Learn and Live



**YOU GOTTA LOVE
LEAN BEEF** 

Learn to love all 29 tantalizing cuts
at BeefItsWhatsForDinner.com



Wylie High School

Designed by Wylie High School senior Mason Schora