

kids teaching kids®
HEALTHY LIFESTYLES

Texas Recipe Book 2022-2023





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Welcome to the 2022-2023 edition of the **kids teaching kids® Recipe Book!**

Since 2009, Medical City Children's Hospital's **kids teaching kids®** Healthy Lifestyles program has made a positive impact on thousands of kids' snacking habits. The program, including our popular **21-Day Snacking Challenge**, launched in response to our nation's childhood obesity epidemic and a desire to reduce the health risks often caused by unhealthy eating.



About the recipe book.

This book is a collection of healthy snacks created by culinary students from 13 North Texas school districts. Every snack has one serving of fruit or veggies, follows the USDA's Dietary Guidelines for Americans, and is designed to be safe and easy for elementary school-age students to prepare themselves.

This year, we're excited to include kid-friendly Mindful Minute and Wellness Activity videos - an interactive element to help educate kids. There's one at the bottom of each recipe.

The theme for this year's recipe book is space exploration. The recipes help kids explore different fruits and veggies, one snack at a time. They can even watch a demonstration video by clicking on the photo on each page.

We encourage families to take the Snacking Challenge together. Get in the kitchen, explore nutritious food with your family, have fun and build a lifetime of healthy snacking habits together!

PARENTS – to ensure your children's safety, please supervise them while they are preparing these recipes and using kitchen tools.

KIDS – always ask an adult for permission before preparing these recipes.

Visit us at kids-teaching-kids.com and MedicalCityChildrensHospital.com.

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 Post your Healthy Snack at #KTK21Day

Table of Contents

Allen ISD
Two Galaxies...1

Arlington ISD
Rocket Fuel...2
Shooting Stars...3

Birdville ISD
Alien Attack...4

Dallas ISD
JB Dip...5
Oranging Out of This World...6
Martian Ship...7

Frisco ISD
Alien Candy...8

Keller ISD
Rocket Wrap...9
Solar System Smoothie Bowl...10

Lewisville ISD
Supernova Skinny Dip and Carrot Sticks...11

Northside ISD
Alien Invasion Pineapple Soft Serve...12
Astro Pops Nine...13
Galactic Acai Bowl...14
Pineapple Explorer...15

Northwest ISD
Ozone Layer...16

Prosper ISD
Galaxy Fruit Bowl...17

Richardson ISD
Alien Smoothie...18

Rockwall ISD
Piece O'Moon Cheesecake...19
Xenomorph Seed...20

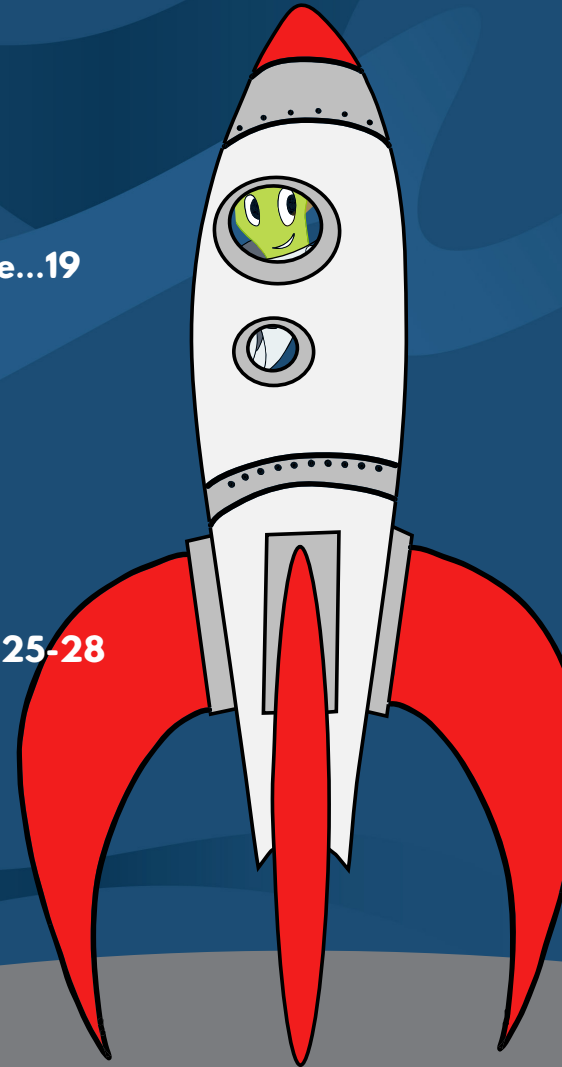
Sanger ISD
Space Wrap...21

Kids Fit Menu...22

Partners...23-24

Corporate Supporters...25-28

FAQ...29-30



Two Galaxies



CLICK FOR VIDEO

Equipment

- ★ Melon baller
- ★ Measuring cups
- ★ Skewers
- ★ Small bowl
- ★ Small spoon
- ★ Freezer
- ★ Cookie tray/ sheet pan
- ★ Measuring spoons

Ingredients

- ★ 1 cup seedless watermelon, from a pre-cut half or quarter
- ★ ¼ cup raspberries, fresh
- ★ ¼ cup yogurt



Nutrition

No. of servings	1
Calories	110
Fat (g)	1.5
Saturated fat (g)	.5
Fiber (g)	3
Sugar (g)	14
Added sugar (g)	2

Instructions

1. Use a melon baller to scoop out rounded shapes out of watermelon until you have a cup.
2. Measure and rinse the raspberries.
3. Arrange the watermelon shapes and the raspberries on skewers into the pattern you want and place them on a cookie tray/sheet pan. Freeze for 15-30 minutes or until frosty but not completely frozen.
4. Measure ¼ cup yogurt. Use a small spoon to spread the yogurt in a thin layer on top of frozen fruit.
5. Enjoy your refreshing treat!

Allen ISD

Kadin Green, Chloe Simon,
Freddy Gonzalez, Sage Montgomery,
Victoria Hernandez



CLICK OR SCAN



**Wellness
Activity**

Locomotor skills

Dan Dipert Career and Technical Center (CT)

Demare Cozine,
Luis Absalon-Lewis

Equipment

- ★ Plastic or butter knife
- ★ Cutting board
- ★ Can opener (use with adult permission)
- ★ Measuring cups
- ★ Measuring spoons
- ★ 7 small bowls and plates
- ★ Blender (use with adult permission)

Ingredients

- ★ 3 medium green bell peppers
- ★ ½ medium red onion
- ★ 2 whole garlic cloves, fresh, peeled
- ★ 28 ounces canned diced tomatoes
- ★ 1 cup canned tomato sauce, no added salt
- ★ 2 tbsp. apple cider vinegar (can substitute with sherry or white vinegar)
- ★ 2 tbsp. olive oil
- ★ Up to ½ cup water (if needed)
- ★ 63-70 baked tortilla scoops, 50% less fat

Instructions

1. Using a butter knife, slice bell peppers in half and remove the seeds. Slice into smaller chunks and add to the blender.
2. Take the red onion and cut in half, remove outer skin from one half and add that half to the blender.
3. Next, add garlic, diced tomatoes and tomato sauce. Blend ingredients until smooth.
4. Add vinegar and oil to the mixture and blend on low speed for 10-15 seconds.
5. If needed, you can add small amounts of water to thin the mixture to desired consistency.
6. Portion into seven small bowls and serve like a salsa or cold soup, with 7-10 tortilla scoops per serving.
7. Enjoy with friends!



CLICK FOR VIDEO

Nutrition

No. of servings	7
Calories	170
Fat (g)	6
Saturated fat (g)	.5
Fiber (g)	5
Sugar (g)	6
Added sugar (g)	0



**Mindful
Minute**

Taking Other's
Perspective



CLICK OR SCAN

Shooting Stars



Equipment

- ★ Measuring cups
- ★ Measuring spoons
- ★ Mixing bowl
- ★ Cutting board
- ★ Butter knife
- ★ Star cookie cutter
- ★ Spoon
- ★ 2 plates

Instructions

1. Measure yogurt, cheese and bacon bits into a mixing bowl.
2. On a cutting board, use a butter knife to slice the green part of the green onion until you have 2 teaspoons. Add to the mixing bowl.
3. Then cut the bell peppers in half and remove the seeds. You should have four halves.
4. Grab a cookie cutter and use one half of the bell pepper to cut out a star. Depending on the size of your cookie cutter, you may cut out several small stars or a few large stars; repeat with the remaining three bell pepper halves. Divide the stars evenly on two plates, leaving the center space open. Set aside.
5. Take the pieces of bell pepper that remain after you cut the star shapes and chop them into small pieces. Add to the mixing bowl and season with salt and pepper (one pinch of each).
6. Put the ingredients in a bowl and use a spoon to mix well.
7. Dollop the yogurt mixture on top of each bell pepper star to create shooting stars. Place rest of mixture in the center of plate.
8. Share one plate of Shooting Stars with a friend.

Ingredients

- ★ ½ cup nonfat Greek yogurt, plain
- ★ 2 tbsp. fat-free mozzarella cheese, shredded
- ★ 1 tbsp. bacon bits
- ★ 1 green onion (2 tsp. chopped)
- ★ 2 medium green bell peppers
- ★ 1 pinch salt
- ★ 1 pinch pepper

Nutrition

No. of servings	2
Calories	70
Fat (g)	1
Saturated fat (g)	.5
Fiber (g)	2
Sugar (g)	4
Added sugar (g)	0

Dan Dipert Career and Technical Center (CT)

Juliana Hernandez, Shamaria Davis,
Dania Rodriguez, Briana Lacy

Birdville Center of Advanced Learning & Technology

Ryder Wallace, John Hannah,
Andrew Wallace

Equipment

- ★ Plastic or butter knife
- ★ Cutting board
- ★ Measuring spoons
- ★ Bowl
- ★ Fork
- ★ Plate

Instructions

1. Cut the apple in half using the plastic butter knife. Set half of the apple aside to enjoy later.
2. Next, take half of the apple and cut it into four wedges. Set aside.
3. Cut avocado in half, then scoop out 1 tablespoon and place in a bowl. Add yogurt to the same bowl.
4. Using a fork, mix the avocado with the yogurt until no chunks remain.
5. With the plastic knife, evenly spread the yogurt mixture onto the cut side of the four apple wedges.
6. Insert two pretzel sticks into the yogurt mixture as “antenna.”
7. Place blueberries on the yogurt mixture to create your alien’s three “eyes.”
8. Take a pinch of sunflower seeds and sprinkle them on top of yogurt for your alien’s “hair.”
9. Enjoy your out-of-this-world creation!

Alien Attack



Ingredients

- ★ ½ medium Granny Smith apple
- ★ 1 tbsp. avocado, fresh, scooped and mashed
- ★ 2 tbsp. nonfat Greek vanilla yogurt
- ★ 8 pretzel sticks
- ★ 12 blueberries, fresh
- ★ 1 ½ tsp. sunflower seeds

Nutrition

No. of servings	1
Calories	130
Fat (g)	4.5
Saturated fat (g)	0.5
Fiber (g)	4
Sugar (g)	11
Added sugar (g)	0



JB Dip

Bryan Adams High School
Jesus Salas, Bryan Chavez



CLICK FOR VIDEO

Equipment

- ★ Butter knife
- ★ Cutting board
- ★ Mixing bowl
- ★ Measuring cups
- ★ Measuring bowl
- ★ Wooden spoon
- ★ Whisk
- ★ 2 small bowls/plates
- ★ Paper towels

Ingredients

- ★ 7 fresh medium strawberries
- ★ ½ cup baby spinach (tightly packed)
- ★ ½ cup plain low-fat yogurt
- ★ 2 tsp. vanilla extract
- ★ 1 ¼ tsp. Splenda Zero Calorie Sweetener
- ★ 46 low-fat pretzel sticks

Instructions

1. Wash the strawberries and spinach.
2. Take one whole strawberry and set it aside. Remove the stems from the remaining strawberries and use the butter knife to cut them in half until you have a cup of sliced strawberry halves.
3. Put spinach between two layers of paper towels and press together to release as much moisture as possible, then cut the spinach leaves in quarters.
4. Place sliced strawberries, spinach, yogurt, vanilla extract and Splenda in a mixing bowl.
5. Use a wooden spoon to smash the spinach and strawberries.
6. Then use a whisk to mix the ingredients together well.
7. Divide the dip into two bowls. Take the strawberry you set aside and cut it in half. Place it on top of each bowl as a decoration.
8. Serve each bowl of JB Dip with a side of 23 pretzel sticks and enjoy with a friend!

Nutrition

No. of servings	2
Calories	120
Fat (g)	1
Saturated fat (g)	.5
Fiber (g)	2
Sugar (g)	9
Added sugar (g)	.5



CLICK OR SCAN



Wellness Activity
Self-Toss & Catch



CLICK OR SCAN

Lincoln High School

Bianca Arredondo, Alexis Brewer, Jonathan De La Sancha, Thomas Goodman, Kennedy Jackson, Da'vion Johnson, Jakiera Love, Tyla Moore, Sira Hernandez, Ji'Keiven Waters

Oranging Out of This World

Equipment

- ★ Plastic freezer bag, quart size
- ★ Measuring cups
- ★ Blender (use with adult permission)
- ★ Measuring spoons
- ★ Cup or glass for serving straw



CLICK FOR VIDEO

Ingredients

- ★ 1 medium mandarin orange, fresh, ½ cup of orange segments
- ★ ½ cup baby spinach, tightly packed
- ★ ¼ cup almond milk, unsweetened
- ★ ¼ tsp. honey

Instructions

1. Peel mandarin orange and separate into segments. Place segments in the plastic bag to freeze overnight.
2. Place frozen orange segments, spinach, milk and honey into the blender and blend until smooth.
3. Pour into a cup and enjoy!



Nutrition

No. of servings	1
Calories	70
Fat (g)	1
Saturated fat (g)	0
Fiber (g)	2
Sugar (g)	1
Added sugar	0



CLICK OR SCAN



Wellness Activity
Underhand Toss & Catch



CLICK OR SCAN



Mindful Minute
Mindful Movement



Mindful Minute
Mindful Gratitude



5



6

Martian Ship



CLICK FOR VIDEO

Skyline High School
Jayla Wright, Anthony Baker,
Jose Hernandez, Marlene Vargas,
Ke'Asia Johnson

Equipment

- ★ Cutting board
- ★ Butter knife
- ★ Microwave-safe bowl
- ★ Measuring cups
- ★ Mixing spoon
- ★ Microwave-safe plate

Ingredients

- ★ ½ medium red bell pepper
- ★ ½ cup baby spinach, tightly packed
- ★ ¼ cup fat-free cheddar cheese, shredded
- ★ 1 tortilla, Carb Balance Spinach Herb
- ★ Deli turkey breast, sliced extra thin

Instructions

1. Using a cutting board and butter knife, cut the red bell pepper in half. Take half the bell pepper and remove the seeds. Chop into small cubes and place in a microwave-safe bowl.
2. Place baby spinach in the bowl with the bell pepper.
3. Add shredded cheese to the bell pepper and spinach and stir with a spoon.
4. Place the bowl in the microwave and heat on high for 30 seconds. (Allow bowl to cool for 15 seconds before taking it out of the microwave!)
5. While waiting for veggie mixture in the microwave, place the tortilla on a microwave-safe plate.
6. Spoon the warmed veggie mixture on top of the tortilla.
7. Place the slices of turkey on top of veggie mixture.
8. Fold the tortilla in half and press it down so it stays closed. Cut it in half and share with a friend!

Nutrition

No. of servings	2
Calories	90
Fat (g)	2.5
Saturated fat (g)	1
Fiber (g)	8
Sugar (g)	2
Added sugar (g)	0

Frisco Career & Technical Education Center

Lucia Martinez, Rees Wilson, Marli Jacobs

Alien Candy



CLICK FOR VIDEO

Equipment

- ★ Butter knife
- ★ Cutting board
- ★ 2 medium mixing bowls
- ★ Dry measuring cups
- ★ Paper towels
- ★ Spoon
- ★ Parchment paper
- ★ Baking sheet cups

Instructions

1. Cut both limes in half with a butter knife and squeeze juice into a medium mixing bowl. Remove any seeds from the juice.
2. Measure and wash grapes and blackberries. Gently pat dry with paper towels.
3. Add grapes and blackberries to the lime juice and gently mix with a spoon, being careful not to mash the fruit.
4. Place in the refrigerator to chill for 10 minutes
5. While fruit is chilling, add sweetener to another medium mixing bowl. Line a baking sheet with parchment paper.
6. Remove bowl of grapes and berries from the fridge.
7. Roll each piece of fruit in the bowl with sweetener, coating it well. Place on baking sheet.
8. Freeze for two hours.
9. Take out of freezer and enjoy.

Ingredients

- ★ Juice of 2 limes, fresh
- ★ ½ cup green grapes, fresh
- ★ ¼ cup blackberries, fresh
- ★ ½ cup monk fruit sweetener



Nutrition

No. of servings	1
Calories	80
Fat (g)	0
Saturated fat (g)	0
Fiber (g)	3
Sugar (g)	14
Added sugar (g)	0



CLICK OR SCAN



CLICK OR SCAN



CLICK OR SCAN

Rocket Wrap



CLICK FOR VIDEO

Equipment

- ★ Can opener (use with adult permission)
- ★ Measuring cups
- ★ Small bowl
- ★ Plate
- ★ Measuring spoons
- ★ Butter knife

Ingredients

- ★ ¼ cup canned diced mangos, packed in extra light syrup
- ★ 1 Xtreme Wellness Tortilla (or other tortilla that is whole grain, high fiber and low calorie)
- ★ ½ tbsp. fat-free cream cheese
- ★ ⅛ cup blueberries, fresh
- ★ ⅛ cup raspberries, fresh

Instructions

1. Use a can opener to open the can of mangos. Measure ¼ of mangos without the syrup, and place in a bowl.
2. Add the blackberries and raspberries to the bowl with the mangos. Set aside.
3. Place the tortilla on a plate.
4. Use a butter knife to spread the cream cheese on the tortilla. Place the fruit mixture on top of the cream cheese in the middle of the tortilla.
5. Fold tortilla burrito style and enjoy!

Nutrition

No. of servings	1
Calories	130
Fat (g)	1.5
Saturated fat (g)	0
Fiber (g)	13
Sugar (g)	13
Added sugar (g)	3



Wellness Activity

Dribbling Exercises



CLICK OR SCAN

Timber Creek High School

Kinslee Fullner, Elena Torres,
Dania Marquez, Amiriss Martinez,
Alejandro Bautista

Solar System Smoothie Bowl



CLICK FOR VIDEO

Equipment

- ★ Blender (use with adult permission)
- ★ Measuring cups
- ★ Measuring spoons
- ★ Serving bowl
- ★ Serving spoon

Ingredients

- ★ ½ cup frozen mango
- ★ ½ cup fat-free plain yogurt
- ★ ½ cup ice cubes
- ★ 2 tbsp. whole grain oats and honey granola

Instructions

1. In the blender, add frozen mango chunks, fat-free Greek yogurt and ice cubes.
2. Secure the lid on the blender and blend for 30 seconds or until it's the right consistency for the smoothie. (Add and blend in more ice cubes if you like a thicker consistency.)
3. Scoop the smoothie into a serving bowl.
4. Top with granola and enjoy!



Nutrition

No. of servings	1
Calories	130
Fat (g)	2
Saturated fat (g)	0
Fiber (g)	2
Sugar (g)	14
Added sugar (g)	2



Mindful Minute

Setting Personal Goal



CLICK OR SCAN



Supernova Skinny Dip & Carrot Sticks

Technology, Exploration & Career Center West

Paige Ambrose, Grayson Potts,
April Bounthavy,
Miguel Echavarrie Villasana,
Isabella Gonzalez Rodriguez



Equipment

- ★ Blender (use with adult permission)
- ★ Measuring cup
- ★ Measuring spoon
- ★ Rubber spatula or
- ★ Wooden spoon

Ingredients

- ★ ½ cup fat-free cottage cheese
- ★ 1 tsp. lemon juice
- ★ ½ tsp. Italian seasoning
- ★ ¼ tsp. Salt
- ★ 8 medium baby carrots

Instructions

1. Measure cottage cheese into blender, then blend until smooth.
2. Pour blended cottage cheese in a bowl. Use a rubber spatula to scrape sides of the blender.
3. Add the lemon juice, measure and add the lemon juice, Italian seasoning and salt in the bowl with the cottage cheese.
4. Mix well with a rubber spatula or wooden spoon.
5. Count out eight baby carrots and enjoy your Supernova Skinny Dip!

Nutrition

No. of servings	1
Calories	110
Fat (g)	0
Saturated fat (g)	0
Fiber (g)	2
Sugar (g)	8
Added sugar (g)	0



CLICK OR SCAN



Wellness Activity
Kicking a soccerball



CLICK OR SCAN

Brandeis High School

Lauren Hulme, Eve Rossell

Alien Invasion Pineapple Soft Serve

Equipment

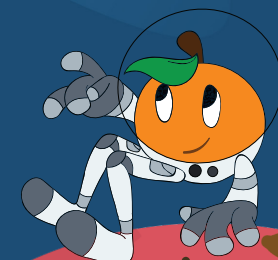
- ★ Blender (use with adult permission)
- ★ Measuring cups
- ★ Measuring spoons
- ★ Cutting board
- ★ Butter knife
- ★ Small bowl
- ★ Spoon
- ★ 3 small bowls

Ingredients

- ★ 1 ½ cups frozen pineapple chunks
- ★ ½ cup frozen mango chunks
- ★ ½ cup 1% milk
- ★ ½ small avocado
- ★ 1 tsp. honey
- ★ Juice from 1 lime, fresh
- ★ 1-2 tbsp. water (if needed)
- ★ 9 small candy eyes, 6 pretzel sticks

Instructions

1. Add frozen pineapple chunks, frozen mango chunks and milk to blender.
2. Using a butter knife, slice avocado in half from top to bottom. Take one half and use a spoon to scoop the avocado. Place in the blender.
3. On a cutting board, use a butter knife to slice the lime in half. Squeeze the juice from each half into a small bowl and remove any seeds.
4. Add lime juice and honey to blender.
5. Blend until smooth, adding water little by little if the mixture is too thick to blend.
6. Divide the soft serve equally in the three bowls and decorate each with three candy "alien" eyes and two pretzel sticks for the alien's "antenna."



Nutrition

No. of servings	3
Calories	120
Fat (g)	4
Saturated fat (g)	.5
Fiber (g)	3
Sugar (g)	15
Added sugar (g)	3



Mindful Minute
Organizational Skills



Astro Pops Nine

Harlan High School

Ashley Perez, Jaelen West,
Jalen Oliver, Beth Abraha

Equipment

- ★ Butter knife
- ★ Cutting board
- ★ Measuring cup
- ★ Blender* (with adult permission)
- ★ Small zip-top bag
- ★ 6 Popsicle molds or 3 glasses
- ★ Rubber spatula

***CAUTION:** If using an immersion/stick blender as seen in the video, have an adult do the blending for you.

CLICK FOR VIDEO

Ingredients

- ★ 1 cup pineapple chunks, fresh
- ★ 1 cup strawberries, fresh
- ★ 15.3-ounce container Greek nonfat yogurt
- ★ strawberry yogurt
- ★ 1 graham cracker square (2 rectangles)

Instructions

1. Remove stems from strawberries. Slice the strawberries in half and them place in the blender.
2. Measure pineapple chunks and add to blender.
3. Add the yogurt and then blend ingredients until smooth.
4. Put graham cracker in a zip-top bag and crush with your hands until it's a powder.
5. Evenly pour the smoothie into six Popsicle molds, sprinkle graham crackers on top and freeze for about four hours.
6. Enjoy two Astro Pops per serving and share two per person with two friends!
7. Alternatively, pour your smoothie evenly into three glasses and sprinkle crushed graham crackers on top. One for you and two more to share with friends!

Nutrition

No. of Servings	3
Calories	90
Fat (g)	0
Saturated Fat (g)	0
Fiber (g)	3
Suger (g)	10
Added Sugar (g)	.5



**Mindful
Minute**

Be Kind to Others



CLICK OR SCAN

Sandra Day O'Connor High School

Michael Williams, Mia Martinez,
Diego Barajas

Equipment

- Kids scissors
- Blender (with adult permission)
- Measuring cup
- Cutting board or mat
- Butter knife
- Rubber spatula
- 2 bowls and 2 spoons for serving

Ingredients

- 1 unsweetened acai pack, frozen
- ½ medium banana
- ½ cup pre-cut pineapple
- ★ ¼ cup water
- ★ ¼ cup blueberries, fresh
- ★ ¼ cup strawberries, fresh, diced

Instructions

1. Using blunt-tip scissors, open the acai pack and place contents in the blender, then add the banana and pineapple.
2. Add half the water and blend. Add the rest of the water as needed while blending.
3. Blend until smooth and all ingredients are evenly combined. Set aside.
4. On a cutting board, use a butter knife to remove the stems from strawberries, then cut them into small pieces.
5. Evenly distribute the acai mixture between two small bowls (use the spatula to remove the contents from the blender). Then top with blueberries and strawberries.
6. Share with a friend!

Galactic Acai Bowl



CLICK FOR VIDEO

Nutrition

No. of Servings	2
Calories	100
Fat (g)	3
Saturated fat (g)	.5
Fiber (g)	4
Sugar (g)	10
Added sugar (g)	0



Pineapple Explorer



CLICK FOR VIDEO

Ingredients

- ★ 6-ounce container vanilla yogurt
- ★ ¼ cup pre-cut pineapple chunks, fresh
- ★ 1 large strawberry, fresh
- ★ 1 tbsp. plain granola
- ★ 8 blueberries, fresh

Nutrition

No. of servings	1
Calories	140
Fat (g)	0
Saturated fat (g)	0
Fiber (g)	2
Sugar (g)	15
Added sugar (g)	3



Stevens High School

Ethan Romero, Gabriel Turner, Mariah Marquez, Clarissa Ramos, Kelsey Jurkowski

Equipment

- ★ Small clear cup
- ★ Spoon
- ★ Cutting board
- ★ Butter knife
- ★ Measuring spoon
- ★ Measuring cups

Instructions

1. Open the container of yogurt and spoon in a layer of yogurt on the bottom of the cup.
2. Using a butter knife, cut pineapple into small comets (pieces) and place them on top of the yogurt in the cup.
3. Add a second layer of yogurt on top of the pineapple (make sure you have enough yogurt for three more layers).
4. Cut the stem off the strawberry, then slice it like the rings of Saturn (disc-shaped) and place on top of the yogurt.
5. Add a third layer of yogurt on top of the strawberry slices.
6. Place granola on top of the yogurt, making sure to cover the whole layer of yogurt.
7. Add a final layer of yogurt on top of granola.
8. Next take the blueberries and make whatever constellation you want on the very top!
9. Grab your spoon and enjoy!

Byron Nelson High School

Olivia Saucedo, Gigi Paez, Ariela Martin, Ira Gaston

Equipment

- ★ Measuring cups
- ★ Measuring spoons
- ★ Mixing bowl
- ★ Mixing spoons
- ★ Clear serving dish/parfait cup

Ingredients

- ★ 1 3.6-ounce sugar-free vanilla pudding snack cup, ready to eat
- ★ ½ cup canned pumpkin
- ★ 2 pinches ground cinnamon (reserve 1 pinch for the end)
- ★ 1 pinch ground nutmeg
- ★ 4 tbsp. nonfat whipped cream topping
- ★ 6 pretzel sticks

Instructions

1. In a mixing bowl, add vanilla pudding, pumpkin, cinnamon and nutmeg. Mix well.
2. In a parfait cup, layer half the pumpkin mixture, then half of the whipped cream topping. Repeat layering with the rest of the pumpkin mixture and whipped cream.
3. Break pretzel sticks in half and place on top of the whipped cream topping.
4. Sprinkle cinnamon on top and enjoy!

Ozone Layer



CLICK FOR VIDEO

Nutrition

No. of servings	1
Calories	130
Fat (g)	1
Saturated fat (g)	1
Fiber (g)	3
Sugar (g)	6
Added sugar (g)	<1



CLICK OR SCAN



Galaxy Fruit Bowl

Prosper High School

Riley Opiola, Kara Clayton,
Ryan Watson



CLICK FOR VIDEO

Equipment

- ★ Measuring cup
- ★ Cutting board
- ★ Butter knife
- ★ Spoon
- ★ 4 serving bowls

Ingredients

- ★ 2 cups frozen sliced peaches, unsweetened
- ★ 1 large Granny Smith apple
- ★ 2 plums
- ★ 4 5.3-ounce containers Greek vanilla yogurt with no sugar

Instructions

1. Take 16 frozen peach slices and let them thaw at room temperature while you prepare the other ingredients.
2. Place all the fresh fruits on the cutting board.
3. Using a butter knife, cut the apple down middle and then into 16 slices. Remove any seeds.
4. Cut each plum down the middle, going around the seed. Remove the seed and cut each plum into eight slices.
5. Spoon one whole container of yogurt into each bowl.
6. Divide all fruits into four portions (four peach slices, four apple slices and four plum slices).
7. In each bowl, place plum, peach and apple slices on top of and around the yogurt.
8. Now you have four Galaxy Fruit Bowls: one for you and three to share with friends!

Nutrition

No. of servings	4
Calories	130
Fat (g)	0
Saturated fat (g)	0
Fiber (g)	4
Sugar (g)	13
Added sugar (g)	0

Richardson High School

Farhana Nur, Yodha Ghattammaneni

Alien Smoothie



CLICK FOR VIDEO

Equipment

- ★ Blender (with adult permission)
- ★ Butter knife
- ★ Cutting board
- ★ Measuring cup
- ★ Liquid measuring cup
- ★ 4 smoothie glasses
- ★ 4 straws

Instructions

1. On a cutting board, use a butter knife to cut off the top and bottom of the zucchini. Cut the rest of the zucchini into square pieces and place in the blender.
2. Peel bananas, then slice each banana into four smaller chunks. Place in the blender.
3. Add spinach and milk to blender and blend ingredients on medium-high speed for 2 minutes.
4. Pour Alien Smoothie mixture evenly in the four glasses/cups.
5. To garnish, slice each strawberry through the middle starting at the bottom and stopping before the stem (don't slice all the way through).
6. Hang one strawberry on the edge of each smoothie glass.
7. Use the blueberries to make a smiley face on top of each smoothie (Eight blueberries for each smiley face).
8. Your Alien Smoothies are now activated and ready to be enjoyed by you and three friends!

Ingredients

- ★ 1 medium ripe banana
- ★ 1 cup 2% milk
- ★ 4 medium strawberries, fresh
- ★ 32 blueberries, fresh
- ★ 1 medium zucchini
- ★ 1 cup baby spinach, tightly packed

Nutrition

No. of servings	4
Calories	80
Fat (g)	1.5
Saturated fat (g)	1
Fiber (g)	2
Sugar (g)	10
Added sugar (g)	0



CLICK OR SCAN



CLICK OR SCAN

Piece O'Moon Cheesecake

Gene Burton College and Career Academy

Tatum Thompson, Grayson DeMoe



CLICK FOR VIDEO

Equipment

- ★ 2 spoons
- ★ Oven mitts
- ★ Measuring cups
- ★ Microwave-safe cereal bowl
- ★ Measuring spoons
- ★ Small mixing bowl
- ★ Plastic zip-top bag

Instructions

1. Place butter spread in a microwave-safe cereal bowl and microwave for 10-second intervals until butter is completely melted. Use oven mitts to remove bowl from the microwave.
2. Tilt bowl until butter is coated on all sides.
3. Place graham cracker in a plastic zip-top bag. Using your hands, crush the graham cracker into crumbs and pour the crumbs into the bowl with the melted butter.
4. Using a spoon, mix the crumbs into the butter and press them into the bottom of bowl to make a crust.
5. In a small mixing bowl, add the softened cream cheese, blueberries, raspberries, Stevia and vanilla extract, and mash and mix with a spoon until mixed well.
6. Spread the cream cheese and berry filling on top of the graham cracker crust, and place in the microwave for 30 seconds. (Watch to MAKE SURE IT DOESN'T BOIL OVER!)
7. Use oven mitts to remove bowl from microwave and place in the refrigerator for 30 minutes or until cheesecake is cool to the touch.
8. When cheesecake is fully chilled, place the remaining raspberries on top and enjoy your snack!

Ingredients

- ★ 2 tsp. light butter spread
- ★ 1 whole graham cracker sheet
- ★ ¼ cup fat-free cream cheese, softened
- ★ ½ cup blueberries, fresh
- ★ 3 tbsp. raspberries, fresh (reserve 2 tbsp. for topping)
- ★ 2 tsp. Stevia powder
- ★ ½ tsp. vanilla extract

Nutrition

No. of servings	1
Calories	200
Fat (g)	4.5
Saturated fat (g)	1
Fiber (g)	3
Sugar (g)	14
Added sugar (g)	4



Mindful Minute

Evaluating our own actions



CLICK OR SCAN



Wellness Activity

Long Jump Rope



CLICK OR SCAN

Gene Burton College and Career Academy

Chloe Granger, Terrance Hood

Xenomorph Seed



CLICK FOR VIDEO

Equipment

- ★ Measuring spoons
- ★ Rolling pin
- ★ Butter knife
- ★ Melon baller
- ★ Measuring cups
- ★ 6 sphere ice cube molds or small bowls (a regular ice cube tray can also be used)
- ★ Cutting board
- ★ Plastic zip-top bag
- ★ Blender (with adult permission)
- ★ 2 plates

Instructions

1. Empty both containers of yogurt in the blender.
2. Use a butter knife to cut off the tops of strawberries, then cut them in half. Add to the blender.
3. Add blueberries to the blender and blend ingredients until smooth.
4. Pour mixture into ice cube molds or small bowls.
5. Cut the top and tail off each dragon fruit and slice both in half.
6. Use the melon baller to scoop the inside of the dragon fruit. Place one dragon fruit ball on top of the berry mixture in each mold.
7. Place the molds in the freezer for about three hours or until frozen solid.
8. Place Jolly Rancher candies inside a plastic zip-top bag and crush them with a rolling pin. Set crushed candy aside until the Xenomorph Seeds are completely frozen.
9. When the frozen "seeds" are ready, remove from the freezer. Divide the crushed candy evenly between two plates and place an equal number of frozen "seeds" on top of each plate. Drizzle strawberry syrup over the "seeds" and enjoy!

Ingredients

- ★ 2 5.3-ounce containers vanilla yogurt, no sugar
- ★ ½ cup strawberries, fresh
- ★ ½ cup blueberries, fresh
- ★ 2 dragon fruits, fresh
- ★ 4 pieces sugar-free Jolly Ranchers
- ★ 1 tbsp. sugar-free strawberry syrup

Nutrition

No. of servings	2
Calories	140
Fat (g)	0
Saturated fat (g)	0
Fiber (g)	4
Sugar (g)	9
Added sugar (g)	0



Wellness Activity

Pathways, shapes, & levels



CLICK OR SCAN



Space Wrap

Sanger High School
Jacob Rogers, Hannah Davis,
Brady Fowler, Ben Henley



CLICK FOR VIDEO

Equipment

- ★ Butter knife
- ★ Fork
- ★ Colander
- ★ Oven mitts
- ★ Plastic wrap
- ★ Microwave -safe plate
- ★ Measuring spoons
- ★ Measuring cup
- ★ Microwave -safe glass bowl
- ★ Cutting board

Ingredients

- ★ 1 tortilla, whole wheat, 8-10 inches
- ★ 1 tbsp. reduced-fat cream cheese
- ★ 1 cup broccoli, fresh
- 2 tsp. water
- ★ 1 slice fat-free American cheese

Instructions

1. Place tortilla on a microwave-safe plate. Spread cream cheese on the tortilla, set aside.
2. Break broccoli flowerets into smaller pieces and place in a microwave-safe bowl with water. Cover with plastic wrap, and poke a hole on top with a fork.
3. Microwave the broccoli on high for 3-4 minutes until bright green and softened. (Allow bowl to cool for a few minutes before removing from the microwave.)
4. While waiting for broccoli to cool, take half of the cheese slice, cut it into pieces and place on top of the cream cheese on the tortilla.
5. Use oven mitts to take the bowl out of the microwave. Use a colander to drain any water.
6. Spread the cooked broccoli evenly over the tortilla on top of the cheese.
7. Cut the remaining half slice of cheese into small pieces and add on top of the broccoli.
8. Place "Space Wrap" in the microwave for 10 seconds on high.
9. Use oven mitts to take the plate out of the microwave.
10. Roll up the tortilla, then cut the wrap in half with a butter knife and share one half with a friend! Enjoy!

Nutrition

No. of servings	2
Calories	100
Fat (g)	2.5
Saturated fat (g)	1
Fiber (g)	4
Sugar (g)	2
Added sugar (g)	0



**Mindful
Minute**

Identifying One's Emotions



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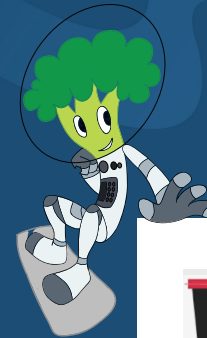
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- Cool tractors
- Science
- Silliness

Equipment

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Instructions


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1. What is the 21-Day Snacking Challenge?

The 21-Day Snacking Challenge encourages you to make healthier snack choices for the next 21 days. Every day, prepare and eat a snack that contains a fruit or veggie. Choose a recipe from this digital book, use our Healthy Snack Finder tool to search our database of over 600 recipes or make your own creation that contains ½ cup of fruit or vegetable. We encourage you and your family to participate together and share in the fun!

2. What is kids teaching kids®?

The **kids teaching kids®** Healthy Lifestyles program educates and engages students in better nutrition. Registered dietitians work with high school culinary students to create a digital recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

3. How do I register to take the challenge?

Parents may register their child(ren) by visiting the **website kids-teaching-kids.com**. Click on “Sign-Up.” Choose the box “Sign-Up a Student.” Simply follow the directions to register.

4. Why does a parent/guardian have to sign up a child?

You must be 18 years or older to fill out the form. Medical City Children’s Hospital only communicates with adults through the email address and/or phone number you provide. The information you give at registration is used to communicate to your school that your child has registered, to provide updates during the challenge, to compare your child’s responses at sign-up to the final assessment questions and to ensure delivery of your child’s reward.

5. If the ingredients in the book don’t match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website called “Healthy Snack Finder.” You can use the Healthy Snack Finder to search for snacks, from our database of over 600 recipes, that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for a healthy snack).

6. What if I miss a day in the 21-Day Snacking Challenge?

It is OK to miss a day. Though, during the 21-Day Snacking Challenge, we would like for you to think ahead and plan your snack each day, even on weekends. Remember, you can make and enjoy your snack anytime of the day.

7. How do I take the final assessment?

Two weeks after the challenge ends, we will send you an email message with a link to the final assessment. You will receive separate communications for each child that you registered, and you will fill out separate assessments for each child. The final assessment is required for your child to qualify for their reward.

8. During the 21-Day Snacking Challenge, do I have to make EVERY snack from the book I have?

No. We understand there may be issues with food allergies, availability of ingredients, etc.

9. What are the guidelines for a Healthy Snack?

Below are the guidelines for your healthy snack. Don’t forget to check your portion size!

- 200 calories or less
- 7 g of fat or less
- 2 g of saturated fat or less
- 15 g of sugar or less
- 2 g of fiber or more
- Must contain a minimum of ½ cup fruit or vegetable per serving

10. Can parents and teachers sign up to take the challenge too?

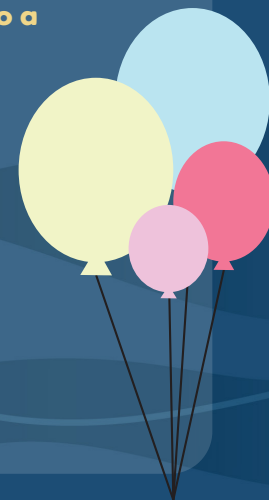
No, the 21-Day Snacking Challenge sign-up and final assessment are only for students. We only give awards to elementary students enrolled in public schools. However, we encourage you to participate with your student(s). You may access the recipe book for free and use the Healthy Snack Finder as well.

11. Why did the program move from a paper book to a digital book?

In 2020, the program moved the recipe book to all digital as elementary students were becoming more accustomed to online education. This transition allowed the program to be more interactive and expand other areas of education that are important to students including Wellness and Mindfulness.

12. What if I have questions about the 21-Day Snacking Challenge?

Contact your PE teacher.



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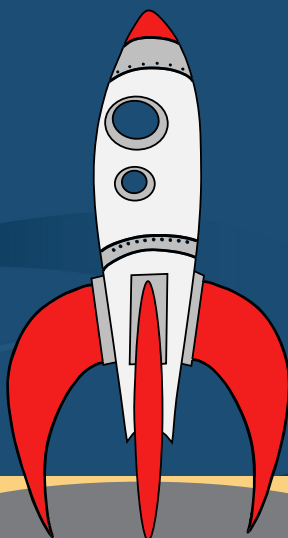
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