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# Welcome to the 2024–25 edition of the *kids teaching kids*<sup>®</sup> recipe book!

This collection of healthy snacks was created by high school culinary students from across Texas.

## Each snack recipe features:

- 1 serving of fruits or veggies
- Safe and easy preparation instructions for elementary school students
- How-to videos
- Adherence to the Dietary Guidelines for Americans

## This year's recipe book is loaded with fun and educational resources, including:

- Interactive elements – click the recipe names for videos of student chefs demonstrating how to prepare the snacks
- Wellness videos from education and training and audio/visual students on character building
- Activity videos from physical education (PE) teachers demonstrating activities that you can do at school and at home

These new additions were thoughtfully designed through a collaboration between high school career and technical education (CTE) students and PE teachers.

The *kids teaching kids*<sup>®</sup> program is based on the whole-child model, which includes 10 components addressing nutritional, physical, social, emotional and mental health. Families who participate in the **21-Day Snacking Challenge** with their kids can learn to develop lifelong healthy eating habits, encourage mindful practices and explore fitness activities that are best suited to each family member.

## Parents

To ensure your children's safety, please supervise them while they are preparing these recipes and handling kitchen tools and equipment.

## Kids

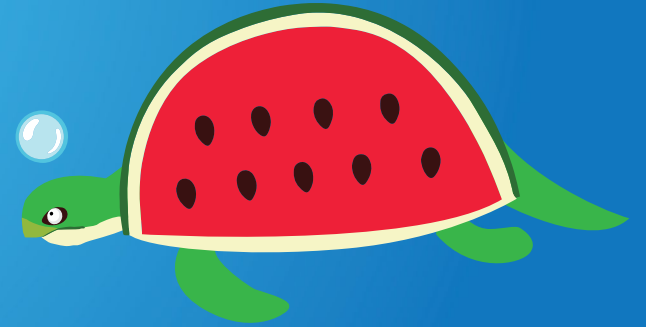
Always ask an adult for permission before preparing these recipes.

Visit us at [kids-teaching-kids.com](https://kids-teaching-kids.com) and [LasPalmasDelSolHealthcare.com](https://LasPalmasDelSolHealthcare.com).

# Spicy Mango Colada

Richardson ISD - Richardson High School

Chris Jones and Joshua Flores



## Utensils/Equipment

- Measuring cups
- Measuring spoons
- Blender
- 2 serving glasses

## Ingredients (Makes 2 Servings)

- 1 cup Mango, frozen, chunks
- 1 cup Ice
- ½ cup Water
- ½ Tbsp Chia seeds
- 2 tsp Stevia
- 2 Tbsp Chamoy sauce
- 2 tsp Lime juice

## Nutrition Facts (Per Serving)

|                     |      |
|---------------------|------|
| • Calories          | 70   |
| • Fat (g)           | 1.5  |
| • Saturated Fat (g) | 0.0  |
| • Fiber (g)         | 2.0  |
| • Sugar (g)         | 13.0 |
| • Added Sugar (g)   | 0.0  |



Click or scan the QR code to see how it's made.



## Step-by-Step Directions

1. Add the mango, ice, water, chia seeds, lime juice, and stevia to the blender. With adult supervision, blend until smooth.
2. Drizzle chamoy around the inside of the serving glasses.
3. Pour the mango smoothie into the serving glasses. Enjoy!

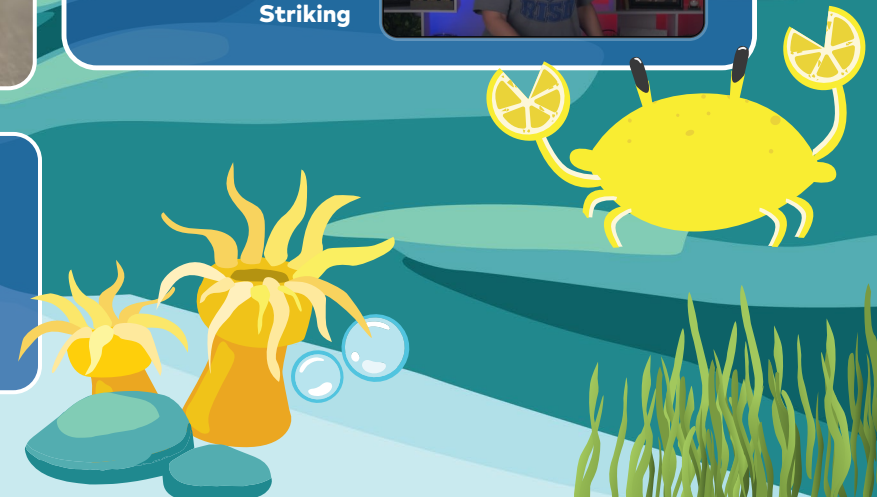
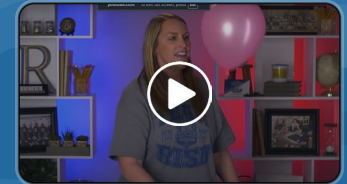
## Wellness Video

Sanger ISD:  
A Children's  
Guide to Honesty



## Activity Video

Richardson ISD:  
Striking



# Apple Berry Munch

Birdville ISD – Birdville Center of Technology & Advanced Learning

Celeste Ordonez, Rionica Bender, Peyton Garcia

## Utensils/Equipment

- Cutting board
- Butter knife
- Blender
- Measuring cups
- Serving bowl
- Spoon

## Ingredients (Makes 1 serving)

- 1/3 Banana, raw, medium
- 1/2 Apple, raw, small
- 1/4 cup Blueberries, raw
- 1/4 cup Water
- 1/4 cup Ice

## Nutrition Facts (Per Serving)

|                     |      |
|---------------------|------|
| • Calories          | 90   |
| • Fat (g)           | 0.0  |
| • Saturated Fat (g) | 0.0  |
| • Fiber (g)         | 3.0  |
| • Sugar (g)         | 15.0 |
| • Added Sugar (g)   | 0.0  |



Wellness  
Video

Dallas ISD:  
Jealousy



Activity  
Video

Sanger ISD:  
Catching



Click or scan the QR code to see how it's made.



## Step-by-Step Directions

1. Cut one-third of the banana, remove the peel, and place in a blender.
2. Cut the apple in half. Cut the half into one thick wedge and one thin wedge. Add the thick wedge to the blender. Cut two very small triangles from the tip of the thin wedge. Set aside these three thin apple pieces to create the fish.
3. Set aside a few blueberries for garnish and add the remaining blueberries, water, and ice into the blender.
4. With adult permission, blend on high until smooth. Pour into a serving bowl.
5. Make the fish: Place the thin apple wedge on top of the smoothie to create the fish's body. Use the two small triangles to create a tail and fin. (Optional: Use an apple seed to create an eye.)
6. Garnish with blueberries around the inner rim of the smoothie. Enjoy!

# Shark Bite Salsa!

Weatherford ISD – Weatherford High School

Kennedy Kelly, Sarah Crews, Braiden Gritmit, Emily Mason, Kaleb Heiermann

## Utensils/Equipment

- Butter knife
- Measuring cups
- Cutting board
- Measuring spoons
- Blender
- Serving bowl

## Ingredients (Makes 1 serving)

- 1½ Tomato, raw, medium
- 1 Jalapeño pepper, raw, medium, seeded
- 1 Red bell pepper, raw, medium
- ½ cup Honeydew melon, raw, diced
- ½ cup Cantaloupe, raw, diced
- ½ cup Cilantro, fresh
- 1½ Tbsp Lime juice
- 1 Tbsp Onion powder
- ½ Tbsp Paprika
- 1 pinch Salt
- 30 Round tortilla chips

## Nutrition Facts (Per Serving)

|                     |     |
|---------------------|-----|
| • Calories          | 170 |
| • Fat (g)           | 6.0 |
| • Saturated Fat (g) | 1.0 |
| • Fiber (g)         | 4.0 |
| • Sugar (g)         | 8.0 |
| • Added Sugar (g)   | 0.0 |



Dallas ISD:  
Emotions in Children



Prosper ISD:  
Throwing



Click or scan the QR code to see how it's made.



## Step-by-Step Directions

1. Cut the whole tomato in half. Place the three halves into the blender.
2. Cut the jalapeño pepper in half and remove the seeds. Add to the blender.
3. Cut the top and bottom off the bell pepper and discard. Remove the seeds and add to the blender.
4. Next, add the remaining ingredients to the blender: honeydew, cantaloupe, cilantro, lime juice, onion powder, paprika and salt.
5. With adult permission, blend all ingredients until the salsa is slightly chunky.
6. Pour into a bowl. Serve with tortilla chips and enjoy!

# Submerged Acai Bowl

Plano ISD – Plano East Senior High School

Uzair Naved

## Utensils/Equipment

- Measuring cups
- Blender
- Cutting board
- Butter knife
- Rubber spatula
- 2 serving bowls

## Ingredients (Makes 2 servings)

- 1½ tsp Acai powder, unsweetened
- ¾ cup Banana, raw, sliced
- ½ cup Pineapple, raw, chunks
- ½ cup Water
- ¼ cup Strawberries, raw, quartered
- ¼ cup Blueberries, raw

## Nutrition Facts (Per Serving)

|                     |      |
|---------------------|------|
| • Calories          | 90   |
| • Fat (g)           | 1.0  |
| • Saturated Fat (g) | 0.0  |
| • Fiber (g)         | 3.0  |
| • Sugar (g)         | 12.0 |
| • Added Sugar (g)   | 0.0  |



Wellness  
Video

Sanger ISD:  
Resolving Conflict



Activity  
Video

Northwest ISD:  
Outdoor Education



Click or scan the QR code  
to see how it's made.



## Step-by-Step Directions

1. Add the acai powder, banana, pineapple, and half of the water to a blender.
2. With adult permission, blend until smooth. The remaining water may be needed to achieve the desired texture.
3. Remove the leafy tops from the strawberries and cut them into quarters.
4. Pour equal amounts of blended fruit into two serving bowls (a rubber spatula may be needed to scrape the sides of the blender).
5. Top each bowl with equal amounts of strawberries and blueberries. Enjoy!

# Ocean Pearls

Rockwall ISD – Dr. Gene Burton College & Career Academy

Autumn Center, Saydi Sullivan, Kendal Booker

## Utensils/Equipment

- Cutting board
- Butter knife
- Serving glass
- Measuring cup
- Spoon

## Ingredients (Makes 1 serving)

- ½ sheet Graham cracker
- 6 Strawberries, raw, medium
- ¾ cup Greek yogurt, low fat, vanilla
- 7 Blueberries, raw

## Nutrition Facts (Per Serving)

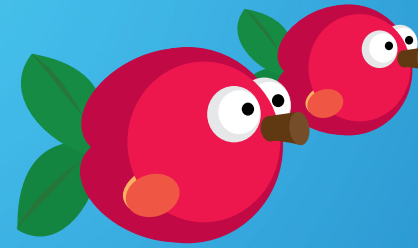
- |                     |     |
|---------------------|-----|
| • Calories          | 150 |
| • Fat (g)           | 3.0 |
| • Saturated Fat (g) | 1.0 |
| • Fiber (g)         | 2.0 |
| • Sugar (g)         | 9.0 |
| • Added Sugar (g)   | 2.0 |

Click or scan the QR code to see how it's made.



## Step-by-Step Directions

1. Crush the graham cracker to a consistency that resembles sand.
2. Set one strawberry aside. Dice the other five strawberries.
3. To make the parfait, layer a quarter of the crushed graham crackers, a third of the yogurt and half of the diced strawberries. Repeat this pattern a second time.
4. Then add a quarter of the crushed graham crackers and the remaining third of the yogurt on top. Use the back of a spoon to level the top.
5. Remove the leafy top from the remaining strawberry. Cut a wedge out of the strawberry lengthwise to create an open clam shell.
6. Place one blueberry in the middle of the strawberry so it looks like a pearl in the mouth of the clam.
7. Place the remaining blueberries around the strawberry clam to look like multiple pearls.
8. Sprinkle the remaining graham cracker crumbs on top to look like sand.



Wellness  
Video

Dallas ISD:  
Emotions



Activity  
Video

Goose Creek ISD:  
Basketball Dribbling





# “Under the Sea” Fruit Salad

Dallas ISD – Franklin D. Roosevelt High School of Innovation

Phatima Perez, Wendy Tovar



## Utensils/Equipment

- Cutting board
- Butter knife
- Measuring cups
- Mixing bowl
- Measuring spoons
- Spoon
- 2 serving bowls



Click or scan the QR code to see how it's made.



## Ingredients (Makes 2 servings)

- 1 cup Jicama, raw, diced
- ½ cup Strawberries, raw, sliced
- ¼ each Mango, raw, medium
- ½ each Lime, raw, medium, juiced
- ¾ tsp Honey
- ½ each Navel orange, raw, medium
- 1 Tbsp Mint, fresh

## Nutrition Facts (Per Serving)

|                     |      |
|---------------------|------|
| • Calories          | 80   |
| • Fat (g)           | 0.0  |
| • Saturated Fat (g) | 0.0  |
| • Fiber (g)         | 5.0  |
| • Sugar (g)         | 12.0 |
| • Added Sugar (g)   | 2.0  |

## Step-by-Step Directions

1. Dice the jicama and place it in a mixing bowl.
2. Remove the leafy tops from the strawberries and them cut into quarter pieces. Add them to the mixing bowl.
3. Cut the skin off the mango. Dice a quarter of the mango and add it to the mixing bowl.
4. Cut the lime in half. Squeeze half of the lime on the fruit and drizzle with ¼ teaspoon of honey. Mix until the fruit is evenly coated.
5. Transfer the fruit evenly into 2 serving bowls.
6. Next, cut the orange in half. Remove the peel from half of the orange and break it into segments.
7. Top the bowls with orange segments and torn mint leaves and drizzle ¼ teaspoon of honey on each bowl. Enjoy!

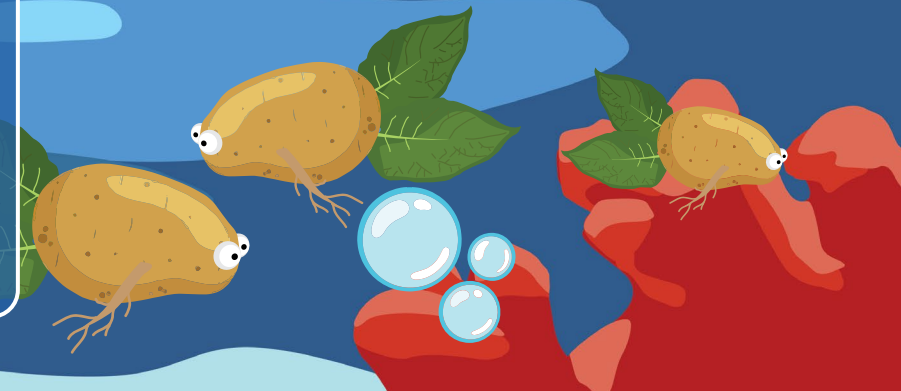
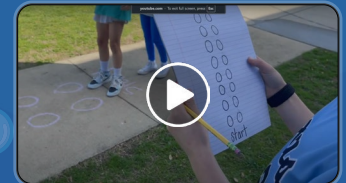
## Wellness Video

Sanger ISD:  
Communication is Easy



## Activity Video

Richardson ISD:  
Pathways & Directions



# Seashell Bites

Irving ISD – Nimitz High School

Jasmine Rojas

## Utensils/Equipment

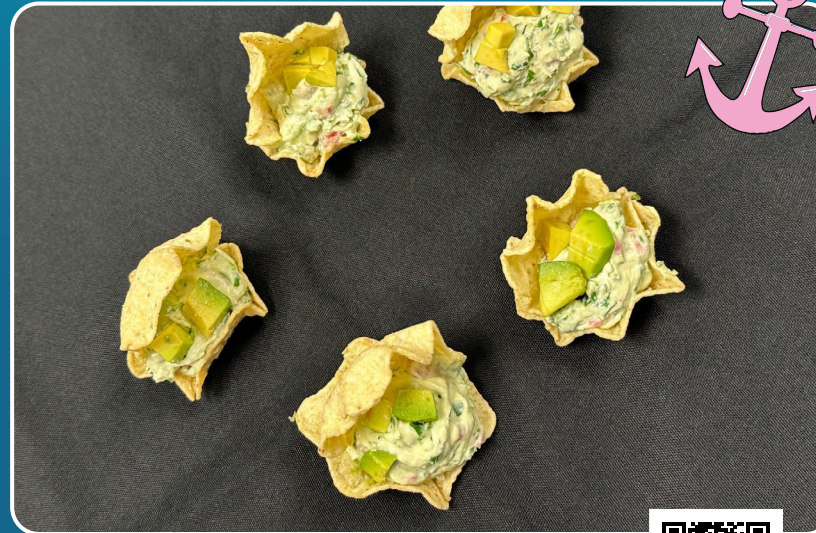
- Cutting board
- Butter knife
- Measuring cup
- Mixing bowl
- Rubber spatula
- Spoon
- Serving plate
- Measuring spoon

## Ingredients (Makes 1 serving)

- ½ cup Spinach, raw
- 1 each Strawberry, raw, large
- 2 oz Cream cheese, fat free
- 10 each Baked scoop tortilla chips
- 2 Tbsp Avocado

## Nutrition Facts (Per Serving)

|                     |     |
|---------------------|-----|
| • Calories          | 170 |
| • Fat (g)           | 4.5 |
| • Saturated Fat (g) | 0.0 |
| • Fiber (g)         | 3.0 |
| • Sugar (g)         | 5.0 |
| • Added Sugar (g)   | 0.0 |



Click or scan the QR code to see how it's made.



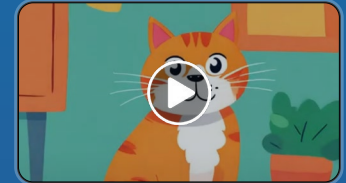
## Step-by-Step Directions

1. Chop spinach and strawberries with a butter knife and add to a mixing bowl.
2. Add cream cheese to the bowl and mix until well combined.
3. Spoon the cream cheese mixture into five chips. Place the filled chips on a serving plate.
4. Dice the avocado. Evenly distribute the avocado pieces into the center of the cream cheese-filled chips.
5. Place the remaining chips on top of each cream cheese-filled chip at a 45-degree angle to resemble a clamshell. Enjoy!



Wellness  
Video

Sanger ISD:  
The Bad Kitten



Activity  
Video

Dallas ISD:  
Rhythm



# Starfish Sammie

Fort Worth ISD – North Side High School

Chef Kurima's Food Science Students

## Utensils/Equipment

- Cutting board
- Microwave-safe plate
- Butter knife
- Microwave
- Measuring cup
- Bowl, medium size
- Measuring spoons
- Spoon
- Star-shaped cookie cutter

## Ingredients (Makes 1 serving)

- ½ cup Broccoli tops, raw
- 3 Tbsp Greek yogurt, nonfat, plain
- 2 tsp Ranch dressing seasoning mix
- 2 slices Whole-wheat bread, cut into a star
- 1 Tbsp Mozzarella cheese, part skim, shredded

## Nutrition Facts (Per Serving)

|                     |     |
|---------------------|-----|
| • Calories          | 170 |
| • Fat (g)           | 3.0 |
| • Saturated Fat (g) | 1.0 |
| • Fiber (g)         | 4.0 |
| • Sugar (g)         | 5.0 |
| • Added Sugar (g)   | 2.0 |



## Wellness Video

Goose Creek ISD:  
Stress (Espanol)



## Activity Video

Plano ISD:  
Throwing

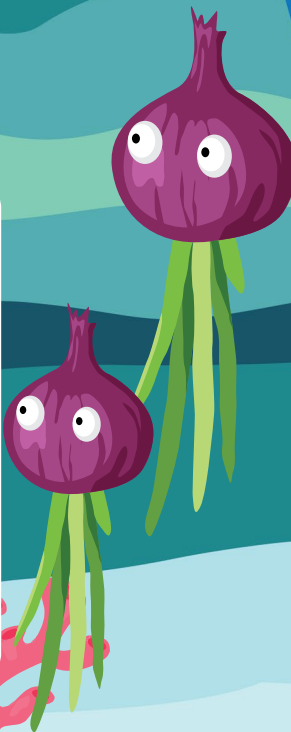
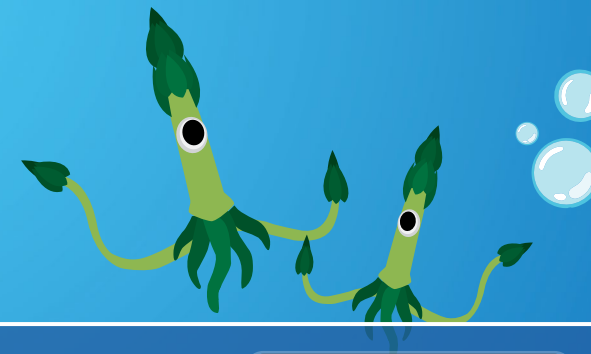


Click or scan the QR code to see how it's made.



## Step-by-Step Directions

1. Remove the stems from the broccoli florets and discard them. Set aside two small broccoli tops, then place the remainder in the bowl.
2. Add the yogurt and ranch seasoning to the bowl with the broccoli. Mix together until well combined. Set aside.
3. Use a star-shaped cookie cutter or butter knife to cut the two slices of bread into a star.
4. Spread the broccoli-yogurt-ranch mixture on one piece of bread. Sprinkle cheese on top.
5. Put the remaining piece of bread on top of the cheese to make the Starfish Sammie. Place it on a microwave-safe plate.
6. Take the two remaining pieces of broccoli and poke them into the sammie to create eyes. Microwave for 30 seconds or until the cheese is melted.
7. Let the plate cool for a couple of minutes before removing it from the microwave. Enjoy!



# Mermaid's Bowl

Goose Creek ISD – Stuart Career Tech High School

Jennifer Ruiz Sierra, Celeste Velasquez

## Utensils/Equipment

- Cutting board
- Butter knife
- Measuring cup
- Measuring spoons
- Blender
- Serving bowl

## Ingredients (Makes 1 serving)

- ½ cup Strawberries, raw, medium, sliced
- ½ cup Blueberries, raw, sliced
- 2 Tbsp Greek yogurt, nonfat, vanilla
- 1 tsp Chia seeds
- 6 Strawberries, raw, sliced for garnish

## Nutrition Facts (Per Serving)

|                     |      |
|---------------------|------|
| • Calories          | 110  |
| • Fat (g)           | 2.0  |
| • Saturated Fat (g) | 0.0  |
| • Fiber (g)         | 5.0  |
| • Sugar (g)         | 13.0 |
| • Added Sugar (g)   | 2.0  |



Click or scan the QR code to see how it's made.



## Step-by-Step Directions

1. Slice the strawberries and blueberries and put them in the blender.
2. Next, add the yogurt and chia seeds to the blender.
3. With adult supervision, blend all ingredients until smooth.
4. Pour the smoothie into a bowl. Garnish with the six sliced strawberries. Enjoy!



Wellness  
Video  
Dallas ISD:  
Types of Emotions



Activity  
Video  
Community ISD:  
Locomotor Skills



# Party Squash Pizza Bites

Dallas ISD – Emmett J. Conrad High School

Ashley Ariz, Faith Rui, Maria Rico

## Utensils/Equipment

- Cutting board
- Butter knife
- Microwave-safe plate
- Measuring cups
- Microwave
- Spoon
- Measuring spoon

## Ingredients (Makes 1 serving)

- $\frac{3}{4}$  Yellow / zucchini squash, fresh, thick slices
- $\frac{1}{4}$  cup Tomato, fresh, diced
- 8 slices Turkey pepperoni, mini pieces
- 2 Tbsp Mozzarella cheese, fat free, shredded
- 4–6 pinches Dried basil

## Nutrition Facts (Per Serving)

|                     |     |
|---------------------|-----|
| • Calories          | 60  |
| • Fat (g)           | 1.5 |
| • Saturated Fat (g) | 0.0 |
| • Fiber (g)         | 2.0 |
| • Sugar (g)         | 4.0 |
| • Added Sugar (g)   | 0.0 |



**Wellness  
Video**  
Sanger ISD:  
Honesty is the  
Best Policy



**Activity  
Video**  
Rockwall ISD:  
Catching



Click or scan the QR code to  
see how it's made.



## Step-by-Step Directions

1. Cut the squash into thick round slices (about 4–6 pieces total). Place on a microwave-safe plate and microwave for 2 minutes.
2. While squash is in the microwave, dice the tomatoes and cut each pepperoni slice into fourths.
3. Remove the plate from the microwave. Use a spoon to top the squash with diced tomatoes. Then use your hands to top with the mozzarella cheese, turkey pepperoni, and basil.
4. Microwave again for about 30 seconds or until the cheese is melted.
5. Remove plate from the microwave and allow pizza bites to cool for about 15 seconds. Enjoy!



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### **What is the 21-Day Snacking Challenge?**

The 21-Day Snacking Challenge encourages the participant 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 1/2 cup of fruit or vegetable. We encourage you and your family to participate together and share in the fun!

### **What is *kids teaching kids*®?**

The *kids teaching kids*® Healthy Lifestyles program was created to help children and their parents build a lifetime of healthy habits through nutrition education and wellness activities. Each school year the program hosts the 21-Day Snacking Challenge. It engages high school Career and Technical Education (CTE) students to teach elementary school students healthier snacking habits while providing other wellness and activity education.

### **How do I register to take the challenge?**

Parents may register their child(ren) by visiting the website [kids-teaching-kids.com](http://kids-teaching-kids.com). Click on "Sign-Up." Simply follow the directions to register.

### **Why does a parent/guardian have to sign up a child?**

You must be 18 years or older to fill out the form. *kids teaching kids*® Healthy Lifestyles only communicates with adults through the email address 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.

### **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)

### **How do I take the final assessment?**

Two weeks after the Challenge ends, the program will send you notification to go on your event portal and take 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.

### **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.

### **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.

### **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
- 2 g of fiber or more
- 15 g of sugar or less
- Must contain a minimum of 1/2 cup fruit or vegetable per serving

### **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.

### **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 others areas of education important to students with Wellness and Activity videos.

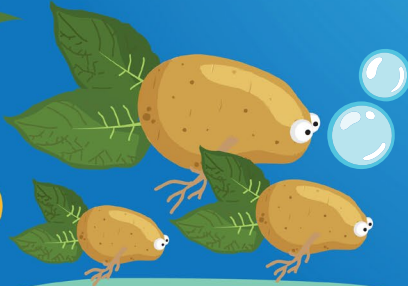
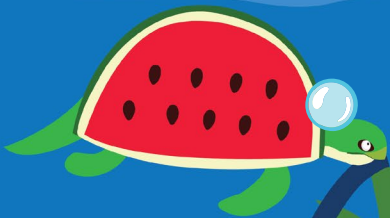
### **What if I have questions about the 21-Day Snacking Challenge?**

Contact your PE teacher or use the message icon in your event portal.



This book was designed and illustrated by

**Nolan Pingleton**  
Wylie High School, Wylie ISD



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