

# GO GLOW GROW

## Snack - GO, GLOW & GROW Sandwich

Remember to have your child wash her hands before preparing the snack.

### GO, GLOW & GROW

#### Ingredients

**GO** Food: - Pita bread

**GLOW** Foods:  
- Chopped lettuce or grated cabbage or carrot  
- Thin sliced apple or pear

**GROW** Foods:  
- Sliced turkey or chicken or tuna  
- Cheese - grated or thin sliced

*Helping with cooking builds independence skills.*

#### Directions

1. Cut the pita bread into quarters.
2. Cut your choice of the **GLOW & GROW** foods into small pieces.
3. Stuff each pita section with the ingredients from the **GO, GLOW & GROW** foods.
4. Enjoy!

Teacher  
1

Teacher  
2

Activities  
1

Activities  
18

Parents  
2-4

# GO GLOW GROW

## Snack — Pretzel Party

### Ingredients

- 1 loaf of frozen whole wheat bread dough, defrosted overnight in the refrigerator
- 1 egg white plus 1 tsp water, slightly beaten
- Salt or parmesan cheese
- Baking sheets
- Shallow pan
- Non stick cooking spray

You can tell how much fiber is in a food by reading the Nutrition Facts Label on the food.

### Directions

1. Separate defrosted dough into 16 pieces
2. Roll dough pieces and shape into a pretzel
3. Place on greased baking sheet
4. Let rest 20 minutes
5. Brush with egg white
6. Sprinkle with salt or parmesan cheese if desired
7. Place a shallow pan with one inch boiling water on the lower rack in the oven.
8. Bake the pretzels @ 350°F for 20 minutes on the cookie sheet above the water.

Food products labeled "multi-grain", "stone-ground", "100% wheat", "crack wheat", "seven-grain", or "bran" may not be whole-grain products.

### Serving suggestion

Thin peanut butter with milk and give your child a portion to use as a dip for the pretzels. Serve with 100% orange juice. *Orange juice will enhance the absorption of iron in the peanut butter.*

Teacher  
**1**

Activities  
**18**

Parents  
**1**

Parents  
**2**

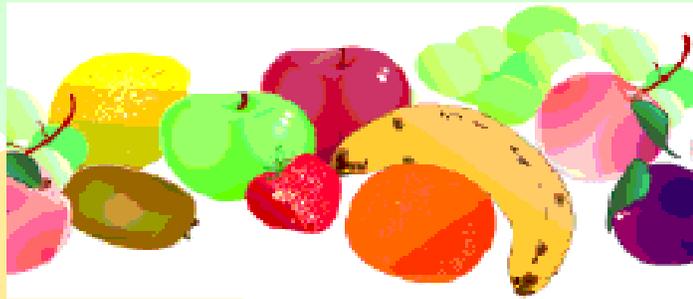
Parents  
**10**

# GO GLOW GROW

## Snack: GLOW Sticks

### Ingredients

- Fruits and vegetables that will skewer easily, such as bananas, melons, oranges, tomatoes, squash, etc.
- Pretzel sticks
- Plates



*Eat at least one vitamin A-rich fruit or vegetable a day, such as: cherries, apricots, mangos, carrots, spinach, sweet potatoes, string beans, cantaloupe, summer and winter squash.*

### Directions

1. Wash and cut up fruits and vegetables and place each in a separate bowl.
2. Give each child pretzels on a plate.
3. Allow each child to select fruits and vegetables from the bowls.
4. Show the children how to skewer the food onto pretzel sticks.
5. Eat and enjoy.

**Note:** Some foods may be too hard to skewer, just serve on the plate.

Lesson 3 - Parents

Teacher  
**4**

Activities  
**15**

Activities  
**18**

Parents  
**1**

Parents  
**3**

Parents  
**11**

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# GO GLOW GROW

## Snack: Yogurt Parfait

### Ingredients

- Vanilla lowfat yogurt
- Bananas (seasonal or canned fruit may be substituted)
- Lowfat granola
- Clear plastic cups
- Spoons

Think of snacks as mini meals that help provide the nutrients children need to grow, play and learn.

### Directions

1. Place  $\frac{1}{4}$  cup yogurt in each plastic cup.
2. Top with 3 banana slices and 1 tablespoon granola. Repeat, making a second layer of yogurt, banana and granola.
3. Serve immediately or freeze for an hour to give yogurt the consistency of ice cream.
4. Let your child top their own parfait with additional fruit and granola before eating.

*Note: Parfaits can be made ahead of time (except for the final topping of fruit and granola) and frozen. Take out of the freezer 20 minutes before eating, to serve soften.*

Let snacks fill in the gaps. If no fruit was eaten at lunch, offer it at snack time.

While children are eating their parfaits, this is a good time to reinforce the fact that yogurt is a **GROW** food.



Activities

1

Activities

18

Parents

1

Parents

4

Parents

11

**GO GLOW GROW**

## Snack - French Toast Fingers

Remember to have your child wash her hands before preparing the snack.

### Ingredients

- 1 egg
- 1 Tbs low-fat milk
- 2 slices whole wheat bread
- Cooking spray
- Powdered sugar and cinnamon for topping

*Children gain confidence by helping in the kitchen!*

### Directions

1. Preheat oven to 350°.
2. Spray a sheet pan with cooking spray and set aside.
3. Cut each slice of bread into four strips, lengthwise – 8 strips in all.
4. In a small bowl, combine egg and milk and beat with a fork until frothy.
5. Dip each strip of bread in the egg mixture and coat completely.
6. Lay the strips on the cooking sheet.
7. Bake for about 12 minutes until brown.
8. Sprinkle lightly with powdered sugar and cinnamon and serve.

Teacher  
**3**

Activities  
**6-11**

Activities  
**18**

Parents  
**1**

Parents  
**2**

Parents  
**5**

# GO GLOW GROW

## Snack: Pyramid Snack

### Ingredients and Supplies

- Whole wheat crackers
- Carrot sticks
- Apple slices
- Cheese cubes
- Kidney beans
- Serving utensils
- Paper plates
- Marker

When doing physical activities, start with very brief activities so that overweight or inactive children can succeed.

### Directions

1. Help your child draw a Food Guide Pyramid on a plate.
2. Set out the ingredients and have your child take a piece of each food and put it in the correct space on the pyramid.
3. Discuss the placement of the foods.
4. Eat the snack and enjoy!

This is a great opportunity for your child to share their knowledge with others who do not know about **GO**, **GLOW** and **GROW** foods!

Teacher  
**2**

Activities  
**1**

Activities  
**2**

Activities  
**18**

Parents  
**1-4**

**GO GLOW GROW****Snack: Egg Salad Mash****Ingredients****Per child:**

- 2 snack size rice cakes or whole wheat crackers
- ½ hard boiled egg, shelled
- 1 teaspoon low-fat mayonnaise
- Dash of garlic salt
- Snack size recloseable bags

Demonstrate how to make the snacks. Show children how to mash and smash the egg.

Note: *If you do not do this directly after HAND WASHING activities, make sure children wash their hands.*

**Directions**

1. Give each child a sealed recloseable plastic bag with ½ hard-boiled egg, 1 teaspoon low-fat mayonnaise and a dash of garlic salt inside.
2. Ask each child to mash the egg with their fingers to make egg salad.
3. Cut off one corner of the bag with clean scissors.
4. Squeeze the egg salad onto a rice cake.
5. Enjoy!

Teacher  
**3**

Activities  
**6-11**

Activities  
**18**

# GO GLOW GROW

## Snack: Quick & Hearty Dip

Remember to have your child wash his hands before preparing the snack.

Children love to help in the kitchen. This dip is perfect for little ones.

### Ingredients

- 1 can black beans, drained
- ½ cup mild salsa
- grated cheese (optional)
- chopped onion (optional)
- chopped cilantro (optional)

*Point out words on food packages. This reinforces why reading is important.*

### Directions

1. Mix beans, salsa and other ingredients together in a bowl.
2. Serve with baked tortilla chips.
3. This also makes a tasty filling for quick burritos.
  - Spoon onto flour tortilla, add optional topping.
  - Roll up and enjoy.

Teacher  
**4**

Activities  
**15**

Activities  
**18**

## Snack: Fruit Salad

Remember to have your child wash her hands before preparing the snack.

### Ingredients

- 1 can of pineapple in its own juice, undrained
- 1 pear, chopped
- 1 apple, chopped
- 1 banana, sliced

*Children learn math skills through measuring and counting.*

### Directions

1. Mix all ingredients in a large bowl.
2. Cover and refrigerate for one hour to blend flavors.
3. Enjoy!

*Any seasonal fruit can be substituted for this recipe.*



# HAPPY HEALTHY ME. . .

## Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds

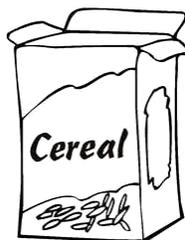


### Recipe

## Power Punch Ball

#### Supplies:

- Measuring cups and spoons
- Mixing bowl
- Wooden spoon
- Plate

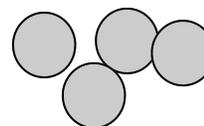


#### Ingredients:

- 1/3 cup peanut butter
- 3 tablespoons honey
- 1/2 cup crushed corn flakes
- 1/2 cup quick oatmeal
- 1/4 cup dry milk

#### What to Do:

1. Mix peanut butter and honey together in a bowl.
2. Add corn flakes, oatmeal and milk to the mixture and mix well.
3. Pinch off a small amount of dough and roll into a ball.
4. Put on a plate and enjoy!



#### Books to Read with Your Child:

- ★ *Wash Your Hands* by Tony Ross
- ★ *Germs on their Fingers* by Wendy Wakefield
- ★ *Germs Make Me Sick* by Melvin Berger
- ★ *Germs! Germs! Germs!* by Bobbi Katz



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Teacher  
3

Activities  
6-11

Activities  
18

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# HAPPY HEALTHY ME. . .

## Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds



### Fun-do Recipe

#### Ingredients per child:

- 2 broccoli florets
- 2 apple slices
- 2 ham cubes
- 3 pretzel sticks
- Small amount of cheese sauce\*
- Plates
- Sample-size paper cups

#### \*Cheese sauce ingredients: (Serves 20)

- 1 tablespoon butter
- 3 tablespoons flour
- 1 cup non-fat milk
- 2 cups diced low-fat Cheddar cheese

#### Instructions:

1. Melt butter in a sauce pan.
2. Whisk in flour and mix well.
3. Gradually whisk in milk and stir until thickened.
4. Add cheese and stir over low heat until smooth.
5. Pour small amounts into sample cups and serve with items to dip into the "Fun-do".

### Reminder

- ★ Be aware of children's food allergies. Make food substitutions, when necessary.
- ★ Wash hands before preparing, serving, or eating food.



Teacher  
2

Teacher  
3

Activities  
1-11

Activities  
18

## HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid  
for 4 to 6-Year-Olds

## Squish, Squash, Squeeze Cheese Spread

**Ingredients per child:**

- 1 tablespoon low-fat cream cheese
- 1 teaspoon shredded cheddar cheese
- 1 tablespoon chopped nuts or crushed cereal
- 3 whole wheat crackers
- Recloseable sandwich bag
- Scissors

**Instructions:**

1. Give each child a recloseable sandwich bag with 1 tablespoons of low-fat cream cheese. Add 1 teaspoon of shredded cheddar cheese. (If time permits, let the children shred the cheese).
2. Show the children how to close the sandwich bag and use their hands to squish and squash the mixture until the cheddar cheese is mixed into the cream cheese.
3. Squeeze the mixture to one corner of the bag.
4. Snip off the corner tip of the sandwich bag with clean scissors.
5. Squeeze the cheese mixture onto crackers.
6. Sprinkle chopped nuts or crushed cereal over the cheese.

## Reminder

- ★ Be aware of children's food allergies. Make food substitutions, when necessary.
- ★ Wash hands before preparing, serving, or eating food.

Teacher  
3Activities  
1Activities  
6-11Activities  
18



# HAPPY HEALTHY ME. . .

## Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds

### Recipe

## Peanut Butter & Banana Tortilla Roll-ups

### Ingredients:

- 4 flour or whole wheat tortillas
- 1/2 cup peanut butter
- 1 banana, thinly sliced
- 1/4 cup raisins



### What to Do:

1. Spread each tortilla with one tablespoon of peanut butter leaving a 1" border.
2. Spoon bananas and raisins on each tortilla.
3. Roll up.
4. Cut into slices and enjoy!



### Books to Read with Your Child:

- ★ *Beastly Feast* by Bruce Goldstone
- ★ *Eating the Alphabet* by Lois Ehlert
- ★ *Stone Soup* by John J. Muth
- ★ *D.W. The Picky Eater* by Marc Brown



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Activities  
3-5

Activities  
18

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## Tips for Busy Early Childhood Professionals

Vol. 2 Mar 2009 Harvest of the Month Spring Season

### P is for Peas

- Peas are sweet and crunchy. They are green in color and the round peas inside are entirely edible.
- Sugar snap peas and snow peas are entirely edible.
- Sugar snap peas and snow peas can be served raw. They can also be served warm or chilled.
- Peas are a good source of Vitamin A, and Vitamin C and good source of fiber.



#### Cooking in the Preschool Classroom

provides many benefits to children

- Children can shell the green peas.
- Children can remove the leaves from the fresh herbs.
- Children can wash the peas.
- Children practice their fine motor skills removing the stems and strings of the peas.

#### Food Safety and Sanitation

- Wash hands before preparing recipe.
- Wash peas before preparing the salad.
- Refrigerate all leftovers.

#### Create a child-friendly environment

Avoid rushing meals and activities.



For more ideas, visit:  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity program and em



### Pea Salad with Fresh Herbs

Makes 25 tastes at ¼ cup each

#### Ingredients:

- ¾ pound sugar snap peas and snow peas
- ¾ pound fresh green peas (about 1 cup shelled)
- 2 tablespoons chopped fresh mint and fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon rice vinegar

#### Supplies:

- large bowl, paper plates, and spoons

#### Preparation:

- Wash peas. Remove stems & strings. Shell green peas.
- Put snap and sugar peas in a large bowl and add water. Cover with a paper towel.
- Microwave for 2-3 minutes until tender. Repeat with shelled green peas.
- When tender, drain peas and cool on paper towel.
- Mix together all peas in a large bowl. Add herbs, oil, and vinegar until smooth.
- Pour over peas and serve.

Recipe adapted from: Discover the Secret to Healthy Living, Public Health Institute.

**Nutrition Information per serving:** Calories 32, Carbohydrate 4 gm, Protein 2 gm, Fat 1 gm, Saturated Fat 0 gm, Cholesterol 0 mg, Sodium 2 mg, Fiber 1 gm.

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Teacher  
**3**

Activities  
**6-12**

Activities  
**18**



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**Tips for Busy Early Childhood Professionals**  
Vol. 2, February 2009 Harvest of the Month Winter

# C is for Cabbage

- There are different varieties of cabbages. Their color, shape and taste vary.
- Cabbages are easy to grow in the garden. They are delicious raw in salads, and cooked with other meals.
- The most common cabbage in markets is the head cabbage
- Cabbage is an excellent source of Vitamin C and folate.



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can shred the cabbage leaves.
- Children can measure the liquids and ingredients.
- Children can cut fruits and vegetables using plastic knives or a knife with a dull tip.
- Involve children in cleaning the cooking area.

## Food Safety and Sanitation

- Wash cabbages before cutting.
- Wash your hands before handling the cabbage.
- Always clean the surface area where you are going to cook.
- Refrigerate all leftovers.

## Create a child-friendly environment

Encourage children to use all their utensils to enhance their small muscles coordination.



For more information, visit:  
[www.5aday.gov](http://www.5aday.gov)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Teacher **3**  
Activities **6-11**  
Activities **13**  
Activities **18**



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## Fruity Cabbage Salad

Makes 25 tastes at 1/4 cup each

### Ingredients:

- 1 pound green or red cabbage (about 4 cups shredded)
- 2 cups chopped red apples (2 large apples)
- 3/4 cup raisins
- 1/2 cup unsweetened 100% pineapple juice
- 1/3 cup light mayonnaise

### Supplies

- Small paper plates and forks

### Preparation

1. Wash cabbage. Shred or cut into thin strips.
2. Mix cabbage, apples, & raisins in large bowl.
3. In separate bowl, mix mayonnaise, and pineapple juice. Add to salad and toss gently.
4. Serve immediately. If recipe is prepared ahead of time, refrigerate until eaten.

Recipe adapted from: [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

**Nutrition Information per Serving:** Calories 29,  
Carbohydrate 6 g, Protein 0 g, Fat 1 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 7 mg, Fiber 1 g

## Tips for Busy Early Childhood Professionals

Vol. 2, June 2009. Harvest of the Month Summer Season

# P is for Peaches

- Peaches range in color from pink-blushed white to gold with red blush.
- Nectarine is a relative of the peach. The main difference between a peach and a nectarine is the skin.
- Nectarine does not need to be peeled before eating, but needs to be properly washed.
- One medium peach provides Vitamins C, A, E as well as B Vitamins.



### Cooking in the Preschool Classroom

provides many benefits to children.

- Children can help clean the fruits and vegetables.
- Children can use a knife with a dull end, or plastic knife to slice peaches.
- Children can measure orange juice using measuring cup.

### Food Safety in the Classroom:

- Wash hands before preparing food.
- Rinse the peaches before peeling.
- Keep cooking area clean.
- Refrigerate all leftovers.

### Tip to create a child-friendly environment

Establish conversation with the children.



### Peach Smoothie

Makes 25 tastes at 1/4 cup each

#### Ingredients:

- 5 fresh pitted and sliced peaches and nectarines
- 3 1/2 cups plain low-fat yogurt or low-fat milk
- 3 1/2 cups 100% orange juice
- 5 tablespoons honey
- Blender

#### Supplies

- Small paper cups, measuring cup, pitcher
- Ice

#### Preparation

1. Wash fruit. Peel peaches and slice peaches and nectarines.
2. Blend all ingredients together with ice.
3. Serve cold in cups.

Adapted from: *Kids Cook Farm-Fresh Food, CDE, 2002.*

**Nutrition** Information per Serving: Calories 74, Carbohydrate 15 gm, Protein 3 gm, Fat 1 gm, Saturated Fat 0 gm, Cholesterol 2 mg, Sodium 25 mg, Fiber 1 gm.

**Nutrition Matters!**

Early Childhood Education Curriculum

Module II: From the Garden to the Classroom

**Snack on the Run****Snap Your Fingers for a  
Snap Pea****Ingredients**

- ✓ ½ lb sugar snap peas, trimmed and strings discarded

**Preparation**

Sugar snaps require no shelling or stringing. You may like to remove the "cap" end, but it is not necessary. They are delicious nibbled raw or just briefly cooked. Whether you are serving them warm or chilled, they are best blanched first.

**To blanch sugar snap peas**

Place them in a pan of boiling water for two minutes. With a slotted spoon, move them to a bowl of cold water and ice. Drain the peas when they are completely cold.



Sugar Snap Peas

**Sugar Snap Peas**

A flavorful vegetable that are a cross between snow peas and garden peas. The peas are eaten in the pods and do not require shelling. As the peas mature, the pod increases in size creating an irregular or lumpy appearance to the pod. Sugar snap peas have a crispy texture and a sweet flavor. They should be served raw or cooked for only a short time so they retain their crispness. Also called "sugar peas."

**Nutritional Information**

An average ½ sized cup (80 grams) of peas will contain:

- ✓ Food energy 62 Cal (128 kJ)
- ✓ Carbohydrate 11 g
- ✓ Dietary fiber 4 g
- ✓ Protein 4 g
- ✓ Sugar 6g
- ✓ Vitamin A 34%
- ✓ Vitamin C 13%
- ✓ Calcium 2%
- ✓ Iron 7%

Activities  
**18**Garden  
**2-4**

**Nutrition Matters!****Snack on the Run****Berries and Yogurt on the Go****Ingredients:**

- ✓ ¾ cup light vanilla yogurt
- ✓ 1/3 cup berries

**Optional:**

Granola

**Preparation**

1. Place 1/3 cup of berries in a small bowl.
2. Top with scoop of vanilla yogurt and sprinkle with granola if available.

**Nutritional Information**

An average sized cup (125 grams) of raspberries will contain:

- ✓ Food energy 50 Cal (130 kJ)
- ✓ Carbohydrate 17g
- ✓ Dietary fiber 8g
- ✓ Calcium 2%
- ✓ Iron 2%
- ✓ Protein 1g
- ✓ Sugar 9g
- ✓ Vitamin C 40%