Week 2
Setting Personal Goals

Relates to these subjects: Reading, Writing, Health, PE, Art

Key Outcome:

Students will set personal EAT SMART and PLAY HARD goals for the Power Panther Pals program.

Empowerment Messages:

- Life is full of choices, including choices about food and physical activity.
- MyPyramid is a tool that can help students EAT SMART.
- It is important to set attainable personal goals that will enable students to consume more fruits and vegetables and increase daily physical activity.

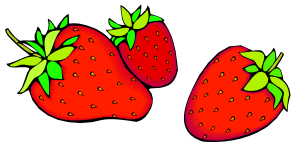
To implement this week's activities:

- Use activities on pages 7-9 of the Student Activity Book.
- Present the goal-setting information to students found on page 18 of this manual.
- Present information to students as described on the following pages.
- Purchase food and paper supplies needed for the EAT SMART Kids a Cookin' activity.
- Gather necessary materials for the PLAY HARD activity.
- Remind students to complete their log of fruits/veggies consumed and time spent in physical activity.
- Display the poster *MyPyramid for Kids* (Included in the PPP kit).
- Show students the video segment on hand washing and the video segment that corresponds to the Kids a Cookin' recipe you have selected for this week (Food Group Funny Face OR Incredible Edible Pyramid Parfait). A Kids a Cookin' VHS or DVD is included in the PPP kit.
- Send home Newsletter Issue 2, *Power Panther Pals at Home* (provided).
- Send home Power Panther Pals stickers with students OR you may elect to use the stickers in the classroom as rewards during the PPP program.

This week's fruit & veggie jokes:

Q: When is a cucumber like a strawberry?
A: When one is in a pickle and the other is in a jam!

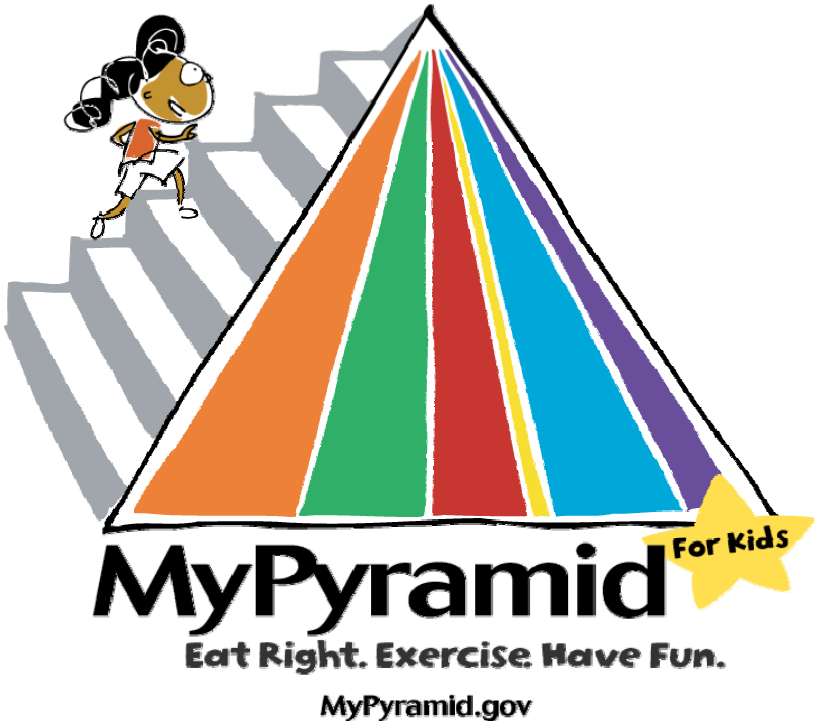
Q: What is Dracula's favorite fruit?
A: Neck-tarines!



EAT SMART – Activities and Materials

Explain to students that life is full of choices, including choices about food and physical activity. The quality of a person's life depends on decisions that affect the body, mind and inner self. There is not one "right" choice. The right choice for each student depends on personal values, needs and wants. Good decision-making skills will help students manage their life and their future.

Teacher Information:



Introduce MyPyramid for Kids to students (poster included in PPP kit). Discuss how we need to eat foods from each of the food groups: grains, vegetables, fruits, milk, and meat & beans. Make sure that you elaborate beyond simply labeling the food groups to include the USDA messages: "make half your grains whole", "vary your veggies", "focus on fruits", "get your calcium-rich foods", and "go lean with protein." Remind students that oils are not a food group, but that you do need some for good health. It is best to get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil. At this time, students could also play the MyPyramid Blast Off computer game (or you could make it available to students to play at another time). This game can be accessed directly from the USDA MyPyramid website: www.mypyramid.gov. For additional information, you can access educator resources for MyPyramid for Kids at teamnutrition.usda.gov/resources/mpk_close.pdf.

Last week students completed the MyPyramid Worksheet (page 4 of the Student Activity Book). Using that worksheet as a reference, have students evaluate their diet based on what they have just learned about MyPyramid for Kids. Have students make their EAT SMART goals based on MyPyramid for Kids' recommendations and their current eating habits. Make sure that students choose goals that are *realistic* and *measurable*. If a student currently consumes about 2 servings of fruits and vegetables each day, a realistic and measurable goal would be to consume about 3 servings of fruits and vegetables each day OR to try a new kind of fruit or vegetable once per week.

EAT SMART – Activities and Materials

Nutrition Labels:

Most of the foods that you buy at the grocery store have a Nutrition Facts label on them. These labels tell you the serving size for that food as well as the amounts of certain nutrients that are provided in one serving. Students have several examples of food labels on page 8 (*What's on the Label?*) of the Student Activity Book that they can use as a reference. You could also ask students to bring in a food label from a favorite food from home or look at the food labels from ingredients in this week's Kids a Cookin' activity. Students should be able to identify the serving size for that food, the total calories in one serving, the total fat in one serving, as well as the major nutrients provided (or not provided) by one serving of that food. Use pages 8-9 of the Student Activity Book to practice reading and comparing food labels.

Activity Sheets

Work through the following pages in the Student Activity Book:

- ***The Choices are Yours!* – page 7 (Manual page 46)**
- ***What's on the Label?* – page 8 (Manual page 42)**
- ***What's the Score?* – page 9 (Manual page 43)**
- ***Power Panther Pals Student Log Form* - page 32-33 (Manual pages 47-48)**
  (*Power Panther Pals Teacher's Log Form* is on pages 60-62, in week 3)

Student Discussion:

- **Ask if anyone would be willing to share his/her EAT SMART and/or PLAY HARD goals with the class.**
- **Does anyone have tips to share about how he/she plans to meet personal goals?**
- **How will the group remember to complete the daily log forms?**

EAT SMART – Activities and Materials

6th Grader Extras

MyPyramid for Kids

Students may design a bulletin board or other display showing the updated MyPyramid for Kids for display in the classroom, the school cafeteria, or in the halls.

For schools also participating in the Power Panther Professionals program, students may choose to make a presentation to faculty/staff members about MyPyramid and/or the benefits of eating a variety of foods from all food groups. Students may present on just one or two food groups if they prefer. Another option would be to have each team focus on a different food group and design/make a display or presentation.

Optional- Cafeteria/School-wide Activity

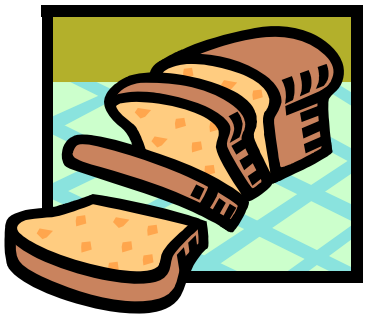
The Faculty/Staff Food Challenge

Have students work in teams or groups. Each group is assigned the task of assisting school faculty and/or staff to participate in a food recall similar to the one completed on page 4 (*MyPyramid Worksheet*) of the Student Activity Book.

Have students establish guidelines to conduct the food recall with school staff and to challenge them to eat a healthier diet and be more physically active. Staff might include the superintendent, school principal, teachers, custodian, secretary, school nurse, or school food service personnel. Summarize and post the results. Develop an assessment process to work with each participant to identify any lifestyle changes they can make.

Optional – Cafeteria/School-Wide Activity

Around the World in Bread



This is a great opportunity to talk specifically about the grain group, reinforce the USDA's MyPyramid message to "make half your grains whole," and to provide students an opportunity to see how bread is made. You may also choose to show students the video segment "Meet Me at the Flour Mill" on the Kids a Cookin' DVD. For complete instructions, refer to the *Popular Team Nutrition Events* idea book, page 8.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM
Kids a Cookin'

Food Group Funny Face (this recipe includes peanut butter)
OR
Incredible Edible Pyramid Parfait

- Have students watch the video segment about proper hand washing.
- Instruct students to wash their hands using soap and water.
- Show students the video segment corresponding to the recipe you selected for your class.
- You may choose to ask students to bring in a large, clean t-shirt or apron from home to cover their regular school clothes during this activity.
- The recipes are included on pages 21-22 of the Student Activity Book (Manual pages 49-50) so have students don their chef hats, turn to pages 21-22 and get those Kids a Cookin'! *Note: This week you can choose to make either the Food Group Funny Face OR the Incredible Edible Pyramid Parfait.*

Student Discussion:

- Is this a good snack? Why?
  (Yes, it is made from ingredients that provide nutrients our bodies need.)
- Will they encourage their families to try it at home?
- What other items could you use to still get the different food groups?
  (Dried fruit could be substituted for the grape "nose" on the Food Group Funny Face, you could substitute granola for the cereal in the Incredible Edible Pyramid Parfait, etc.)

PLAY HARD – Activities and Materials

PE Activity

Physical Activity Charades

Materials Needed:

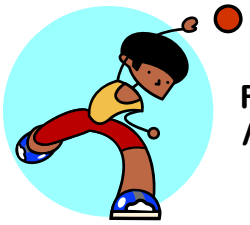
- Blank sheet of paper for each student
- Marker board or chalk board

Ask students to divide into their teams assigned during the previous week. Instruct the students, as a group, to think about several of their favorite physical activities and write them down on a blank sheet of paper.

Ask one team to go to the front of the room. Tell those students to act out one of their favorite physical activities for 30 seconds. After 30 seconds, allow the other teams to guess what activity they are emulating. Encourage each group to act out their physical activities for a full 30 seconds before the other teams begin to guess, to ensure each team gets some physical activity during class.

Once the other teams have guessed, instruct all students to record the physical activity acted out. The team that guesses first chooses a different physical activity from their own list, then acts it out. Activities may NOT be duplicated. Continue until every team has acted out as many physical activities as there are members on the team. Once all activities are completed, each student will have a long list of different physical activities from which they can choose over the course of the 7-week program.

Optional – PE Activity



Team Nutrition Field Day

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 16.

PLAY HARD – Activities and Materials

6th Grader Extras

Walking Challenge

Have students develop a Walking Challenge for school faculty/staff members (students can ask staff members to participate or staff members may volunteer to participate). Students can map out an area on the playground, parking lot, gym, or in the halls for faculty/staff participants to walk. Instruct the students to measure out the distance of the chosen area and record it in miles.

Students should give each participant a map of the area and include the measured distance, to make it easier for the participants to estimate the distance walked. Encourage students to walk with the Walking Challenge participants before and/or after school or during recess (in some schools) to support participants while getting additional physical activity "Power Points" for themselves.

Note: Schools that are also participating in Power Panther Professionals may choose to include this student activity as a way to connect the two programs and make improving health a school-wide endeavor.

Name:

MyPyramid FOR KIDS

What's on the Label?

Milk fat-free

Nutrition Facts
Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving		
Calories 90	Calories from Fat 0	
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Trans Fat 0g		0 %
Cholesterol < 5mg		0 %
Sodium 130mg		5 %
Total Carbohydrate 12g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
Protein 8g		
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

Milk 1%, chocolate

Nutrition Facts
Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving		
Calories 170	Calories from Fat 20	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat 1.5g		8 %
Trans Fat 0g		0 %
Cholesterol 5mg		2 %
Sodium 190mg		8 %
Total Carbohydrate 29g		10 %
Dietary Fiber 1g		5 %
Sugars 27g		
Protein 8g		
Vitamin A 10% • Vitamin C 6%		
Calcium 30% • Iron 4%		

* Percent Daily Values are based on a 2,000 calorie diet.

Milk 2%

Nutrition Facts
Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving		
Calories 130	Calories from Fat 45	
		%Daily Value*
Total Fat 5g		8 %
Saturated Fat 3g		15 %
Trans Fat 0g		0 %
Cholesterol 20mg		7 %
Sodium 125mg		5 %
Total Carbohydrate 13g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
Protein 8g		
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

Milk whole

Nutrition Facts
Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving		
Calories 150	Calories from Fat 70	
		%Daily Value*
Total Fat 8g		12 %
Saturated Fat 5g		25 %
Trans Fat 0g		0 %
Cholesterol 35mg		11 %
Sodium 125mg		5 %
Total Carbohydrate 12g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
Protein 8g		
Vitamin A 6% • Vitamin C 4%		
Calcium 30% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

Vanilla ice cream

Nutrition Facts
Serving Size 1/2 cup (65g)
Servings Per Container 14

Amount Per Serving		
Calories 140	Calories from Fat 70	
		%Daily Value*
Total Fat 7g		11 %
Saturated Fat 4.5g		23 %
Trans Fat 0g		0 %
Cholesterol 20mg		6 %
Sodium 40mg		2 %
Total Carbohydrate 15g		5 %
Dietary Fiber 0g		0 %
Sugars 15g		
Protein 3g		
Vitamin A 4% • Vitamin C 0%		
Calcium 10% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

American cheese

Nutrition Facts
Serving Size 1 slice (19g)
Servings Per Container 24

Amount Per Serving		
Calories 60	Calories from Fat 40	
		%Daily Value*
Total Fat 4.5g		7 %
Saturated Fat 2.5g		13 %
Trans Fat 0g		0 %
Cholesterol 15mg		5 %
Sodium 250mg		10 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 3g		
Vitamin A 4% • Vitamin C 0%		
Calcium 20% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

Fruit-flavored yogurt

Nutrition Facts
Serving Size 6 ounces (170g)
Servings Per Container 1

Amount Per Serving		
Calories 170	Calories from Fat 15	
		%Daily Value*
Total Fat 1.5g		2 %
Saturated Fat 1g		5 %
Trans Fat 0g		0 %
Cholesterol 10mg		3 %
Sodium 125mg		5 %
Total Carbohydrate 33g		11 %
Dietary Fiber 0g		0 %
Sugars 30g		
Protein 6g		
Vitamin A 0% • Vitamin C 0%		
Calcium 20% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

Cottage cheese

Nutrition Facts
Serving Size 1/2 cup (119g)
Servings Per Container 4

Amount Per Serving		
Calories 90	Calories from Fat 20	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat 1.5g		8 %
Trans Fat 0g		0 %
Cholesterol 15mg		5 %
Sodium 410mg		17 %
Total Carbohydrate 6g		2 %
Dietary Fiber 0g		0 %
Sugars 5g		
Protein 11g		
Vitamin A 4% • Vitamin C 0%		
Calcium 8% • Iron 0%		

* Percent Daily Values are based on a 2,000 calorie diet.

Name: _____

MyPyramid FOR KIDS

What's the Score?

Here is a way to compare foods to see which foods are the best choices for you. Answer the questions below for these four foods, using *What's on the Label?*

	Fat-free milk	1% chocolate milk	2% milk	Whole milk
1. What is the serving size for this item?				
2. Is the serving size realistic? *(Is this how much you would normally eat/drink?)*				
3. How many total calories in one serving?				
4. How many total grams of fat in one serving?				
5. What percent of calcium in one serving?				

Based on this information, which type of milk offers the most calcium with the lowest fat?

_____

Now look at *all* the labels on the page. Answer these questions:

1. If Manuel drinks 8 fluid ounces of 1% chocolate milk and eats 6 ounces of fruit-flavored yogurt, how much calcium has he had?_____

   How many grams of fat? _____

2. Which food item on the sheet has the least calcium with the highest amount of fat?

   _____

3. Which food item on the sheet has the most calcium with the lowest amount of fat?

   _____

Name:

MyPyramid FOR KIDS

What's the Score? Answer Key

Here is a way to compare foods to see which foods are the best choices for you. Answer the questions below for these four foods, using *What's on the Label?*

	Fat-free milk	1% chocolate milk	2% milk	Whole milk
1. What is the serving size for this item?	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)
2. Is the serving size realistic? *(Is this how much you would normally eat/drink?)*				
3. How many calories in one serving?	90	170	130	150
4. How many total grams of fat in one serving?	0	2.5	5	8
5. What percentage of calcium in one serving?	30% DV	30% DV	30% DV	30% DV

Based on this information, which type of milk offers the most calcium with the lowest fat?

Answer: Fat-free

Now look at *all* the labels on the page. Answer these questions:

1. If Manuel drinks 8 fluid ounces of 1% chocolate milk and eats 6 ounces of fruit-flavored yogurt, how much calcium has he had? **Answer: 50% DV**

   How many grams of fat? **Answer: 4 grams**

2. Which food item on the sheet has the least calcium with the highest amount of fat?

   Answer: Vanilla ice cream

3. Which food item on the sheet has the most calcium with the lowest amount of fat?

   Answer: Fat-free milk

The Choices are Yours!

Small steps add up! What can you do to be your best? Check (√) them off. Add your own!

To PLAY HARD, I can…

- ❑ Watch TV less often.
- ❑ Find some active fun to do with my friends after school.
- ❑ Help my family with chores.
- ❑ Dance or walk to relieve stress.
- ❑ Walk around the house while I talk on the phone.
- ❑ Play computer games less often.
- ❑ Go out for a community or school sport.
- ❑ Walk, bike, or roller-blade to the store, school, or friend's house.

Here's more I can do to PLAY HARD:

- ❑ _____
- ❑ _____

To EAT SMART, I can…

- ❑ Eat breakfast.
- ❑ Drink juice, milk, or water when I'm thirsty—maybe with fast food.
- ❑ Use food labels to pick snacks with less fat and less sugar.
- ❑ Drink low fat milk with lunch or supper.
- ❑ Order regular-size fast foods.
- ❑ Compare my usual amounts to serving sizes on food labels, so I don't overeat.
- ❑ Take fruit in my backpack to snack on when I'm hungry.
- ❑ Try a new vegetable this week.
- ❑ Eat slowly and stop when I'm full.
- ❑ Ask my family to buy healthful snacks, such as fruits and veggies.

Here's more I can do to EAT SMART:

- ❑ _____
- ❑ _____

Unscramble these fruit and veggie snacks. Try to find them in your store. Better yet, buy 'em and taste 'em!

WIIK UFTRI _____

YAPPAA _____

MAICJA _____

CZIUNHCI _____

GONAM _____

DRE PREEPP _____

Six Steps to Your Goals!

- **Pick realistic goals**—match your abilities.
- **Make a plan**—pace yourself to get there with small steps.
- **Face challenges**—create ways to deal with things, such as time or money.
- **Ask for help**—support from your family and friends helps a lot.
- **Give yourself a break**—nobody's perfect, even you.
- **Pat yourself on the back**—even for a small success.

The Choices are Yours! – Answer Key

Small steps add up! What can you do to be your best? Check (√) them off. Add your own!

To PLAY HARD, I can…

- ❑ Watch TV less often.
- ❑ Find some active fun to do with my friends after school.
- ❑ Help my family with chores.
- ❑ Dance or walk to relieve stress.
- ❑ Walk around the house while I talk on the phone.
- ❑ Play computer games less often.
- ❑ Go out for a community or school sport.
- ❑ Walk, bike, or roller-blade to the store, school, or friend's house.

Here's more I can do to PLAY HARD:

- ❑ _____
- ❑ _____

To EAT SMART, I can…

- ❑ Eat breakfast.
- ❑ Drink juice, milk, or water when I'm thirsty—maybe with fast food.
- ❑ Use food labels to pick snacks with less fat and less sugar.
- ❑ Drink milk with lunch or supper.
- ❑ Order regular-size fast foods.
- ❑ Compare my usual amounts to serving sizes on food labels, so I don't overeat.
- ❑ Take fruit in my backpack to snack on when I'm hungry.
- ❑ Try a new vegetable this week.
- ❑ Eat slowly; stop when I'm full.
- ❑ Ask my family to buy healthful snacks, such as fruits and veggies.

Here's more I can do to EAT SMART:

- ❑ _____
- ❑ _____

Unscramble these fruit and veggie snacks. Try to find them in your store. Better yet, buy 'em and taste 'em!

WIIK UFTRI……KIWI FRUIT

YAPPAA……PAPAYA

MAICJA……JICAMA

CZIUNHCI……ZUCCHINI

GONAM……MANGO

DRE PREEPP….RED PEPPER

Six Steps to Your Goals!

- **Pick realistic goals**—match your abilities.
- **Make a plan**—pace yourself to get there with small steps.
- **Face challenges**—create ways to deal with things, such as time or money.
- **Ask for help**—support from your family and friends helps a lot.
- **Give yourself a break**—nobody's perfect, even you.
- **Pat yourself on the back**—even for a small success.

Student Log Form

Name: _____

EAT SMART. Goal: _____

Week 4 Revision (not required): _____

PLAY HARD. Goal: _____

Week 4 Revision (not required);_____

1 serving fruit or veggie consumed = 1 Power Point 1/4 hr. physical activity = 1 Power Point 2,000 steps on pedometer = 1 Power Point

		SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	Weekly Totals	Did I Reach My Goals?
Week 2	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									
Week 3	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									
Week 4	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									

Student Log Form

1 serving fruit or veggie consumed = 1 Power Point 1/4 hr. physical activity = 1 Power Point 2,000 steps on pedometer = 1 Power Point

		SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	Weekly Totals	Did I Reach My Goals?
Week 5	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									
Week 6	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									
Week 7	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									
Week 8	EAT SMART Points									
	PLAY HARD Points									
	BONUS Points									
								Total Power Points Earned Over 7 Weeks:		

Optional: Ask a parent to initial each completed week in the right-hand margin above.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Food Group Funny Face

A snack with a personality!

Level: Easy **Makes:** 1

Kids' Tool Kit
Measuring spoon
Knife
Grater

Chef's Choice
Food Group Funny Face
Low fat milk

Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker (graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half

Directions:

Remember to wash your hands!

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

Helpful Hints: The Food Guide Pyramid shows how to make food choices for a healthy diet. Adults and kids from age 2 years can follow this plan and have lots of variety in what they eat.

Five different food groups are in the Food Guide Pyramid, and each is represented in this snack. The cracker belongs in the grain group at the base of the pyramid. Complex carbohydrates in this group are packed with lots of energy. The peas are in the vegetable group, and raisins and grapes are in the fruit group. Both food groups provide vitamins, minerals and fiber. Cheese has lots of calcium and fits in the milk group. Peanut butter gives us protein from the meat group. It takes a variety of food to have a balanced diet.

Safety Tip: When you cough or sneeze, cover your mouth and turn away from food and other people. The next step is to wash your hands with soap and water to get rid of germs that can make us, or others around us, sick.

This snack is intended for children over age two. Do not serve to younger children who may choke.

Nutrition Facts
Serving Size 1 cracker (31g)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 3g	16%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 6g	
Vitamin A 2% •	Vitamin C 2%
Calcium 6% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe used with permission from the curriculum, Kids in the Kitchen, Family Nutrition Education Program, Outreach and Extension, University of Missouri, Lincoln University

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Incredible Edible Pyramid Parfait

Layers of yogurt with cereal and fruit!

Level: Easy **Makes:** 1

Kids' Tool Kit
Measuring spoons
Table knife
Rubber spatula
Small bowls
Serving spoons
8-ounce clear cups

Ingredients:

- 6 tablespoons vanilla yogurt, divided
- 2 heaping tablespoons cereal, either flakes or nuggets
- 2 tablespoons frozen strawberries or crushed pineapple
- 1 teaspoon chopped peanuts
- 1 teaspoon mini-chocolate chips (optional)

Directions:

Remember to wash your hands!

1. Measure 2 tablespoons yogurt into an 8-ounce clear cup.
2. Sprinkle cereal on top.
3. Spread 2 more tablespoons yogurt on top.
4. Spread fruit on top.
5. Add 2 more tablespoons yogurt.
6. Top with chopped peanuts and chocolate chips.

Chef's Choice
Incredible Edible Pyramid Parfait
Graham crackers

Nutrition Facts
Serving Size 1 parfait (127g)
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	
Vitamin A 2% •	Vitamin C 20%
Calcium 15% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Helpful Hints: This is a recipe that you really don't have to measure ingredients. It's a good time to practice using your measuring skills though. Fill a measuring spoon with yogurt. Use the flat side of a knife and scrape the knife across the measuring spoon to level off the yogurt. This will give an accurate measure. Use a rubber spatula to scoop the yogurt into the cup.

We are using the Food Guide Pyramid as a pattern for making for this snack. Cereal is in the Grain Group at the base of the pyramid. Strawberries are in the Fruit Group. Yogurt fits in the Milk Group. Peanuts are in the Meat Group because they have protein. Chocolate chips are at the very top of the pyramid — the "sometimes" foods. Do you know which food group is not in this parfait? (The Vegetable Group)

Safety Tip: Before you start to get out ingredients for a recipe, wash the work area with a clean cloth, soap and water. Wash your hands in warm water with soap, scrubbing for at least 20 seconds. That's about as long as it takes to sing the "ABC's" or "Happy Birthday." When you cook, don't lick the spoon or your fingers. It's important to keep from spreading germs!

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.