

HEALTHY CUISINE FOR KIDS

Fourth Edition

CACFP - Healthy Snacks





Today's Agenda

- Cooking basics PowerPoint
- Chef demonstrations
- Break
- Hands-on practice for participants
- Recipe preparations
- Taste testing
- **Healthy snacks PowerPoint**
- Chef demonstrations
- Hands-on practice for participants and recipe preparations
- Taste testing, evaluations, group discussion, clean-up
- 4:00 PM – Thanks for coming 😊



CACFP Meal Pattern

- Snacks: Select 2 of the 4 components
 - Milk (skim, 1%) - ½-1 cup
 - Fruit or Vegetable - ½-¾ cup
 - Grain/Bread - ½-1 oz.
 - Meat/Meat Alternate - ½-1 oz.





Why Healthy Snacks?

- Kids are growing rapidly and need the nutrition from snacks
- Healthy snacks can develop into a lifelong habit





Planning Healthy Snacks

- Fruit/Vegetable
- Whole Grains
- Meat/Meat Alternates
- Milk



Healthy Cuisine for Kids Seminar

Fruits and Vegetables



Applying the *Dietary Guidelines for Americans* to Fruits and Vegetables

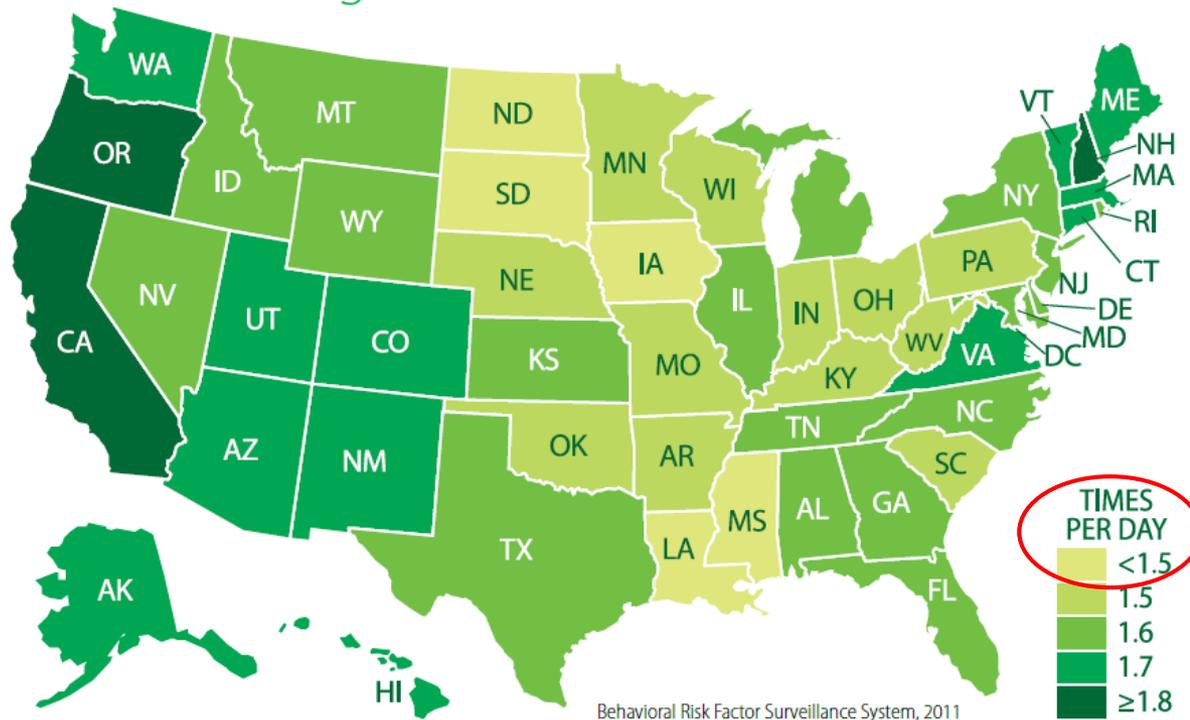
- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green vegetables, red and orange vegetables, and beans and peas.





Current Daily Vegetable Intake

Median **Daily Vegetable Intake**
Among Adults in the United States





Current Fruit and Vegetable Intake

Table 1: State Indicator Report on Fruits and Vegetables, 2013: Behavioral Indicators

State	Adults				Adolescents			
	Percentage who report consuming fruits and vegetables less than one time daily		Median intake of fruits and vegetables (times per day)		Percentage who report consuming fruits and vegetables less than one time daily		Median intake of fruits and vegetables (times per day)	
	Fruits	Vegetables	Fruits	Vegetables	Fruits	Vegetables	Fruits	Vegetables
U.S. National	37.7	22.6	1.1	1.6	36.0	37.7	1.0	1.3
North Dakota	39.1	27.1	1.1	1.4	36.4	39.4	1.0	1.1



Fruit

- Majority of fruits should come from whole fruits (fresh, canned, frozen, and dried).
 - Canned fruit should be canned in 100% juice, rather than in syrup.





Fruit

- What about fruit juice?
 - Lacks:
 - Dietary fiber
 - When consumed in excess can add excess calories
 - If choosing juice, look for 100% juice





Applying the *Dietary Guidelines* for Americans to Legumes

- Excellent sources of many nutrients including:
 - protein
 - iron
 - zinc
 - dietary fiber
 - potassium
 - Folate
- Vegetable or Meat/Meat Alternate (protein)???

Examples of Legumes

Legumes/Pulses

- Beans – oval or kidney shaped
 - Red beans
 - White beans
- Peas – round
 - Black-eyed peas
 - Split peas
- Lentils – flat disks
 - Green
 - Red
 - Yellow
 - Black





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Whole-Grain Rich Foods



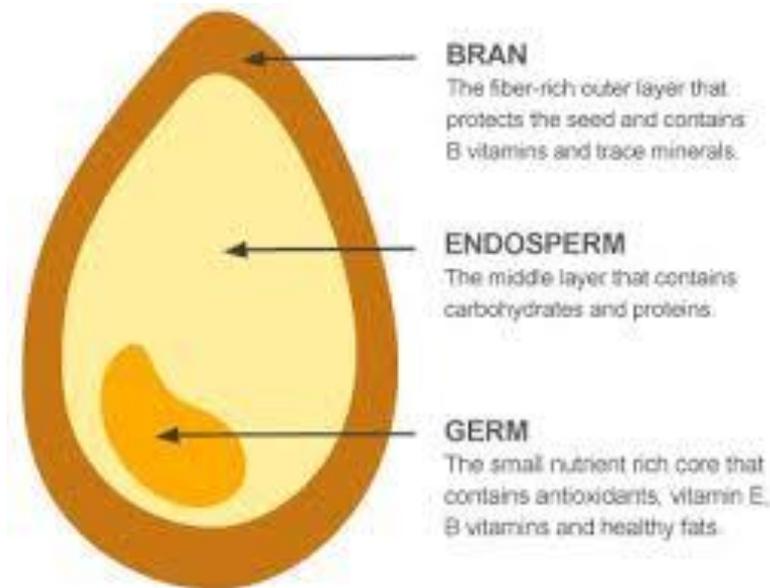
Applying the *Dietary Guidelines* for Americans to Whole Grains

- Consume at least half of all grains as whole grains.
- Increase whole-grain intake by replacing refined grains with whole grains.



Grains/Breads

- **Whole grains** - include entire grain seed, usually called the kernel. Kernel consists of bran, germ, and endosperm.
 - Examples: buckwheat, bulgur, quinoa, whole-grain barley, and whole wheat.





Grains/Breads

- **Refined grains** - have been milled to remove the bran and germ from grain.
- **Enriched grains** - grain products with B vitamins and iron added.



Grain Chart

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (whole wheat or whole grain-rich) Pizza crust Pretzels (soft) Rolls (whole wheat or whole grain-rich) Tortillas (whole wheat or whole corn) Tortilla chips (whole wheat or whole corn) Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> Cookies³ (plain - includes vanilla wafers) Combread Corn muffins Croissants Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.



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Meat/Meat Alternate



Applying the *Dietary Guidelines* for Americans to Meats

- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.



Examples of Meat Alternates

Legumes

- Beans – oval or kidney shaped
 - Red beans
 - White beans
- Peas – round
 - Black-eyed peas
 - Split peas
- Lentils – flat disks
 - Green
 - Red
 - Yellow
 - Black

Eggs

Cheese

Yogurt



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Milk



Applying the *Dietary Guidelines* for Americans to Milk

- Increase intake of fat-free or low-fat milk and milk products.





Healthy Snacks

Fast and Easy Fruit Salad

- recipe included

Muscle Mix Granola

- recipe included

Water

Serving sizes listed for 1-5 year olds

½ c. milk: skim or 1% (white)

Ants on a log:

- Celery sticks (3/8 c.)
- Raisins (1/8 c.)
- 1 Tbsp. peanut butter or sunbutter

String cheese (½ oz.)

Carrot sticks (½ c.)

Water

½ c. milk: skim or 1%
(white)

Cherry tomatoes and
cucumber slices (½ c.)

Pineapple (½ c.)

Graham crackers
(½ oz. = 1 sheet)

Water



Healthy Snacks, continued

Applesauce (½ c.)

Whole grain crackers
(½ oz.)

Water

Serving sizes listed for 1-5 year olds

½ c. milk: skim or 1% (white)

Whole Grain Rich muffins

- Spiced Banana
- Blueberry
- Create your own!
- recipe included in packet

½ c. milk: skim or 1%
(white)

Whole Grain dry
cereal (1/3 c.)

Mini Pizzas

- recipe included

Water

Cottage cheese
(½ oz.)

Peaches (½ c.)

Water



Safe Way to Taste Test

- Place a small amount of food into a separate container.
- Step away from exposed food and food contact surfaces.
- Use a teaspoon to taste the food. Remove the used teaspoon and container to the dish room. Never reuse a spoon that has already been used for tasting.
- Wash hands immediately.