



## Simple Meals

1. Step up your skills with a pro  
Watch these videos to learn about a chef and his work plus learn knife safety
  - a. <https://youtu.be/3B7-wx7BUcg>
  - b. <https://www.youtube.com/watch?v=NS372AyUGwQ>
2. Whip up a great breakfast (Choose 1)
  - a. Figure out 5 quick and easy breakfasts that are good for you. (Fruit and yogurt parfait, wheat toast with topping and bananas.)
  - b. Make a weekend breakfast. Try learning to make pancakes or an egg dish.
3. Fix a healthy lunch or dinner (Choose 1)
  - a. Use a flatbread like a traditional flatbread, tortilla, chapati, blini, or lavash. Make a quesadilla, eat with soup, or use to make a sandwich.
  - b. Make a meal that includes as many of the food groups as possible.
4. Create a delicious dessert (Choose 1)
  - a. Make a dessert you have never tried before like chia pudding, flan, parfait or bake a fruit into a dessert.
  - b. Pretend you are a Girl Scout in 1963—make a cake and frost it. Use a piping bag to make decorations.
5. Make your own meal (Choose 1)
  - a. Make a salad using a protein, a vegetable, and a starch.
  - b. Make a soup or one-pot meal.
  - c. Make three dishes for one meal—a protein, a vegetable and a starch.

Recipes: <https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/recipes-kids-can-make>

Food groups: <https://www.choosemyplate.gov/WhatIsMyPlate>



## Staying Fit

1. Start moving (Choose 1)
  - a. There are many kids exercise videos on youtube. Pick one to do.
  - b. Try a different form of exercise like yoga or pilates.
2. Stay fueled (Choose 1)
  - a. Hydrate, hydrate, hydrate. Discuss the importance of staying hydrated before, during and after exercise.
  - b. Visit [choosemyplate.gov](https://www.choosemyplate.gov) and research which foods are great for providing energy before and after a workout.
3. Learn how to stress less (Choose 1)
  - a. Make a stress box. Include a lavender sachet, a journal and pen, ideas for releasing stress, sticky notes so they can write down their issues and crumple them up.
  - b. Try some yoga techniques for calming down and relaxing.
4. Get the truth about health (Choose 1)
  - a. Take a healthy kids quiz at <https://www.healthykids.nsw.gov.au/kids-teens/kids-activities/healthy-kids-quiz.aspx>.
  - b. Go to the My Plate site and play a nutrition game. <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/games>
5. Help your family stay fit
  - a. Make a plan for changes you can make as a family to be more healthy. (Ideas: go for a walk twice per week, add a vegetable to every meal, etc.)

Resource: <http://www.nourishinteractive.com/nutrition-education-printables/category/72-kids-home-classroom-arts-crafts-nutrition-activities-games>