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**COOKING
MATTERS®**

COOKING MATTERS PRESENTS

Sugar Shocker

Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That's where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That's how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.



It's ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Nutrition Facts

Serving Size 1 cup (264g)
Servings per Package 2

Amount Per Serving

Calories 310 **Calories from Fat** 40

% Daily Value

Total Fat 4.5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 500mg 21%

Total Carbohydrate 57g 19%

Dietary Fiber 10g 40%

Sugars 4g

Protein 12g

Vitamin A 300% • Vitamin C 190%

Calcium 15% • Iron 20%

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

Compare the food labels below. Circle which food or drink is lower in sugar.

a. Soda

Total Fat 0mg	1%
Sodium 30mg	9%
Total Carbohydrate 27g	
Sugars 27g	
Protein 0g	

OR

Plain milk

Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

b. "Frosted" whole grain cereal

Total Carbohydrate 27g	9%
Dietary Fiber 1g	0%
Sugars 11g	
Protein 1g	

OR

Unfrosted whole grain cereal

Sodium 200mg	8%
Total Carbohydrate 24g	4%
Dietary Fiber 1g	
Sugars 3g	
Protein 2g	

c. Plain yogurt

Potassium 300mg	4%
Total Carbohydrate 12g	0%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	

OR

Strawberry yogurt

Potassium 310mg	6%
Total Carbohydrate 22g	9%
Dietary Fiber <1g	7%
Sugars 21g	4%
Protein 6g	

TRY THIS!

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.



Got a taste for something sweet? Have fun with fruit! Try a cool and tasty fruit smoothie in place of a sugary drink, snack, or dessert.

Fruit Smoothies

Chef Susan Goss • Chicago, Ill.

Serves 2, 1 cup per serving

Prep time: 10 minutes • Cook time: None

Ingredients

- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

Optional Ingredients

- ½ teaspoon ground cinnamon

Materials

Measuring cups

Special Materials

Blender

Directions

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

Chef's Notes

- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don't have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
150	1.5g	19g	65mg



DID YOU KNOW?

Fruit is naturally sweet and it gives you the healthy stuff you need to grow and be strong. Have it on its own for a snack. Or use it to sweeten lower-sugar versions of your favorite foods, like cereal or yogurt.



Want more tasty recipes to make with your friends and family?

Get all Cooking Matters recipes right on your phone at CookingMatters.org/app.

This is Your Brain on Breakfast

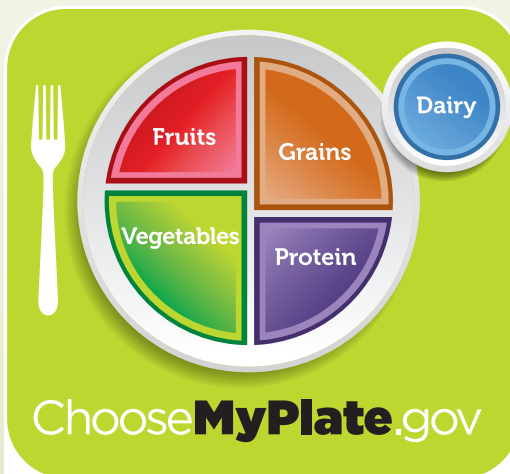
A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. **Hint:** Some foods may have ingredients from more than one food group!

Foods

- Bagel
- Cereal
- Eggs
- Apple
- Veggie omelette
- Oatmeal
- Yogurt
- Waffle
- Banana
- Bean burrito
- Milk
- Toast
- Peanut butter

Food groups

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



Choose **MyPlate.gov**



Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to www.choosemyplate.gov/kids.

DID YOU KNOW?

Most schools serve breakfast every day. They can include many of your favorite foods from this activity. Ask your teacher or principal about your school breakfast program.

TIP: You can make or buy all of these grain foods as whole grains.

Word matching answers: Fruits: Apple, Banana; Vegetables: Veggie omelette; Grains: Bagel, Cereal, Oatmeal, Waffle; Protein: Eggs, Veggie omelette; Dairy: Yogurt, Milk; Peanut butter; Bean burrito.



COOKING MATTERS PRESENTS

Make Your Plate a Rainbow

Go crazy for colors!

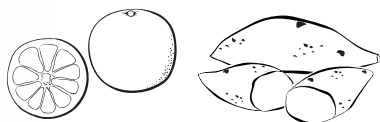
Colorful fruits and vegetables help you grow and get strong. Plus they look great on your plate! See if you can eat at least 3 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones already shown.

[Red]



[Orange]



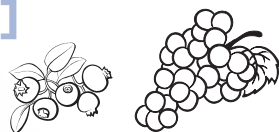
[Yellow]



[Green]



[Blue or Purple]



Circle the fruits and vegetables you ate yesterday. How many colors did you eat?

Draw a box around the fruits and vegetables you would like to eat today. Try to pick at least 3 colors!

DID YOU KNOW?

Your school serves colorful fruits and veggies every day at lunch! Draw a star next to the ones you see in the lunch line this week.

DID YOU KNOW?

Eating different colors helps your body and your brain! Red, blue, and purple fruits and veggies can boost your memory. Green ones give you strong bones and teeth. Orange and yellow ones keep your eyes sharp and help you fight off colds!

TIP: The next time an adult you know goes food shopping, go with them! Look for a fruit or vegetable you've never seen or tasted before. Ask if you can try it together at home.

Fruits and veggies make great snacks or desserts!

Work with a friend or family member to make these colorful fruit and veggie treats after school or on the weekend.

Fruit Salad

- ★ Wash and peel a variety of colorful fruits.
- ★ Cut fruits into bite-size pieces. Combine in a large bowl.
- ★ Cut a lime in half. Squeeze the juice over the fruit.
- ★ Drizzle a Tablespoon of honey if you like.
- ★ Stir ingredients to combine and enjoy!

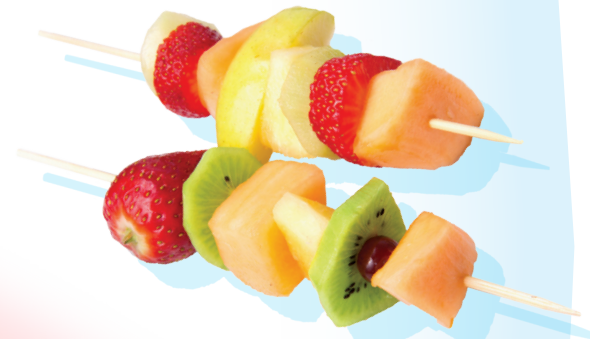


Veggies with Dip

- ★ Cut up any colorful veggies you like. Try broccoli spears, bell pepper strips, celery sticks, cucumber slices, or carrot sticks.
- ★ Mix ½ cup nonfat plain yogurt, ½ cup low-fat mayonnaise or sour cream, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ⅓ teaspoon salt, and ⅓ teaspoon pepper.
- ★ Dip the veggies and enjoy!

Fruit and Cheese Kabobs

- ★ Cut block cheese into small cubes.
- ★ Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
- ★ Slide food onto coffee stirrer "skewers" or whole wheat pretzel sticks. Switch between fruit and cheese pieces.



Fill in the blanks – then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B _ _ _ C _ L _
K _ W _
_ P _ _ _ C H

Guess these **ORANGE** fruits and veggies.

_ _ _ R _ T
_ A N G _ R _ _ _
_ W _ _ T P _ _ _ _ O

Guess these **RED** fruits and veggies.

B _ _ _ _
W A T _ _ M _ _ _ N
R A _ _ _ H

Guess these **YELLOW** fruits and veggies.

C _ _ N
P _ _ _ A P P _ _
_ Q U _ _ _

DID YOU KNOW?

Many fresh fruits and veggies taste their best in spring or summer. In the winter months, or all year round, give frozen and canned fruits and veggies a try. They often cost less and can taste as good or better!

Word bank

Squash	Spinach
Sweet potato	Carrot
Kiwi	Pineapple
Beet	Radish
Broccoli	Corn
Tangerine	Watermelon

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COOKING MATTERS PRESENTS

Happy Whole-idays



Be a whole grain detective

Whole grains (like whole wheat bread, whole grain tortillas, or brown rice) give you the nutrients you need to **grow, play, and be strong**. With refined grains (like white bread, flour tortillas, or white rice), many of these good nutrients have been removed.

Hunt out wholesome whole grains this holiday season!

1. Pick up a grain food and find the ingredients list.
2. Look at the **first** ingredient only.
3. Look for the word “whole” in the first ingredient (like “whole wheat flour” or “whole oats”). If you don’t see the word “whole,” look for other whole grain words like “brown rice” or “oatmeal.”
4. If the first ingredient is a whole grain, the food is a whole grain!

Circle the ingredients lists that are from whole grain foods.
Cross out the lists that are not from whole grain foods.
Check your answers at the bottom of the page!

1
INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE.

2
INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SUGAR, CORNSTARCH, SALT, BAKING SODA.

3
INGREDIENTS: BROWN RICE FLOUR, FILTERED WATER, ORGANIC SAFFLOWER OIL, YEAST, SALT.

4
INGREDIENTS: WHOLE OAT FLOUR, WHOLE WHEAT FLOUR, BROWN SUGAR, SUGAR, MALTODEXTRIN, MALTED BARLEY EXTRACT, MOLASSES, SODIUM BICARBONATE, SALT, CALCIUM CARBONATE.

5
INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SALT, BAKING SODA, YEAST.

6
INGREDIENTS: RICE, SUGAR, SALT, FLAVORING, IRON, FOLIC ACID, VITAMIN D.

DID YOU KNOW?

Whole grains can help you stay fuller for longer – so your stomach won’t be growling as soon after you eat!

TIP: Look for the ingredients list on the side or back of your food package.

DID YOU KNOW?

Whole grains can be a good source of fiber. Fiber is like a broom – it sweeps through your body and removes the “yucky stuff” to keep you healthy!



Whole grains: 2, 3, 4 Not whole grains: 1, 5, 6

Work with an adult to bake these tasty homemade cookies.
Serve them as a sweet treat at the end of a holiday meal!

Chunky Oatmeal Cookies

Serves 12, 3 cookies per serving • Prep time: 15 minutes • Cook time: 20–30 minutes

Ingredients

½ cup unsalted butter
½ cup white granulated sugar
½ cup brown sugar
1 large egg
2 Tablespoons nonfat milk
½ teaspoon vanilla extract
1 cup whole wheat flour
½ teaspoon salt
½ teaspoon baking soda
1½ cups quick-cooking rolled oats
1 cup of “mix-ins,” such as chopped dried fruit, chocolate chips, or chopped nuts
Non-stick cooking spray

Materials

Baking sheet • Large bowl • Measuring cups • Measuring spoons • Microwave-safe bowl • Rubber spatula • Sharp knife

Directions

1. Preheat oven to 350°F.
2. Cut butter stick in half. Soften at room temperature. Or, place in a microwave-safe bowl. Heat in microwave for 10–15 seconds to soften. Be careful not to melt butter.
3. In a large bowl, blend butter, white sugar, and brown sugar, using a rubber spatula or fork. Mix until light and creamy.
4. Crack egg into bowl. Add milk and vanilla. Mix until smooth.
5. Add flour, salt, and baking soda. Mix until just blended. Do not overmix.
6. Add rolled oats and “mix-ins.” Mix until all ingredients are blended.
7. Lightly coat a baking sheet with non-stick cooking spray.
8. Scoop 1 Tablespoon of dough per cookie. Use your hands to shape dough into a ball. Place 2 inches apart on the baking sheet.
9. Bake until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 2–3 minutes to firm up before removing from baking sheet. Let cool.
10. Repeat steps 7–9 until all cookies are baked.



Whole Grain Alert!

This cookie recipe uses two different whole grain ingredients. Can you guess which ones? The answer is at the bottom of the page!

TIP: Try cutting cookies into fun shapes (like candy canes or snowmen!) for the holidays. Or, use holiday-themed “mix-ins” like crushed candy cane pieces or peppermint.

TIP: Cookies may take more or less time to become lightly browned depending on your oven. Watch closely so they do not burn.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
90	4.5g	7g	55mg



Test your brains with grains!

See if you can find these common grain foods below.
You can buy or make all of these as whole grains!

bagels
bread
cereal
crackers
pancakes
pasta
pizza
rice
rolls
tortillas
waffles

p w r b z d s a q e q a
a e a i y s o l c c z l
n c x f l z h i e z f w
c l c l f j r u i g u b
a w o i j l c p t s a w
k r h y p h e g n r n b
e l a e r e c s w e u l
s k m m y k c t w k w n
q a b e p a s t a c c t
t o r t i l l a s a u l
b r e a d f v p d r y l
t d z o c i w m l c x n

DID YOU KNOW?

Some afterschool programs offer healthy meals that must include grains. If you take part in a program like this, ask if the grains are whole grains. If they are not, let your program know you'd like more whole grains!

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Whole Grain Alert! Answers: whole wheat flour, rolled oats