

# - JR. CHEF CLUB -

## NEWS PARENTS CAN USE

Lesson 3

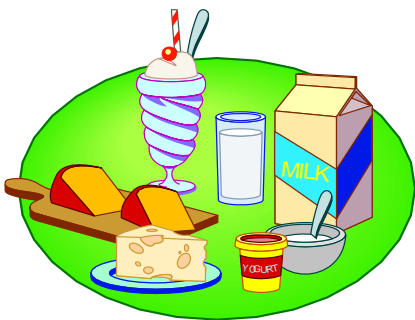
Jr. Chefs Sip on Smoothies

Calcium

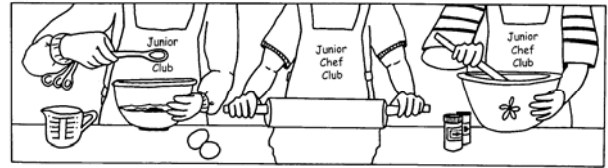
### Jr. Chefs Make Tropical Fruit Smoothies

**Cool, creamy, tropical fruit smoothies** were today's recipe. Fruit and yogurt play the starring roles in this easy recipe. Smoothies are a great way to eat fruit and dairy products.

**Focus on Fruits....**that's what MyPyramid recommends. Fruits provide your Jr. Chef with vitamins A and C to "GLOW" on. These vitamins give skin and eyes a healthful "GLOW." Many fruits and vegetables are packed with these nutrients.



**Did you know** that everyone aged 9 and older needs three cups of milk, yogurt, or the equivalent every day? MyPyramid says "Get Your Calcium-Rich Foods" because your child needs it for growing bones. Getting plenty of calcium early in life makes bones strong and less likely to break. Calcium now can help stop bone problems later in life, such as osteoporosis.



### Keep Your Family Healthy

You can't see it – you can't smell it, but bacteria on food can make you and your family sick. You can help keep your family's food safe to eat by using these simple tips.

- \* Wash your hands with hot, running water and soap before you touch or prepare food.
- \* Keep Cold Foods Cold! Cook or eat foods as soon as you take them out of the refrigerator.
- \* Keep Hot Foods Hot! If you don't eat cooked foods right away, keep them above 140° F. Most bacteria can't live above this temperature.
- \* Thaw foods in the refrigerator, not on the kitchen counter.
- \* Put leftovers in the refrigerator right away in shallow containers so they can cool quickly.

### Recipe of the Day

#### Tropical Fruit Smoothie

Makes (5) one-cup servings.



- 1 cup orange juice
- 1 cup nonfat or lowfat vanilla yogurt
- 1 cup frozen unsweetened strawberries
- 1 ripe banana
- 1 teaspoon vanilla extract

#### Directions:

1. Peel the banana and break in two.
2. Place all ingredients in blender
3. Blend mixture on high speed for 45 seconds or until creamy and smooth
4. Store leftovers in jar in refrigerator

#### Options:

1. Use any fruit you have on hand, fresh, frozen or canned will work.
2. Use any flavor of juice or yogurt.
3. Adding crushed or broken ice will make this smooth drink even cooler!

### Are You a Blender Bender?



Be careful when adding ice to a blender, it can crack the container or bend the blades. Use crushed or broken ice cubes. To break ice cubes, put into a plastic bag and hit on a hard surface or tap with a hammer.



*Inside Scoop:* Ask your child where bananas come from and how they get to this country. Hint: *They were first grown in India and are now grown in Africa & Central America. It takes many natural resources like gasoline for planes and trucks and people to get tropical food to our grocery store shelves. Whenever you can, eat food that is grown nearby to save natural resources.*

#### Wise with Words

These are some words or phrases used in class today. See if your child can use them in a sentence.

- Nutrients
- Blender
- Calcium
- Focus on fruits



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