

- JR. CHEF CLUB -

NEWS PARENTS CAN USE

Lesson 6

Super Snacks by Jr. Chefs

Soft Pretzels



Snackin' Healthy



Children need snacks to get all the nutrients their growing bodies need. Try these tips to make your Jr. Chef's snacks healthy ones.

- Choose fruits and vegetables often. Make snacks nutritious, not an excuse to eat junk food.
- Consider snacks as mini-meals. Pick foods from several food groups.
- Be creative. Make up your own snacks, rather than relying on store-bought foods that may be high in fat, sugar and salt.
- Avoid sweet snacks within two hours of a meal; they lessen the appetite.

Try These Homemade Snacks

- Mix together several low-sugar, whole grain cereals, add raisins or other dried fruit if desired.
- Serve just about anything in wafer-style ice cream cone cups—they're low in sugar and fat. Fill with cereal mix or layers of chopped fruit and yogurt.
- Keep plastic containers of sliced vegetables in the refrigerator. They're easy to grab—bell pepper slices, carrots, and broccoli trees.
- Serve some canned fruit topped with granola.

Water Wonders



Everyone needs 7 to 8 cups of water every day to stay healthy. Try these hints to make sure your Jr. Chef gets enough:

- Buy a plastic reusable water bottle.
- Keep a water bottle in the car and book-bag.
- Flavor water with a slice of lemon or orange.
- Mix herb tea with diluted fruit juice for a "juice cooler."
- Dilute fruit juice with seltzer water for a sparkling juice drink.

Serve up Some Fiber

Kids need fiber too, just like adults. Like a whiskbroom, fiber helps sweep the digestive tract clean.

Fruits, vegetables, dried beans and whole grains are the best sources of fiber. Choose whole grain breads that have at least 2 grams of fiber per slice.





Soft German Pretzels With Vegetables

Makes 12 pretzels

- 1 package of yeast
- 1-1/2 cups warm water (105°-110° F)
- 1 Tablespoon sugar
- 1 tsp salt
- 2 cups all-purpose flour
- 1-2/3 cups whole wheat flour
- Sesame seeds or coarse sea salt
- Vegetable oil cooking spray

Directions:

1. Preheat oven to 425° F.
2. Spray baking sheet with cooking spray.
3. In mixing bowl, dissolve yeast in warm water.
4. Add the sugar, salt and flour.
5. Mix well to make stiff dough.
6. Turn dough onto floured sheet of wax paper.
7. Divide dough into 12 equal-sized pieces.
9. Roll each piece into a strip about 1/2-inch thick.
10. Form into pretzel or other shape.
11. Place on baking sheet.
12. Spray pretzels lightly with cooking spray.
13. Sprinkle *lightly* with coarse salt and/or sesame seeds.
14. Bake 12-15 minutes until golden brown.
15. Serve with your favorite veggie sticks.

This dough is great for homemade pizza too!

Inside Scoop...

Ask your Jr. Chef to name five healthy snacks that are good to eat everyday. (Any fruit or vegetable, bagels, tortillas, whole wheat toast, milk, yogurt, cheese, nuts, etc.)

After Hour Activities

For fun and good health, here are a few things to do with your Jr. Chef.

- Find a bread recipe in a cookbook and bake bread together. Have your Jr. Chef explain to you how yeast works.
- Take a trip to the grocery store and stock up on healthy snacks.
- Put a basket or a box in your cupboard and call it the snack box. Keep it full of healthy snacks.
- Keep a fruit basket on the counter. Go to the produce department with your Jr. Chef - pick out brightly colored fruits & vegetables.

Wise with Words

These words used in class today may be new to your Jr. Chef. Ask what they mean or to use them in a sentence.

- Fiber
- Yeast
- Sodium



Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.