

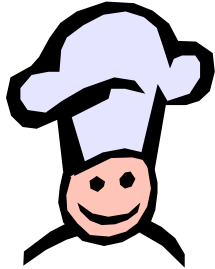
- JR. CHEF CLUB -

NEWS PARENTS CAN USE

Lesson 7

Delicious Dinners

Bean Burritos



Careers in Food

There are many possible careers in the food industry. From raising food on a farm, to

processing, selling, preparing and serving it.

If your Jr. Chef loves experimenting in the kitchen, she or he might like to become a cook or chef. If your child is more interested in how food affects health and enjoys science, he or she might like to become a dietitian or nutritionist. Or, if inclined towards business, your child might like to work in restaurant or grocery management.

Your Jr. Chef received a worksheet today with a list of food careers. Take a look at it with your child and talk with each other about those careers that seem interesting. Do you know someone who works in the food industry or food service? Perhaps your Jr. Chef could talk to them or visit them at work to see what their job is really like.



Balanced Meals

Jr. Chefs learned what makes a balanced meal that will give plenty of energy and nutrients for good health. Here are some highlights of what they learned:

- Include at least one food from each food group of MyPyramid.
- When planning your meal, remember to start with the widest band on MyPyramid, which is the Grain Group. Grains include pasta, rice, bread and cereal.
- Next add plenty of fruits and vegetables, the “Glow” foods that provide vitamins and minerals that make skin, hair and eyes glow.
- Be sure to include protein at two meals and 3 cups of low-or nonfat milk or dairy foods every day.
- Have fun making a meal with different tastes, textures and colors.



Best Bean Burritos

Beans eaten with a grain are a great source of protein. In this recipe, beans are rolled into a flour tortilla.

Ingredients:

- 1 can nonfat or vegetarian refried beans
- 1 cup grated reduced fat cheese
- 7 tablespoons salsa
- 7 whole wheat flour tortillas
- 2 cups chopped lettuce
- ½ cup chopped tomatoes



Directions:

1. Spread the beans in a line about two inches wide down center of each tortilla. Sprinkle cheese on top of beans.
2. Add one tablespoon salsa on top of cheese (more or less to taste).
3. Fold ends of tortilla across beans.
4. Fold in sides of tortilla and place seam side down on plate or baking dish.
5. If using plate, place in microwave for about 1 minute. If using baking dish, cover and place in 350° F oven for about 10 minutes.
6. Top with lettuce and tomato.
7. Serve with added salsa and low-fat sour cream. (optional)
8. To make a meal of burritos, serve with a salad, cooked vegetable, milk and fruit.

Did you know...

Meat, fish and poultry must be cooked thoroughly to keep your family from getting sick.

- Cook ground beef until it is brown inside, and juices run clear (160° F). No pink hamburgers! Use a meat thermometer to be sure.
- Cook fish until it is opaque and flakes easily with fork (160° F).
- Cook chicken and turkey until juices run clear (170-180° F).

Inside Scoop...

Jr. Chefs talked about playing active games to stay fit. Tell your child what your favorite outdoor games were when you were little. Show how to play the game if they don't already know it.

Wise with Words

Quiz your Jr. Chef on these words that we talked about in class today.

- Protein team -Complete meal

