

- JR. CHEF CLUB -

NEWS PARENTS CAN USE

Lesson 8

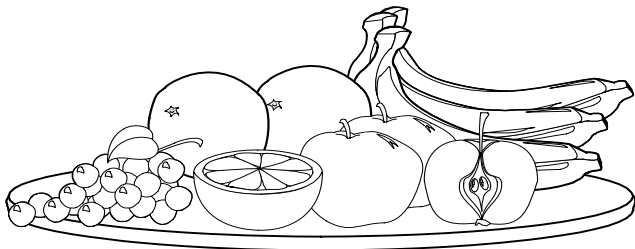
Delightful Desserts

Peach Crisp

Fruity Desserts

Desserts can be nutritious—especially when your Jr. Chef makes them using fruit. Fruit for dessert gives you an extra boost of vitamins, minerals and fiber. Desserts such as brownies and cake don't offer the same nutrients. Try these delightful desserts to top off an evening meal:

- Baked apple with honey and cinnamon.
- Baked pear with chocolate sauce.
- Fruit crisp made with fresh or canned fruit.
- Banana "splits" with low-fat ice cream, bananas, pineapple and a touch of chocolate sauce.
- Date-oat bars.
- Grilled pineapple or peach slices.



Fight Bac! Keeps Food

Fight Bac! is a national campaign to help people know how to keep food safe. Here's what he has to say:

Wash up!

- ◆ Wash hands, cutting boards, counters and all fruits and vegetables.

Separate 'em

- ◆ Keep raw meat, poultry, fish and eggs away from foods that are ready to eat to avoid cross contamination (bacteria spreading from one food to another).

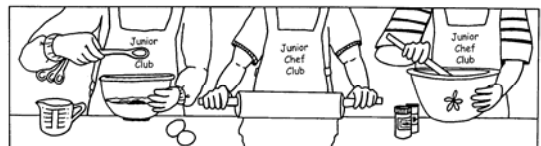
Cook Well

- ◆ Cook foods thoroughly—no pink hamburger or runny eggs.

Chill Right Away

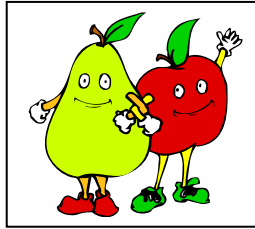
- ◆ Put leftovers in the refrigerator right away. Don't leave foods like milk, cheese, meats and leftovers at room temperature for more than two hours.

Find out more at: www.fightbac.org



Fruit Crisp

Making a crisp instead of a pie or cobbler cuts fat. Here's a peach or apple crisp—but you can use any kind of fruit. If you use a fruit that makes a lot of juice, such as berries, toss them with a couple of tablespoons of flour or cornstarch so the juice will thicken as it cooks.



Ingredients:

2 24-ounce cans peaches in light syrup
 1 tablespoon flour
 1/3 cup packed brown sugar
 1/4 cup flour
 1/2 cup oatmeal
 1 teaspoon cinnamon
 1/4 cup margarine with no trans-fats
 Vegetable oil cooking spray

Directions:

1. Heat oven to 350° F.
2. Lightly spray an 8-inch square baking dish with cooking spray.
3. Drain peaches and toss with 1 tablespoon flour. Place in baking pan.
4. Stir together sugar, remaining flour, oatmeal, and cinnamon. Cut in margarine.
5. Sprinkle crumbly mixture over fruit.
6. Bake about 20 minutes or until fruit is bubbly and top is browned.
7. Cool slightly before serving. Serve with a glass of 1% or nonfat milk.

Options: Use 4-5 cups fresh sliced fruit such as apples or pears, or washed berries. Bake about 40-45 minutes.

Wise with Words

These may be new words for your Jr. Chef. Can he or she tell you what they mean?

- Cross contaminate
- Saturated fat

Fat Finding Missions

Your Jr. Chef became a detective today—searching for examples of foods that are low in saturated fat and are good to eat often:

- fruits
- vegetables
- lean meats and fatty fish like salmon
- nuts such as walnuts
- low fat milk
- whole grain foods.

Did You Know...

Eating too many foods high in saturated fat and trans-fat can clog arteries, even in children. Read labels to choose foods low in these unhealthy fats.

Eat more fruits, vegetables and whole grains and be physically active every day to keep heart and arteries healthy. Be a great role model for children—serve healthy foods every day and be physically active together!

WASHINGTON STATE UNIVERSITY
 EXTENSION

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.