

# Jr. Chef Club - Level II

## NEWS PARENTS CAN USE

Lesson 2

Jr. Chefs Fuel Physical Activity

Mineral Bars

### Energy for Physical Activity

Jr. Chefs found out today that eating foods packed with carbohydrates is a great way to get energy. Whether it's active play or organized sports, every body needs carbohydrate to fuel muscles.

A perfect way to get healthy carbohydrates is to eat foods made from grains. **MyPyramid** urges everyone to make half of the grains they eat, whole grains. A whole grain includes all edible parts of the grain kernel. That means you get more fiber, vitamins and minerals than when you eat processed grains.

To eat more whole grains, choose foods such as 100% whole wheat bread, brown rice, whole grain crackers and whole wheat or corn tortillas. Even cookies or bars can be made with mostly whole grains—especially when homemade.

Today Jr. Chefs made Mineral Bars using whole wheat flour, rolled oats, and very little sweetener. This combination is great for fueling physical activity.



**A Healthy Lifestyle  
Helps You Feel  
Great!**

Physical activity and good nutrition go together for a healthy body. Physical activity offers many health benefits such as:

- Stronger heart, lungs, muscles, bones
- Reduced risk of type 2 diabetes
- Better weight management
- Improved mood and self esteem

Activity is so important to good health. **MyPyramid** pictures a person climbing steps to remind us to be active each day.



## Mineral Bars

- ¾ cup creamy peanut butter
- ½ cup + 2 Tbsp honey
- 2 cups granola
- 1 cup old fashioned oatmeal
- ½ cup raisins
- ½ cup dried apricots,  
chopped
- ½ cup sunflower seeds
- ¼ cup walnuts,  
chopped
- ¼ cup unsalted  
soynuts
- 2 eggs lightly beaten
- 2 cups crispy rice cereal



1. Preheat the oven to 325°F.
2. Grease baking pan.
3. In a saucepan over low heat, melt peanut butter and honey. Let cool.
4. In large bowl, mix granola, oatmeal, raisins, apricots, sunflower seeds, walnuts, and soy nuts.
5. Stir in peanut butter and honey mixture and evenly coat all ingredients.
6. Slowly mix in eggs.
7. Stir in rice cereal.
8. Press mixture into prepared pan and bake for 20-30 minutes.
9. Let cool, cut into bars and enjoy.



## Get Moving Today!

Experts suggest that adults do 30 to 60 minutes a day of physical activity. Kids need 60 minutes of activity each day.

If that seems like a lot, don't despair! All that activity does not need to be done at one time. Start out doing just 10 minutes at a time, three to six times a day. It's easy to "take ten" while waiting for the bus or talking on the phone—just walk in place!

## Just Do It!

Children learn what they live—and that includes physical activity habits. Help your children learn good activity habits now! Get together with all your family members. Have each person list one or two physical activities that they would like to do. Then make a chart on which everyone can track the amount and types of activity they do each day. Post it on the refrigerator as a daily reminder and an easy check off point.



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.