

's Fuel for Fun



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Healthy foods are fuel for play

Without good batteries, some of your favourite toys wouldn't work. In a way, kids like you have batteries, too. In order to have enough energy to play, you need to make sure your batteries are charged up. Where do you get that energy? From food! To keep your body running at full strength during playtime, you've got to get the best charge from the healthiest foods. Luckily, these taste great, too!

Grains such as bread, rice, pasta and pitas have lots of carbohydrates (the main source of energy for your body). Whole grains will give you the energy to keep going and going and they contain fibre to keep your tummy healthy.

Vegetables and fruits are a colourful, tasty way to get lots of fibre, energy, vitamins and minerals to keep your body in great shape. There are lots of different veggies and fruits, so try them all and pick your favourites.

Milk products and fortified milk alternatives such as soy beverages, yogurt and cheese have protein and calcium that help build strong muscles and give you long-lasting energy when you want to play all day.

Meat and alternatives such as chicken, fish, eggs, beans and more are all part of this muscle-building food group. You don't need much of these protein-packed foods to keep you big and strong, but they are important for you to grow up healthy and full of energy.



Hi! I'm Jack. Colour me in!



Laugh and play – be active every day!

When you have all that energy from delicious, nutritious foods in your belly, it's time to have fun. Do you like to jump rope? Climb to the top of a big tree? Bike so fast the world looks blurry? Whether it's running, swinging or swimming, choose your favourite activity and challenge a friend to keep up with you for 30 minutes. Try playing for 10 minutes at a time without resting. Then, try it for 12 minutes! When you feel warmer and breathe a little harder, you'll know you're doing great!

Breathe easy and blow your competition away!

When you're active, you need to breathe a lot to get enough oxygen to fuel your muscles. That's why it's important to stay away from cigarettes because they can hurt your lungs – your big-time breathing machines. Remember that staying smoke-free also makes you feel better and play harder to beat the competition. You won't be out of breath in games and sports, have an upset tummy or smell bad from the smoke, either. Imagine all the money you'll save to spend on toys and going out with your friends. So, stay healthy and smoke-free for your heart's sake and you'll be happy, too!

Hi! I'm Jill. Colour me in!



"Eat your art out" Pizza

Making pictures with macaroni is fun, but imagine how cool it would be to eat your food art after you make it! Have a parent help you with chopping the toppings for this scrumptious pizza, then create a four-section piece of artwork. Share your artistic pizza with your friends or parents, but don't forget to take a picture of your creation first!

Makes 8 slices

Ingredients

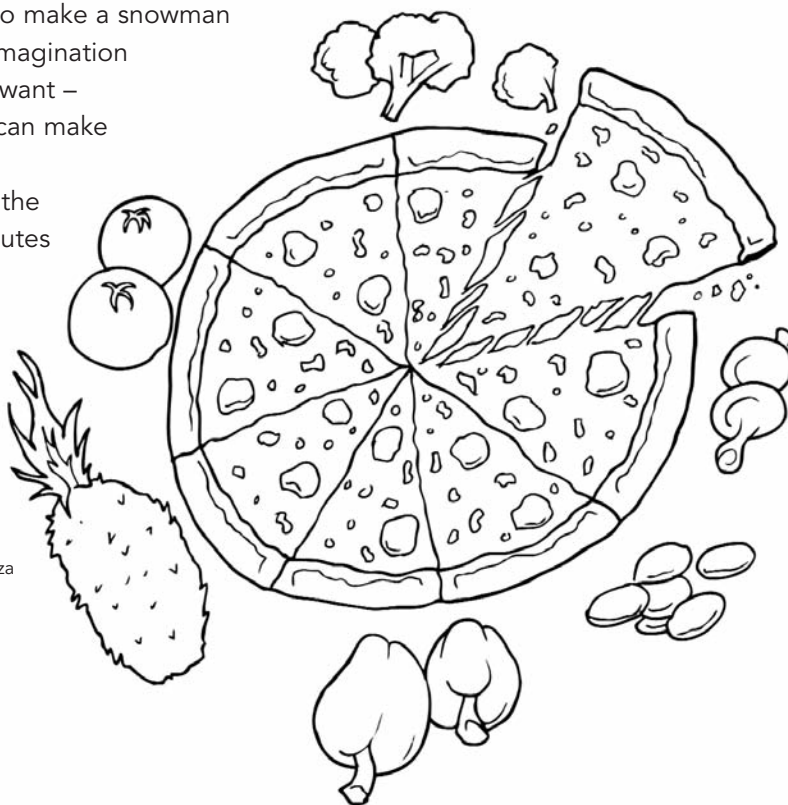
- 1 pre-made, 12 inch (30 cm) whole-wheat pizza crust
- 1/2 cup (125 mL) pizza sauce (this usually comes with the pre-made crust)
- 2 cups (200 g) shredded part skim mozzarella cheese
- Optional seasonal toppings
- Pineapple
- Red pepper
- Green pepper
- Cherry tomatoes
- Mushrooms
- Broccoli
- 1 slice of cheddar cheese
- 1 slice of ham

Directions

1. Ask for help preheating the oven to 400° F (200° C).
2. Spread the pizza sauce on the crust. Sprinkle with the cheese.
3. Divide the pizza in four using red pepper strips. Then, have some fun with the toppings that your parents have pre-cut. In one section, try making a red pepper and cherry tomato flower with a green pepper stem, and in another make a pineapple and ham sun. In the last two sections, try making a broccoli tree on top of a cheddar cheese leaf and finally, use mushrooms to make a snowman or another fun shape. Use your imagination and your toppings however you want – have fun with it. Every time you can make a different type of pizza.
4. Have a parent place the pizza in the oven and then wait six to 10 minutes as it bakes. To make the cheese bubbly, have a parent broil the pizza for three minutes.
5. When the pizza is ready – it will be hot! Wait until an adult says it's okay before you take a bite.

Nutritional information per serving –1/8 of the pizza (Crust, sauce and cheese only)

- Calories: 170
- Protein: 10 g
- Fat: 6 g
- Saturated fat: 3 g
- Dietary cholesterol: 11 mg
- Carbohydrate: 21 g
- Dietary Fibre: 2 g
- Sodium: 502 mg
- Potassium: 85 mg



Giant oatmeal heart cookie

This giant heart-shaped oatmeal cookie is a sweet treat and a fun change from a birthday cake. Plus, it has yummy oats that provide lots of heart-healthy soluble fibre. Have fun by using the melted chocolate to spell out a message for mothers' day, father's day or for your own birthday. Or just share this cookie as a weekend treat and draw any design you like. Just remember to ask for help when you handle the melted chocolate.

Makes 1 large or 24 small cookies

Ingredients

- 1/2 cup (125 mL) non-hydrogenated margarine
- 1/2 cup (125 mL) packed brown sugar
- 1/4 cup (50 mL) warm water
- 1 cup (250 mL) whole wheat flour
- 1 cup (250 mL) quick rolled oats
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (2 mL) baking soda
- 1/4 cup (50 mL) chopped dried cherries or dried cranberries
- Drizzle
- 1 oz (28 g) semisweet chocolate, melted
- 1 oz (28 g) white chocolate, melted

Directions

1. Ask for help preheating the oven to 350° F (180° C).
2. Ask an adult to use an electric mixture to beat the sugars and margarine together. Afterwards, pour in the water and beat.
3. Now, have fun playing with the dry ingredients. Use a spoon to mix together flour, oats, cinnamon and baking soda.
4. Pour the dry mixture into the wet ingredients. Mix the ingredients using a spoon or your bare hands (just make sure you wash them first). Stir in dried cherries or cranberries using a spoon.
5. Have an adult cut a piece of parchment paper to fit over the baking sheet. Then roll the dough out on the parchment paper to about 1/2 inch thickness. Shape into a heart to form one giant cookie.
6. Have an adult put it in the oven. Let it bake for 20 minutes. Get some help taking it out of the oven when it is slightly browned on the sides. Leave the cookie on the parchment paper to cool.
7. Melt each type of chocolate separately in microwave-safe bowls. Ask an adult for help choosing the right temperature and time to melt the chocolate without burning it.
8. Then, use a spoon to drizzle the chocolate over the cookie – write a message or your name or just do a fun design.

Note: if you want to make 24 small cookies, just form them by hand into traditional round cookie shapes. Then, cook for 10 minutes.

Nutritional information per serving
(1 small cookie or 1/24 of the large cookie)

- Calories: 154
- Protein: 3 g
- Fat: 6 g
 - Saturated fat: 2 g
 - Dietary cholesterol: 16 mg
- Carbohydrate: 25 g
 - Dietary Fibre: 2 g
- Sodium: 92 mg
- Potassium: 150 mg



I love you berry much smoothie

This yummy, thick smoothie tastes like a milkshake but powers you up with energy for playtime. It's fun to make and tasty to drink. You'll only want to share this treat with someone you love "berry" much.

Makes 4 servings

Ingredients

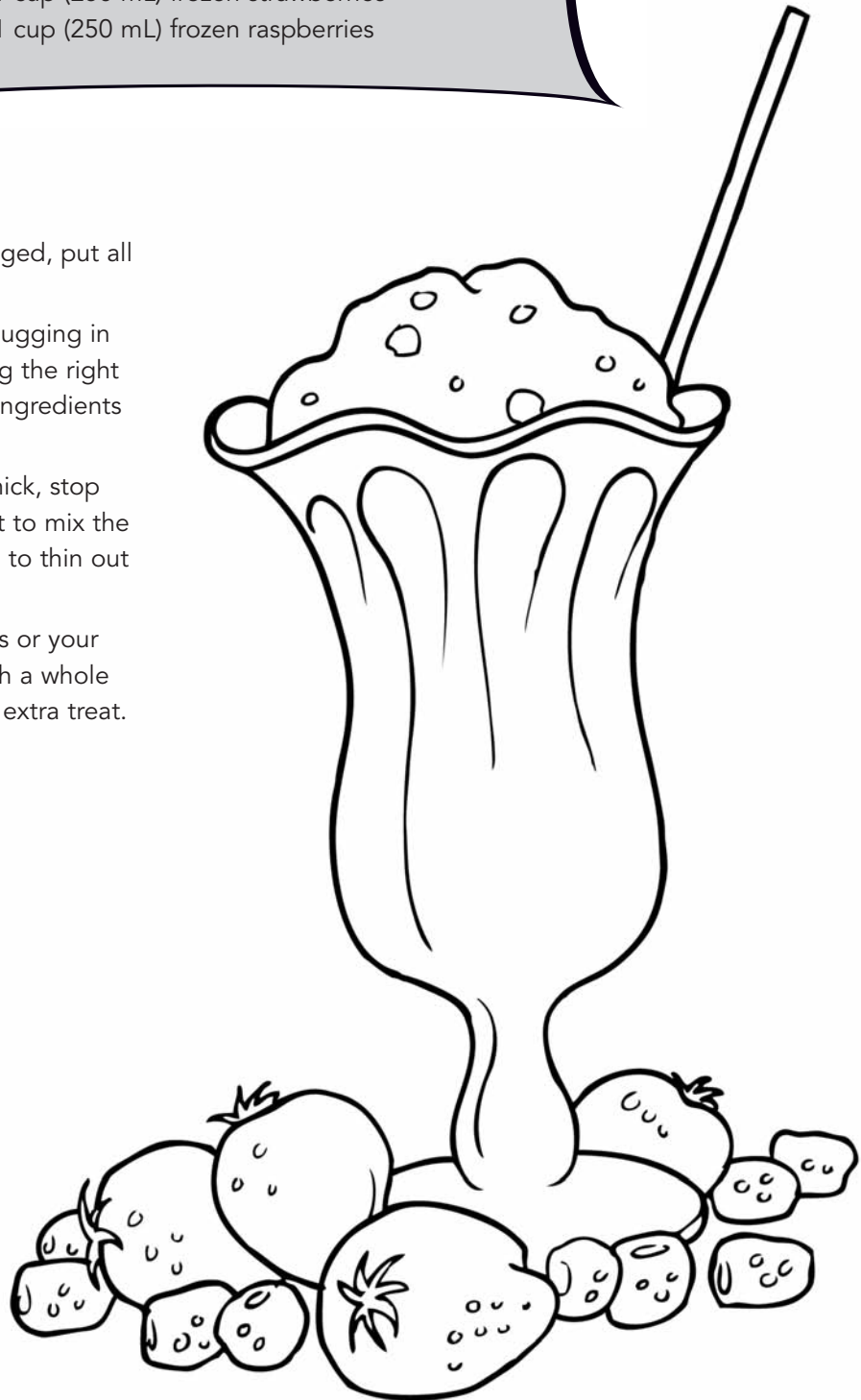
- 1 cup (250 mL) low-fat vanilla yogurt
- 1 cup (250 mL) 100% berry fruit juice
- 1 cup (250 mL) frozen strawberries
- 1 cup (250 mL) frozen raspberries

Directions

1. With the blender unplugged, put all the ingredients inside.
2. Ask for an adult's help plugging in the blender and choosing the right setting to "puree" your ingredients into a liquid.
3. If the mixture gets too thick, stop the blender. Ask an adult to mix the ingredients with a spoon to thin out the shake.
4. Pour into four fun glasses or your favourite cups. Serve with a whole strawberry on top for an extra treat.

Nutritional information per serving

- Calories: 126
- Protein: 4 g
- Fat: 1 g
- Saturated fat: 0.5 g
- Dietary cholesterol: 3.1 mg
- Carbohydrate: 27 g
- Dietary Fibre: 3.2 g
- Sodium: 43 mg
- Potassium: 350 mg



Breakfast fruit pizza

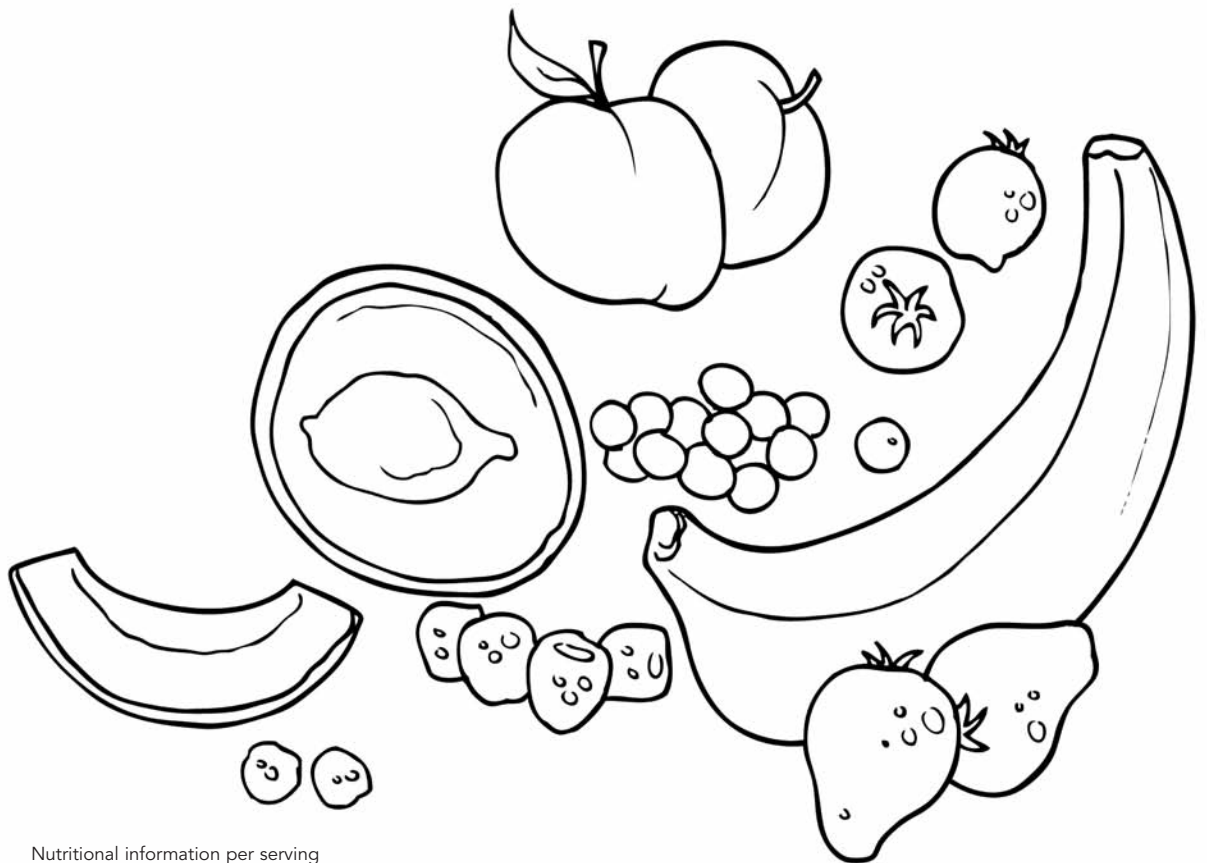
Finally, you can have pizza for breakfast! The cream cheese spread and fresh fruit toppings could make this your favourite pizza at any time of day. Make these miniature pita pizzas for the whole family on the weekend. Or ask a parent to help you make this as a quick pick-me-up after school.

Ingredients

- 1 small whole wheat pita (about 4 inch diameter)
- 1 1/2 tbsp (22 mL) light spreadable cream cheese, plain or with your favourite fruit flavour
- 1/4 cup (50mL) chopped fresh fruit such as blueberries, bananas, cantaloupe, apples or grapes). Ask an adult to help with chopping crunchier fruits.

Directions

1. Toast pita on light setting.
2. Spread with cream cheese.
3. Top with fresh fruit. Make a design or a funny face with your fruit shapes. Ask an adult to cut the pizza into pieces or eat the pizza with your hands, but expect to get messy!



Nutritional information per serving

- Calories: 147
- Protein: 5.4 g
- Fat: 5 g
- Saturates: 3 g
- Dietary Cholesterol: 13 mg
- Carbohydrate: 22 g
- Dietary Fibre: 5 g
- Sodium: 216 mg
- Potassium: 113 mg

Bowtie pasta with chicken, veggie and tomato sauce

Before going out to jump rope, get a big boost from this pasta with chicken pieces. Have a parent buy a package of mixed vegetables that are pre-cut into small pieces. Or ask an adult to cut an equal amount of fresh veggies. Choose your favourites – carrots, tomatoes, green beans, peppers or whatever you please. Once they are mixed in the sauce, they will not only add flavour, but will pack in a whole lot of energy – and two full servings of veggies – onto your plate. You can also try wagon-wheel pasta, macaroni or whole-wheat fusilli (spirals) to personalize your pasta.

Makes 4 servings

Ingredients

- 4 cups (1 L) whole wheat bow tie pasta
- 1 tsp (5 mL) olive oil
- 2 raw chicken breasts, diced
- 2 cups (500 mL) frozen mixed vegetables
- 2 cups (500 mL) pasta sauce
- 1 cup (250 mL) part skim mozzarella cheese, grated

Directions for the adult or parent:

1. Cook up the pasta according to the directions on the package.
2. Meanwhile, heat oil over medium heat. Add diced chicken and cook until no longer pink inside. About 5 minutes.
3. Add vegetables and cook 1 minute, until heated.
4. Add sauce and simmer 10 minutes.

Directions for you (what you can do):

1. Make sure you talk to the person who does the shopping so you can get your favourite veggies into this recipe. If carrots, yellow beans and green pepper are your favourites, let the shopper know!
2. When the pasta is ready, stir it into the sauce using two big spoons. Divide into bowl.
3. Top the pasta mixture with cheese and eat it up.



Nutritional information per serving (2 cups/500mL)

- Calories: 448
- Protein: 35 g
- Fat: 11 g
 - Saturated fat: 5
 - Dietary cholesterol: 62 mg
- Carbohydrate: 53 g
 - Dietary fibre: 6 g
- Sodium: 651 mg
- Potassium: 885 mg



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