

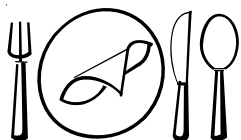
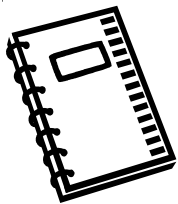
# Family Time In the Kitchen

Very early in our lives, play and learning starts at home with family. The home is the first place where learning through play and recreational activity takes place. Play and fun times can strengthen family relationships through sharing pleasant experiences. Play and recreation needs to be a natural part of everyday life and can be a fun source of positive educational experiences.

There are many realities in our fast-paced modern world that tend to pull family members away from the home and each other. "Together times" need to be a priority. A commitment of time needs to be planned for them.

Meal time offers many opportunities for family bonding, fun, recreation, and learning. Everyone can be a part of:

- Planning meals, foods, and special events,*
- Compiling a notebook of favorite family recipes,*
- Making lists and shopping for the food,*
- Storing food properly,*
- Showing safe food handling techniques,*
- Preparing and cooking the food,*
- Setting the family table,*
- Serving ourselves and each other,*
- Showing healthy eating habits,*
- Talking and sharing with each other,*
- Practicing table manners,*
- Cleaning up and putting away*



## HAMBURGER STEW

(7 servings)

### Ingredients:

- 1 small round onion
- 2 stalks celery
- 2-3 medium potatoes
- 1-2 medium carrots
- 1 thumb size piece ginger
- 1 clove garlic
- 1 pound lean ground beef
- Water to cover



### Seasoning:

- 1 (8-ounce) can tomato sauce
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 1/2 teaspoon sugar
- 1 tablespoon soy sauce

### Thickening:

- 2 tablespoons flour
- 1/4 cup water

### Directions:

1. CHOP onion, celery, potatoes, and carrots.
2. CRUSH ginger and garlic.
3. In a large pot, FRY lean ground beef. POUR out fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD water to cover the ingredients. ADD seasoning.
7. COOK until vegetables are tender. STIR.
8. In a small bowl, MIX flour and water mixture. ADD to stew to thicken.

### Variations:

- Use frozen and canned vegetables.
- Use ground chicken or ground turkey, instead of lean ground beef.
- Use cream of mushroom soup, instead of tomato sauce.

## GON LO MEIN

(10 servings)

### Ingredients:

- 1/2 (12-ounce) can luncheon meat
- 2 (10-ounce) packages chop suey mix
- 1/2 cup oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

### Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about 2/3 cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.

### Variations:

- Use other sliced meats.
- Use 1 1/2 cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

### For topping add:

- scrambled eggs (sliced thinly),
- green onions (cut into 1-inch lengths),
- Chinese parsley (cut into 1-inch lengths).

## CARROT AND RAISIN SALAD

(6 servings)

### Ingredients:

- 4 small-medium sized carrots (about 2 cups grated)
- 3/4 - 1 cup raisins
- 1 tablespoon sugar
- 1 teaspoon vinegar



### Directions:

1. GRATE carrots.
2. In a small bowl, MIX carrots, raisins, sugar, and vinegar together.
3. REFRIGERATE until ready to SERVE.

## PEANUT BUTTER LOG

(1 log: 20 pieces)

### Ingredients:

1/2 cup plain cornflake cereal  
2/3 cup nonfat powdered milk  
2 tablespoons pancake syrup  
3/4 cup peanut butter  
Wax paper  
Optional: 1 teaspoon vanilla extract  
1/4 cup raisins

### Directions:

1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
3. Optional: ADD vanilla extract and raisins.
4. MIX well.
5. PLACE mixture on waxed paper sheet 13"x15" long.
6. ROLL into log with waxed paper and refrigerate.
7. SLICE when ready to serve into 2 inch pieces.

### Variations:

Other cereals may be used.  
Graham crackers may be used instead of cereal.  
Peanut butter may be creamy or chunky.  
For persons over 2 years of age, honey may be used instead of pancake syrup.

## FRUIT FREEZES

(1 tray)

### Ingredients:

Fresh bananas  
Pineapple  
Mango  
Apple  
Grapes  
Strawberries



### Directions:

1. PEEL and SLICE fruits.
2. PLACE fruit pieces on cookie sheet, flat shallow pan, or foil.
3. PLACE cookie sheet flat on freezer shelf. FREEZE overnight.
4. PLACE frozen fruit in individual plastic bags or wrap in cellophane.

### Variations:

Use canned fruit, such as peaches, pears, apricots, etc.

## TRAIL MIX

(4 cups)



### Ingredients:

2 cups circle shaped cereal  
2 cups square shaped cereal  
(rice, wheat, corn – one OR more combined)

### Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

### Variations:

For breakfast add milk and fresh fruits.  
Eat cereals with 100% fruit juice.  
Use a mixture of any 2 or more cereals.  
Add pretzels, nuts, and/or dried fruits.

## FRUIT SLUSH #1

(6 cups)

### Ingredients:

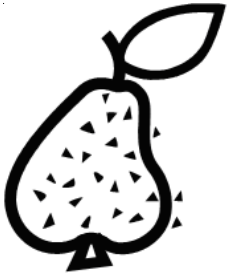
1 (12-ounce) can water  
1 (12-ounce) can 100% frozen juice concentrate  
3 cups ice

### Directions:

1. In a blender, PLACE water, juice concentrate, and half of ice.
2. To prevent spills, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING remaining ice. SERVE.

### Variations:

Use any 100% frozen juice concentrate.  
If slush is too thick, add more water.



### AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.



### BUILD A HEALTHY BASE...

- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make 1/2 your grains whole.
- Go lean with protein.
- Keep food safe to eat.



### CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

