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
## CARROT AND RAISIN SALAD

Number of servings: 6

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

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

**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.

## HAMBURGER STEW

Number of servings: 7

**Ingredients:**
- 1 small round onion
- 2 ribs 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 less sodium 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 and DRAIN OFF excess fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD enough water to cover the ingredients.
7. In a small bowl, MIX seasoning ingredients. ADD seasoning to pot and MIX.
8. COOK until vegetables are tender. STIR.
9. In a small bowl, MIX thickening ingredients. ADD to stew and MIX well 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

Number of servings: 10

**Ingredients:**
- 1/2 (12-ounce) can lite luncheon meat
- 2 (9-ounce) packages chop suey mix
- 3 tablespoons 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, and STIR.
4. In a small bowl, COMBINE oyster sauce and water (to total about 1/3 cup), and POUR over meat and vegetables. MIX well.
5. ADD noodles and MIX.

**Variations:**
- Use other sliced meats.
- Use 1 ½ 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).

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<table>
<thead>
<tr>
<th>Fruit Freezees</th>
<th>Peanut Butter Log</th>
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</table>
| **Ingredients:**  
Fresh bananas  
Pineapple  
Mango  
Apple  
Grapes  
Strawberries  
| **Ingredients:**  
1 (12-fluid ounce) can 100% frozen juice concentrate  
1 (12-fluid ounce) can water  
3 cups ice  |
| **Directions:**  
1. PEEL and SLICe fruits.  
2. PLACE fruit pieces on cookie sheet, or in a flat shallow pan lined with foil.  
3. PLACE sheet or pan flat on freezer shelf.  
FREEZe overnight.  
4. PLACE frozen fruit in individual plastic bags.  
| **Directions:**  
1. In a blender, PLACE juice concentrate, water and half of ice.  
2. To prevent spillovers, DO NOT pass the top line of the blender.  
3. BLEND while gradually ADDing remaining ice.  
SERVE.  |
| **Variations:**  
Use canned fruit, such as peaches, pears, apricots, etc.  
| **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.  |

<table>
<thead>
<tr>
<th>Fruit Slush #1</th>
<th>Trail Mix</th>
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| **Ingredients:**  
| **Ingredients:**  
2 cups circle shaped cereal  
2 cups square shaped cereal  
(rice, wheat, corn – one OR more combined)  
| **Ingredients:**  
1 (12-fluid ounce) can 100% frozen juice concentrate  
1 (12-fluid ounce) can water  
3 cups ice  |
| **Directions:**  
1. In a large bowl, MIX circle shaped cereal and square shaped cereal.  
2. STORE in airtight container.  
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1. In a bowl, MIX circle shaped cereal and square shaped cereal.  
| **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 fruit.  
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| **Yield:** 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. STORE 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 fruit.  | **Yield:** 6 cups  
**Ingredients:**  
1 (12-fluid ounce) can 100% frozen juice concentrate  
1 (12-fluid ounce) can water  
3 cups ice  
**Directions:**  
1. In a blender, PLACE juice concentrate, water and half of ice.  
2. To prevent spillovers, 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.