

## More Information about the Suggested Books

- The Apple Pie Tree* by Zoe Hall. New York: Blue Sky Press, c. 1996
- Apples and Pumpkins* by Anne Rockwell. New York: MacMillan, c. 1989
- Big Birds Red Book* by Roseanne and Jon Cerf. Racine, WI: Western Publishing Co., Inc., c. 1990, 1997
- Bread, Bread, Bread* by Ann Morris. New York, NY: Scholastic Inc., c. 1989
- The Carrot Seed* by Ruth Krauss. New York: Harper and Row, c. 1945
- Don't Forget the Bacon* by Pat Hutchins. New York, NY: Scholastic Inc., c. 1976.
- Eric Follows His Name* by Constance Allen. Racine, WI: Western Publishing Co. Inc., c. 1990
- Feast for 10* by Cathryn Falwell. New York, NY: Houghton Mifflin Co., c. 1993
- Gregory the Terrible Eater* by Mitchell Sharmat. New York: Four Winds Press, c. 1980
- Growing Vegetable Soup* by Lois Ehlert. Orlando, FL: Harcourt Brace, c. 1987
- "Hi, Pizza Man!"* By Virginia Walter
- It Looked Like Spilt Milk* by Chris Shaw. New York, NY: HarperCollins Children's Books, c. 1947.
- Market Day* by Lois Ehlert. San Diego: Harcourt Brace, c. 2000

## More Information about the Suggested Books

*Molly and Emmett's Surprise Garden* by Marilyn Hafner. Peru, IL: Carus Publishing, c. 2001

*Oliver's Fruit Salad* by Vivian French. New York: Orchard Books, c. 1998,

*Potluck* by Anne Shelby. New York: Orchard Books, c. 1991.

*Stone Soup* by Ann McGovern. New York, NY: Scholastic Inc., c. 1968.

*Ten Seeds* by Ruth Brown. New York, NY: Alfred Knopf., c. 2001

*Today is Monday* by Eric Carle. New York, NY: Scholastic Inc., c. 1993

*Tops and Bottoms* by Janet Stevens. Orlando, FL: Harcourt Brace, c. 1995

*The Vegetable Show* by Laurie Krasny Brown. Canada: Little, Brown and Company, c. 1995

*What food is this?* by Rosemary Hausherr. New York, NY: Scholastic Inc., c. 1994

*Who is in the Garden?* By Vera Rosenberry. New York: Holiday House Inc., c. 2001

# Recipe Card Citations

*American School Food Service Association web site - [www.asfsa.org](http://www.asfsa.org)*

***Pasta Vegetable Soup with Croutons**, recipe courtesy of National Pasta Association*

*Better Homes and Gardens Annual Recipes 1998*, edited by Nancy Byal. Des Moines, IA: Meredith Corporation, c.1998

***Winter Fruit Compote***

*California Project Lean web site-*

*[www.caprojectlean.org/eattowin/recipes/genEatRecipeIndex.asp](http://www.caprojectlean.org/eattowin/recipes/genEatRecipeIndex.asp)*

***Frozen Grapes**. Recipe courtesy California 5 a Day*

***Fruit Pops**. Recipe courtesy of California 5 a Day*

***New Wave Morning Cobbler**. Recipe courtesy California 5 a Day*

***Pepper, Pineapple and Ham Pita Pizza**. Recipe courtesy California 5 a Day*

***Bran Muffins with Fruit**. Recipe courtesy California 5 a Day*

Pick a **better** snack



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# Recipe Card Citations

*Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends*, 1992, published by Favorite Recipes Press

***Applesauce Oatmeal Muffins***, p. 107

*Connecticut Cooks for Kids*, A collection of Recipes from Childcare Providers Throughout Connecticut, 1996, published by the Connecticut Nutrition Education and Training Program

***Sunshine Fruit Dip***, p. 98

*Five A Day Cookbook*, printed January 2001 by Genesis Health System, Davenport, IA

***Melon with Blueberries***, p. 35, recipe from *The American Cancer Society Cookbook*

***Berries with Banana Cream***, p. 38, recipe taken from *Diabetic Cooking*, Vol. 1, May/June 2000, no. 9,

***Mango and Melon Salad with Strawberry Sauce***, p. 60

***Hearty Pasta and Bean Salad***, p. 58

*Golden Grain Mission pasta web site* - [www.goldengrainmission.com/kitchen](http://www.goldengrainmission.com/kitchen)

***Wholesome herbed pasta***

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# Recipe Card Citations

*Many Friends Cooking: An International Cookbook for Boys and Girls* by Terry Touff Cooper and Marilyn Ratner. New York: Philomel Books, c. 1980

*Gazpacho*, p. 20

*Meals to Please: Helps for Children's Nutrition*, 1983, published by Association for Child Development

*Sunshine Carrot Cocktail*, p. 10

*Peach Pops*, p. 117

*German Apple Bread*, p. 163

*What's Cookin' II*, editor Charlotte S. Kern, 1997 by Nebraska Department of Education

*Oven Fried Parmesan Potatoes*, p. 100

*Cereal Snack*, p. 151

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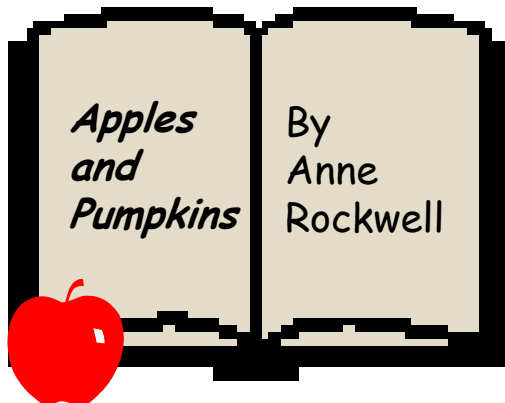
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# Peach Pops

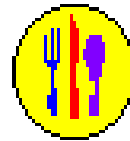


1 cup orange juice  
4 ripe peaches (about 4 cups  
chopped)  
1 tsp. sugar  
  
8 servings

1. Peel, pit and chop peaches.
2. Blend all ingredients in blender until pureed.
3. Pour 1/2 cup puree into a small paper cup with plastic spoon inserted in center.
4. Freeze until firm.



## Snack Idea



Serving for 1-5 yr. old

1 Peach Pop and 1  
Graham Cracker  
Smacker (recipe card)

From *Meals to  
Please*

## Strawberry Pop

2 cups hulled (stems removed)  
and halved strawberries 1 cup  
orange juice

4 7-oz paper cups

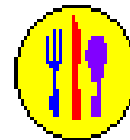
4 popsticks or plastic spoons

4 servings

1. Place fruit and juice in a blender container or food processor bowl. Whirl until smooth.
2. Pour mixture into four 7-oz. paper cups; place cups in freezer until partially frozen.
3. Place pop sticks or plastic spoons in center of cups. Freeze until firm.

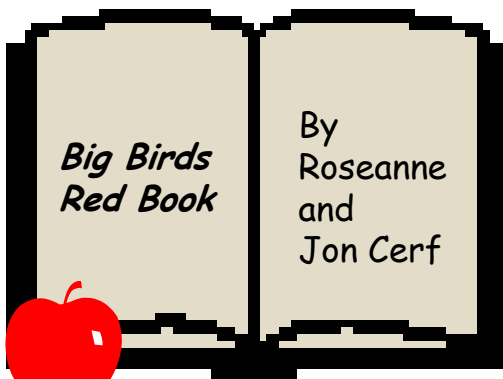
Strawberry Pop and 1/2  
slice toasted cinnamon  
bread

*snack idea*



*Serving for 1-5 yr. old*

From California Project  
Lean web site. Recipe  
courtesy of California 5  
a Day Campaign

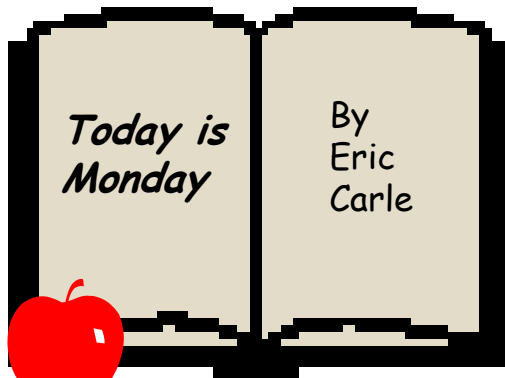


# New Wave Morning Cobbler



1 cup canned sliced peaches  
packed in juice, drained  
1 cup canned pear halves packed  
in juice, drained and sliced  
6 pitted prunes, each cut in half  
1/4 tsp. vanilla extract  
1 orange  
1 cup lowfat granola

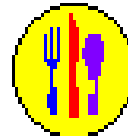
4 servings



1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 tsp. of peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture.
3. Top with granola
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

3/4 cup New Wave  
Morning Cobbler  
provides a fruit and  
grain/bread snack  
serving

snack idea



Serving for 1-5 yr. old

From California Project  
Lean web site. Recipe  
courtesy of California 5  
a Day

# Pasta Vegetable Soup with Croutons



8 oz. small pastas shapes (e.g. orzo or shells)

6 cups low-sodium chicken broth

4 cups water

4 medium carrots peeled and diced ,  
about 2 cups

1 cup celery, diced

1 cup onion, peeled and diced

1/2 cup croutons

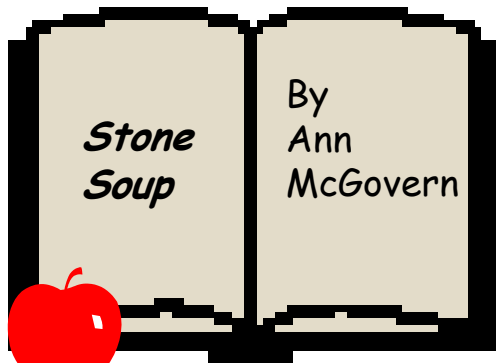
1/2 cup fresh parsley, chopped

1/4 tsp. ground black pepper

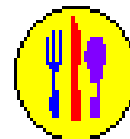
1/2 cup parmesan cheese

8 servings

1. Combine chicken broth, water, carrots, celery and onion in a pot. Heat to boiling. Reduce heat to simmer and cover pot. Simmer for 15 minutes.
2. Stir pasta into broth mixture. Increase heat to boiling. Cook 5 minutes, stirring often. Stir in parsley and pepper. Continue boiling until pasta is done, about 8 minutes.
3. Ladle soup into bowls and sprinkle with croutons and parmesan cheese.



snack Idea



Serving for 1-5 yr. old

3/4 cup Pasta Vegetable Soup provides 1 vegetable and 1 grain/bread snack serving

From American School Food Service web site. Recipe courtesy of National Pasta Association

## Melon with Blueberries

2 cups cantaloupe, cubed  
2 cup cups honeydew melon, cubed  
2 cups watermelon, cubed  
1 cup blueberries  
2 Tbsp. sugar or 2 Tbsp. honey  
2 Tbsp. lemon juice  
fresh mint leaves (optional)

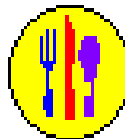
1. Combine cubed cantaloupe, honeydew and watermelon and blueberries in a serving bowl.
2. Mix together honey and lemon juice and pour over fruit. Toss to mix.
3. Cover and refrigerate until serving time.

14 servings

*Eric  
Follows  
His  
Name*

By  
Constanc  
e  
Allen

*snack Idea*



*Serving for 1-5 yr. old*

1/2 cup Melon with  
Blueberries and 2/3 cups  
Cereal Snack (recipe card)

From *Five A Day Cookbook*



## Puree of Carrot Soup

5 cups of canned chicken broth or  
broth made with chicken or  
vegetable bouillon (5 cups water  
and 2 1/2 bouillon cubes)

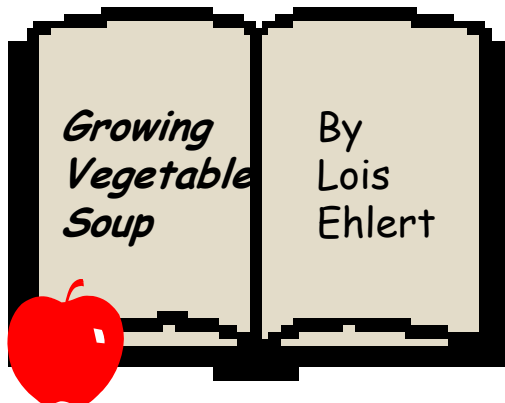
1 pound of peeled carrots chopped  
(about 3 1/2 cups)

1 large clove of garlic

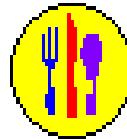
1/8 tsp. Pepper

yield about 7 servings

1. To the 5 cups of broth add the carrots, garlic, salt and pepper.
2. Simmer vegetables for about 20 minutes, or until the carrots are quite tender.
3. Put the soup into a blender and puree to desired texture.



### Snack Idea



Serving for 1-5 yr. old

7/8 cup Puree of Carrot Soup  
and 1/2 whole wheat English  
muffin

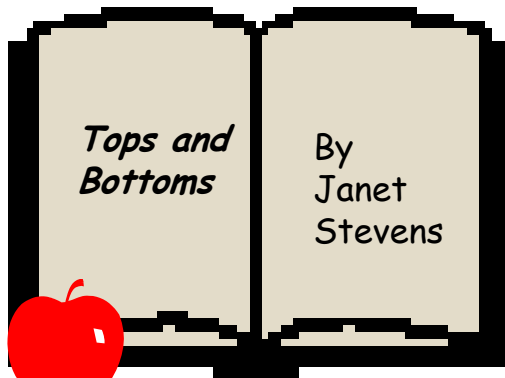
From 5 a Day recipe card,  
recipe courtesy of Carlo  
Middione.

## Berries with Banana Cream

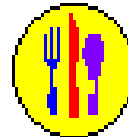
1/3 cup reduced fat sour cream  
1/2 small ripe banana cut into chunks  
1 Tbsp. frozen orange juice  
concentrate  
2 cups sliced strawberries,  
blueberries, raspberries or a  
combination  
ground cinnamon

4 servings

1. Combine sour cream, banana and juice concentrate in a blender and blend until smooth.
2. Place berries in a serving dish and top with sour cream mixture. Sprinkle with cinnamon



### Snack Idea



Serving for 1-5 yr. old

1/2 cup berries topped with banana cream and 1 grain fruit bar

From *5 A Day Cookbook*

## Berry Good

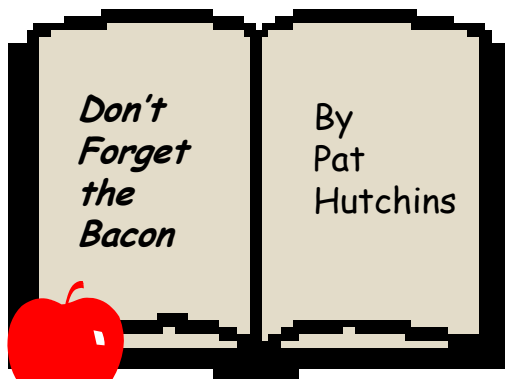
- 1 envelope unflavored gelatin
- 1 cup chopped strawberries
- 1 cup blueberries
- 1 cup apricot nectar
- 2 Tbsp. sugar

5 servings

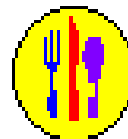
1. Cut up strawberries. Place in medium-sized bowl with blueberries.
2. Combine gelatin, sugar and apricot nectar in saucepan. Warm over low heat until gelatin dissolves, about 5 minutes.
3. Pour nectar over berries and refrigerate until firm.

### Alternative

Substitute 2 cups of other seasonal fruit for the strawberries.



### snack Idea



1/2 cup Berry Good and 1/2 bagel with low fat cream cheese

Serving for 1-5 yr. old

## Bird's Nest Salad

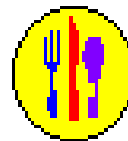
1/3 cup grated carrots  
5 or 6 grapes  
1 tsp. salad dressing

1 serving

1. Place grated carrot in a bowl and add a tsp. salad dressing, stirring to moisten.
2. Place carrots in the center of a plate and make a hollow in the carrot nest with the back of a spoon.
3. Place grapes in the nest for eggs.
4. Cut grapes in half for children under aged 2.



### snack Idea



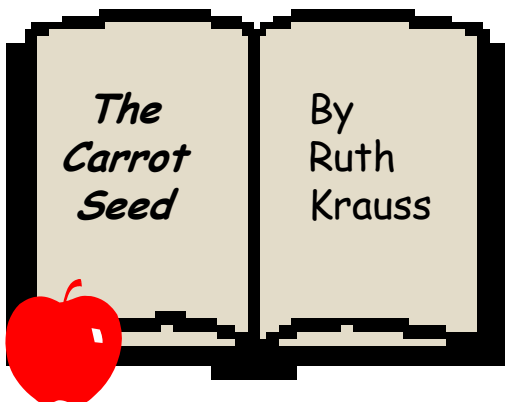
Serving for 1-5 yr. old

1 Bird's Nest and 1/2 slice whole wheat toast sprinkled with Parmesan cheese

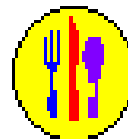
# Sunshine Carrot Cocktail

2 cups pineapple juice  
1/2 cup carrots  
1 banana  
1/2 cup crushed ice or ice cubes  
6 servings

1. Cut carrots.
2. Place carrots in blender and chop for a few seconds. Add some pineapple juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice and blend until smooth.



## Snack Idea



Serving for 1-5 yr. old

1/2 cup Sunshine Carrot  
Cocktail and 1/2 slice raisin  
toast

Adapted from *Meals to Please*

# Oven Fried Parmesan Potatoes



4 potatoes cut into 1/2 inch cubes  
(about 4 cups)

1 Tbsp. vegetable oil

1 Tbsp. grated Parmesan cheese

1/2 tsp. garlic powder

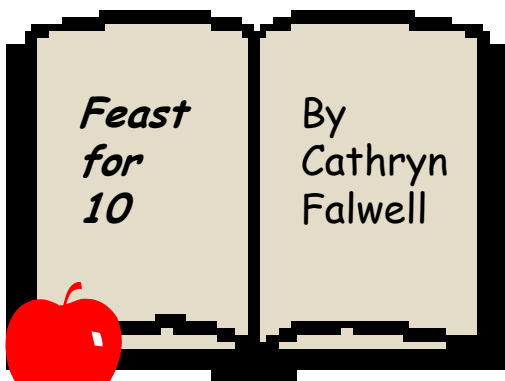
1/2 tsp. paprika

1/8 tsp. pepper

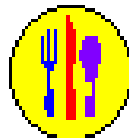
1/8 tsp. salt

8 servings

1. Scrub potatoes under running water and cut them into 1/2 inch wedges.
2. Place potato wedges in a plastic bag with the oil and shake well to coat potatoes evenly.
3. In a second plastic bag, mix Parmesan cheese, garlic powder, paprika, pepper and salt. Add potatoes and shake to coat.
4. Arrange potatoes, in a single layer, on a foil-covered baking sheet that has been sprayed with non-stick cooking spray.
5. Bake at 450 degrees for 30-35 minutes or until golden brown.



snack Idea



Serving for 1-5 yr. old

1/2 cup Parmesan potatoes  
and 1/2 cup milk

From *What's Cookin' II*

# Mango and Melon Salad with Strawberry Sauce



- 1 fresh mango, peeled and cubed (about 1 cup)
- 3 cups cantaloupe, peeled and cubed
- 3 cups honeydew, peeled and cubed

## Strawberry Sauce:

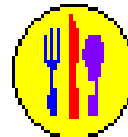
- 1 1/2 cups fresh strawberries or partially thawed frozen strawberries
- 1 Tbsp. lemon juice
- 1/4 cup confectioners sugar
- 14 servings

- 1 Place mango and melon pieces in a large serving bowl.
2. In a blender, blend strawberries with lemon juice and sugar until smooth. Drizzle sauce over fruit salad and serve.

## How to peel and slice a mango

Slice each side of the mango vertically along the seed to give two halves, and pull them apart. Hold one mango half peel side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion. Hold the scored portion with both hands and bend the peel backward so that the diamond cut cubes are exposed. Cut cubes off peel, then remove any remaining fruit clinging to the seed.

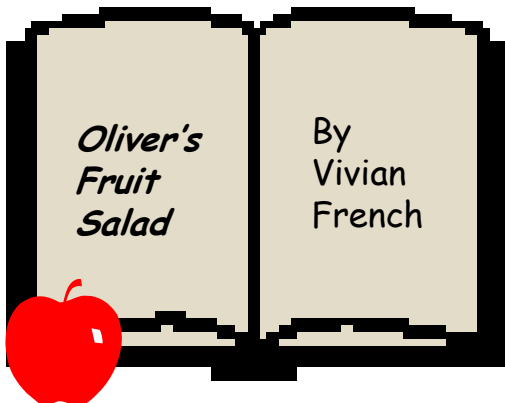
## snack Idea



1/2 cup Mango and Melon Salad and 3 vanilla wafers

Serving for 1-5 yr. old

Adapted from *5 A Day Cookbook*





## Wholesome Herbed Pasta

8 oz. egg noodles  
3 Tbsp. skim milk  
1 Tbsp. margarine  
1/4 cup chopped parsley  
1 clove garlic, minced or 1/4 tsp.  
garlic powder  
1 tsp. Italian seasoning blend  
1/2 tsp. onion powder

1. Cook noodles according to package directions
2. Combine remaining ingredients in a large saucepan. Cook over medium heat 2 to 3 minutes, stirring occasionally.
3. Toss with pasta and serve immediately.

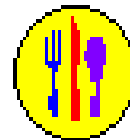
16 servings

*Molly and  
Emmett's  
Surprise  
Garden*

By  
Marilyn  
Hafner



**Snack Idea**



*Serving for 1-5 yr. old*

1/4 cup Wholesome Herbed  
Pasta and 1/2 cup strawberries

Adapted from Golden Grain  
Mission pasta web site

# Cereal Snack

7 cups O shaped cereal  
1/4 cup margarine  
1/4 cup light corn syrup  
1/2 cup brown sugar  
1 cup raisins  
1/2 tsp. baking soda

12 servings

1. Combine margarine, syrup and sugar in a small saucepan. Bring to boil and cook 2 minutes. Remove from heat and add soda. Remove from heat
2. Pour over cereal and raisins and mix well.
3. Pour mixture onto greased baking sheet and bake at 350 degrees for 15 minutes.
4. Remove from heat and cool. Store in air tight container.

Go for the **good** stuff



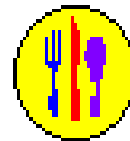
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*Gregory the  
Terrible  
Eater*

By  
Mitchel  
|  
Sharma



**snack Idea**



*Serving for 1-5 yr. old*

2/3 cups Cereal Snack and 1/2 cup cantaloupe

From *What's Cookin'!!*

Go for the **good** stuff



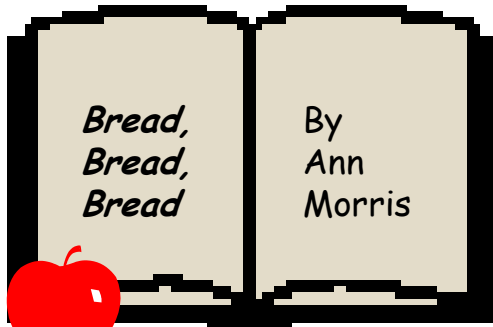
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## German Apple Bread

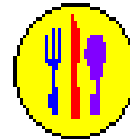
1 pound loaf frozen whole wheat  
bread dough  
3 medium apples sliced (about 4  
cups)  
2 Tbsp. sugar  
2 Tbsp. cinnamon  
chopped nuts and raisins optional

16 servings

1. Let dough thaw and rise according to package instructions.
2. Spread in a greased 9" x 13" baking pan.
3. Cover dough with apples.
4. Sprinkle with remaining ingredients.
5. Bake according to bread dough directions.



**snack Idea**



*Serving for 1-5 yr. old*

2" x 3" piece German Apple  
Bread and 1/2 cup pear slices

From *Meals to Please*

# Applesauce Oatmeal Muffins

- 1 1/2 cups oats
  - 1 1/4 cups flour
  - 1 tsp. baking powder
  - 3/4 tsp. cinnamon
  - 1 cup unsweetened applesauce
  - 1/2 cup skim milk
  - 1/2 cup packed brown sugar
  - 1 Tbsp. oil
  - 1 egg white
  - 1/4 cup oats
  - 1 tsp. brown sugar
  - 1 tsp. melted margarine
  - 1/8 tsp. cinnamon
- 12 servings

Go for the **good** stuff



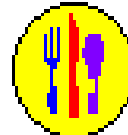
**TEAM NUTRITION**  **IOWA™**

1. Mix 1 1/2 cups oats, flour, baking powder, baking soda and 3/4 tsp. Cinnamon in a bowl.
2. Press half of crumb mixture into bottom. Add applesauce, milk, 1/2 cup brown sugar, oil and egg white. Mix just until moistened..
3. Fill greased muffin cups almost full.
4. Combine 1/4 cup oats, 1 tsp. brown sugar, margarine and 1/8 tsp. cinnamon in small bowl. Mix well.
5. Sprinkle over muffin batter. Bake at 400 degrees for 20 to 25 minutes..

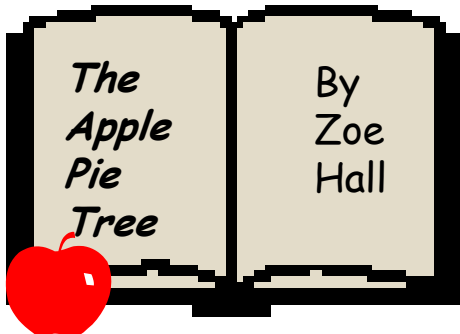
1 Applesauce Oatmeal Muffin and 1/2 cup Melon with Blueberries (recipe card)

From *Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends*

**snack Idea**



Serving for 1-5 yr. old





## Bran Muffins with Fruit

Nonstick cooking spray

1-14 oz. box oat bran muffin mix

3/4 cup orange juice or apple juice

1 cup finely chopped fruit  
(apricots, mangoes, plums, apples, or pears)

3/4 cup golden raisins or chopped dry fruit

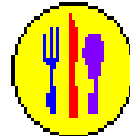
12 muffins

1. Preheat oven to 425 degrees. Lightly coat 12 muffin cups with non-cooking spray.
2. Combine muffin mix, juice, chopped fruit and dried fruit in a medium bowl. Mixture should be moist.
3. Spoon 1/3 cup batter into each muffin cup.
4. Bake 14 minutes or until a toothpick inserted in center comes out clean.
5. Remove muffins from pan and cool on wire rack.

1 Bran Muffin with Fruit and 1/2 cup sliced frozen grapes (recipe card)

From California Project Lean web site. Recipe courtesy of California 5 a Day.

Snack Idea



Serving for 1-5 yr. old

Potluck

By  
Anne  
Shelby



Go for the **good** stuff



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# Pepper, Pineapple and Ham Pita Pizza

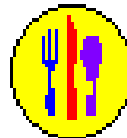
- 4 whole wheat pita breads
- 1/4 cup spaghetti or pizza sauce
- 1/4 tsp dried oregano
- 1 cup chopped red or green bell pepper
- 1 1/2 cups canned pineapple chunks or tidbits, drained
- 1/3 cup chopped ham
- 3/4 cup shredded cheddar cheese
- 20 servings (5 servings per 76 gram pita)

1. Heat oven to 400 degrees.
2. Place pita breads on baking sheet. Spread each pita with 1 Tbsp. spaghetti sauce. Sprinkle with oregano
3. Top each pita with pepper, pineapple, ham and cheese.
4. Bake until hot and cheese bubbles, about 5 minutes.
5. Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

1/5 Pita Pizza served with 1/2 cup watermelon cubes

California Project Lean web site. Recipe courtesy of California 5 a Day

**Snack Idea**



Serving for 1-5 yr. old

"Hi,  
Pizza  
Man!"

By  
Virginia  
Walter



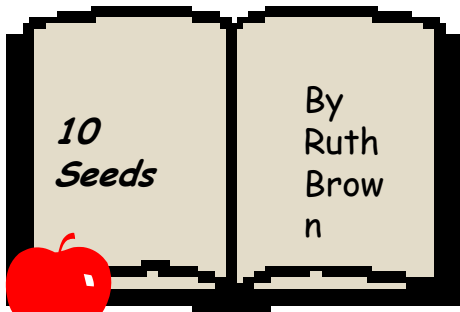
# Hearty Pasta and Bean Salad

2 cups raw medium sized shaped pasta  
2 cups cooked dried beans or canned dried beans, e.g. kidney, black or red beans  
1 cup diced zucchini  
1 cup chopped green pepper  
1 cup chopped tomato  
1/3 cup chopped green olives  
1/4 cup grated Parmesan cheese  
1 cup plain yogurt  
1/2 tsp. chili powder  
1/2 tsp. ground coriander (optional)  
1/2 tsp. paprika  
1/4 tsp. dried sage  
salt and pepper to taste

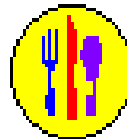
10 servings



1. Cook pasta according to package directions and drain.
2. Add remaining ingredients and mix gently.
3. Serve chilled or at room temperature.



Snack Idea



Serving for 1-5 yr. old

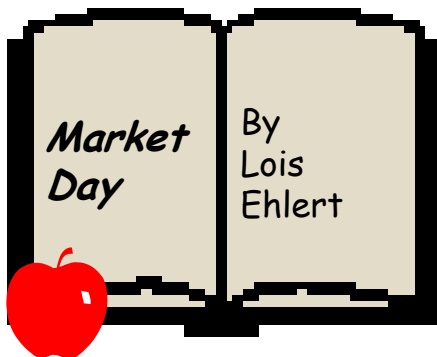
3/4 cup Hearty Pasta and Bean Salad and 1 bread stick (recipe card)

Recipe adapted from *5 A Day Cookbook*.

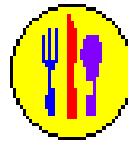
# Frozen Grapes

What could be easier than fresh frozen grapes? Just rinse and drain grapes. They should be fairly dry before freezing. Grapes should be cut in half for children under age 2 to avoid choking risk. Place a whole cluster in a bowl or loose grapes on a cookie sheet. Then freeze.

Eat them alone or tossed in yogurt or a salad.



*snack Idea*



*Serving for 1-5 yr. old*

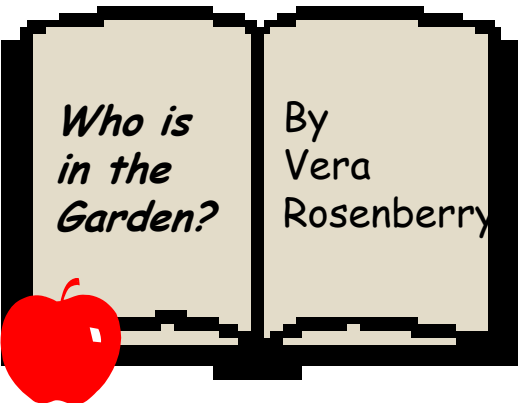
1/2 cup frozen grapes and  
7 animal crackers

From California Project  
Lean web site. Recipe  
courtesy of California 5 A  
Day.

# Sunshine Fruit Dip

1 cup lowfat vanilla yogurt  
2 Tbsp. Frozen orange juice  
concentrate, defrosted  
1/4 tsp. cinnamon  
1 tsp. honey

1. Mix all ingredients until well-blended.
2. Chill and serve as a dip with cut up fruit or served over fruit.



*Who is  
in the  
Garden?*

By  
Vera  
Rosenberry

From *Connecticut  
Cooks for Kids*