

healthy "kid-approved" recipes
AND ACTIVITY BOOK

COOK healthy.
EAT healthy.
BE healthy.





Be a Kohl's Healthy Kid!

When it comes to eating healthy, there are millions of options out there. Here are a few healthy snacks to get you started.

Send us your **favorite** healthy recipe and you could **Win a Nintendo® Wii Fit™!**

Wii Fit Contest Rules and Regulations

- 1 All entrants must be between Kindergarten and 6th grade
- 2 All entrants must be residents of the state of Utah.
- 3 Only 1 winner per household
- 4 Submitted recipes must be original and cannot have been previously published
- 5 A total of 10 winners will be selected for Wii Fit games
- 6 **Deadline for entry is April 30, 2011**

The drawing will be held on May 3, 2011. Winners will be notified via contact email or phone number provided on the entry form.

Please visit www.kohlshealthykids.com for more information.

1 breakfast fruit cup

Ingredients:

2 oranges, peeled and sliced into bite-sized pieces
 1 banana, peeled and sliced
 1 Tbsp golden raisins
 ½ cup low-fat plain yogurt
 1/8 tsp cinnamon

Directions:

Put all the fruit in a small bowl and stir. Then divide the fruit equally into 4 bowls. Put one tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

Help **find all the fruit** for your breakfast fruit cup. Look up, down, backward, forward and diagonally.

FIND THESE FRUITY WORDS: ORANGES BANANA YOGURT RAISINS CINNAMON	R	F	H	T	S	C	N	●
	●	A	C	L	M	R	T	S
	G	H	I	F	D	A	X	E
	W	K	N	S	P	●	L	G
	L	T	N	E	I	N	Y	N
	●	B	A	N	A	N	A	A
	P	S	M	R	U	K	S	R
	E	Y	●	G	U	R	T	●
C	H	N	X	B	F	D	G	

2 creative rolls

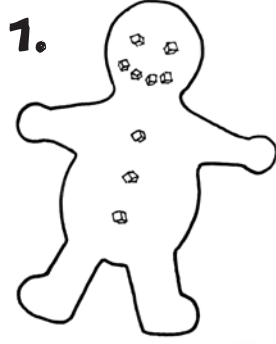
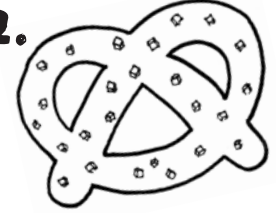
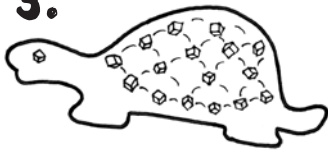


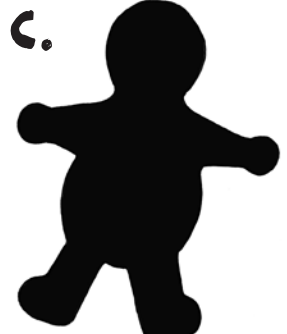
Ingredients:

1 can refrigerator reduced-fat wheat biscuit dough
 1 egg white
 table salt, or large salt pieces
 pastry brush

Directions:

Take the dough out of the package and roll it and shape it and make your own creations with the dough. You can make people, shapes, pretzels, etc. Paint each creation with egg white and sprinkle salt. Have your parents help you bake your creations according to roll directions on package.

Which roll is which? **Match each roll** to its correct shadow:

<p>1. </p> <p>2. </p> <p>3. </p>	<p>A. </p> <p>B. </p> <p>C. </p>
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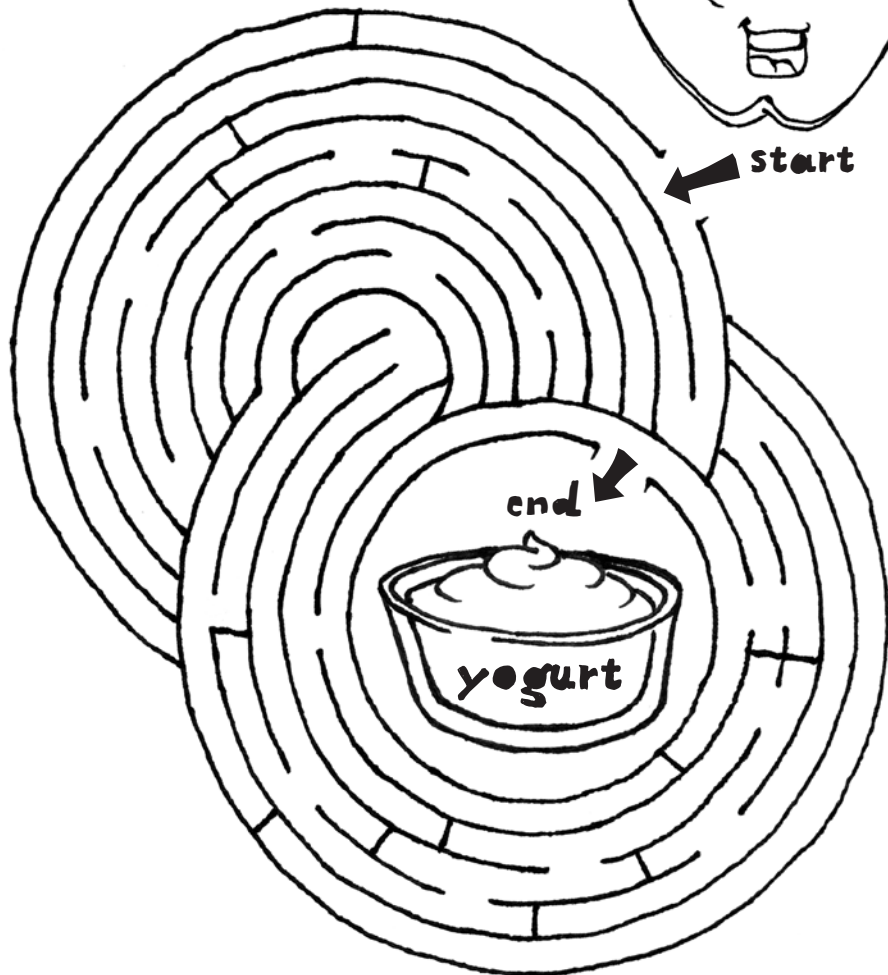
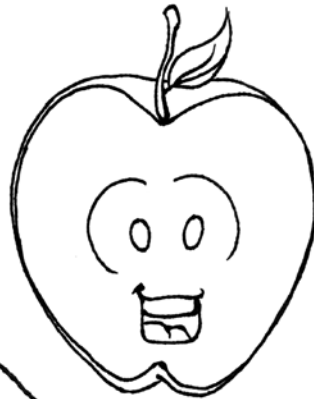
3 apple yogurt dip

Ingredients:

- 1/2 cup vanilla yogurt
- 1/4 tsp cinnamon
- 1 medium apple

Directions:

Put the yogurt and cinnamon in a small bowl. Have your parents help you core and slice the apple for them to dip into mixture.



4 golden apple oatmeal

Ingredients:

- 1 golden delicious apple, cut into small pieces
- 1/3 cup apple juice
- 1/3 cup water
- Dash of cinnamon
- Dash of nutmeg
- 1/3 cup quick-cook rolled oats, uncooked

Directions:

Mix apples, juice, water, cinnamon and nutmeg in a microwave safe medium-sized bowl. Have your parents help you microwave your mix for 1-2 minutes until hot and apples are soft. Stir-in rolled oats. Cover and let stand several minutes until it is cooled before serving. Makes 1 serving.

Start at the arrow and **write every other letter** in order in the blanks below until there are no letters left.



-----!

5 sandwich on a stick

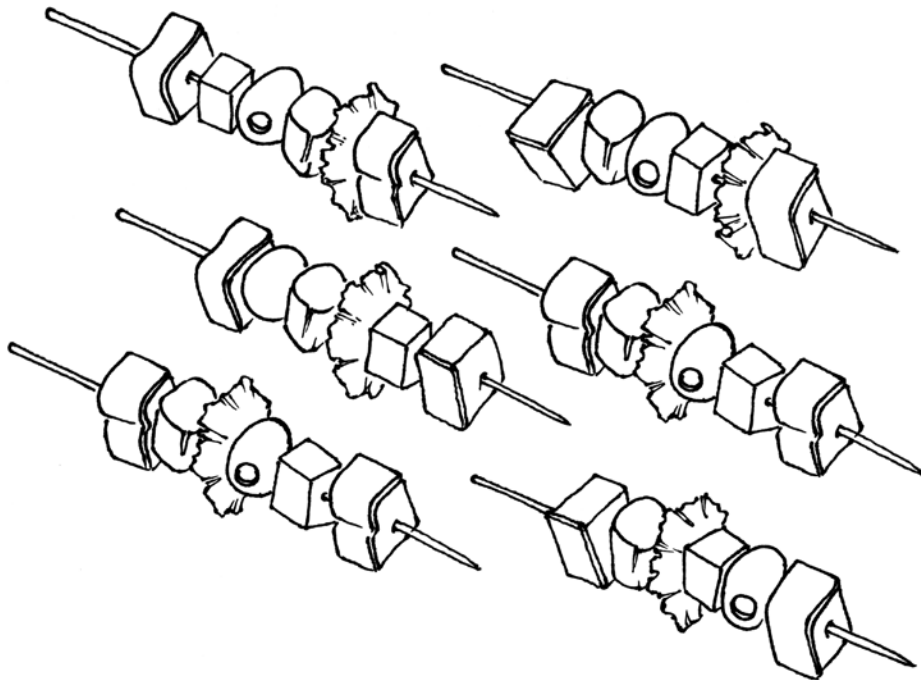
Ingredients:

One slice whole wheat bread, broken into bite-sized pieces
2 oz Ham or turkey cubed
1 string cheese, sliced into 4-5 pieces
2-3 black olives
Lettuce leaf
Cherry tomatoes, 3-4 each
Mustard or ketchup to dip

Directions:

Have your parents help you place the bite sized ingredients onto kabob sticks. Dip in mustard or ketchup. Makes 2-3 stick sandwiches.

Find the **2 sandwich skewers** that are exactly the same:



6 carrot raisin salad

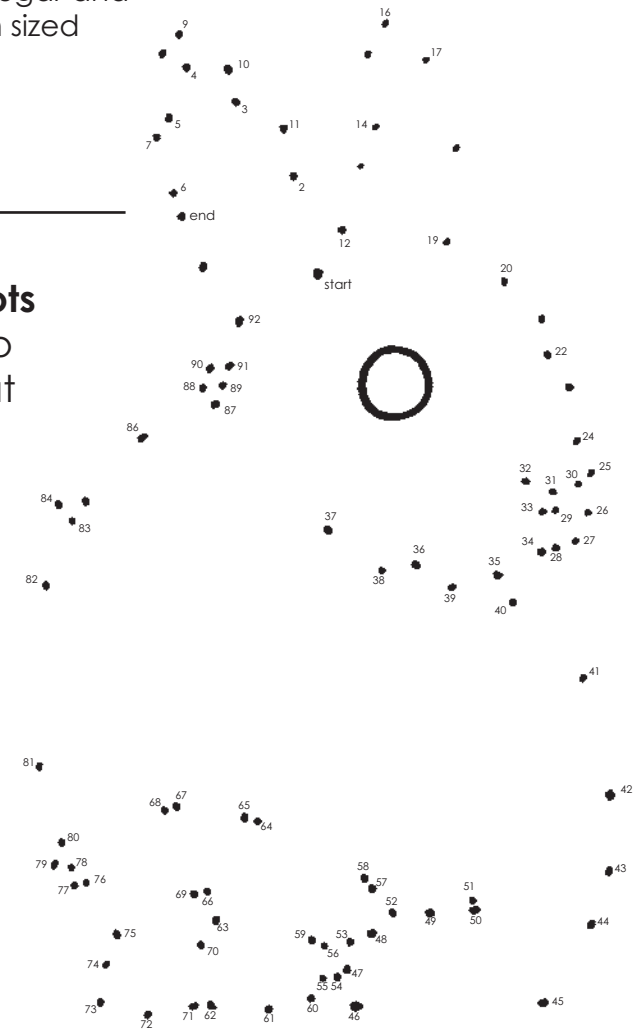
Ingredients:

4 medium carrots (shredded)
¼ cup raisins
2 tsp sugar
2 Tbsp lemon juice

Directions:

Stir carrots, raisins, sugar and lemon in a medium sized bowl. Serve chilled.
Makes 4 servings.

Connect the dots
to discover who
might like to eat
your carrots!



7 frozen banana treat

Ingredients:

1 banana
honey
nuts or granola

Directions:

Peel banana. Have your parents help you slice the banana into small chunks. Roll the chunks in honey and then into the granola or nuts. Put the chunks into a small baggie and then put in the freezer for 4-6 hours. Take out of the freezer and enjoy your treat!



Which is right? Only one set of letters can be used to spell each of the words correctly. Put a check next to the right one.

SCRAMBLE 1:

[a] STNTU [b] UNST [c] DUSN

SCRAMBLE 2:

[a] ONHE [b] ONHIY [c] ONHYE

SCRAMBLE 3: BANANA

[a] AANBAN [b] NANBAN [c] NBNANA

SCRAMBLE 4: GRANOLA

[a] GARNLOA [b] AGRNLOA [c] AGRNLLA

8 cookie cutter sandwiches

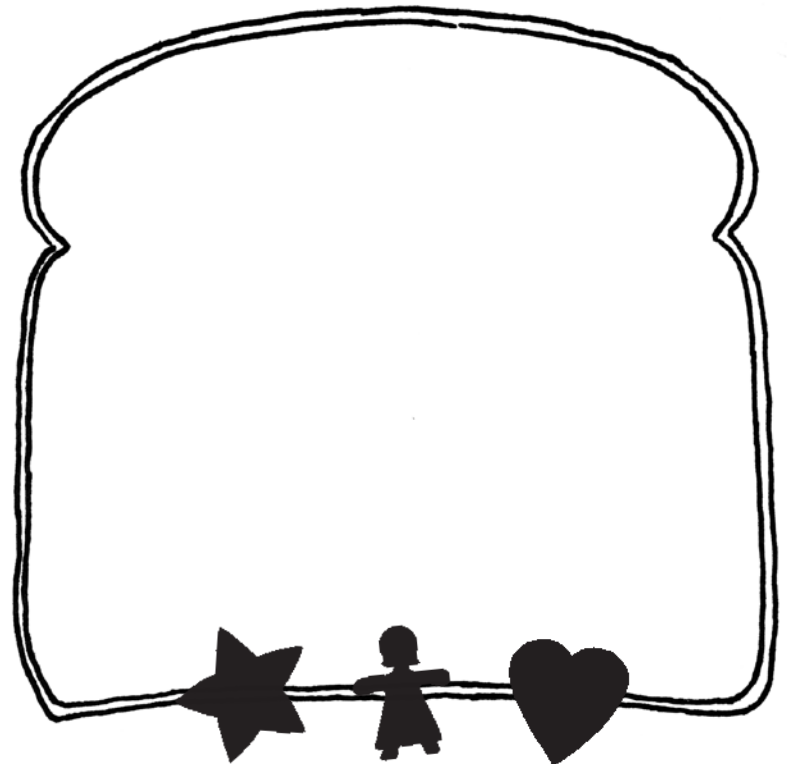
Ingredients:

2 slices whole wheat bread
1 ½ Tbsp peanut butter
2 tsp jam or jelly

Directions:

Have your parent's help you spread peanut butter and jam on your bread with a butter knife. Let your parent's show you how to use a cookie cutter on the sandwich to cut out a shape, and then let them help you cut out the rest. Eat the shape and the outside crust. Makes one sandwich.

on the bread and
imagine making your next sandwich with that shape!



9 frozen cup o' fruit

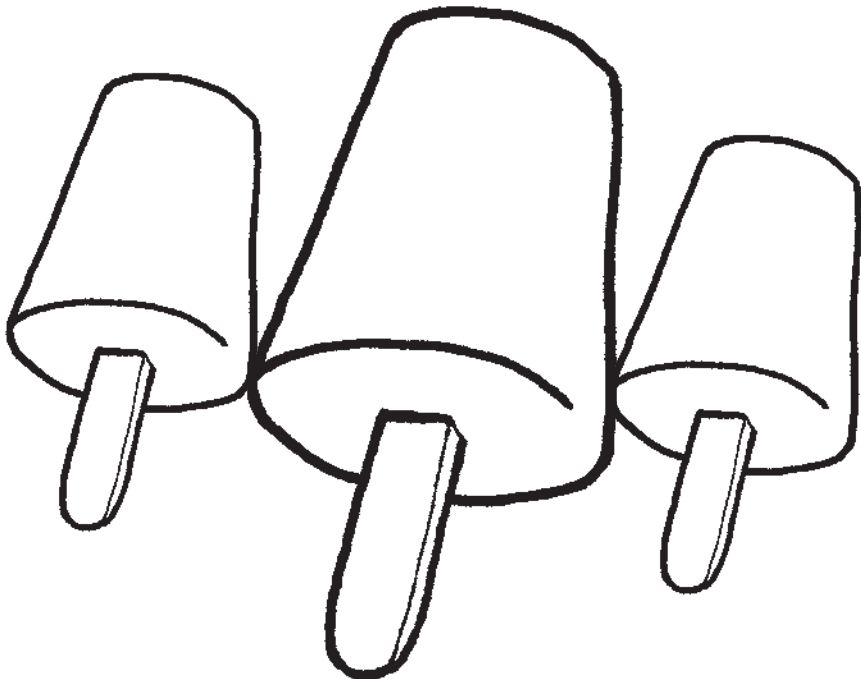
Ingredients:

3 5 oz plastic cups
wooden spoon or popsicle sticks
1 can 'lite' fruit cocktail

Directions:

Dump a can of fruit cocktail in a blender. Have your parents help you blend it and then pour it into cups. Put the cups on a cookie sheet and have your parents put them in the freezer. Leave them in the freezer for 1 ½ hours and then put sticks in them like a popsicle. Leave them in the freezer for 3-4 hours more. Take them out of the freezer, warm the cup between your hands and then pull the popsicle out of the cup and eat!

Color the fruit popsicles with **as many colors** as you can (think of the colors of your favorite fruits!)



10 tortilla pizzas

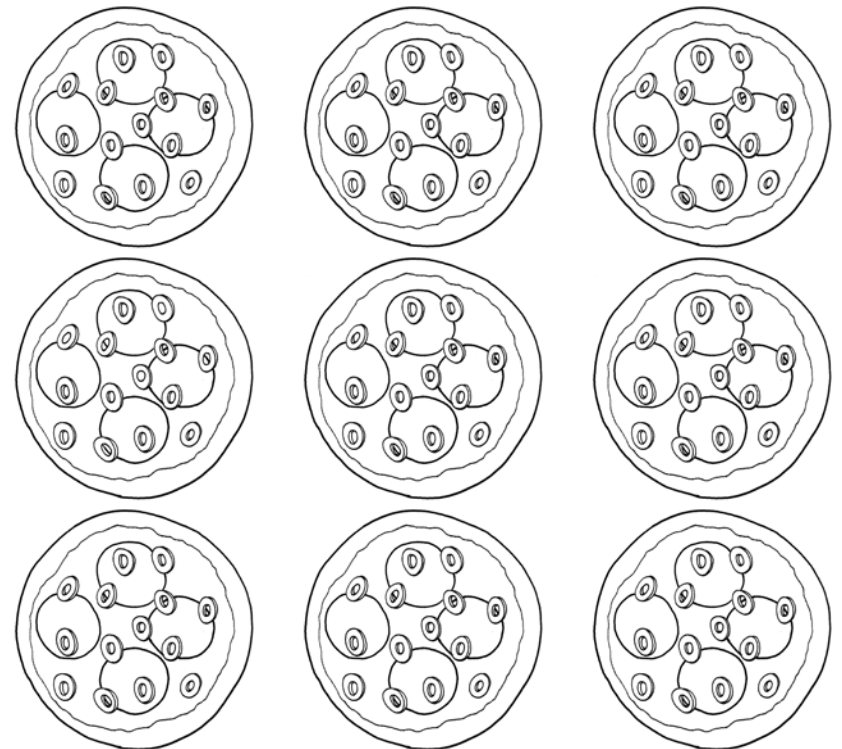
Ingredients:

1 whole wheat tortilla 6inch
1-2 tbsp pizza sauce
1 oz shredded cheddar cheese
additional toppings

Directions:

Carefully spread the pizza sauce on tortilla and sprinkle cheese on top. Any other toppings you like for your pizza like pre-sliced olives, ham, pineapple. Have your parents help you place your pizza on top rack of the oven and bake @350° F until cheese melts on top and starts to bubble. Then let your parents help you remove the pizza out of the oven and allow to cool on stove top before serving.

Can you **find the pizza** that is different?

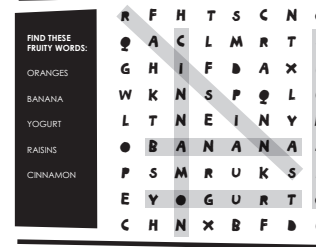


5 simple steps to healthy eating

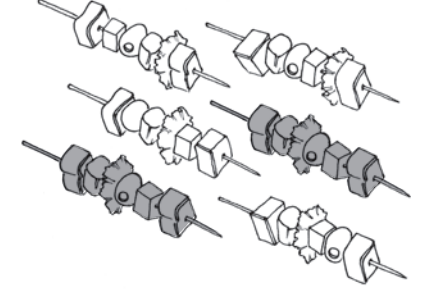
- 1 Eat a every day
- 2 Drink lots of
- 3 Eat healthy foods like
- 4 Try to
- 5 Eat a after school

answers to puzzles:

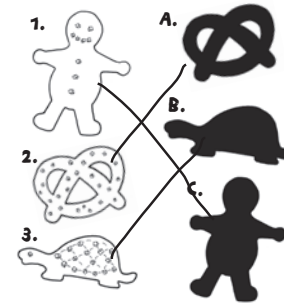
1 breakfast fruit cup



5 sandwich on a stick



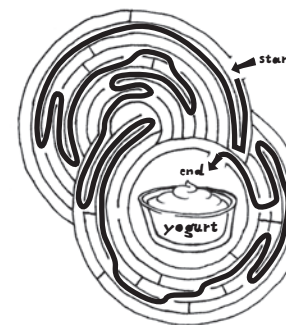
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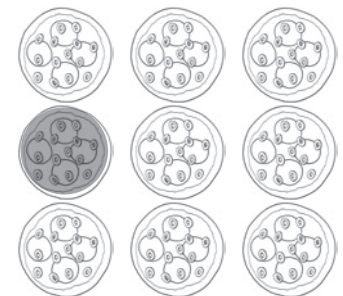
7 frozen banana treat

1. b 2. c 3. a 4. b

4 golden apple oatmeal

JUMP START
YOUR DAY
WITH A HEALTHY
BREAKFAST

10 tortilla pizzas



submit your own recipes at
kohlshhealthykids.com

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