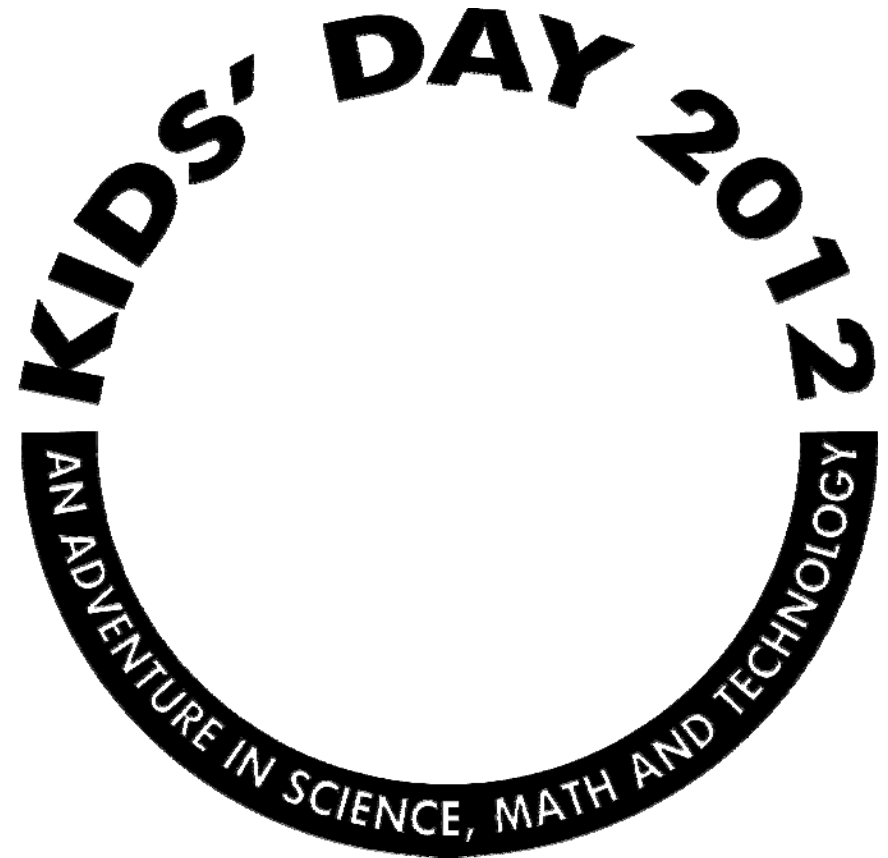


Presented by CASE, the Cooperative for  
After-School Enrichment  
A division of Harris County Department of Education

May 3, 2013

Healthy Living: Recipes from Around the World

“Don’t Worry... Be Healthy”



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Healthy Living: Recipes from Around the World

“Don’t Worry... Be Healthy”

## 8 Habits of Healthy Kids

1. Spend at least 1 hour a day being physically active.
2. Limit use of TV and video games to no more than 1 hour a day.
3. Eat smaller amounts. Bigger is not always better!
4. Drink water instead of soda.
5. Eat a total of 5 or more servings of fruits and vegetables a day.
6. Eat less fast food (no more than once a week).
7. Snack on healthy foods and eat less junk food and sweets.
8. Switch to low-fat (1% or less) dairy products.



"The 8 Habits of Healthy Kids" adapted and printed with permission from the Strang Cancer Prevention Center's "Healthy Children Healthy Futures" program.

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## ***CASE Kids' Day***

**May 3, 2013**

After studying the "8 Habits of Healthy Kids" and exploring what it takes to lead a healthy lifestyle, CASE after-school students gather at HCDE's North Post Oak building for Kids' Day, a culminating event, to prepare healthy meals in a *World of Health* cook-off competition and to present internationally themed public service announcements about healthy living. This book includes the recipes the students have created for the competition as well as their definitions of what it means to live a healthy lifestyle.

The following schools participated in the project:

Blue Ridge Elementary, Fort Bend ISD  
Crockett Elementary, Houston ISD  
E. A. Jones Elementary, Fort Bend ISD  
Goodman Elementary, Aldine ISD  
Havard Club, BGC  
Henderson Elementary, Houston ISD  
Lawhon Elementary, Pearland ISD  
Monahan Elementary, Sheldon ISD  
Park Place Elementary, Houston ISD  
Pyburn Elementary, Galena Park ISD  
Raymond Academy, Aldine ISD  
Southwest Elementary, Charter

Further, CASE collaborated with Dr. Shreela Sharma, Assistant Professor at the University of Texas Health Science Center of Houston and the Houston Tennis Association to prepare the lessons and implement the Kids' Day project at each site. We appreciate your guidance.

To learn more about HCDE and CASE, please visit our website at [www.hcde-texas.org](http://www.hcde-texas.org). To learn more about after-school in Harris County, visit [www.afterschoolzone.org](http://www.afterschoolzone.org).

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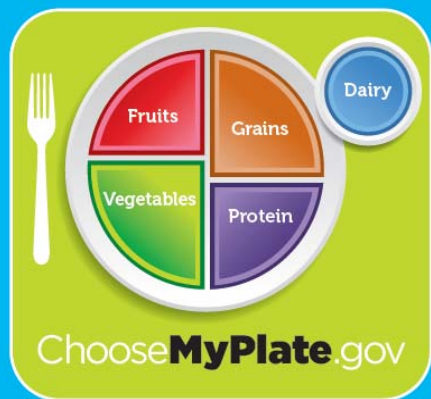
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# What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

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Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.  Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.  Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.	Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.  Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.  Select 100% fruit juice when choosing juices.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.  Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.  Choose products that name a whole grain first on the ingredients list.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.  Top fruit salads and baked potatoes with low-fat yogurt.  If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).  Twice a week, make seafood the protein on your plate.  Choose lean meats and ground beef that are at least 90% lean.  Trim or drain fat from meat and remove skin from poultry to cut fat and calories.	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.  Twice a week, make seafood the protein on your plate.  Choose lean meats and ground beef that are at least 90% lean.  Trim or drain fat from meat and remove skin from poultry to cut fat and calories.

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens	What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal	What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese	What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas

## Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.  Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.  Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.	Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.  Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.  Select 100% fruit juice when choosing juices.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.  Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.  Choose products that name a whole grain first on the ingredients list.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.  Top fruit salads and baked potatoes with low-fat yogurt.  If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).  Twice a week, make seafood the protein on your plate.  Choose lean meats and ground beef that are at least 90% lean.  Trim or drain fat from meat and remove skin from poultry to cut fat and calories.	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.  Twice a week, make seafood the protein on your plate.  Choose lean meats and ground beef that are at least 90% lean.  Trim or drain fat from meat and remove skin from poultry to cut fat and calories.

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## KIDS' DAY ENTREES



Healthy is building a stronger body, a better mind and a brighter energy.

**Monahan Elementary School**

Healthy is eating right and being physically active.

**Pyburn Elementary School**

Healthy means enjoying nature, not TV!

**Henderson Elementary School**

## KIDS' DAY ENTREES



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**Henderson Elementary School**

## Cabbage Dolma

Monahan Elementary School

### Ingredients:

5 pk of Uncle Ben's Ready Rice/Rice Pilaf  
2 bunch of Cilantro  
1 bunch of Parsley  
Roma Tomatoes  
1 package of Cherry Tomatoes  
1 package prewashed Mushrooms  
1 or 2 SMALL Cabbages

**Directions:** Microwave and prepared pack of Rice Pilaf according to instructions. Place in a large bowl and allow to cool. Remove the stems of the cilantro and parsley. Chopped the leaves up and add into the bowl of rice pilaf. Dice tomatoes to add into the rice pilaf mixture. Add sliced mushrooms into pilaf mixture. Mix all ingredients very well. Core the cabbage head and place in a shallow microwavable dish. Place enough salted water to cover the bottom of the dish and microwave for 5 minutes or until leaves starts falling off the core. Begin carefully peeling the outer cabbage leaves off the head. Pare the stems if needed to make the cabbage leaves easier to roll.

## Margherita Pizza

Crockett Elementary School

### Ingredients:

12 inches thin pizza crust (I use Boboli 12-inch thin crust)  
1 tablespoon extra virgin olive oil  
2 garlic cloves, finely chopped  
3 -4 large basil leaves, cut into strips  
2 small tomatoes, cut thinly  
4 ounces mozzarella cheese, shredded  
2 tablespoons parmesan cheese  
salt and pepper, to taste  
crushed red pepper flakes, to taste

### Directions:

Preheat the oven to 450°F. Drizzle the olive oil over the pizza shell. Use a brush to spread it around and make sure to get the crust! Next, disperse the finely chopped garlic evenly. Spread the mozzarella cheese throughout the top, but keep it thin. Place the thinly sliced tomatoes across the entire pizza. Lightly salt and pepper the tomatoes with the kosher salt. Spread the fresh basil leaves, making sure to get some on tomatoes and on just the cheese itself. Cook the pizza in the oven for about 9-10 minutes, or until sufficiently crispy and melted to your liking. Add a little Parmesan cheese and (optional) crushed red pepper and enjoy!

## Cabbage Dolma

Monahan Elementary School

### Ingredients:

5 pk of Uncle Ben's Ready Rice/Rice Pilaf  
2 bunch of Cilantro  
1 bunch of Parsley  
Roma Tomatoes  
1 package of Cherry Tomatoes  
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## Vietnamese Summer Noodles

Park Place Elementary School

### Ingredients:

3 packages of shirataki tofu noodle  
1 bag bean sprouts  
3 tricolor pepper cut into thin strips  
1 bunch of broccoli  
1 bag of snap peas  
1 bag of mix salad  
1 bottle of sweet chili sauce  
2 tablespoons of soy sauce  
2 teaspoons of sugar  
1 package of fried tofu (vegan version)  
1 package of grilled chicken or a rotisserie chicken  
2 tablespoons of olive oil

**Directions:** Separate the noodles. Add a tablespoon of olive oil to the bowl of noodles and microwave for 2 minutes. In a bowl, add broccoli, snap peas and bean sprouts. Mix well and add 1 tablespoon of olive oil. Microwave for 2 minutes. Mix the rest of the vegetables into the bowl. Add noodles and the protein (tofu for vegan dish, chicken for the meat lovers). Add 2 tablespoons of sweet chili sauce. Mix well. For variation of sauces, mix the soy sauce and sugar together, then add into the noodle (for those who do not like spicy). Enjoy.

## Brazilian Cheese Bread

Pyburn Elementary School

### Ingredients:

1 egg  
1/3 cup olive oil  
2/3 cup milk  
1 and 1/2 cup flour  
½ cup grated cheese, cheddar and mozzarella  
1 tsp. salt

**Directions:** Mix all ingredients in blender. Fill halfway into 3 oz. cups. Add additional cheese on top if desired. Microwave for 1 minute and 15 seconds. Cool and serve.

## Tropical Fruit Smoothie

Raymond Academy

### Ingredients:

6 oz. pineapple juice  
6 oz. orange juice  
2 bananas  
Frozen tropical fruit  
1 tbs. honey

**Directions:** Mix all ingredients in blender. Chill and serve.

## Vietnamese Summer Noodles

Park Place Elementary School

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3 tricolor pepper cut into thin strips  
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1 bag of snap peas  
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### Ingredients:

6 oz. pineapple juice  
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2 bananas  
Frozen tropical fruit  
1 tbs. honey

**Directions:** Mix all ingredients in blender. Chill and serve.

## Jollof Rice

Henderson Elementary School

### Ingredients:

1 pound of microwaveable brown rice  
1 can of tomato sauce -400 grams  
1 onion, sliced  
3 cloves garlic  
4 teaspoons olive oil  
6 small or 3 large red bell peppers  
1 bunch thyme, leaves picked  
1 teaspoon white pepper  
8 chicken bouillon cubes

**Directions:** With blender, blend tomatoes, onions, red pepper, and garlic until smooth. Add bouillon cubes, thyme and white pepper. Add olive oil to the blended paste, and set the mixture aside. Add 4 cups of water into a pot. Cook the blended paste in the microwave for about 15 minutes. Then add the rice to the paste and let it cook about 25 minutes depending on the type of rice being used. Stop and stir rice in the pot not letting it dry up before the rice is completely cooked.

## Quesadillas

Havard BCG

Yes Prep

### Ingredients:

2 packages of Small Whole Wheat Tortillas  
2 packages of Low fat shredded cheese (Mexican)  
1 package of cherry Tomatoes  
1 white onion, diced (optional)  
1 packages of fresh spinach  
Pinch of salt and pepper  
Mild salsa (as a side)  
Microwave

### Ingredients:

### Directions:

**Directions:** Place one tortilla flat on a plate. Sprinkle cheese, tomato slices, onion slices, spinach on the tortilla. Season with a pinch of salt and pepper. Fold tortilla over (in half). Put in the microwave for 1 minute until the cheese melts. Cut into wedges and dip into the salsa. Enjoy!

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## Greek Wrap

Goodman Elementary School

### Ingredients

Wheat Tortilla- pkg 10-12  
Cream Cheese - 8oz  
Lipton Onion Mix ½ pkg  
Black Olives- 4 oz slices  
Peppers ( Red, Green) medium sized  
Ham -8 oz  
Fat free-Feta Cheese- 4 oz  
Romaine Lettuce -1 head  
Olive Oil- 1 tsp per serving  
Italian dressing

**Directions:** Wash vegetables. Chop lettuce and dice peppers and ham. Slice olives. Take a bowl, cream cheese, Lipton onion mix, and 1 tsp of Italian dressing. Mix until creamy smooth. Take other bowl and mix together remaining ingredients. Put a tortilla on a plate, spread cream cheese, add vegetables and ham on top, then fold over.

## Microwave Chicken Fried Rice

Blue Ridge Elementary School

### Ingredients

4 cups of precooked chicken breast tender strips  
1 tablespoon canola oil  
1/2 cup sliced green onions  
1 medium carrot, shredded  
1 garlic clove, minced  
2 cups water  
1 cup uncooked long grain rice  
1 tablespoon beef or chicken bouillon granules  
3/4 cup frozen peas, thawed  
2 tablespoons soy sauce  
1 1/4 cups chopped ham, pork or shrimp, optional  
2 eggs

**Directions:** In a 2-qt. microwave-safe dish, combine the oil, onions, carrot and garlic. Cover and microwave on high for 2-3 minutes or until vegetables are crisp-tender. Stir in water, rice and bouillon. Cover and cook on high for 9-12 minutes or until rice is tender and liquid is absorbed, stirring once. Stir in peas, soy sauce and ham if desired. Cover and let stand for 5 minutes. Meanwhile, in a small microwave-safe bowl, beat the eggs. Cover and heat on high for 1 to 1-1/2 minutes or until firm. Cut into small pieces; stir into rice mixture. Serve immediately. Cut chicken strips in cubes and add to rice.

## Greek Wrap

Goodman Elementary School

### Ingredients

Wheat Tortilla- pkg 10-12  
Cream Cheese - 8oz  
Lipton Onion Mix ½ pkg  
Black Olives- 4 oz slices  
Peppers ( Red, Green) medium sized  
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Romaine Lettuce -1 head  
Olive Oil- 1 tsp per serving  
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Blue Ridge Elementary School

### Ingredients

4 cups of precooked chicken breast tender strips  
1 tablespoon canola oil  
1/2 cup sliced green onions  
1 medium carrot, shredded  
1 garlic clove, minced  
2 cups water  
1 cup uncooked long grain rice  
1 tablespoon beef or chicken bouillon granules  
3/4 cup frozen peas, thawed  
2 tablespoons soy sauce  
1 1/4 cups chopped ham, pork or shrimp, optional  
2 eggs

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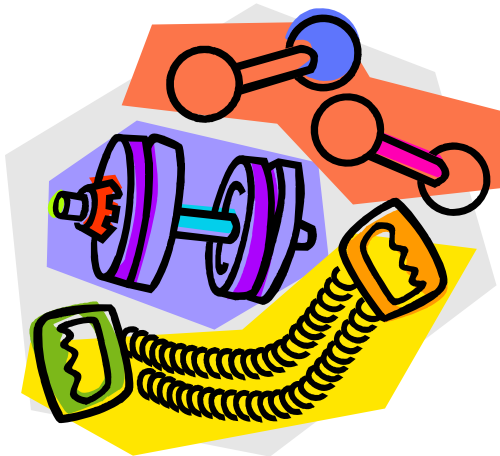
# NUTRITIONAL FACTS

Nutrient	Why It's Important	Recommended Daily Amount	Recommended Daily Amount
		Ages 4-8	Ages 9-13
Calories	Calories are units of energy your child's body needs to function properly.	1,200 to 1,800 (girls)	1,600 to 2,200 (girls)
		1,400 to 2,000 (boys)	1,800 to 2,600 (boys)
Protein	Protein helps your child's body build cells, break down food into energy, fight infection, and carry oxygen.	10 to 30% of daily calories	10 to 30% of daily calories
Total Fat	Fats are a great source of energy for kids and are easily stored the body. They're also important in helping the body to properly use some of the other nutrients it needs.	25 to 35% of daily calories	25 to 35% of daily calories
Carbohydrate	Carbs are the body's most important source of energy. They help your child's body use fat and protein for building and repairing tissue.	45 to 65% of daily calories	45 to 65% of daily calories
Fiber	Fiber helps promote bowel regularity in children. It can also play a role in reducing the risk of heart disease and cancer later in life.	25 grams	26 grams (girls) 31 grams (boys)
Calcium	Calcium is essential in helping to build your child's healthy teeth and bones. It's also important for blood clotting and for nerve, muscle, and heart function.	800 milligrams	1,300 milligrams

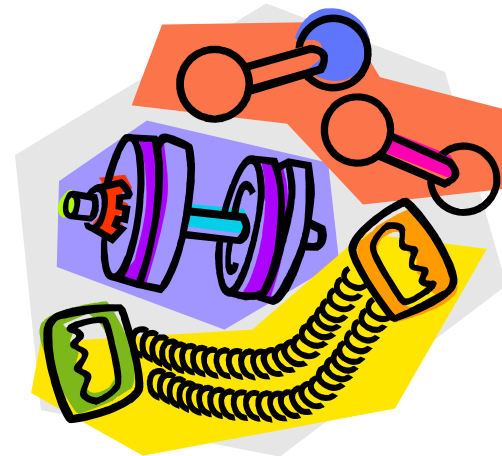
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# PHYSICAL ACTIVITIES



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## Badminton

### Equipment:

Badminton racquets (1 per student)  
Badminton shuttlecocks (1 per student)  
Badminton net (1 per two students)  
Materials to hang badminton net

**Directions:** Briefly review the rules of badminton. Each student is issued a racquet, shuttlecocks, and game space. Students begin playing in a safe and responsible manner.

**Fit Fact:** Thirty nations have member organizations that are part of the World Badminton Federation. It is truly an international sport!

## Dandy Shandy

### Equipment:

Softballs made of foam, string, or soft rubber (1 ball per 3 students)

**Directions:** Divide students into groups of three. Two students from each group to stand approximately 10 feet apart from each other. The third student in each group stands in the middle of the two other players. The two end players begin throwing the ball back and forth with each other. The center player must jump, dive, dodge and leap to avoid getting hit with the ball. Keep track of the number of times the center player gets hit. After 5 minutes, rotate players. At the end of each rotation, the player with the fewest hits wins.

**Fit Fact:** In Jamaica, the country where children play Dandy Shandy, the game is most popular with girls.

## Ultimate Frisbee

### Equipment:

Frisbee (1 per 14 students)  
Large playing field

**Directions:** Divide students into two teams of seven players. Establish “end zones” (like in American football) on either end of the field. Put the Frisbee in play. The student with the Frisbee—without moving his legs—passes the disc to another member of his team so the Frisbee advances toward the end zone. Opposing team members may defend their end zone and try to catch the Frisbee. When the disc is caught by a player on the other team, that team earns a point. Throughout play, defensive players try to stop the offense from scoring.

**Fit Fact:** Ultimate was invented on American college campuses in the 1960s.

## Mah Kha Diew

### Equipment:

Chalk (1 piece per class)

**Directions:** With chalk, draw a 6’ to 8’ circle on the playground. Instruct one student to stand inside the circle as “It”. Say “go” and tell students standing on the circle to hop in and out of the circle. The student acting as “It” may try to tag the other students when they are in the circle, but he/she may only try tag them with his/her foot. If a student is tagged, he/she becomes “It” and the original person joins the other students on the chalk circle.

**Fit Fact:** In Thai, the language spoken in Thailand, the nation from which this game comes, the name Mah Kha Diew means “horse with one leg”.

## Badminton

### Equipment:

Badminton racquets (1 per student)  
Badminton shuttlecocks (1 per student)  
Badminton net (1 per two students)  
Materials to hang badminton net

**Directions:** Briefly review the rules of badminton. Each student is issued a racquet, shuttlecocks, and game space. Students begin playing in a safe and responsible manner.

**Fit Fact:** Thirty nations have member organizations that are part of the World Badminton Federation. It is truly an international sport!

## Dandy Shandy

### Equipment:

Softballs made of foam, string, or soft rubber (1 ball per 3 students)

**Directions:** Divide students into groups of three. Two students from each group to stand approximately 10 feet apart from each other. The third student in each group stands in the middle of the two other players. The two end players begin throwing the ball back and forth with each other. The center player must jump, dive, dodge and leap to avoid getting hit with the ball. Keep track of the number of times the center player gets hit. After 5 minutes, rotate players. At the end of each rotation, the player with the fewest hits wins.

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## Ultimate Frisbee

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Frisbee (1 per 14 students)  
Large playing field

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This project was made possible by the following sponsors:



Harris County Department of Education (HCDE) is a nonprofit, tax-assisted organization dedicated to the equalization of educational opportunity and to the advancement of public schools. HCDE has been serving the county's public schools since 1889. CASE, the Cooperative for After-School Enrichment, is a division of HCDE. The CASE mission is to strengthen, support and sustain after-school for all children. For more information, visit [www.hcde-texas.org](http://www.hcde-texas.org) or call 713-694-6300.

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