**Stir Up Something New**

Try out your cooking skills with these easy-to-make, kid-approved fruit and veggie dips. Don't forget to ask an adult for help!

**Veggies with Awesome Sauce**

**What You Need:**
- ¾ cup buttermilk
- 2 ⅔ cups light mayonnaise
- 1 tablespoon + 2 teaspoons vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 green onions, cut into chunks
- ½ cup parsley leaves
- 1 clove garlic

**What You Do:**
1. Put all ingredients in a blender and blend until smooth.
2. Pour the sauce into small cups and serve with a variety of cut-up veggies, such as broccoli, carrots, green beans, sugar snap peas and peppers.

**Salsa Roja**

**What You Need:**
- 1 (28-ounce) can of whole peeled tomatoes
- ½ bunch cilantro
- ¼ large onion
- ½ teaspoon salt
- 1-2 serrano or jalapeño peppers, seeded (optional)

**What You Do:**
1. Drain the tomato juice from the can of tomatoes and put the tomatoes in a blender.
2. Add the remaining ingredients to the blender and process until well blended. Serve with whole grain tortilla chips or cucumber slices.

**Pumpkin Fruit Dip**

**What You Need:**
- 1 (15-ounce) can of pumpkin
- 1 pint of Greek yogurt
- ¼ cup maple syrup
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon ground ginger
- Chopped pecans, raisins and/or pumpkin seeds (optional)

**What You Do:**
1. Put all ingredients in a bowl and whisk until smooth.
2. Serve with cut-up fruit, such as apples and pears, sprinkled with optional toppings.

---

**Word Scramble**

Unscramble the words below to find out what you should eat or drink every day. Can you name an example of each?

- Fruits
- Vegetables
- Protein
- Dairy
- Whole grains
- Water

---

**Healthy Tips**

Raquel Hernandez, MD, MPH, FAAP
FNAKids medical director and assistant professor of pediatrics

Staying healthy is as easy as counting down! Have you heard about 9-5-2-1-Almost none? If you follow these numbers every day, you'll be on the path to a healthy lifestyle.

- 9 hours of sleep: Getting enough sleep is an important part of staying healthy. The light from electronics can disrupt your natural sleep cycle. Talk to your family about setting a “family bedtime” when everyone can relax for the night.
- 5 cups of fruits and vegetables: Did you know that not only are veggies and fruits full of vitamins and minerals you need to stay healthy, but they can also help keep you full? Help your family pick a new fruit or veggie each week to try.
- 2 hours or less screen time: TV, video games and time spent on computers, tablets and other devices are common sources of inactivity, which is a leading risk factor for an unhealthy lifestyle. Challenge yourself to spend no more than two hours a day (not counting homework) with electronics.
- 1 hour of physical activity: Getting active is a great way to be healthy. Choose activities that are fun for you or start a competition with your family to see who can be the most active.
- Almost none: Skip sugary drinks such as soda, sports drinks and fruit juice. Instead, choose water or flavored water when you can.

---

**Adventures**

Ask an adult to go online to KohlsCooksforKids.org and request a free copy of our *Yum Yum! Let’s Make Some* family cookbook.
MyPlate Tips

Fruits
- Provide fiber, vitamin C and antioxidants.
- Best choice: whole, fresh or frozen, canned or dried fruit.
- Limit fruit juice.
- The natural sweetness of fruit makes it a great option for dessert instead of cake or cookies.

Grains
- Provides fiber, B vitamins and minerals for maintaining body function and providing energy.
- Best choice: whole-grain foods.
- Whole-grains include brown rice, wild rice, buckwheat, bulgur, millet, oatmeal, popcorn and quinoa.

Protein
- Provides the building blocks for strong muscles and helps you feel full.
- Best choice: lean meats, fish with high levels of omega-3, beans, nuts and seeds.
- A bean burger can be just as tasty as beef – without the fat.

Vegetables
- Provide vitamins for good eyesight and can help cuts and bruises heal faster.
- Best choice: Chose a rainbow of different colored vegetables every day.
- There are many types of vegetables you eat, the better for your health.
- Try to avoid fatty and high-calorie sauces and dips such as ranch or thousand island.

Dairy
- Provides calcium for building strong teeth and bones.
- Best choice: fat-free or low-fat dairy.
- Try low-fat string cheese and milk or an after-school snack, a low-fat yogurt with lunch or a glass of skim milk with dinner.

Meet the Team

Sky Roberts
writer
Kellie Gilmore
community wellness manager
FNMAKids instructor
Raquel Hernandez, M.D., M.P.H.
FNMAKids medical director; director of medical education and assistant professor of pediatrics
Jannelle Garcia, Ph.D.
FNMAKids coordinator
Anita Jimenez
culinary expert

Fits 4 All Kids – and families!

Are your vegetables boring? Do your meals need a makeover? Then share this page with your family! When families team up to create meals together, it’s easy to be healthy.

Kids are more likely to try new foods when they play a role in choosing and preparing them. That’s why Johns Hopkins All Children’s Hospital offers many programs, from after-school nutrition education to evening family cooking classes and special community events, to help kids and their families make nutritious choices and become adventurous eaters.

This project was made possible by a generous Kohl’s Cares grant from Kohl’s Department Stores and is supported by the Kohl’s Cakes for Kids culinary program and events held in cooperation with Johns Hopkins All Children’s Hospital. To learn more about the Kohl’s Cakes program, visit any Kohl’s store nationwide or go to kohls.com/kohlscakes.

MyPlate Tips

Choose MyPlate.gov

- Provide fiber, B vitamins and minerals for maintaining body function and providing energy.
- Best choice: whole-grain foods.
- Whole-grains include brown rice, wild rice, buckwheat, bulgur, millet, oatmeal, popcorn and quinoa.

Florida Standards

tampabay.com. Follow us on Twitter at TampaBayTimes.

Standards.

About NIE

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Tampa Bay Times Publishing Co. to encourage the use of newspapers in print and electronic form as an educational resource – a “living textbook.”

Our educational resource falls into the category of newspapers but is a logical instructional tool. The primary purpose of the instructional tools in current educational programs is to provide the means of developing reading and writing skills, preparing students for citizenship and for success in their careers.

Since the mid-1970s, NIE has provided schools with a class set of the Pulitzer Prize-winning Tampa Bay Times plus award-winning original curriculum supplements, teacher guides, lesson plans and many more resources at no cost to schools, teachers or families. NIE teaching materials cover a variety of subjects and are correlated to the Florida Standards.

NIE staff

Joel Pashler, manager, john.pashler@tampabay.com
Sue Bedry, development specialist, sue.bedry@tampabay.com
Noelle Sansom, coordinator, nsansom@tampabay.com

Meet the Team

Anita Jimenez
Fit4Allkids coordinator
Sarah Krieger, M.P.H., R.D.
Kohl’s Cooks for Kids culinary program

- A six-week community-based program for families with children who are identified as overweight.
- Offered year-round in St. Petersburg.
- Ages 8+. At least one adult must attend.
- Cost: Free
- KohlsCooksForKids.org

Kohl’s Cares for Kids Family Cooking Class

- A five-week session of classes focused on making nutritious choices and gaining culinary skills.
- Offered year-round in St. Petersburg.
- Ages 8+. At least one adult must attend.
- Cost: Free
- KohlsCooksForKids.org

Final Steps: Fit 4 All Kids

- Fit 4 All Kids

Food for a child has many purposes: It encourages growth, supports a healthy mind and improves energy and focus. Here are a few tips to help your kids get the best nutrition.

- Have a child pick out a vegetable at the store or market and then prepare it together at home. Participation in cooking helps kids become adventurous eaters.
- Look for ideas and inspiration online or in cookbooks on tips for preparing meals for young children, especially vegetables. Choose recipes with pictures so kids know before tasting how it will look.
- Try to offer veggies at every meal and snack time. For your kids to make nutritious choices, they need to be healthy.
- Before giving up on a food, try preparing it in a different way. Knowing your child’s flavor and texture preferences can help you find a way that works.
- It’s okay to be honest and tell the kids there is a vegetable with your favorite foods instead of hiding it. How about adding it to fried potatoes or onions or pasta?
- Use the MyPlate guide to build the foundation of meals and snacks.
- Setting together at a table without screens is a great setting for a meal and snack.
- Kids are more likely to eat a variety of foods if the adults they are eating with do, too.
MyPlate Tips

Meet the Team (l-r)

Sky Roberts
writer

Katie Gilmore
community wellness manager

FHAlKids instructor

Raquel Hernandez, M.D., M.P.H.
FHAlKids medical director; director of medical education and assistant professor of pediatrics

Janelle Garcia, Ph.D.
FHAlKids coordinator

Anita Jimenez
culinary expert

Fruits
- Provide fiber, B vitamins and minerals for maintaining body function and providing energy.
- Best choice: whole-grain foods.
- Whole-grains include brown rice, wild rice, buckwheat, bulgur, millet, oatmeal, popcorn and quinoa.

Vegetables
- Provide vitamins for good eyesight and can help cuts and bruises heal faster.
- Best choice: lean meats, fish with high levels of omega-3,
- Provides calcium for building strong teeth and bones.
- Provides the building blocks for strong muscles and helps you feel full.
- A bean burger can be just as tasty as beef – without the fat.

Protein
- Provides the building blocks for strong muscles and helps you feel full.
- Best choice: Choose a rainbow of different colored vegetables every day.
- The more types of vegetables you eat, the better for your health. Try to avoid fatty and high-calorie foods.
- Offers year-round in St. Petersburg, Largo, Holiday, Hudson and Palm Harbor.
- Ages 8+. At least one adult must attend.
- Cost: Free

Kohl’s Cooks for Kids
- A six-week community-based program for families with children who are identified as overweight.
- Offered year-round in St. Petersburg.
- Cost: Free

Kohl’sCook4Kids.org

For more information, email achFit4Allkids@jhmi.edu.

Fit4Allkids – and families!

Are your vegetables boring? Do your meals need a makeover? Then share this page with your family! When families team up to create meals together, it’s easy to be healthy.

Kids are more likely to try new foods when they play a role in choosing and preparing them. That’s why Johns Hopkins All Children’s Hospital offers many programs, from after-school nutrition education to evening family cooking classes and special community events, to help kids and their families make nutritious choices and become adventurous eaters.

This project was made possible by a generous Kohl’s Cares grant from Kohl’s Department Stores and is supported by the Kohl’s Cakes for Kids culinary program and events held in cooperation with Johns Hopkins All Children’s Hospital. To learn more about the Kohl’s Cakes program, visit any Kohl’s store nationwide or go to KohlsCares.com.

装配式设计概念

- Look online or in cookbooks for inspiration on how to prepare new to you foods, especially vegetables. Choose recipes with pictures so kids know before tasting how it will look.
- Try to offer vegetables at every meal and snack time. Make them a great setting for a meal and snack.
- Offered year-round in St. Petersburg, Largo, Holiday, Hudson and Palm Harbor.
- Ages 8+. At least one adult must attend.
- Cost: Free

Kohl’sCook4Kids.org

For more information, email achFit4Allkids@jhmi.edu.

About NIE

The Tampa Bay Times Newspaper in Education program (NIE) is a comprehensive effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational resources – a “living textbook.”

Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational texts is to convey specific facts and ideas accurately. These texts are often accompanied by graphics, charts, and diagrams to enhance understanding and retention.

NIE teaching materials cover a variety of subjects and are correlated to the Florida Standards. For more information about NIE, visit tampabay.com/TBTimesNIE.

NIE staff

Jodi Pushkin, manager, jpushkin@tampabay.com
Noelle Sansom, coordinator, nsansom@tampabay.com
Sue Bedry, development specialist, sbedry@tampabay.com

© Tampa Bay Times 2017

Credits

Written by Johns Hopkins All Children’s Hospital staff. Curricular activities by Jodi Pushkin, Times staff.

Designed by Stacy Rector, Fluid Graphic Design LLC

Florida Standards


Parent Power

Johns Hopkins All Children’s Hospital in St. Petersburg is a leader in children’s health care, combining a legacy of compassionate care focused solely on children since 1926 with the innovation and experience of one of the world’s leading health care systems. The 259-bed teaching hospital, ranked as a U.S. News & World Report Best Children’s Hospital, stands at the forefront of discovery, leading innovative research to cure and prevent childhood diseases while training the next generation of pediatric experts. With a network of Johns Hopkins All Children’s Ombudsmen centers and collaborative care provided by All Children’s Specialty Physicians at regional hospitals, Johns Hopkins All Children’s brings care closer to home. Johns Hopkins All Children’s Hospital consistently keeps the patient and family at the center of care while continuing to expand its mission in treatment, research, education and advocacy. For more information, visit HopkinsAllChildrens.org.

First Step: Fit4Allkids
- A six-week community-based program for families with children who are identified as overweight.
- Offered year-round in St. Petersburg.
- Cost: Free

Fit4Allkids.org

For more information, email achFit4Allkids@jhmi.edu.

Parent Power

Sarah Krieger, M.P.H., R.D.

Food for a child has many purposes: It encourages growth, supports a healthy mind and improves energy and focus. Here are a few tips to help your children get the best nutrition.

- Have a child pick out a vegetable at the store or market and then prepare it together at home. Participation in cooking helps kids become adventurous eaters.
- Look online or in cookbooks for inspiration on how to prepare new to you foods, especially vegetables. Choose recipes with pictures so kids know before tasting how it will look.
- Try to offer vegetables at every meal and snack time. Make them a great setting for a meal and snack.
- Limit snacks to two or more hours before dinner.
- Before giving up on a food, try preparing it in different ways. Knowing your child’s flavor and texture preferences can help you find a way that works.
- It’s okay to be honest and tell the kids there is a vegetable with your favorite foods instead of hiding it. How about adding after-school preparing and serving skills to pizza or chopped cauliflower to rice or pasta?
- Use the MyPlate guide to build the foundation of meals and snacks.
- Siting together at a table without screens is a great setting for a meal and snack.
- Kids are more likely to eat a variety of foods if the adults they are eating with do, too.
Welcome to Fit 4 All Kidsville

Follow healthy habits to keep moving, but watch out for bad habits that will set you back. The first player to reach the end of the path wins the game.

Learning with the Times

Fruit and veggie scavenger hunt

- Try to find some of these words in the Tampa Bay Times. You can earn extra points if you can find them as well as words. If you cannot find the words, find others and spell out the word. Be sure to check the news articles as well as the advertisements. The Tampa Bay Times should be a good place to begin.

- Apple
- Blueberry
- Asparagus
- Avocado
- Tomato
- Pea
- Strawberry
- Onion
- Potato
- Melon
- Broccoli
- Carrot
- Cape Carrot

Eating healthy

- Look through the articles and recipes in the Taste section of the Tampa Bay Times (in Wednesday’s newspaper). Find a recipe that sounds good to you, and split apart the ingredients according to the MyPyramid guide below. Place each ingredient in a section of the pyramid. Do you have a well-rounded meal? If not, what do you need to add to enhance the nutritional value? Are there high-calorie or high-fat ingredients? If so, what can you substitute?

- Pineapple
- Palace
- Kabob of different colored peppers
- 30 feet or more ahead 3 spaces.

Getting fit

- Getting fit and exercising can be a lot of fun, especially when you keep track of your results and share those results with others. Keep a fitness journal for a three- to four-week period. Record the activities you took part in, including work around the house; school; work; and other forms of physical activity. If you think you need more exercise, change your schedule to include more walking or running. At the end of the three- to four-week period, look at the results and share those results with others. Keep a fitness journal for a three- to four-week period. Record the activities you took part in, including work around the house; school; work; and other forms of physical activity. If you think you need more exercise, change your schedule to include more walking or running. At the end of the three- to four-week period, look at the results and share those results with others.

- Queen Cabbage
- Mango Mountains

Critical thinking skills

- It is time to use your critical-thinking skills. Work with the Tampa Bay Times for one week. Save all articles that focus on health, fitness, food, and cooking. Write down the main points for each article, listing the key sections of the Chomskytoddler and the Washington Post websites, note whether these articles are focusing on positive or negative issues. Choose one of the topics represented by these articles to write a blog post to share with your peers. Be sure to use examples from the article and the website to support your ideas. Share your article and place your work with your class.

SETUP:
- You will need beans of different colors and/or shapes and a set of dice. Choose the best-known of readers to make this healthy choice. Look at the advertisements in the Tampa Bay Times, and select a few examples of ads for foods and beverages that you think are nutritionally poor. Analyze your selections carefully, using the charts and techniques used to sell each of the foods in the table. Use the Chomskytoddler and the Washington Post websites to support your ideas. Choose one of the topics represented by these articles to write a blog post to share with your peers. Be sure to use examples from the article and the website to support your ideas. Share your article and place your work with your class.
Stir Up Something New

Try out your cooking skills with these easy-to-make, kid-approved fruit and veggie dips. Don’t forget to ask an adult for help!

**Veggies with Awesome Sauce**

**What You Need:**
- ¾ cup buttermilk
- 2/3 cup light mayonnaise
- 1 tablespoon + 2 teaspoons vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 green onions, cut into chunks
- ½ cup parsley leaves
- 1 clove garlic

**What You Do:**
1. Put all ingredients in a blender and blend until smooth.
2. Pour the sauce into small cups and serve with a variety of cut-up veggies, such as broccoli, carrots, green beans, sugar snap peas and peppers.

**Salsa Roja**

**What You Need:**
- 1 (28-ounce) can of whole peeled tomatoes
- ½ bunch cilantro
- ¼ large onion
- ½ teaspoon salt
- 1-2 serrano or jalapeño peppers, seeded (optional)

**What You Do:**
1. Drain the tomato juice from the can of tomatoes and put the tomatoes in a blender.
2. Add the remaining ingredients to the blender and process until well blended. Serve with whole grain tortilla chips or cucumber slices.

**Pumpkin Fruit Dip**

**What You Need:**
- 1 (15-ounce) can of pumpkin
- 1 pint of Greek yogurt
- ¼ cup maple syrup
- 1 teaspoon pumpkin pie spice
- ½ teaspoon ginger
- Chopped pecans, raisins and/or pumpkin seeds (optional)

**What You Do:**
1. Put all ingredients in a bowl and whisk until smooth.
2. Serve with cut-up fruit, such as apples and pears, sprinkled with optional toppings.

---

**Talk with a Doc**

**Healthy Tips**

Raquel Hernandez, MD, MPH, FAAP

Fit4AllKids medical director and assistant professor of pediatrics

Staying healthy is as easy as counting down! Have you heard about 9-5-2-1-Arnone? If you follow these numbers every day, you’ll be on the path to a healthy lifestyle.

- **9 hours of sleep:** Getting enough sleep is an important part of staying healthy. The light from electronics can disrupt your natural sleep cycle. Talk to your family about setting a “family bedtime” when everyone can relax for the night.
- **5 cups of fruits and vegetables:** Did you know that not only are veggies and fruits full of vitamins and minerals you need to stay healthy, but they can also help keep you full? Help your family pick out a new veggie to try every week and prepare it as a family. Don’t forget to keep fruits and veggies close for quick snacks.
- **2 hours or less screen time:** TV, video games and time spent on computers, tablets and other devices are common sources of inactivity, which is a leading risk factor for an unhealthy lifestyle. Challenge yourself to spend no more than two hours a day just counting homework with electronics.
- **1 hour of physical activity:** Getting active is a great way to be healthy. Choose activities that are fun for you or start a competition with your family to see who can be the most active.
- **Almost none:** Skip sugary drinks such as soda, sports drinks and fruit juice. Instead, choose water or flavored water when you can.

**Word Scramble**

Unscramble the words below to find out what you should eat or drink every day. Can you name an example of each?

- **SRITFU**
- **GSATEVELEB**
- **TORNEIP**
- **RYIAD**
- **LOWEH ANSRIE**
- **ERATW**

- **Fruits**
- **Vegetables**
- **Protein**
- **Dairy**
- **Whole Grains**
- **Water**

---

Are you ready to make some more recipes? Ask an adult to go online to KohlsCooksforKids.org and request a free copy of our Yum Yum! Let’s Make Some! family cookbook.