This cookbook is part of the Learning About Nutrition through Activities (LANA) Program. The recipes are intended to be used by children and their caregivers, whether at home or in a child care setting.

The goal of the LANA Program is to help young children learn to taste, eat and enjoy more fruits and vegetables in order to promote good health and reduce the risk of chronic disease. Lana, the iguana puppet pictured above, encourages children to try new fruits and vegetables through stories and hands-on activities. Iguanas are vegetarian animals and Lana has proven to be an engaging role model for children.

The LANA Preschool Program is based on well-established nutrition education and behavior-change theories. LANA helps children learn to eat more fruits and vegetables by:

- Increasing opportunities for children to taste and eat fruits and vegetables
- Providing opportunities for hands-on experiences with fruits and vegetables
- Creating a supportive environment for eating fruits and vegetables
- Providing preschoolers with role models who eat fruits and vegetables
- Connecting child care activities with the home environment

LANA activities fall into these main program areas:
DAILY – Menu changes built into your regular menu
WEEKLY – Tasting and cooking activities
MONTHLY – Week-long curriculum units with fruit and vegetable related themes
PERIODIC – Family involvement activities and events
The LANA Preschool Program was originally developed through a grant from the National Cancer Institute to the Minnesota Department of Health. Working with preschool children, their parents, and staff in 22 child care centers, researchers from the Minnesota Department of Health and the University of Minnesota partnered with New Horizon Academy, a childcare corporation based in the Minneapolis/St. Paul area of Minnesota, to develop and test the LANA Preschool Program. At the end of the study, children who participated in the LANA Preschool Program ate significantly more vegetables at lunch and more total fruits and vegetables throughout the day than children who did not participate.

Although the original LANA Program targets or encourages consumption of 8 highly nutritious fruits and vegetables, the approach can be used to introduce any new fruit or vegetable to young children. Since the study ended, LANA has continued to be offered in child care centers and has been successfully adapted and implemented in dozens of family child care homes.

Why is it important for children to eat more fruits and vegetables?
Childhood is a critical time in human development. Adults who eat more fruits and vegetables report having done so as children, suggesting that the habit of eating fruits and vegetables develops in childhood. Eating more fruits and vegetables is associated with reduced risk of developing chronic diseases like cancer, heart disease, stroke and diabetes later in life. Eating fruits and vegetables is also associated with maintaining a healthy weight.

Enjoy these fun recipes with the children in your life, while helping them to try new fruits and vegetables and develop healthy eating habits that will last a lifetime!

If you would like more information about the LANA Program, please contact Joyce O’Meara, Minnesota Department of Health, 651-201-3546 or health.healthyeating@state.mn.us.

If you would like information about purchasing the LANA curriculum and related materials, please contact Learning ZoneXpress at www.learningzonexpress.com or call toll-free 888-455-7003.
Table of Contents

**Apricots**
- Fruity Bug ..................................4
- Pretend Fried Egg Snack ..................6
- Surprise Muffins ............................8
- Tropical Fruit Salad ......................10

**Broccoli**
- Broccoli Forest ............................12
- Broccoli Wrap ..............................18
- Spicy Broccoli Salad .....................14
- Vegetable Lasagna .......................16

**Cherry Tomato**
- Boulders, Trees and Trunks Salad ......20
- Cherry Tomato Kabobs ...................22
- Veggies Bagel Face .......................24

**Kiwi**
- Kiwi Smile Snack ..........................28
- Rainbow Fruit Salad .....................26
- Stoplight Snack ...........................30

**Sweet Red Pepper**
- Red Pepper Kabobs .......................32
- Pepper Pita Pizza ..........................34
- Red Pepper Wrap ...........................36
- Rainbow Vegetable Salad ...............38

**Strawberry**
- Strawberry-Kiwi Freeze .................40
- Strawberry Mouse Tail Snack ..........42
- Strawberry Stone Cold Soup ..........44

**Sugar Snap Peas**
- Sugar Snap Peas Salad ..................46
- Stuffed Sugar Snap Peas ...............50
- Vegetable Flower ......................48

**Sweet Potato**
- Sweet Potato Oven Rounds .............52
- Sweet Potato Smoothie .................54
- Sweet Potato Spread with Graham Crackers ......56
Fruity Bugs
Makes 2 fruity bugs

Ingredients
- 6 dried apricot
- 16 pretzel rods
- 2 tbsp. raisins

Supplies
- paper plates
- napkins
**Note to Grown-ups**
Demonstrate to your child how to make the fruity bug by making your own bug. Show your child the finished fruity bug.

**Directions**

1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a plate, napkin, 3 dried apricots, 8 pretzel rods, and two raisins.
3. Invite your child to create a fruity bug with their ingredients, or come up with their own creation!
4. Eat and enjoy!!
Pretend Fried Egg
Makes 2 snacks

Ingredients
• 1 bagel
• 2 slices of provolone cheese
• 1/2 cup canned apricot halves

Supplies
• paper plates
• napkins
Note to Grown-ups

A child’s imagination can often be sparked by things that look like something other than what they are. This in turn can encourage the child to try a new food or new combination of foods. Adults will need to open the can of apricots and drain off juice. Demonstrate to your child how to make the snack and show them the finished “pretend fried-egg” snack. Feel free to offer your child additional apricots while snacking on their Pretend Egg Sandwich.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a plate, one half of a bagel, one slice of cheese and 1 apricot half.
3. Show your child the remaining steps by making your own: place round slice of cheese over the bagel half.
4. Then put the apricot in the middle of the cheese with the round side up.
5. Once finished, everyone can eat and enjoy!
Surprise Muffins
Makes approximately 6 muffins

Ingredients
• 1 6-7 oz. pkg. cinnamon muffin mix
• milk
• canned apricots

Supplies
• muffin pan
• paper muffin cup liners
• mixing bowl
• mixing spoon
• measuring cup
Note to Grown-ups

Feel free to offer your child additional apricots when eating their muffin. Refer to the muffin package directions for the specific yield and baking time.

Directions

1. Preheat the oven according to package directions.
2. Invite your child to wash their hands and join you for a cooking activity.
3. Tell your child they will be making muffins and hiding something inside of them.
4. Ask your child to pour the mix in a bowl.
5. Measure and add the milk according to the package directions and stir until batter is just blended.
6. Put the muffin liners in the pan.
7. Put enough batter in the bottom of each cup to cover it.
8. Place one apricot in each cup.
9. Put enough batter over each apricot to cover the apricot and fill the cup to 3/4 full.
10. Bake according to package directions or until the muffins are lightly browned and a toothpick inserted in the muffin comes out clean.
11. Remove from oven, cool and eat!
tropical Apricot Salad
Makes 4 servings

Ingredients
• 1 cup canned apricots
• ½ cup pineapple tidbits
• 2 teaspoons coconut

Supplies
• measuring spoon
• mixing bowl
• mixing spoon
• measuring cups
• serving bowl
Lana’s Favorite Recipes

Notes to Grown-ups
This simple recipe is very delicious and kid friendly. If you are planning on eating it immediately after making it, you might consider refrigerating the canned items for 2 hours prior to assembling the salad. As a safety consideration, adults should open and drain the canned fruits. Young children can easily get cut from can lids.

Directions
1. Invite your child to wash their hands and join you for a cooking activity.
2. Drain apricot halves, measure and turn the apricots into an empty mixing bowl.
3. Drain the pineapple, measure and add to the apricots. Stir until well combined.
4. Measure and sprinkle the coconut over the top of fruit.
5. Eat and enjoy!
Broccoli Forest
Makes approximately 2 broccoli forest snacks

Ingredients
• 1/2 cup broccoli florets
• 1/3 cup thick dip (such as French onion)

Supplies
• serving spoon
• small plates
• small custard cups
• napkins
Directions

1. Invite your child to wash their hands and come to the table for a cooking activity.
2. Give your child a small plate or napkin, and a custard cup or a small bowl.
3. Have your child spoon some dip into the custard cup and serve themselves some broccoli buds.
4. Invite your child to make a miniature forest by standing the broccoli up in the dip they put in the custard cup.
5. Eat and enjoy!

Note to Grown-ups

This simple activity can encourage children to eat broccoli by engaging their imagination; they can create their own little “forest” by placing some dip in a cup and standing the broccoli up in the dip. Have your child make one for you as well. Then you can both enjoy a “Broccoli Forest”!
Spicy Broccoli Salad
Makes approximately 6 servings

Ingredients
- 3 cups chopped broccoli
- ¼ cup sunflower seeds, salted
- ¼ teaspoon garlic powder
- 1 teaspoon sugar
- Juice from half of one lime
- ¼ teaspoon hot sauce
- 1½ teaspoons soy sauce

Supplies
- 1 teaspoon fish sauce (optional)
- 1 tablespoon oil

- 1 large bowl
- Small bowl
- Measuring spoons
- Measuring cups
- Mixing spoon
Lana’s Favorite Recipes

**Directions**

1. Invite your child to wash their hands and join you for a cooking activity.
2. Measure and add the broccoli to the large bowl.
3. Measure and add half the sunflower seeds.
4. Measure and add the garlic powder and sugar in the small bowl.
5. Squeeze the juice from the lime and add it to the mixture.
6. Measure and add the hot sauce, soy sauce and fish sauce to the mixture.
7. Stir these ingredients until well combined.
8. With a fork, whisk the oil into the lime mixture until well blended.
9. Pour over the broccoli and sunflower seeds.
10. Stir until all the ingredients are well combined.
11. Cover and refrigerate for 1 hour or until ready to serve.
12. Sprinkle the remaining sunflower seeds over the salad.
13. Eat and enjoy!

**Note to Grown-ups**

Though the list of ingredients may look long, this is a very simple recipe. Most of the ingredients get stirred together to make the dressing.
**Vegetable Lasagna**

Makes approximately 9 servings

**Ingredients**

- 1 – 26-28 oz. jar Italian spaghetti sauce
- 3 cups broccoli, chopped
- 3 cups cottage cheese
- 1 - 8 oz. pkg. no-boil lasagna noodles
- 2 cups shredded mozzarella cheese

**Supplies**

- 9” x 13” baking dish
- measuring cups
- measuring spoons
- mixing bowl
- mixing spoon
Lana’s Favorite Recipes

Directions

1. Preheat the oven to 375°.
2. Invite your child to wash their hands and join you for a cooking activity.
3. In a bowl, mix the broccoli and cottage cheese together.
4. Layer the ingredients as follows:
   - Half of the spaghetti sauce
   - Half of the noodles
   - Half of the broccoli mixture
   - Remaining noodles
   - Remaining broccoli mixture
   - Remaining spaghetti sauce
   - Top with the mozzarella cheese
5. Cover with aluminum foil and bake for 1 hour. Uncover and bake for another 15 minutes or until lightly browned and bubbly.
6. Let stand 10 minutes before cutting into 9 pieces.
7. Serve and enjoy!

Note to Grown-ups

Involving your children in preparing meals is a great way to encourage them to try different foods. It can also give children a sense of purpose by contributing to the family. This is a very simple recipe that can easily be made by young children with some adult supervision and support. An adult will need to chop the broccoli and help the child to spread ingredients evenly in the pan.
Broccoli Wrap
Makes 2 wraps

**Ingredients**
- 2 - 7” flour tortillas
- 2 slices deli meat (turkey, ham)
- 4 tablespoons softened cream cheese
- 4 broccoli florets, chopped

**Supplies**
- small plates
- napkins
- table knives
- 1 serving bowl
Lana’s Favorite Recipes

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Invite your child to spread some cream cheese in a thin layer over the tortilla.
3. Sprinkle 2 tbsp of broccoli over the cream cheese, leaving about 1/3 of the tortilla bare.
4. Lay the lunchmeat on top of the broccoli.
5. Beginning from the side sprinkled with broccoli, roll the tortilla up to the opposite end.
6. Pick up the wrap and eat! If desired, the wrap may be cut crosswise into spirals for bite-sized pieces.

Note to Grown-ups

Children love to prepare their own snacks – it gives them a sense of competence. Adults need only to chop the broccoli for this recipe – do not let preschoolers handle sharp knives. Offer them a table knife or serrated plastic knife for spreading or cutting. To show your child how to make a wrap, make your own broccoli wrap along with your child.
Boulders, Trees and Trunks

Makes approximately 8 servings

**Ingredients**
- 1/2 pound uncooked pasta (4 cups cooked)
- 2 cups broccoli florets
- 1 cup cherry tomatoes, halved
- 1 cup cubed mozzarella cheese
- 1/2 cup Italian dressing

**Supplies**
- large bowl
- napkins
- measuring cups
- mixing spoon
Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Add the cooked pasta to the large bowl.
3. Measure and add the broccoli and cherry tomato halves to the pasta.
4. Measure and add the cheese cubes.
5. Measure and pour the dressing over all the ingredients.
6. Stir until well combined.
7. Cover and refrigerate for 1 hour or until ready to serve.
8. Enjoy with a meal or for snack!

Note to Grown-ups

This recipe can be prepared earlier on the day that you plan to serve it. Adults will need to do the following prep: cook the pasta, chop the broccoli and slice the cherry tomatoes in half. Your child can measure, add, and stir the ingredients together.
Cherry Tomato Kabobs
Makes approximately 4 servings

**Ingredients**
- 1 cup cherry tomatoes
- 3/4 cup cubed, mild orange cheese
- 1/4 cup dip (optional)

**Supplies**
- 2 serving bowls
- small plates
- 6” wood skewers
- napkins
Lana’s Favorite Recipes

Note to Grown-ups
Safety tip: Wood skewers can be challenging for young children; they are pointed and sharp. Always work with your child when using skewers to avoid injuries. Purchasing pre-cubed cheese makes this recipe a breeze to create. Involve your child in any prep work they can do themselves, such as washing the cherry tomatoes.

Directions
1. Invite your child to wash their hands and join you for a cooking activity.
2. Demonstrate to your child how to make a kabob and show them your finished snack.
3. Give your child 1 wood skewer.
4. Invite your child to take 3 cherry tomatoes and 2 cheese cubes.
5. Help your child thread 1 cherry tomato on the skewer, then a cheese cube.
6. Repeat the sequence and then place 1 cherry tomato on the end.
7. Serve with dip if desired; eat and enjoy with your child!
Veggie Bagel Face

Makes 2 snacks

Ingredients

• 1 bagel
• 1 oz. cream cheese, softened
• 2 tablespoons finely chopped broccoli
• 2 cherry tomatoes
• 2 sugar snap peas

Supplies

• paper plates
• table knives
• napkins
Lana’s Favorite Recipes

Note to Grown-ups
To involve your child as much as possible, have them wash the vegetables under running water and pat them dry with a paper towel. Adults will need to do the following prep: chop broccoli florets into small pieces and cut cherry tomatoes in half.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Put all other ingredients in individual serving bowls with serving utensils.
3. Demonstrate how to make the snack and show your child your finished Veggie Bagel Face.
4. Give your child a plate, table knife, napkin and one half of a bagel.
5. Invite your child to create their Veggie Bagel Face snack.
6. Once finished, eat and enjoy your snacks together!
Rainbow Fruit Salad
Makes approximately 6 servings

Ingredients
- **Green** - 2 kiwis (or 1 green apple, or 1 bunch green grapes)
- **Yellow** - 1 cup apricot halves (or 1 banana)
- **Orange** - 1 orange (or 1 mango or 2 tangerines)
- **Red** - 1 cup strawberries (or 1 red apple)
- **Purple** - 1 bunch purple grapes

Dressing:
- 1/4 cup lime juice
- 1/4 cup honey
- 2 tablespoons coconut flakes (optional)

Supplies
- large mixing bowl
- mixing spoon
- measuring spoons
- measuring cups
- cutting board
- sharp knife
- 5 bowls
Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Wash and drain all fruit before beginning to make the salad.
3. Peel and cut the kiwis and place in the large bowl.
4. Measure the apricot halves and add to the kiwis.
5. Peel and section the orange and add to the kiwis and apricots.
6. Slice the strawberries and add to the other fruit.
7. Stem the grapes and add to the fruit salad.
8. Squeeze the lime into a small bowl.
9. Add the honey to the lime juice and stir until the mixture is well blended.
10. Add the lime juice mixture to the fruit salad and mix until all the ingredients are evenly distributed.
11. Sprinkle salad with coconut or save the coconut until serving time to sprinkle over individual servings.
12. Refrigerate for later use.
Kiwi Smile Snack
Makes 4 snacks

**Ingredients**
- 4 graham crackers
- 2 oz. berry cream cheese or plain cream cheese, softened
- 2 kiwi
- ¼ cup raisins

**Supplies**
- small plates
- table knives
- napkins
Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child one square of graham cracker, several raisins and 1 piece of kiwi.
3. Help your child to spread the cream cheese over the graham cracker.
4. Invite your child to arrange their own kiwi smile face using the ingredients on their table.
5. Once finished, eat and enjoy!

Note to Grown-ups

Children love to see a face appear from placing just a few pieces of fruit on this snack. Adults can peel and cut the kiwi in half lengthwise. Then slice into approximately ¼ inch thick slices that create half circles. Demonstrate the activity and show your child an example of a finished kiwi smile snack.
Stoplight Snack
Makes approximately 4 snacks

Ingredients
• 4 graham crackers
• 2 oz. cream cheese, softened
• 1 kiwi
• 4 canned apricot halves
• 2 strawberries

Supplies
• paper plates or foil
• disposable knives
• napkins
Lana’s Favorite Recipes

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a plate to work on.
3. Give your child one rectangle of graham cracker, one slice of kiwi, one slice of strawberry and one apricot half.
4. Invite your child to spread the cream cheese on the graham cracker.
5. Place one piece of each fruit on the graham cracker to represent the lights (red on the top, yellow in the middle and green on the bottom) of a stoplight.
6. Once finished, eat and enjoy!

Note to Grown-ups

Adults can do the following prep in advance, with or without your child: wash the kiwi and strawberries under running water and pat dry. Peel the kiwi and slice into circles. Cut tops off of the strawberries and cut into circular slices. Open the can of apricots and drain off juice. Place fruits in three different serving containers and cover until time for the activity.

When you begin the activity, demonstrate and show your child an example of a finished stoplight snack.
Sweet Pepper Kabobs
Makes approximately 4 servings

Ingredients
• 1 sweet red pepper
• 1 green pepper
• ½ cup cheese, cubed
• ¼ cup vegetable dip

Supplies
• small plates
• napkins
• 6” wood skewers
• 4 serving containers
Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a small plate to work on.
3. Offer a few pieces of each item to your child.
4. Give your child a skewer and show them how to thread the food onto the stick.
5. Invite your child to slide a piece of red pepper, green pepper, a cheese cube, onto the skewer. Then thread one red pepper, a cheese cube, one green pepper onto the skewer. Finish with one piece of red pepper.
6. Eat and enjoy with your child!

Note to Grown-ups

This recipe requires threading vegetables and cheese onto wood skewers with a pointed end. Please be aware of safety issues when cooking with young children and supervise them. Put vegetable dip, such as ranch, in a serving container. Work with your child to make a finished kabob. Feel free to use other vegetables that can be easily threaded onto a skewer.
Pepper Pita Pizza
Makes 4 pita pizzas

Ingredients
• 4 pieces pita bread
• 3/4 cup canned pizza sauce
• 1 1/4 cups shredded mozzarella cheese
• 1 red pepper

Supplies
• small plates
• napkins
• table knives
• 2 serving bowls
• spoons
• baking sheet(s)
Directions

1. Preheat oven to 400°.
2. Invite your child to wash their hands and join you for pizza making.
3. Give your child a plate, table knife and a section of red pepper.
4. Invite your child to cut the section of red pepper into small (1” x 1/4”) pieces using a table knife.
5. Spread a spoonful of pizza sauce over the pita with the back of a spoon.
6. Top the pita pizza with shredded cheese.
7. Sprinkle the red pepper pieces over the pita pizza.
8. Place pepper pita pizzas on baking sheets.
9. Bake at 400° for 10 minutes or until cheese is melted.
10. Eat and enjoy!

Note to Grown-ups

Children love to make their own pizza, and using pita bread for the crust makes it especially easy. The red peppers should be washed, seeded and cut into 6 lengthwise sections about 1 inch wide. Place these pieces into a bowl. (Your child can then cut them into smaller pieces with a table knife to put on their pizza.) Place the shredded cheese in a bowl.
Sweet Red Pepper Wrap
Makes 4 wraps

Ingredients
• 1/4 red pepper
• 2 tablespoons ranch dip
• 4 turkey or ham deli meat slices

Supplies
• plates
• napkins
Lana's Favorite Recipes

Note to Grown-ups
Cut the red peppers into 1/4” wide strips. Show your child how to make the red pepper wrap by making your own first.

Directions
1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a small plate to work on.
3. Have your child place a slice of ham or turkey on their plate.
4. Place a strip of red pepper down the middle of the ham/turkey slice.
5. Top with a little ranch dressing the length of the red pepper.
6. Roll the ham/turkey slice around the red pepper slice.
7. Eat with gusto!
Rainbow Vegetable Salad
Makes approximately 10 child sized servings

Ingredients
- 1 stalk broccoli, cut into 1” pieces, (or 1 cup sugar snap peas)
- 1 cup cherry tomatoes, halved
- 2 carrots, cut into coins
- 1 yellow summer squash, cut into bite sized pieces (or 1 jicama, peeled and cut into 1/2” cubes)
- 1/4 of a purple onion, chopped
- 1 cup Italian dressing

Supplies
- 6 medium bowls
- 1 large bowl
- mixing spoon
- cutting board
- paring knife
Lana's Favorite Recipes

**Directions**

1. Invite your child to wash their hands and join you for a cooking activity.
2. Tell your child they will be making a rainbow salad.
3. Ask them to place each vegetable in the large bowl.
4. Measure and add the Italian dressing to the vegetables.
5. Stir until all ingredients are well combined.
6. Refrigerate for at least 1 hour.
7. Before serving, stir again.
8. Eat and enjoy!

**Note to Grown-ups**

The salad will need at least 1 hour to marinate. You may want to cut the vegetables into appropriate pieces before inviting your child to join you.
### Strawberry-Kiwi Freeze
Makes approximately 10 servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 cup apple juice</td>
<td>• blender</td>
</tr>
<tr>
<td>• 1 cup low-fat strawberry yogurt</td>
<td>• measuring cups</td>
</tr>
<tr>
<td>• 2 cups frozen strawberries</td>
<td>• mixing/serving spoon</td>
</tr>
<tr>
<td>• 1 cup kiwi, (about 4 medium)</td>
<td>• disposable cups - 4 oz</td>
</tr>
<tr>
<td></td>
<td>• popsicle sticks or plastic kniwes</td>
</tr>
</tbody>
</table>
Note to Grown-ups
This snack is a cool and refreshing treat! And children love to witness the transformation of a liquid to a solid. Make sure to include your child in putting the sticks into the slightly frozen “pops”.

Directions
1. Invite your child to wash their hands and join you for a cooking activity.
2. Peel and chop kiwi.
3. Ask your child to measure and add the juice to blender.
4. Then measure and add the strawberry yogurt and strawberries to blender.
5. Cover and blend until completely smooth.
6. Pour approximately ½ cup of mixture into each paper cup.
7. Add a few pieces of chopped kiwi to each cup.
8. Place in the freezer on a tray.
9. After 30 minutes, place a popsicle stick (a plastic knife will work too) in the middle of each cup.
10. Return cups to freezer for about 2-3 hours, or until completely frozen.
11. To serve, remove from freezer, run briefly under hot water until the freeze pulls out of paper cup easily.
12. Eat and enjoy!
Mousetail Snack
Makes approximately 6 snacks

Ingredients
• 6 graham crackers
• 4 oz. berry cream cheese
• 3 strawberries
• 2-3 pieces of string cheese
• 2 tablespoons sunflower seeds

Supplies
• small plates
• table knives
• napkins
Note to Grown-ups

This is a simple activity where the children can create a mouse with food ingredients including strawberries. Demonstrate how to make the snack for your child by making your own mousetail snack first and showing it to your child.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Wash strawberries under running water. Remove the stem and slice in half lengthwise. Put strawberry halves in serving container.
3. Give your child a plate, a knife and a napkin.
4. Give your child one graham cracker square and one string of string cheese.
5. Invite your child to spread the graham cracker with cream cheese.
6. Then place a strawberry half on the prepared graham cracker, add the string cheese for a tail and two sunflower seeds for the ears.
7. Once finished, admire, eat and enjoy!
Stone Cold Soup
Makes approximately 4 servings

Ingredients
• 1 cup frozen strawberries
• 1/2 cup fruit juice (apple)
• 1 ripe bananas
• fresh strawberries (optional)

Supplies
• blender
• measuring cups
• mixing/serving spoon
• forks and spoons
• mixing bowls
• soup bowls
Note to Grown-ups

Children can help with almost all the steps in this recipe, with the exception of operating the blender.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Ask your child to peel the banana, put it in a bowl and mash it with a fork.
3. Then measure ½ cup of fruit juice and pour it into the blender.
4. Measure 1 cup of frozen strawberries and add to the blender.
5. Pour the mashed bananas into the blender.
7. Pour about ½ cup into each bowl.
8. Serve with a spoon to eat as soup!

*Option: It’s fun to make this recipe after reading, the book Stone Soup.
Sugar Snap Pea Salad

Makes approximately 6 servings

Ingredients

Dressing:
• 3 tablespoons soy sauce
• 1 1/2 tablespoons water
• 1 1/2 tablespoons vinegar
• 3 tablespoons sugar
• 3 cups sugar snap peas
• 1 1/2 teaspoon sesame seeds

Supplies

• large bowl
• mixing bowl
• spoon
• measuring spoons
• measuring cup
Note to Grown-ups
It is best to make this salad about an hour before serving to give the flavors a chance to meld.

Directions
1. Invite your child to wash their hands and join you for a cooking activity.
2. Work with your child to wash and de-string the pea pods, if necessary. To do this pull downward on the blossom end, along the inside edge of the peapod. Place pea pods in the large bowl and set aside to dry.
3. Meanwhile, measure and pour the soy sauce, water and vinegar into the mixing bowl.
4. Add the sugar and stir until the sugar dissolves.
5. Pour the dressing over the pea pods and stir until they are evenly coated with dressing.
6. Place in the refrigerator for at least 1 hour.
7. Just before serving stir the salad again and sprinkle with sesame seeds.
8. Eat and enjoy with a meal or for a snack!
Vegetable Flowers
Makes approximately 2 flowers

Ingredients
- 18 sugar snap peas
- 2 cherry tomatoes
- 6 carrot sticks
- Ranch dressing

Supplies
- large bowl
- 2 bowls
- plates
- napkins
Note to Grown-ups

This recipe is easy to do right at snack time. You can encourage your child to think of other ways they might arrange the vegetables into a picture. Be sure to wash the vegetables, if needed, before presenting to your child.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Demonstrate making a flower out of the vegetables available and show your creation to your child.
3. Invite your child to arrange their own “flower” or other picture.
4. Once the “picture” is assembled, you could take a photo of their creation or just enjoy eating your snacks together.
Stuffed Pea Pods
Makes approximately 4 servings

Ingredients
• ½ cup sugar snap peas
• ¼ cup (2 oz) cream cheese, softened

Supplies
• table knives
• small plates
Note to Grown-ups

This activity is a very simple and healthy snack that you can do with your child. You may need to assist your child in opening the pea pods by either cutting or breaking them apart at the inside seam. You may find that using a flavored cream cheese, like Garden Veggie, is a way to make this snack even tastier!

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Wash pea pods under running water and pat dry with a paper towel.
3. Place some peapods on your child’s plate.
4. Cut or break open pea pods to expose the peas inside.
5. Spread cream cheese inside of pea pod using table knife.
6. Repeat with each pea pod.
7. Eat and enjoy!
Sweet Potato Oven Fries
Makes approximately 4 servings

**Ingredients**
- 2 cups sliced or julienned sweet potato
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- ¼ teaspoon garlic powder

**Supplies**
- baking pan
- measuring spoons
- measuring cups
- mixing bowl
- cutting board
- knife
Note to Grown-ups

This recipe offers a great way to experience the flavor of sweet potatoes. You can peel and cut the sweet potatoes and your child can add and toss the sweet potato slices with the oil and seasonings.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Preheat oven to 450°.
3. Wash and peel the sweet potatoes.
4. Cut into julienne slices or slice thinly into rounds. You’ll need 2 cups of slices for the recipe.
5. Add 1 tablespoon of vegetable oil to sweet potato slices in the bowl.
6. Sprinkle the salt and garlic powder over the sweet potatoes.
7. Toss the sweet potato slices until evenly coated with oil and spices.
8. Turn onto a baking sheet and spread out evenly in a single layer.
9. Bake at 450° for 20 minutes or until lightly browned and tender. Turn the potato slices over half way through baking.
10. Let cool slightly and enjoy as part of a meal or as a snack!
**Sweet Potato Smoothie**

Makes approximately 4 - 1/2 cup servings

**Ingredients**
- 2 tablespoons orange juice
- 1 cup low-fat vanilla yogurt
- 1/2 cup mashed canned sweet potato
- 1/8 teaspoon cinnamon

**Supplies**
- blender
- rubber spatula
- serving spoon
- cup
**Note to Grown-ups**

Refrigerate canned sweet potatoes one day before making smoothies. Have your child do as much measuring and adding as they are comfortable doing. They also may want to push the button to operate the blender. Always be sure to be with your child when operating electric appliances.

**Directions**

1. Invite your child to wash their hands and come to the table for a cooking activity.
2. Add the orange juice and vanilla yogurt to the blender jar.
3. Then add the mashed sweet potato and cinnamon to the jar.
4. Place the cover on the blender jar and blend at high speed until all ingredients are well combined and mixture appears smooth (add more juice if needed).
5. Pour the smoothie into 4 – 6 oz. cups and drink!
   Yum!!!
**Sweet Potato Spread with Graham Crackers**

Makes approximately 4 servings

**Ingredients**
- graham crackers
- 1 teaspoon oil
- 1/4 cup brown sugar
- 1 tablespoon butter, cut into bits
- 2 cups (1 pound) canned sweet potatoes, mashed

**Supplies**
- large mixing bowl
- 9” x 9” baking dish
- serving spoon
- fork
Lana's Favorite Recipes

Note to Grown-ups
This snack can be prepped just before it is heated in the oven. Your child can help with several steps of this recipe. The pan will be hot after coming out of the oven, so take care when serving the spread to children.

Directions

1. Invite your child to wash their hands and join you for a cooking activity.
2. Spread the oil with a paper towel over the bottom and the sides of the baking dish.
3. Place the sweet potatoes in a large bowl and mash them with a fork.
4. Scoop the mashed sweet potatoes into the baking dish and spread evenly in the pan.
5. Sprinkle the brown sugar evenly over the top.
6. Scatter the butter bits evenly over the brown sugar.
7. Bake in a 350° oven for 20 minutes, or until hot and the butter is melted.
8. Remove the sweet potato spread from the oven and let cool 5 minutes.
9. Dip or spread sweet potato mixture onto graham crackers and enjoy!
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