

Recipe articles for the MetroWest Daily

ASSIGNMENT OUTLINE

The purpose of this assignment is to write a news article and recipe that conveys nutrition information to the public in a useful and motivating way. The message should be targeted to the entire family, with a special focus on children and foods they will enjoy.

Objectives:

1. Write a short paragraph introducing a nutrition concept or food management tip that correlates with a healthy, kid friendly recipe.
2. Find or modify a recipe that is kid friendly and edible for the entire family.
3. Locate a non-copyrighted picture to submit with the article.
4. Turn in two of these selections (paragraph with corresponding recipe and picture) that could be eaten during the same meal.

Required Sections and Layout details: (see attached examples)

Title: MetroWest Healthy Family Table

Paragraph: Approximately 8-10 sentences that introduce a nutrition concept or food management tip. All paragraphs should be written at eighth grade reading level or below. Some sample topics might include: benefits and ideas for eating dinner together as a family, food budgeting, ways to eat more fruits and vegetables, getting the kids involved with cooking and good nutrition. All paragraphs must end with the sentence, "For more ideas and support to keep your family healthy and happy, visit MetroWest Kids at www.metrowestkids.org, the web page of MetroWest Health Care Foundation."

Recipe: All recipes should be enjoyable for kids, healthy, and cost effective. They can be your own recipe, someone else's recipe (with appropriate citation), or variations of either. All recipes should include a prep/cook time, yield, ingredients, directions, and nutrition facts. The recipes can be, but are not limited to, after-school snacks, main dishes, side dishes, vegetables, grains, desserts (dessert selections should be limited.)

Finding and Documenting the Recipe: There are many places to find recipes such as the internet or cookbooks. If you use a recipe exactly how you found it you must site your source at the bottom of the article. Internet sources should include the full web page name, full URL, and the access date. If the recipe is from a cookbook, cite the source by listing the author's, name of the cookbook, publishing company, year, and price. Here is an example: Recipe from Andrew Schloss and David Joachim's "Mastering the Grill," Chronicle Books, 2007, \$24.95. If you change the recipe in some way--such as incorporating a nutrition recommendation by changing white bread to whole wheat bread--you do not have to cite the source because you have created a new recipe.

Ingredients and Directions: The ingredient list should contain as much detailed information as possible. For example, if you are adding a can of something you must also list the exact ounce amount of the can. Add information such as should the canned item be drained or not drained or whether the onion should be small, medium, or large. Also, remember that many items shrink when they cook so indicate whether the measurement amount should be taken before or after cooking.

In order to do an accurate nutrient analysis many of the items will need to be converted into pounds or ounces, but remember people don't usually cook that way. Even though you are being detailed in the amounts make sure that the values are also given in a format, such as cups, that people are familiar with when cooking. Directions should be simple and given in a number sequence. Similar steps can be grouped together in the same number. Make sure to skip a line in-between each numbered step. Incorporating steps that children can help with is always a fun idea.

Nutrition Information: The last section of the article should provide nutrition information per serving. You should include values for: calories, g protein, g fat, g carbohydrate, mg sodium, mg cholesterol, fiber. Other nutrients that are of special significance to the recipe can also be added according to your judgment. Many recipes you find will contain this information, but if you change the recipe at all or find a recipe without the given information you will have to calculate this information yourself. This can be done using Nutribase, Diet Analysis +, or any other nutrition software you find available. As a rule of thumb, a total entrée meal should only contain approximately 500 calories/serving, all sides approximately 100-150 calories/serving, and desserts only about 150 calories/serving. If the recipe is much more than these values a new item or substitution should be considered.

Picture: Pictures are a great addition to the article. Be sure that the picture you choose is copyright free and represents the recipe appropriately. All Microsoft pictures are available for use.

Additional sources for finding pictures include:

FNIC Art and Images Page:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=270&topic_id=1312

Food Photos (National Cancer Institute)

<http://visualsonline.cancer.gov/browseaction.cfm?topicid=58>

Body and Soul Image Library (National Institutes of Health)

http://www.bodyandsoul.nih.gov/resources_bsimagelib_1.html

Food Clipart

<http://www.iconbazaar.com/food/pg01.html>

Janet Schwartz, professor

CD's containing food images available in her office that can be borrowed

METROWEST HEALTHY FAMILY TABLE

By: Rochelle Smith, UMD Dietetic Intern

In 2007 the “Fruits and Veggies – More Matters” promotion was launched. This was done to remind all Americans that we should be eating more fruits and vegetables. Fruits and veggies are wonderful, healthy ways to get vitamins and minerals. It can be hard to eat more fruits and veggies and often parents find it difficult to get kids excited about them. One way to eat more fruits and veggies is to add them into foods you and your kids already love to eat. This recipe for vegetable pizza is a great example of using a loveable food and adding more vegetables. Let kids help out in the kitchen by putting the vegetables on top of the pizza. Kids are usually more willing to try new foods that they have helped make. You can also make extra pizzas and freeze them so older children can reheat them and enjoy for a snack. For more ideas and support to keep your family healthy and happy, visit MetroWest Kids at www.metrowestkids.org, the web page of MetroWest Health Care Foundation.

Smart Vegetable Pizza*

Start to Finish: 30 minutes

Servings: 8 slices

Ingredients:

- $\frac{3}{4}$ cup pizza sauce
- 1 large (12”-18”) or 2 small (8”-10”) Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- $\frac{1}{2}$ cup sliced red or green bell peppers
- 1 $\frac{1}{2}$ cups (5 to 6 ounces), shredded, low fat mozzarella or Cheddar cheese



Directions:

1. Preheat the oven to 450 F.
2. Spoon the pizza sauce on the pizza shell.
3. Put the pizza shell on a baking sheet.
4. Arrange the broccoli, carrots and bell peppers over the sauce.
5. Sprinkle the cheese on top.
6. Bake for 10 minutes.
7. Remove the pizza from the oven, and cool 3 minutes before slicing. Cut into 8 wedges.

Nutrition Information per serving: 238 calories; 13g protein; 8g fat; 29g carbohydrates; 568mg sodium; 15 mg cholesterol

*Recipe and picture from Junior Leagues’ Kids in the Kitchen.

<http://kidsinthekitchen.ajli.org/?nd=home>. Access Date: 06/07/07.

METROWEST HEALTHY FAMILY TABLE

By: Rochelle Smith, UMD Dietetic Intern

Grain products such as bread, pasta, rice, and cereal are called carbohydrates. They are a main source of energy for our bodies. MyPyramid (the USDA food guide) encourages that one-half of all grain choices be whole grains. Eating whole grains may help with weight management and is a great source of many nutrients. When shopping, look for packages that say 100% whole wheat or whole grain. Also look at the ingredient label, one of the first ingredients mentioned should be whole grain. It is easy to add more whole grains to your family's diet. Use recipes you already have, or new ones like the pasta salad recipe below, but switch refined pasta to whole wheat pasta or white bread to whole wheat bread. For more ideas and support to keep your family healthy and happy, visit MetroWest Kids at www.metrowestkids.org, the web page of MetroWest Health Care Foundation.

Peas in the Pasta Salad

Start to Finish: 20-25 minutes plus chilling time

Servings: 5 cups

Ingredients:

- 1 ½ cups uncooked whole wheat shell pasta
- 1 cup frozen peas
- 1 cup ham, cut into small cubes
- 1 cup low fat cheddar cheese, cut into small cubes
- ½-¾ cup creamy, low fat ranch dressing



Directions:

1. In a large pot of boiling water, cook pasta until tender according to package directions.
2. Place peas in a strainer and drain cooked pasta over the peas to thaw. Rinse, cool and drain well.
3. Combine diced ham and cheese in a large bowl and stir in pasta, peas and dressing. Chill 2 to 3 hours before serving.

Nutrition Information per serving: 238 calories; 18.1g protein; 7.7g fat; 23g carbohydrates; 725mg sodium; 35mg cholesterol, 2g fiber

METROWEST HEALTHY FAMILY TABLE

By: Rochelle Smith, UMD Dietetic Intern

Today's families are busy! With so many activities to attend, it can often be difficult to get the family together at meal time. However, studies have shown that it is important. Eating meals at home together as a family saves money, builds family relationships, and is usually more nutritious. Plan out what meals you are going to have as a family at the beginning of the week. Get the kids involved in the planning. It is a great opportunity to get them excited about food and healthy choices. Make sure you have all the ingredients you need for the recipes in the house so you won't be surprised when dinner time comes. If time is an issue, look for ways to cut corners such as using left-overs, prepping some of the items in advance, or using a crock-pot. The recipe below can be put in a crock-pot and can cook while you are out running errands. During dinner, turn off the television, loud music, and phone so you can enjoy the company of your family. The benefits will astound you. For more ideas and support to keep your family healthy and happy, visit MetroWest Kids at www.metrowestkids.org, the web page of MetroWest Health Care Foundation.

Crock-pot Chicken Enchiladas

Start to Finish: 15 minutes prep, 5 hours cooking

Servings: 4

Ingredients:

- 1 $\frac{3}{4}$ cup red enchilada sauce
- 2 (3oz each) prepared or cooked chicken breast
- 1 can (10.75oz) cream of chicken soup
- 1 cup 1% milk
- $\frac{1}{2}$ cup sliced black olives
- 6 whole wheat tortillas (6")
- 1 medium onion, chopped
- 2 cups (8 oz) low-fat Cheddar cheese, shredded



Directions:

1. Shred the chicken into small pieces.
2. Mix soup, olives and onions.
3. Layer crock pot with sauce, tortillas, soup mix, chicken and cheese all the way to top, ending with cheese on top.
4. Cook on low temperature about 5 hours in crock pot.

Nutrition Information per serving: 556 calories, 36g protein, 28.03g fat, 41.25g carbohydrate, 1900mg sodium, 103.5mg cholesterol, 4.75g fiber