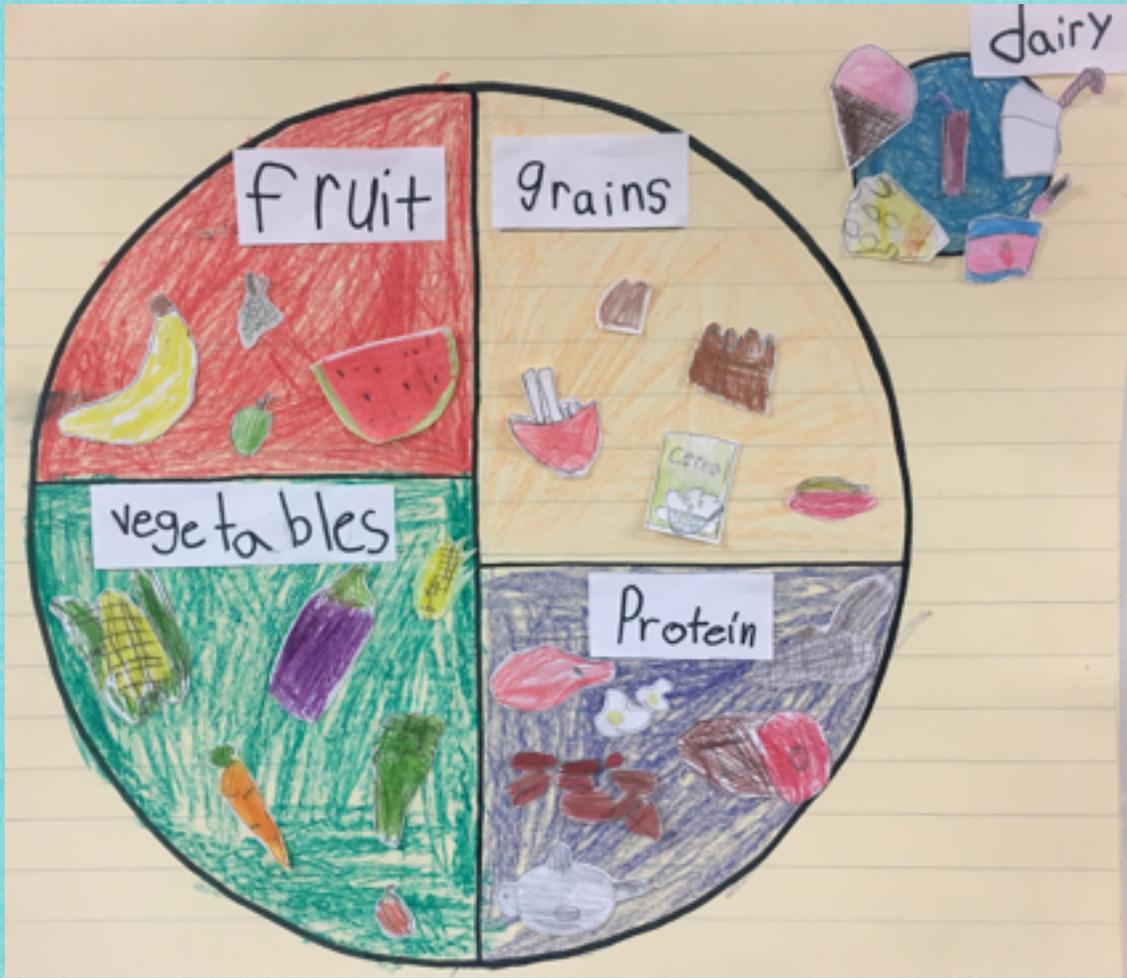


Cooking with K2

By Ms. Goddard and Mrs. Greenwood's K2 Class



Introduction

This is our cookbook. It will show you how to make healthy recipes.

In our expedition, we learned about the five food groups: grains, dairy, protein, vegetables, and fruit. We learned about My Plate. It helps us eat balanced meals. A balanced meal means you have a little from each food group on your plate.

In this cookbook, there are 10 recipes that we made in class. We made 2 recipes for each food group. It was fun making healthy food that tastes good. We hope you like the recipes too!

We also learned about exercise. It helps make your body and heart strong. At the end of the cookbook, you will find an alphabet exercise chart to go with our healthy recipes.

Enjoy!

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Fruit Popsicles

Ingredients

2 cups frozen fruit
1/4 cup 100% fruit juice



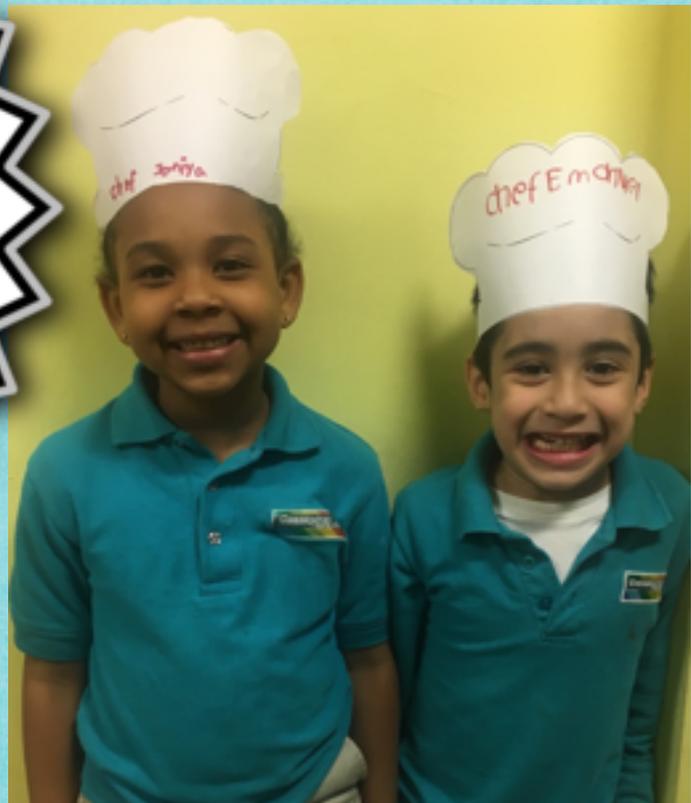
Fun Fact:

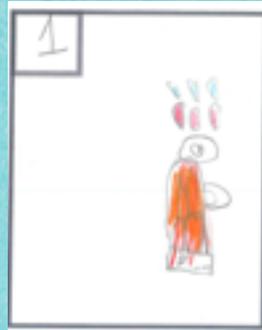
fruit

Help Your
blad to be healthy.

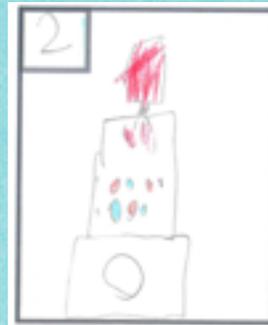


Help





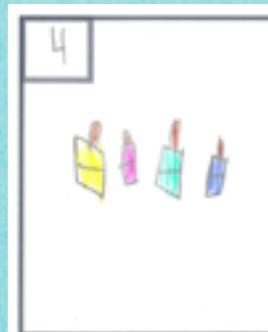
First put frozen
fruit in the
blender.



Then add
juice to the
blender.



Next put the
blender on.



Then put the
popsicles in cups
with popsicle
sticks.



Last put the
popsicles in the
freezer for 6
hours.

Applesauce

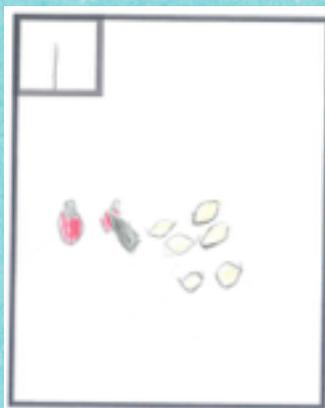
Ingredients

12 chopped apples
1/2 cup brown sugar
1/2 tsp. cinnamon
1/2 cup water

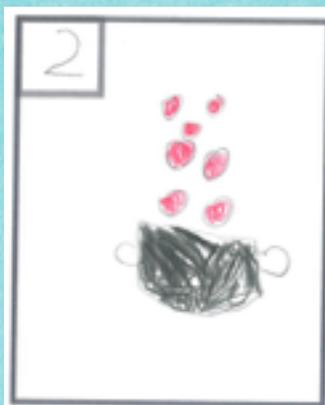
Fun Fact:

fruits have fiber
fiber helps your
Stomach Digest.

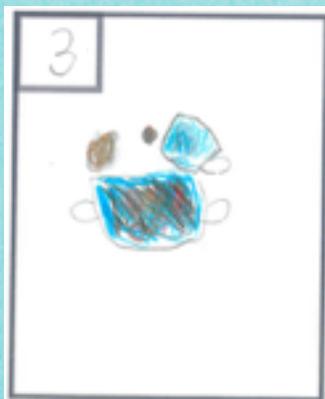




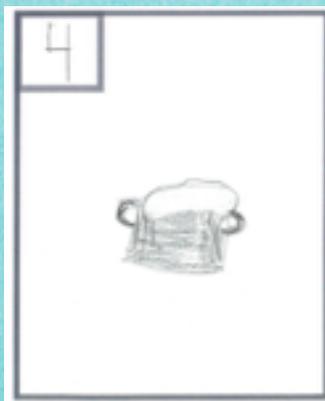
First you
peel and chop
the apples.



Next you put
the apples
in to the
crock pot.



Then you
put cinnamon
and water
and sugar in the
crock pot.



Last you cook
the apples for
4 to 5 hours.

Ants on a Log

Ingredients

celery
cream cheese
raisins



Fun Fact:

Vegetables are full of nutrients.





1
First you cut the
celery into small
pieces.



2
Next you put
the cream cheese
on the celery.



3
Next you
put raisins on the
cream cheese.



4
Last you eat
it.

Salad

Ingredients

lettuce
vegetables (of your choice)
salad dressing to taste

Fun Fact:

vegetables help
your body to
be strong.

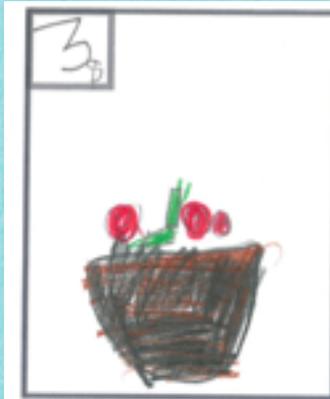




1
First you wash
and chop the
lettuce.



2
Next you wash
and chop the
vegetables.



3
Next you
put the
lettuce and
vegetables in a
bowl.



4
Last you
pour the
Salad dressing
on

Oatmeal

Ingredients

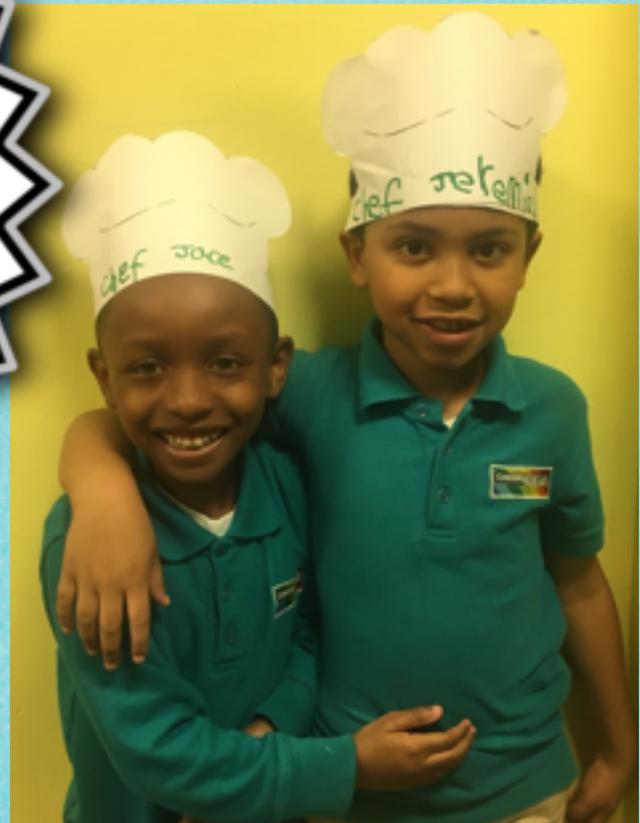
5 chopped apples
1/4 cup brown sugar
1 tsp. cinnamon
2 cups quick oats
4 cups water

Grains



Fun Fact:

Eating whole
grains helps
your body fight
illness.

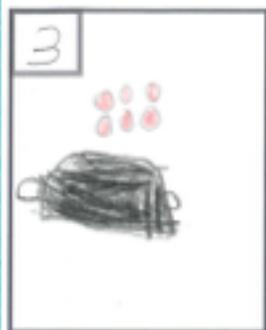




1 First you put
the cats in the
crock pot.



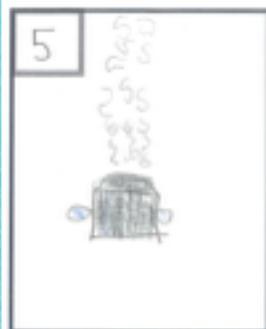
2 Then you peel
and chop the
apples.



3 Next you put the
apples in the
crock pot.



4 Then you add
the water,
cinnamon and
brown sugar.



5 Last you cook
it for six to
eight hours.

Pasta Salad

Ingredients

whole grain pasta
vegetables (of your choice)
salad dressing

Fun Fact:

Grains are the seeds from some plants.

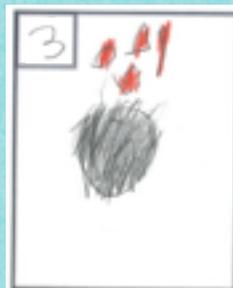




First you
boil the
water in the
pot.



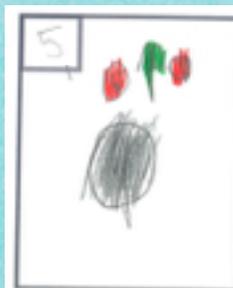
Then you cook
the pasta
for 8 to 10 minutes.



Then you put
the pasta in
the bowl.



Then you
wash and
chop the
vegetables.



Next you put
the vegetables
in the bowl.



Last you
pour the
salad dressing.

Hummus

Ingredients

- 2 tbs. tahini sauce
- 2 tbs. lemon juice
- 1 clove garlic
- 1 15 oz. can of chick peas
- 1/4 cup warm water

Protein



Fun Fact:

protein

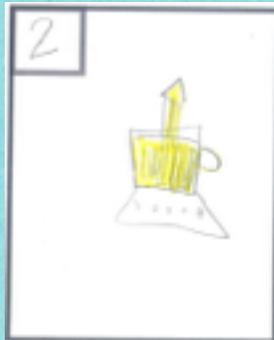
protein food
body with
amino acids
blocks OF
skin and

provide your
amino acids
are the building
blocks of the
bones, muscles
and blood.





First you put
chick peas
in the blender.



Then you cut
and squeeze
the lemon.



Then you put
the garlic in in
the blender.



Then you put
tomato sauce and
water in the blender.



Last you turn
the blender on
to mix it.

Egg Salad Sandwich

Ingredients

6 large eggs
1/4 cup mayonnaise
1 tbs. mustard
salt and pepper

Fun Fact:

Eating lean meat
and fish helps
keep your blood
healthy.





1
First you hard
boil the eggs
for 12 minutes.



2
Then you
smash the
egg.



3
Next you put
mayonnaise
on the eggs.



4
Then you put
mustard on
the eggs.



5
Next you put
salt and pepper
on the eggs.



6
Last spread
the egg on
the whole
wheat bread.

Macaroni and Cheese

Ingredients

16 oz. whole grain pasta
3 cups milk
1/2 stick butter
2 cups cheddar/ jack cheese mix

Fun Fact:

Milk and dairy
foods help to
build strong bones.



Dairy





First you cook
the pasta for
8 to 10 minutes



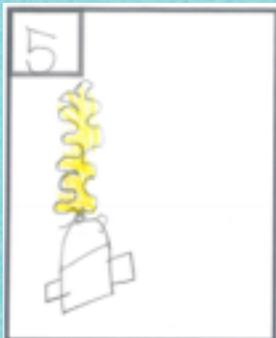
Next you put
the pasta in
the crock pot



Then you put
the shredded
cheese in the
crock pot



Then you put
in the milk
and butter



last you cook it
for 3 hours

Frozen Yogurt

Ingredients

- 2 cups frozen strawberries
- 3 medium bananas
- 3 tbs. honey
- 1/2 cup plain greek yogurt

Fun Fact:

Milk, cheese and yogurt are part of the dairy group. They give you calcium.

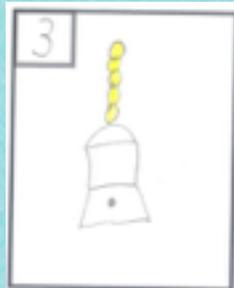




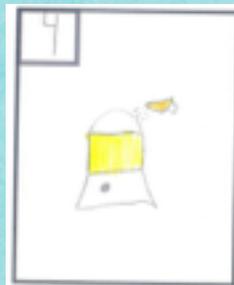
1 First you put
the greek
yogurt in the
blender.



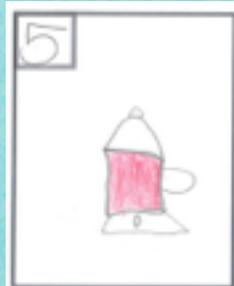
2 Next you put
the strawberries
in the blender.



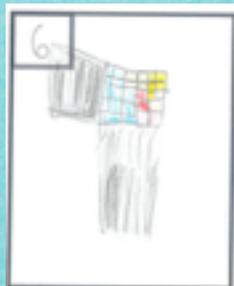
3 Then you put
the bananas
in the blender.



4 Next you
put the honey
in the blender.



5 Then you blend
all of it
together.



6 Last you
freeze it for
2 to 3 hours.

Choco Banano

Selena's Family Recipe

Ingredients

- chocolate
- bananas

Directions

1. Cut banana in half and put banana on a stick
2. Freeze the banana
3. Put chocolate in a deep pan and melt it
4. Cover the frozen banana with the melted chocolate

Dark Cherry Smoothie

August's Family Recipe

Ingredients

- 1/2 banana
- 1/2 cup plain yogurt
- 1 cup frozen sweet dark cherries
- 1/4 cup orange juice
- drizzle of honey

Directions

1. Put all ingredients in a blender
2. Blend until smooth
3. Drink right away

Torta de Liquidificador

Maria's Family Recipe

Ingredients

For the batter:

- 450 ml milk
- 1 beef stock cube
- 3 large eggs
- 150 ml corn oil
- 180 g all-purpose flour
- 1 tablespoon baking powder

Note: you may use sliced 250g palm heart or 150g sliced cooked champignon mushrooms instead of the green peas

For the filling:

- 3 mature tomatoes
- salt
- oregano
- olive oil
- 200 g Emmental cheese
- 1 canned tuna (approximately 80 g of drained product)
- 120 g fresh or frozen green peas
- a handful of pitted olives, optional

Directions

1. Peel the tomatoes, cut into thin slices, season with salt, oregano, olive oil and set aside.
2. Grate or cut the cheese into small cubes and set aside.
3. Open the tin of fish and drain the oil.
4. The fresh or frozen peas can be used raw.
5. You can use the oil from the canned fish in place of some corn oil.
6. Blend all batter ingredients together.
7. Pour half the batter into a round (25cm diameter) or rectangular baking dish, greased or lined with grease-proof paper.
8. Spread the filling evenly over the first layer of batter and cover with remaining batter.
9. Bake in preheated oven at 190° C for around 50 minutes, until it is golden brown.
10. Allow to stand for 15 minutes before serving.

Ratatouille

Janiya's Family Recipe

Ingredients

- 1 large onion halved and sliced 1/2 inch
- 1 zucchini sliced into 1/2 inch rounds
- 1 yellow summer squash sliced into 1/2 inch rounds
- 1 pack of mushrooms (cleaned and sliced)
- 1 pepper (red or orange for color) devained and seeded. Cut into pieces
- 1 can diced tomatoes with juice
- Sprinkle of thyme
- Sprinkle of oregano
- Sprinkle of Italian
- Sprinkle of basil
- Sprinkle of sea salt
- Sprinkle of pepper
- Olive oil
- *Optional shredded cheese

* For a great presentation season vegetables and alternate in a round baking dish, giving a spiral effect. Use fresh sliced tomatoes instead of canned, about 4 cut into 1/2 inch slices.

Directions

Preheat oven to 400

1. Place vegetables in a large mixing bowl except diced tomatoes
2. Drizzle lightly and toss to coat with olive oil
3. Sprinkle with seasonings and herbs
4. Toss with hands or large spoon
5. Sprinkle seasonings and herbs again
6. Toss to coat
7. Add diced tomatoes with juice and toss
8. Place in a baking dish and cover with foil
9. Bake for 20 minutes and check to see if vegetables are tender. Bake covered in 10 minute increments until desired tenderness is achieved. If adding shredded cheese once vegetables are tender, sprinkle with cheese and bake

Salmon Flake & Cucumber Sushi

Reina's Family Recipe

Ingredients

- Rice (2 cups)
- Salmon Fillet (half pound)
- Oil (2 table spoon for non stick pan, more for stainless pan)
- Salt (half tea spoon)
- Cucumber (half length)

- Seasoned Sushi Vinegar (1 table spoon)
- Seaweed for Sushi (as much as you want to eat)

Directions

- 1 Cook rice with rice cooker and cool it down in room temperature.
(You can buy cooked white rice or sushi rice from sushi section in grocery store, such as Whole Foods Market.)
- 2 Mix seasoned sushi vinegar with rice.
- 3 If a salmon is frozen, defrost it in microwave.
- 4 Warm a pan with oil over medium-low heat and place the salmon.
- 5 Cook until golden brown on one side.
- 6 Using spatula, fork or spoon, flake the salmon finely in the heated pan.
- 7 Cook thoroughly and add salt mix well in the pan. Remove them from the pan.
- 8 Cut cucumber in thin stick shape. (length 2.5 inch, width 2~5mm)
- 9 Cut a sheet of seaweed in hand size rectangle or square shape.
- 10 On a sheet of cut seaweed, place rice, salmon flake and thin stick cucumber.
- 11 Wrap it in a shape like a wrapped baby with a blanket.
- 12 Eat! Enjoy!

Shrimp Scampi

Kourage's Family Recipe

Ingredients

- 1 Box Angel Hair Pasta
- 1 Bag of raw shrimp
- Butter
- 1 lemon
- Parsley Flakes (as many as you want)
- Salt (to taste)
- Pepper (to taste)

Directions

1. In a large pot of boiling water, cook pasta according to package instructions; drain well.
2. Melt butter in a large skillet over medium high heat. Add shrimp. Cook, stirring occasionally, until pink, about 2-3 minutes.
3. Stir in lemon juice; season with salt and pepper, to taste. Bring to a simmer; remove from heat and stir in pasta and parsley.
4. Serve immediately

Puerto Rican Yellow Rice & Corn

Jeremiah's Family Recipe

Ingredients

- 4 cups uncooked white rice, or about 1 handful per person
- 1 $\frac{3}{4}$ cups water
- 3 Tbsp vegetable cooking oil
- Sazón, 1 packet
- 2 Tbsp tomato sauce
- 1 Tbsp tomato paste
- 1 Tbsp sofrito or recaito
- Olives (use the Spanish salad olives with pimientos), about 5-6 olives
- 1 can of yellow corn, drained

Serve your yellow rice with corn along with your choice of meat, and a side salad for a complete meal.

Alternatively, you could also serve with beans and a salad for a vegetarian meal.

Directions

- 1 Put rice into your rice cooker's pot and rinse the rice. If you're not familiar with how to clean rice, it just means that you run it under water a couple of times and pick out the dark grains, pebbles, etc. To do this:
 - Fill pot with water and press rice with your hands.
 - Pick out anything that's not a rice grain.
 - Pour out water, being careful not to lose any of the rice.
 - Repeat a few times until water pours out clear.
- 2 Add water to the pot until the water sits just above the rice. Add more water if necessary.
- 3 Add remaining ingredients.
- 4 Stir.
- 5 Taste the water. If you feel it needs more seasoning, you can add a little salt to your liking.
- 6 Cover and set the rice cooker to cook. serve.

Mango Kulfi (Indian Ice Cream)

Yannick's Family Recipe

Ingredients

- 1 lbs - Fresh Mango or Mango Pulp
- 1 liter - Milk
- 1 tbsp - Corn Flour dissolved in 2 tbsp milk
- 1/2 lbs - Sweetened Condensed Milk

Kulfi are a popular summer ice cream treat. You can add any mango puree while making this frozen dessert, though ripe mangoes work best.

8-10 Servings

20 Mins Prep

3-4 Hours Freeze

Directions

1. Mix the Sweetened Condensed Milk and milk together in a pan. Bring to boil stirring continuously, reduce the flame and cook for 10-15 minutes stirring from time to time.
2. Add the cornflour paste and continue to cook for 3-4 minutes till the mixture is thick. Remove from fire and cool.
3. When cool add the puréed mango, mix well and pour into popsicle moulds and freeze for 3-4 hours till set. Remove from moulds and serve.

Banana Poppers

Jace's Family Recipe

Ingredients

- 3 bananas
- 1/2 cup of brown or white sugar
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 cup flour
- 2 cup oil (vegetable or corn oil)

Directions

1. Mash bananas in a bowl
2. Mix in nutmeg, cinnamon, and sugar
3. Slowly add flour until consistency of pancake batter (it is okay to use more flour depending on the size of the bananas)
4. Heat oil until hot (on medium/high)
5. Fry mixture for 2-3 on each side- until golden brown
6. Drain on paper towel and Enjoy! :)

Kibbeh

Elizabeth's Family Recipe

Lebanese traditional dish with lamb, bulgar wheat and spices/herbs.

Ingredients

- 2/3 cup medium coarse bulgur
- 1 cup fresh mint leaves
- 1 large onion, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds lean ground lamb (if lamb is unavailable you can substitute with ground beef)
- 3 tablespoons olive oil
- 1 cup of toasted pine nuts (optional)

Directions

- 1 Put bulgur in a bowl and cover with water just to the top of the bulgur. Place in the microwave and cook on High for 1-2 minutes until bulgur is swollen and the water is all absorbed. Toss briefly and allow to cool.
- 2 Place the mint leaves in a food processor. Process, gradually adding onion, until both mint and onion are finely chopped. Stir the mint-onion mixture into the bulgur, with the cumin, allspice, salt, and pepper. Stir the bulgur mixture into the ground lamb and mix thoroughly. You can add the pine nuts in at this time, if desired, as well. Using hands, shape the lamb mixture into small, palm-sized patties.
- 3 Place the olive oil in a skillet and heat over medium heat. Add the kibbeh patties and cook until outside is golden brown and center is cooked through, turning once, about 6 minutes on each side.

Can be served with plain yogurt mixed with chopped mint and garlic for a dipping sauce.

All About My Plate

Lyrics by Tess Plotkin
sung to the tune of "All About that Bass," by Meghan Trainor

Because you know I'm all about my plate

'Bout my plate, five food groups

I'm all about my plate

'Bout my plate, five food groups

I'm all about my plate

'Bout my plate...plate...plate...plate.

Yeah, it's pretty clear, you need the veggie group
you can eat them, eat them as seeds, leaves, or roots
you'll get some fiber, fiber, and some vitamin c
from cauliflower, peppers, or broccoli.

Then there's the grains group, they come in many forms
pasta, popcorn, bread, rice, and cereal.

If you eat healthy whole grains, then sing along

'cause whole grains, they help your body to be healthy and be strong

Yeah, in K2 we learn how to make a real healthy plate

by eating fruits, veggies, and dairy, and proteins, and grains.

Eating healthy will make our bodies and hearts grow strong.

So if you eat the eat the five food groups, then go 'head and sing along

Because you know I'm all about my plate

'Bout my plate, there's dairy

I'm all about my plate

'Bout my plate, there's protein

I'm all about my plate

'Bout my plate, fruits and veggies

'Bout my plate...there's grains!

We're eating healthy snacks

strawberries, carrots, nuts and things like that
and sometimes even healthy fats.

we're here to tell you

eat five food groups everyday and help your body on the way

Yeah, in K2 we learn how to make a real healthy plate

by eating fruits, veggies, and dairy, and proteins, and grains.

Eating healthy will make our bodies and hearts grow strong.

So if you eat the eat the five food groups, then go 'head and sing along.

Because you know I'm all about my plate

'Bout my plate, there's dairy

I'm all about my plate

'Bout my plate, there's protein

I'm all about my plate

'Bout my plate, fruits and veggies

'Bout my plate...there's grains!

Exercise Tips!



Alphabet Exercise



<p>A arm circles arm stretch</p>	<p>B bicycle crunches boxing</p>	<p>C crunches crab walk</p>	<p>D dance downward dog</p>
<p>E elephant walk elbow circles</p>	<p>F Frog jumps Freeze dance</p>	<p>G Gallop</p>	<p>H Hand stand Hop</p>
<p>I inchworm</p>	<p>J jog jumping jacks</p>	<p>K Knee tucks Kicks</p>	<p>L leg lifts lunges</p>
<p>M moonwalk march</p>	<p>N neckrolls</p>	<p>O Open stretch</p>	<p>P Push ups</p>
<p>Q quick feet</p>	<p>R run rock climbing</p>	<p>S squats situps</p>	<p>T toe touch tree pose</p>
<p>U upward dog</p>	<p>V volcano pose</p>	<p>W walk weight-lifting</p>	<p>X X-jumps</p>
<p>Y yoga</p>	<p>Z zig-zag walk</p>		

About our Expedition: What's on Your Plate?

One day in February, Cookie Monster surprised us with a visit to our classroom! "I LOVE Cookies," he told us. "But I need your help. What other foods can I eat to help me get healthy and strong?"

We couldn't wait to learn all about healthy foods to help Cookie Monster. We became experts in each of the five food groups and learned how different foods help our body stay healthy and grow strong. We tasted many different foods from each food group and made delicious recipes.

We also learned that eating healthy is only part of the picture. We learned all about exercise and how to keep our bodies and hearts strong. We practiced many different exercises and created our own exercise chart using all of the letters of the alphabet!

We couldn't wait to share everything we learned with Cookie Monster and all of you. We decided to make this cookbook to help share our healthy recipes and exercise tips. We hope you enjoy it!

Picture Gallery





CONSERVATORY LAB

CHARTER SCHOOL

This is our cookbook. It will show you how to make healthy recipes.

