

Grilled Shrimp Salad



INGREDIENTS

5 ea Grilled Shrimp
2 tablespoons chopped Bacon
1/2 cup Grilled Corn
2 tablespoons Avocado Cubes
5 ea Roasted Potatoes
4 tomato 1/4's
1 1/2 cups Spring Mix
1 1/2 cups Arugula
2 oz. Thyme Vinaigrette

DIRECTIONS

Follow along with the video.

Cooking with Kids Grilled Shrimp Salad

Number of Servings: 1 (947.3 g per serving)

Weight: 947.3 g

Nutrition Facts	
Serving Size (947g)	
Servings Per Container	
Amount Per Serving	
Calories 570	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 2920mg	122%
Total Carbohydrate 66g	22%
Dietary Fiber 12g	48%
Sugars 10g	
Protein 30g	
Vitamin A 70%	Vitamin C 110%
Calcium 25%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

NOTE: The nutrition information is based on manufactures reported nutritional content. The nutrition information could change based on the products an individual uses to prepare the recipe. All nutritional information should be used as an estimate.

specialty of:
Executive Chef Travis Napier
Bristol Seafood Grill

Cooking with Kids

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Chicken Roulade



INGREDIENTS

- 1 Chicken Breast (thinly pounded)
- 6 leaves baby spinach
- 1 tablespoon fresh parmesan cheese
- 1/2 cup polenta
- 5 ea baby carrots (blanched)
- 1 tablespoon honey
- 1 teaspoons minced shallot

DIRECTIONS

Follow along with video.

Cooking with Kids Chicken Roulade

Number of Servings: 1 (240.41 g per serving)

Weight: 240.41 g

Nutrition Facts

Serving Size (240g)	
Servings Per Container	
Amount Per Serving	
Calories 470	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 540mg	23%
Total Carbohydrate 78g	26%
Dietary Fiber 6g	24%
Sugars 18g	
Protein 29g	
Vitamin A 140%	Vitamin C 4%
Calcium 8%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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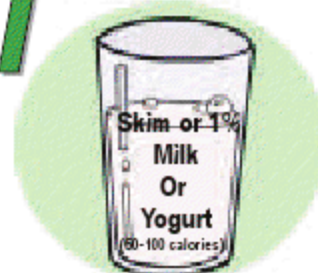
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The Plate Model



MEAT, PROTEIN

BREAD, STARCH



**LUNCH
OR
DINNER**

VEGETABLES



SERVING SIZE AT LUNCH AND DINNER

PROTEIN = 2-3 OUNCES

BREAD, STARCH = 1/2 CUP OR 1 SLICE

VEGETABLES = 1/2 CUP COOKED OR
1 CUP UNCOOKED

FRUIT = 1/2 CUP OR 1 SMALL FRESH

MILK OR YOGURT = 1 CUP

Children's Mercy Hospitals & Clinics, Nutrition Services
Revised: 7/24/09





Decrease Screen Time

SCREEN TIME = TV + COMPUTER + VIDEO GAMES + HAND-HELD GAMES + PHONE/TEXTING

REASONS TO CUT DOWN ON TV VIEWING

- The American Academy of Pediatrics recommends that parents
 - Limit children's screen time to no more than 2 hours a day.
 - Remove TV's from children's bedrooms.
 - Discourage TV watching for children under 2 years of age.
- More than 2 hours of screen time can lead to less interest in school activities, lower grades, and physical inactivity.
- For every hour of TV a child averages a day, obesity risk rises 6 percent.

DID YOU KNOW?

- The average American youth spends more time watching TV than any other activity except for sleeping.
- TV negatively affects children's food choices and their physical activity levels.
- Youth who watch TV at meal times eat far fewer fruits and vegetables.



TRY SOMETHING NEW

2-5 YEAR OLDS

- Blow bubbles
- Collect rocks or leaves
- Chase butterflies
- Read with parents
- Color
- Play with play dough
- Play in the sandbox or build sandcastle
- Play with toy cars, blocks, or legos
- Play dolls, house, or school



6-9 YEAR OLDS

- Have relay races, play Mother May I, or Red Light Green Light
- Fly a kite
- Play Frisbee, jacks, tag, or hopscotch
- Try a skip-it or jump rope
- Hula hoop
- Karaoke
- Play musical chairs or limbo
- Try Twister
- Make friendship bracelets, necklaces, or jewelry with beads
- Make paper airplanes
- Do cheerleading or dance moves
- Play charades
- Build a fort
- Learn a magic trick and practice
- Visit a friend or neighbor
- Invite a friend over to play



ANY AGE

- Build a model car, boat, or plane
- Go roller blading, roller skating, skate boarding, or ice skating
- Go miniature golfing
- Go to the park
- Do a jigsaw puzzle
- Read a book or magazine
- Walk a dog or play with your pet
- Play a board game, card game, or jacks
- Do brain teasers (crosswords, word searches, hidden pictures, mazes, sudoku, etc.)
- Write a letter to a friend or relative you don't see often
- Sing or dance to your favorite music
- Learn to juggle
- Walk to and/or from school
- Sign up for a class through your local parks and recreation department
- Have a TV free day
- Check out your local community center



MY GOAL: _____