Being an All-Star Chef means thinking not only about how your food tastes but also how it fuels your body. Use the criteria below to rate the recipes on the handouts or the ones you see demonstrated in class. Do they meet all four?

Rate each recipe based on the following criteria:

1. This recipe contains foods from at least two food groups (Circle which one).
   Food groups are: Whole Grains   Fruits   Vegetables   Dairy   Meat   Beans

2. It should contain a high-fiber food such as whole grains, fruits, vegetables, beans, nuts and seeds.
   Name which high-fiber food or foods:

3. The fat has been reduced or replaced with healthier fats such as vegetable oils (canola, olive, etc.), or nuts or low-fat dairy to add healthy fat that your body needs.
   What type of reduced fat was used?

4. Is it low in sugar or replaced with healthier options such as fruit or 100% fruit juice to sweeten it naturally?
   What sweetener was used?

5. Was it is easy to prepare?
   Why?

6. Did it taste good?
   What did you like most about the taste?
   What do you think makes a snack healthy?
   As an All-Star Chef, create your own criteria.
   My favorite snack is:
   Two reasons my snack is healthy or two ways I could make my snack healthier are:
   1.
   2.
Homework

Rate your dinner tonight; does it meet the All-Star Criteria? Does it meet your criteria (from your activity sheet)? Let's find out!

Name (at least one) dinner item or items: ____________________________________________________________

My dinner met the following criteria:

1. This recipe contains foods from at least two food groups (Circle which ones).

   Food groups are: Whole Grains       Fruits       Vegetables       Dairy       Meat       Beans

2. It should contain a high-fiber food such as whole grains, fruits, vegetables, beans, nuts and seeds.
   Name which high-fiber food or foods: ____________________________________________________________

3. The fat has been reduced or replaced with healthier fats such as vegetable oils (canola, olive, etc.), or nuts or low-fat dairy to add healthy fat that your body needs.
   What type of reduced fat was used?: _____________________________________________________________

4. Is it low in sugar or replaced with healthier options such as fruit or 100% fruit juice to sweeten it naturally?
   What sweetener was used?: ________________________________________________________________

5. Was it easy to prepare?
   Why?: ____________________________________________________________________________

6. Did it taste good?
   What did you like most about the taste?: _______________________________________________________

Your Comments:____________________________________________________________________________

__________________________________________________________________________________________
EAT TO WIN

If you want to score big on tests or in the game, it’s important to choose the foods your body needs. Without top-level fuel, you won’t perform your best. What you eat – and what you drink – can make a huge difference.

For strong muscles and bones, your growing body needs 3 servings a day of dairy. This will provide it with the protein and calcium it needs to excel in everything you do. Need an extra boost? Exercise will help to build up your energy and load those bones with calcium as well. The more you can move – the better.

Did you know that nearly half of all bone is formed during the teen years?

Your growing bones crave calcium. If you miss out on this mighty mineral in dairy, your bones won’t reach their full growth potential.

Bones are kind of like a bank account. You can deposit and save calcium so you’ll have enough to draw on when you’re older. If you skimp on calcium now, you’ll have less calcium stashed away when you need it. That means in the years ahead, you may be more likely to break a hip or have a hunched-over appearance – something called osteoporosis.

So, make the investment now and bone up on calcium. You really can’t make up for it later in life.

EAT TO WIN

Pump Up The Volume

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[Check it out / Your Skeleton]

Parietal
Occipital
Frontal
Zygomatic
Maxilla
Mandible
Clavicle
Scapula
Ribs
Humerus
Ulna
Radius
Carpus
Metacarpus
Phalanges
Sternum
Vertebrae
Pelvis
Coccyx
Sacrum
Femur
Patella
Tibia
Fibula
Metatarsus
Tarsus
Phalanges

[Check it out / Your Skeleton]

Pump Up The Volume

Test Your / Dairy IQ

Take this quick quiz to see if you can spot the mega-myths about dairy. Check out the answers on the back.

1. Now that I am older, I only need to drink one glass of milk daily to get the calcium my body needs.
2. Walking is an exercise that will keep my bones strong.
3. Calcium is not only used by my body for bones and teeth, but also to make my muscle and nerves work.
4. If I am lactose intolerant, I shouldn’t eat dairy.
5. Skipping breakfast helps me stay thin and boosts my energy.

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1. FALSE. Dairy foods are more important than ever. Now is when your bone growth shifts into high gear, so you need to feed your bones plenty of calcium every day. That means 3 servings of dairy daily.

2. TRUE. You need to stay active to keep bones strong as well! Weight bearing exercise like walking, soccer or dancing and resistance training like weight lifting. These activities cause the muscles to tug on bones which encourage bone growth. (Swimming and bicycling do not count.) To keep bones strong exercise a minimum of 30 min x 3 days a week.

3. TRUE. Calcium is a mineral that your body uses not only for bones and teeth, but also to make your muscles flex and nerves conduct. So in order to keep your brain and body working properly, make sure your body gets the calcium it needs.

4. FALSE. Not all dairy contains lactose. Hard cheese like cheddar & parmesan have 0 grams of lactose which means you can eat them even if you are lactose intolerant. Other dairy products you should try include yogurt or lactose-free milk. (See “Tips for Tolerance” above)

5. FALSE. Your body needs fuel! By skipping breakfast it is harder for your mind to think and your body to move. Research also has proven that people who skip breakfast not only do poorly on tests but gain more weight over a lifetime.

Instead of ditching dairy if you think you may be lactose intolerant, try these tips:

START SMALL. Try smaller and more frequent portions of milk and drink milk with a meal or snack instead of on an empty stomach. Most people are fine with drinking 1 cup of milk or less at a time.

REDUCE IT. Look for lactose-reduced or lactose-free dairy products.

SAY CHEESE, PLEASE. More than half of the lactose is removed when cheese is made. Aged hard cheese like Cheddar, Colby, Swiss and Parmesan contain little or no lactose and are easier to digest.

GET A LITTLE “CULTURE.” You probably won’t have any trouble with cultured dairy products like yogurt, which contain “friendly” bacteria that help your body digest lactose.

GO TO THE PROS. These tips may not apply to everyone. Follow the advice of your doctor or consult a registered dietitian.

Apple Fractions
Cut red and green apples into wedges, removing the cores, and toss them with a little lemon juice to prevent browning; fan them on a plate with alternating slices of cheddar cheese.

Total Calcium: 410 mg

Crazy Bobs
Thread skewers with alternating chunks of cheddar and fruits like whole strawberries and grapes or chunks of pineapple or banana; for a veggie version, use red and yellow cherry tomatoes and sugar snap peas.

Total Calcium: 406 mg

Share your own favorite All-Star recipe with us. Email: healthinfo@cabotcheese.com.
[Apple Cinnamon Breakfast Quesadillas]

**makes 4 servings**

- Nonstick cooking spray
- 4 (10-inch) flour whole-grain tortillas
- 1 cup chunky applesauce
- 4 oz. Cabot Sharp Light Cheddar, grated (about 1 cup)
- 2 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon melted Cabot Salted Butter
- ½ cup Cabot Light Sour Cream

1. Preheat oven to 400°F. Coat baking sheet with cooking spray.
2. Spread applesauce over two tortillas. Top with cheese and remaining tortillas.
3. In small bowl, mix together brown sugar and cinnamon. Brush tops of quesadillas with butter and sprinkle with half of sugar-cinnamon mixture.
4. Bake for 6 to 10 minutes or until golden brown. Set aside to cool.
5. Meanwhile, stir sour cream into remaining sugar-cinnamon mixture.
6. Cut each quesadilla into quarters. Serve topped with dollops of sour cream mixture.

[Easy Cheesy Egg Burrito]

**makes 2 servings**

- Nonstick cooking spray
- 2 large eggs
- ½ cup chopped cooked vegetables (leftovers are fine)
- 2 tablespoons milk
- 1 oz. Cabot Sharp Light Cheddar, grated (about ½ cup)
- 2 tablespoons tomato salsa

1. Coat inside of small microwave-safe bowl with cooking spray; add eggs and beat lightly with fork to combine. Add vegetables and milk and stir together.
2. Cover bowl loosely with plastic wrap (to prevent splatter). Microwave on high power for 40 seconds.
3. Stir eggs to break up clumps, recover bowl and microwave for about 30 seconds longer or until cooked through (time will vary with microwave).
4. Place half of eggs in center of each tortilla and top with cheese. Roll up and top with salsa.

[Orange Yogurt Smoothie]

**makes 1-2 servings**

- 1 cup Cabot Lowfat Greek-Style Yogurt (Vanilla Bean or Strawberry)
- ½ cup orange juice
- ½ cup frozen or fresh fruit
- 1. Combine ingredients in blender; blend until fruit is pureed.
**Crispy Baked Chicken Strips**

makes 6 servings

- 1 ½ tablespoons olive oil
- 4 large garlic cloves, minced
- 2 cups chopped green bell pepper
- 1 cup (½-inch) pieces zucchini
- 1 cup (½-inch) pieces yellow summer squash
- 1 cup diced red onion
- 2 teaspoons ground cumin
- Salt and black pepper to taste
- 1 (15.5-ounce) can black beans, rinsed and drained
- 4 oz. Cabot Sharp Light Cheddar, grated (about 1 cup)
- 6 boneless chicken breast halves, cut into ½-inch-wide strips

1. Preheat oven to 375°F. Coat 9-by-13-inch baking dish with cooking spray.
2. In three separate bowls:
   - mix together flour, salt and pepper
   - beat together egg whites and milk
   - mix together cornflakes and cheese
3. Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in baking dish. (Discard any unused mixture.)
4. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

**Healthier Macaroni and Cheese**

makes 6 servings

- 3 cups elbow macaroni
- 1 tablespoon canola oil
- 1 tablespoon all-purpose flour
- ¼ teaspoon ground black pepper
- ¼ teaspoon dry mustard powder
- 1 cup low-fat milk
- 6 oz. Cabot Sharp Light Cheddar, grated (about 1½ cups)
- ¼ cup unseasoned dry breadcrumbs, crushed crackers, or crushed cereal (optional)

1. Cook macaroni in large pot according to package directions; drain, return to pot and set aside.
2. Meanwhile, in medium saucepan, stir together oil and flour to make paste. Place over medium-low heat and cook for 1 to 2 minutes, stirring constantly. Add pepper and dry mustard and stir for 1 minute longer.
3. Slowly whisk in milk. Increase heat to medium and cook, stirring, for about 5 minutes or until mixture comes to a simmer and thickens. Remove from heat and stir in cheese.
4. Stir cheese sauce into reserved macaroni and serve.
5. Alternatively, spread mixture in shallow baking dish and sprinkle with optional breadcrumbs. Bake in 375°F oven for 15 to 20 minutes or until golden and bubbling.

**Chicken and Black Bean Burrito**

makes 4 servings

- 1½ tablespoons olive oil
- 4 large garlic cloves, minced
- 2 cups chopped green bell pepper
- 1 cup (½-inch) pieces zucchini
- 1 cup (½-inch) pieces yellow summer squash
- 1 cup diced red onion
- Veggies above can be substituted with 5 cups frozen vegetables
- 2 teaspoons ground cumin
- Salt and black pepper to taste
- 1 (15.5-ounce) can black beans, rinsed and drained
- 4 oz. Cabot Jalapeño Light Cheddar, grated (about 1 cup)
- 4 (9- or 10-inch) flour tortillas (burrito-size)

1. Preheat oven to 375°F. Coat 9-by-13-inch baking dish with cooking spray.
2. Heat oil in large heavy skillet over medium heat. Add garlic and stir until fragrant and lightly colored, about 30 seconds. Add pepper, zucchini, yellow squash and onion and cook, stirring, until crisp-tender, about 8 minutes.
3. Sprinkle with cumin and continue stirring until vegetables are tender but not soggy, about 2 minutes longer. Season generously with salt and pepper and set aside.
4. Place beans in large bowl; mash into coarse puree with fork. Stir in cheese and reserved vegetables.
5. Place tortillas on work surface. Spoon one fourth of vegetable filling down center of each, then top with one fourth of chicken and sprinkle with one fourth of cilantro.
7. Bake for 10 minutes, or until filling is just heated through. To serve, cut each burrito into two or three sections.

**Calcium Content**

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macaroni and Cheese</td>
<td>260 mg</td>
</tr>
<tr>
<td>Chicken and Black Bean Burrito</td>
<td>300 mg</td>
</tr>
<tr>
<td>Crispy Baked Chicken Strips</td>
<td>150 mg</td>
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