By the end of this activity:

1. LEARN: Students will understand the criteria needed to make a healthy meal (and become an “All-Star Chef”).

Why is being healthy important for students your age?

- Your generation is going to live a lot longer because of the improvements in healthcare and nutrition education. Will your skeleton be able to carry you 100 years? 150 years?
- Many of the nutrients found in the foods you eat, such as calcium, are stored by your body now and used later in life, so they can carry their bodies with a strong skeleton.

What can you do to keep yourself healthy?

- Exercise with friends and family.
- Eat more from some food groups and less from others- which ones and why?

What is the importance of eating breakfast?

- Your body needs fuel. By skipping breakfast it is harder for your mind to think and your body to move.
- People who eat breakfast not only do better on tests, they gain less weight over a lifetime.

When we talk about eating for strong bodies, we need to remember that there are All-Star ways to do this:

1. Snacks & Meals need to come from at least two food groups.
   - Dairy foods provide nutrients like calcium, which makes bones and teeth strong.
   - Fruits provide vitamins like Vitamin C, which helps with vision and healthy skin.
   - Vegetables provide vitamins like Vitamin K, which helps cuts heal.
   - Meats, eggs, nuts and beans provide us with protein, which helps keep our muscles strong.
   - Whole grains provide energy (essential enzymes, iron, dietary fiber, vitamin E and the B-complex vitamins). Because the body absorbs grains slowly, they provide sustained and high-quality energy, which lets us think, dance and play sports.

2. A meal should contain a high-fiber food such as whole-grains, fruits, vegetables, dry beans, nuts and seeds.

3. Reduce the fat in each meal or replace it with healthier fats. Use vegetable oils (canola, olive, etc.) or nuts to add the healthy fat your body and brain need.

4. You can reduce sugar or even replace it with healthier options such as fruit or 100% fruit juice, which are natural sweeteners.

5. Your meal should be easy to prepare.

6. Your meal should taste good!
Doing The Demo

This is easily doable by teacher or chef. Looking for a local chef? Try checking in with a nearby culinary school for a volunteer or check out these chef directory sites to see if a local chef is available:

- www.hireachef.com

Hand Out All-Star Chef Recipe Sheet

Teacher/Chef Activity Notes

Provide demonstration with one or more recipes from All-Star Chef Recipe Handout.

Each demonstration should include the following information. Students can be asked afterwards if they remembered these important points:

- The importance of hand washing and clean surfaces before handling food – FOOD SAFETY.
- The importance of using whole grains, fruits, vegetables and reduced fat products.

For example, in some recipes why are whole wheat tortillas healthier than white tortillas?

**Ans:** FIBER.

Another Example, Why are reduced-fat cheeses healthier for you?

**Ans:** LESS FAT in your diet but still the same amount of CALCIUM.

For additional copies of handouts, visit: www.cabotcheese.coop/allstar
**Extended Activity Ideas**

A For the rest of the week, we want you to rate one meal each day with the Cabot All-Star Chef criteria. It can be any meal of your choosing or one you all choose together as a class.

B Have your students watch a cooking show on TV or the computer and rate the recipe they learn using the All-Star Chef criteria. (Use Activity Sheet).

C Link to [www.cabotcheese.coop/edprograms](http://www.cabotcheese.coop/edprograms) for more nutrition activities for your classroom.

D Email healthinfo@cabotcheese.coop to tell us about using this in your classroom and we will send you our newest set of Nutrition posters.

E For more activities like these, go to: Tools For Schools at [www.cabotcheese.coop/edprograms](http://www.cabotcheese.coop/edprograms) and order your free Cows, Calcium and Cheese kit –udderly wonderful nutrition activities for the K-9 classroom.

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**Materials Needed**

- Two class periods

**Time Needed**

- Work as a team to create a presentation.

**Exploring Careers in Agriculture**

- Farm and Key School Matters
- Customer Service
- Sales and Marketing – Communication and Design
- Quality Assurance and Manufacturing Facts – Cheesemaking
- Tractor / Truck Cultivator
- Planter / Irrigation System

**Source:** American Farm Bureau Federation Farm Facts.

**Beyond the Bovine Place Map handout**

**Beyond the Bovine: Jobs On and Off the Farm**

- Real Farmers on

**Activity Sheet**

- A Business Person
- An Entrepreneur
- An Accountant
- A Financial Planner
- An Environmentalist
- A Community Leader

**Facts**

- Milk Truck Driver

**CD-ROM**

- Cows, Calcium, and Cheese: Nutrition Activities for the K-9 Classroom

**Source:** American Farm Bureau Federation Farm Facts.

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**In the Classroom:**

1. Watch “Beyond the Bovine: Jobs On and Off the Farm” to consider later.

2. Students to ask their own questions and write them down to consider later.

3. Indicator to pause and discuss each career cluster, knowledge, skills, and value.

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**Why is Some Cheese Yellow?**

1. The liquid that separates from the cheese. At this time, herbs and other ingredients can be added to the cheese. At this time, herbs and slow the acid development in the cheese. Salt is applied to enhance the flavor.

2. How One Knows What a Customer Will Buy and What Attracts a Customer to Your Product is to Create a Marketing Piece and Test It Yourself. Design a brochure, label, or advertisement using this in your classroom and we will send you our newest set of Nutrition posters.

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**What Does The Process Of Making Cheddar Cheese Look Like?**

1. The art and experience of marketing and sales are tested over time through trial and error, using data collected from many sources. Certainly, the "who, what, when, where, and why" questions are used for ensuring that the targeted audience has how one knows what a customer will buy and what attracts a customer to your product is to create a marketing piece and test it yourself. Design a brochure, label, or advertisement using this in your classroom and we will send you our newest set of Nutrition posters.

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**Cows, Calcium, and Cheese:**

- Calcium, and You

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**Cows to Cheese, Calcium, and You**

- American Farm Bureau Federation Farm Facts.

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**Real Farmers on**

- Farmer and What’s

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**Customer Service**

- The examination includes a General Knowledge written examination that everyone must pass, regardless of his knowledge that applies to the type of commercial vehicle that you apply to your driving requirements. You will also be given the Vermont Commercial Drivers License examination that applies to the type of commercial vehicle that you apply to your driving requirements. You will also be given

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**CD-ROM**

- Cows, Calcium, and Cheese: Nutrition Activities for the K-9 Classroom

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**Nutrition Posters**

- [www.cabotcheese.coop/edprograms](http://www.cabotcheese.coop/edprograms)

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**Cows, Calcium and Cheese Kit**

- [www.cabotcheese.coop/edprograms](http://www.cabotcheese.coop/edprograms)
How To Be A Cabot All-Star Chef
Activity Sheet

to be used with the All-Star Recipes Handout

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.
How To Be A Cabot All-Star Chef
Homework Handout

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.

[Check it out / Your Skeleton]

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.
BE A CABOT

All-Star Chef

Why sit on the side-lines watching others prepare food for you? You can help to make your body leaner and stronger by showing off in the kitchen. Use the 5 tips below to reach All-Star status on the field, in the classroom or in your own home.

★ Your snack or meal is made up of foods from two or more food groups.

★ It contains no more than one ingredient from the fats, oils and sweets group.

★ It includes a high-fiber food such as whole-grains, fruits, vegetables, dry beans, nuts and seeds.

★ It is a low-fat snack or the fat has been reduced.

★ It is easy to prepare and tastes good!

[Test Your Dairy IQ / Answers]

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 poor on tests but gain more weight over a lifetime.

[Tips For / Tolerance]

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.

Calcium Counts

Be sure you give your body some TLC Tender Loving Calcium. Your daily goal: 1,300mg of calcium or about the amount in 3 to 4 servings from the Milk Group. That means milk, yogurt or cheese. Your choice. Check out how easy and tasty it can be!

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

1 serving =
1 cup of milk/300 mg Calcium
1 cup of yogurt/300 mg Calcium
1 1/2 oz of cheese/300 mg Calcium

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

Simple Snack Solutions

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°. 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.

**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.

**Easy Cheesy Egg Burrito**  
*makes 2 servings*

- nonstick cooking spray
- 2 large eggs
- ½ cup chopped cooked vegetables (leftovers are fine)
- 2 tablespoons milk
- 2 corn or flour tortillas
- 1 oz. Cabot Sharp Light Cheddar, grated (about ¼ 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.

For more recipes, visit: cabotcheese.coop
**[Chicken and Black Bean Burrito]**  
*makes 4 servings*

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.

**[Crispy Baked Chicken Strips]**  
*makes 6 servings*

nonstick cooking spray  
1 cup all-purpose white flour  
pinch salt and pepper  
4 large egg whites  
½ cup reduced-fat (2%) milk  
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)  
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.