



## Captain CREATE Ambassador Feedback Form

Lesson Topic \_\_\_\_\_

Please circle/mark which grade

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

4-6<sup>th</sup>

*If filling out a hard copy - please make copies for each lesson/grade you will be teaching. Mail completed forms to Darlene Christensen, USU Extension, 151 N Main, Tooele UT 84074.*

*An electric copy of the feedback form will be available on staff website [extension.usu.edu/fscreate/](http://extension.usu.edu/fscreate/) under lessons for kids; Captain CREATE.*

*You can fill it out and e:mail to [darlene.christensen@usu.edu](mailto:darlene.christensen@usu.edu)*

*Please return forms before May 31, 2022.*

### **MyPlate Message – Nutrition Lesson:**

- Did the kids appear to understand?
- Was the message appropriate for the grade level? If not, what would you change or add?

### **On the Move - Physical Activity:**

- Was the physical activity successful?
- Did it appear to reinforce the MyPlate Message?
- Were the kids engaged?
- Did they appear to understand the activity?
- Was it age appropriate? If not, do you have suggestions for modifications?

## Recipes:

- Did the recipe work well? Why or why not? If you chose to do your own recipe please share it here.
- Was it too expensive?
- Did kids like it?
- Did you have the equipment that was required for the recipe?

## Length of Lesson:

Each lesson was written to be taught in 45 minutes – 1 hour. Was the lesson the correct amount of time? What would you change?

**Do you have any general suggestions/comments to improve the lesson?**

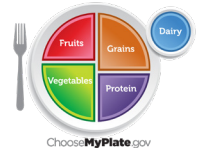


Ambassador Name \_\_\_\_\_

E:mail \_\_\_\_\_

# CAPTAIN CREATE MYPLATE

## 1ST-2ND GRADE WORKSHEET



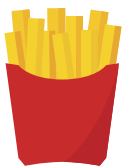
Name: \_\_\_\_\_

Grade: \_\_\_\_\_

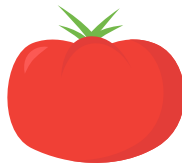
### 1. Circle kids being active



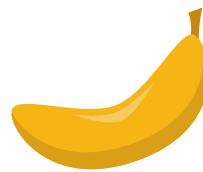
### 2. Circle healthy snacks



French Fries



Tomatoes



Bananas



Yogurt

### 3. Circle vegetables



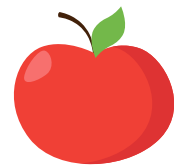
Broccoli



Green Beans



Grapes



Apples

#### 4. Circle dairy foods



Milk



Bread



Cucumber



Cheese

#### 5. Circle fruits



Strawberries



Carrots



Apples



Orange

#### 6. Circle kids who should wash their hands before eating



#### For Ambassador Use Only:

Youth ID: \_\_\_\_\_

Ambassador Name: \_\_\_\_\_

School: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Date: \_\_\_\_\_

Select one:

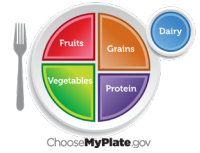
Pre-survey

Post-survey



# CAPTAIN CREATE MYPLATE

## 3RD-6TH GRADE WORKSHEET



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**Please answer the following questions by circling your answer.**

*Please circle only one answer in each row.*

<b>1. I eat vegetables</b>	Never or almost never	Some days	Most days	Every day
<b>2. I eat fruit</b>	Never or almost never	Some days	Most days	Every day
<b>3. I choose healthy snacks</b>	Never or almost never	Some days	Most days	Every day
<b>4. I eat breakfast</b>	Never or almost never	Some days	Most days	Every day
<b>5. I do physical activities</b>	Never or almost never	Some days	Most days	Every day

<b>6. Being active is fun</b>	I do not agree	I'm not sure	I agree
<b>7. Being active is good for me</b>	I do not agree	I'm not sure	I agree

<b>8. I wash my hands before making something to eat</b>	Almost never	Sometimes	Most of the time	Always
--	--------------	-----------	------------------	--------

<b>9. Will you ask your family to buy your favorite fruit or vegetable?</b>	No	Maybe	Yes
<b>10. Will you ask your family to buy bone-building dairy foods like milk, yogurt, and cheese?</b>	No	Maybe	Yes
<b>11. Will you ask your family to buy whole-grain foods like whole-wheat bread or popcorn?</b>	No	Maybe	Yes

**For Ambassador Use Only:**

Youth ID: \_\_\_\_\_

Ambassador Name: \_\_\_\_\_

School: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

**Select one:**

Pre-survey

Post-survey

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 1 whole wheat bagel
- 2 low fat mozzarella cheese slices
- 2 reduced sodium ham slices
- 2 pineapple slices
- 8 spinach leaves
- 2 tomato slices

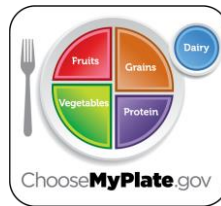
## DIRECTIONS

Preheat Oven to 400 degrees F. Slice bagel through the middle to make rounds. Place ham slice, mozzarella cheese, and pineapple slice on each bagel. Place bagels on baking sheet and bake in the oven until bubbly and golden brown, about 5-10 minutes. Once removed from oven, place fresh spinach leaves and tomato slices on top.

Recipe created by Mary Anna Henke, Utah State University Create Better Health ambassador.



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# Yummy Scrambled Eggs Breakfast Meal

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 6 eggs
- 1/3 cup reduced fat shredded cheese
- 6 tablespoons water
- 1/3 cup diced onion
- 1/3 cup small zucchini, shredded
- Pan spray
- 1/3 cup diced ham
- 3 slices of whole wheat toast
- 3 wedges of melon or fruit of your choice

## DIRECTIONS

Crack eggs and place in medium bowl. Add water to eggs and whisk to make light and fluffy eggs. Pan spray medium skillet and place on medium high heat. Add onion and zucchini and stir until tender. Add ham and eggs and continue to stir. When eggs are cooked, stir in cheese and remove from heat. Serve with whole wheat toast and melon wedge or other fruit.

Recipe created by Mary Anna Henke, Utah State University Create Better Health ambassador.



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## INGREDIENTS

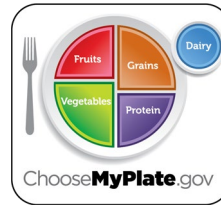
- Whole grain crackers
- Carrot sticks, celery sticks, green pepper strips, zucchini strips
- Grapes, berries, bananas, apples, oranges slices
- Reduced fat cheese, ¼ of slice
- Black beans, drained and rinsed

## DIRECTIONS

Using a food from each MyPlate food group make your own MyPlate Sampler.

Source: Adapted from Texas A & M AgriLife Extension, Exploring MyPlate with Professor Popcorn

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## INGREDIENTS

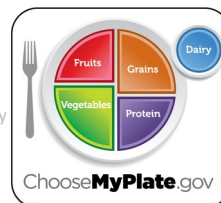
- 8 ripe plum tomatoes, chopped
- 1 teaspoon dried basil
- 2 garlic cloves, mince
- Salt to taste (optional)
- ½ cup green onions, sliced
- Pepper, to taste(optional)
- 2 tablespoons olive oil or canola oil
- 12 slices low fat mozzarella cheese
- 1 loaf French bread, cut into ½-inch diagonal slices

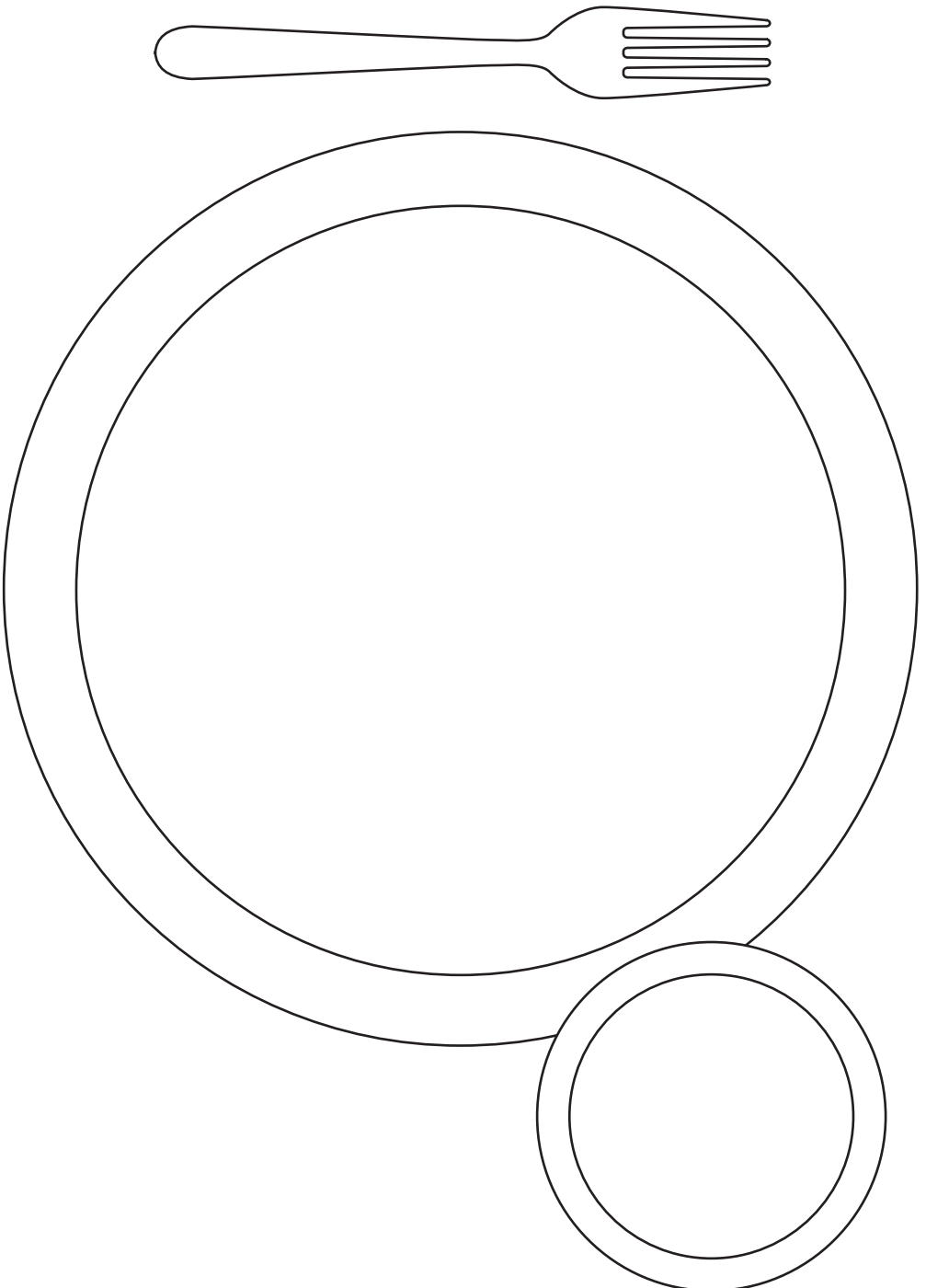
## DIRECTIONS

1. Preheat oven to 400 degrees F. Combine tomatoes, garlic, onion, basil and oil in a bowl. Season with salt and freshly ground black pepper, if using. Set aside. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly. Remove bread from oven and place slice of cheese on bread. Place bread back in oven until cheese starts to melt. Remove from oven and transfer to a serving platter. Place the tomato mixture on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Source: Adapted from University of Nebraska, Cooperative Extension, Healthy Eating Recipes.

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**ChooseMyPlate.gov**

# MAKE A HEALTHY PLATE

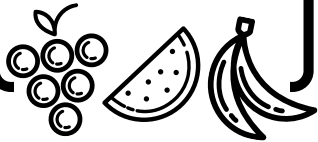


## WITH CAPTAIN CREATE!

### FRUITS

FOCUS ON FRUITS

List some fruits here



### VEGGIES

VARY YOUR VEGGIES

List some veggies here



FRUITS

GRAINS

VEGETABLES

PROTEIN

DAIRY

Captain CREATE wants you to eat balanced meals! Draw a healthy meal on the plate.

### DAIRY

GET YOUR CALCIUM-RICH FOODS

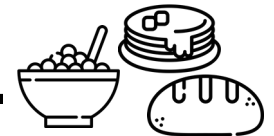
List some dairy foods here



### GRAINS

MAKE HALF YOUR GRAINS WHOLE

List some grains here



### SOMETIMES FOODS

ONLY EVERY ONCE IN AWHILE

List some 'sometimes foods' here



### PROTEIN

GO LEAN WITH PROTEIN

List some protein foods here

# Baked Potato & Broccoli Soup

MYPLATE  
3<sup>rd</sup> Grade

Captain CREATE Recipes to Try at Home

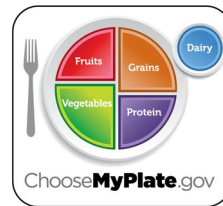
## INGREDIENTS

- 1 tablespoon butter
- 3 cups low-fat (1%) or skim milk
- 1 small onion, chopped
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup broccoli, chopped
- ham, diced (optional)
- 3 medium potatoes, baked, peeled and mashed
- salt & pepper to taste
- 1 can low-sodium chicken broth (about 14.5 ounces)
- 1/4 tsp garlic powder

## DIRECTIONS

Melt butter in a large sauce pan over medium heat and add chopped onion, stirring every once in a while, until onions are clear. Stir in chicken broth and broccoli. Place lid on pan and simmer for 3-5 minutes to cook broccoli until tender. Add potatoes, milk, garlic powder, salt, and pepper. Stir until potatoes are well blended. Blend soup with a hand blender or blender until smooth. Add cheese and ham and cook until cheese is melted and ham is warmed. Serve with whole wheat dinner roll and fruit on the side to complete MyPlate.

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# Fruit & Chicken Salad Wrap

MYPLATE  
3<sup>rd</sup> Grade

Captain CREATE Recipes to Try at Home

## INGREDIENTS

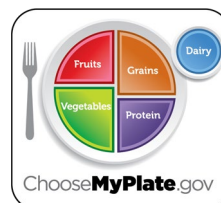
- 4 whole wheat tortillas
- 1 cup diced cooked chicken
- ¼ cup celery, diced
- 2 tablespoons green onion, sliced
- ¼ cup apple, chopped
- ¼ cup grapes, sliced in half
- ¼ cup fat free mayonnaise
- Salt, pepper and garlic powder to taste

## DIRECTIONS

In a medium bowl, combine chicken, celery, green onions, apples, and grapes. Gently mix well. Gently fold in the mayonnaise, salt, pepper, and garlic powder to taste. Place ¼ of the fruit & chicken salad down the middle of each wrap leaving an inch from the edge. Roll wrap, tucking in edges so salad will not fall out while eating.

Source: Recipe created by Mary Anna Henke, Utah State University Create Better Health ambassador.

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## Captain CREATE Recipes to Try at Home

### INGREDIENTS

- Rice cake
- 1 Tbsp any flavor yogurt, ricotta cheese or peanut butter
- 2 or more of the following:  
apple slices, banana slices, raisins or craisins, strawberries, pineapple slices (cut into thirds), cucumber slices, carrot curls, shredded coconut

### DIRECTIONS

Spread yogurt, ricotta cheese or peanut butter on the rice cake. Use your imagination with the ingredients to make a sensational rice cake face. Enjoy immediately

Examples:

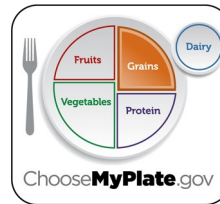
- Eyes** – bananas/cucumber
- Nose** – strawberry/raisins
- Mouth** – pineapple/apple slice
- Hair** – coconut/raisins

*Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Breakfast Lesson, The University of Vermont Extension.*

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### EXTENSION

UtahStateUniversity.



## Captain CREATE Recipes to Try at Home

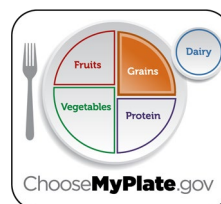
### INGREDIENTS

- 1 can low-sodium corn, about 15 ounces (drained)
- 1 ¼ cups flour
- 1 egg
- 1 cup cornmeal
- 2 Tbsp vegetable oil
- ½ cup sugar
- 1 cup low-fat milk
- 1 Tbsp baking powder
- Nonstick cooking spray
- ¼ tsp salt

### DIRECTIONS

Preheat oven to 400 degrees F. Coat a 9x9 inch baking dish with nonstick cooking spray. In a large bowl, combine flour, cornmeal, sugar, baking powder and salt. Mix Well. In a separate bowl, add eggs and whisk. Add vegetable oil, milk and corn. Do not over mix. Pour into baking dish. Bake 20-25 minutes or until the top is browned and a toothpick inserted into the center of the pan comes out clean.

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### EXTENSION

UtahStateUniversity.



## Captain CREATE Recipes to Try at Home

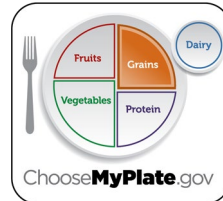
### INGREDIENTS:

- ¾ cup mashed white beans
- ½ cup unsweetened applesauce
- ¾ cup brown sugar
- ½ cup granulated sugar
- 1 egg
- 3 cups oats
- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1 tsp salt
- ½ tsp baking soda
- 1 tsp vanilla
- 2 Tbsp canola oil (optional)

### DIRECTIONS

Preheat oven to 350° F. Beat mashed white beans, oil, brown sugar, granulated sugar, egg, applesauce, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

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## Captain CREATE Recipes to Try at Home

### INGREDIENTS

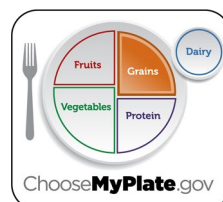
- ½ cup all-purpose flour
- 1 Tbsp vegetable oil
- ½ cup whole-wheat flour
- 1 egg
- 1 tsp baking powder
- 1 cup plain yogurt
- ½ tsp baking soda
- ½ cup low-fat milk
- ¾ cup blueberries

### DIRECTIONS

In a large mixing bowl, combine flours, baking powder, and baking soda. In another mixing bowl, mix together oil, egg, yogurt, and milk. Add the yogurt mixture to the flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick. Fold in blueberries. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto the hot griddle. When bubbles appear, flip pancakes and cook until done.

**Source:** Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Grain Lesson, The University of Vermont Extension.

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# Lemon Dilly Popcorn

Captain CREATE Recipes to Try at Home

GRAINS  
3rd Graders

## INGREDIENTS

- ½ cup popcorn, not popped
- Canola oil pan spray
- Lemon pepper seasoning
- Dill weed seasoning

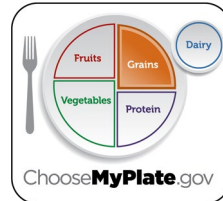
## DIRECTIONS

In an air popcorn popper, pop popcorn into a large bowl. As soon as popcorn is popped, spray lightly with canola oil pan spray. Sprinkle on lemon pepper and dill weed seasoning to taste.

If you don't have an air popcorn popper, pop corn in skillet with a small amount of oil. Sprinkle on lemon pepper and dill weed as soon as you pour into a bowl.

Source: Recipe created by Mary Anna Henke, NEA for Utah State University Extension, Food Sense

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# Creamy Apple Oatmeal

Captain CREATE Recipes to Try at Home

GRAINS  
3rd Graders

## INGREDIENTS

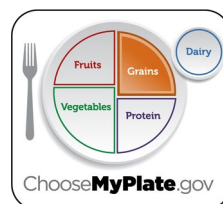
- 2 cups low-fat milk
- Dash of salt
- 1 tsp cinnamon
- 1 Tbsp brown sugar
- ½ cup apples, diced (can use dried or fresh chopped apples)
- 1 cup quick oatmeal

## DIRECTIONS

In a medium saucepan, heat milk, salt, diced apples, and oatmeal. Cook until thickened. Sprinkle with cinnamon and sugar. Mix well. Serve immediately.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Breakfast Lesson, The University of Vermont Extension.

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**Endosperm**



**Germ**



**Endosperm**



**Bran**

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- ¼ cup orange juice
- ½ cup low-fat milk
- Ice cubes

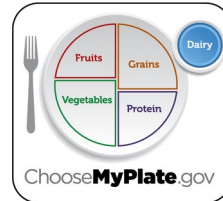
## DIRECTIONS

Put all ingredients in a container with a lid and shake. Drink and Enjoy!



**Source:** from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Grain Group Lesson, The University of Vermont Extension.

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Captain CREATE Recipes to Try at Home **DIRECTIONS**

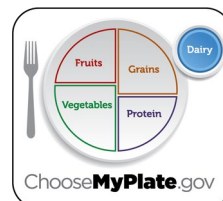
## INGREDIENTS

- 1 1/2 cups - fresh or frozen blueberries
- 3/4 cup – lowfat or fat free milk
- 1 tablespoon - honey
- 1 Tbsp lime juice
- 1/2 ripe banana, peeled
- Popsicle sticks

Mix all ingredients in a blender or by hand with a large spoon until combined. Pour into small paper cups. Freeze until semi-solid. Add popsicle sticks. Freeze until solid. Enjoy!



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# Lemon Velvet Supreme

DAIRY  
2<sup>nd</sup> Graders

Captain CREATE Recipes to Try at Home

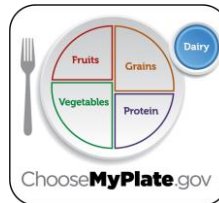
## INGREDIENTS

- 2 cups fat-free or low fat lemon yogurt
- 4 graham crackers crushed
- 2 8-ounce can mandarin oranges in juice, drained

Source: adapted from UMass Extension Nutrition Education Program, CHOICES Steps Toward Health

## DIRECTIONS

Layer bottom of serving dish with crushed graham crackers. Layer the lemon yogurt over the top of graham crackers. Top with mandarin oranges.



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**EXTENSION**  
UtahStateUniversity.

# Avocado Melon Breakfast Smoothie

DAIRY  
2<sup>nd</sup> Graders

Captain CREATE Recipes to Try at Home

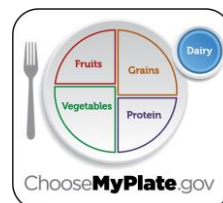
## INGREDIENTS

- 1 large ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- 1/2 lime, juiced (1 1/2 tsp lime juice)
- 1 cup (8 oz.) 1% or skim milk
- 1 cup fat-free fat free or low fat plain yogurt
- 1/2 cup 100% apple juice or white grape juice
- 1 Tbsp honey

## DIRECTIONS

Cut avocado in half, remove pit. Scoop out avocado flesh, place in blender. Add remaining ingredients; blend well. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.) Serve it with 1 slice of whole grain toast.

Source: Produce for Better Health Foundation



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**EXTENSION**  
UtahStateUniversity.



# Popeye Smoothie

Captain CREATE Recipes to Try at Home

## INGREDIENTS

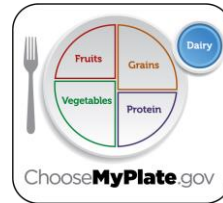
- 6-8 ounces fat free or low fat yogurt, any flavor
- ½ cup skim milk
- ½ fresh or frozen banana
- ½ cup fresh or frozen fruit, any type
- 1 cup packed fresh spinach

## DIRECTIONS

Combine all ingredients in blender and blend until smooth.

**Source:** Utah State University, Food \$ense, Create Better Health Curriculum

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**EXTENSION**  
UtahStateUniversity.

# Pumpkin Pie Smoothie

Captain CREATE Recipes to Try at Home

## INGREDIENTS

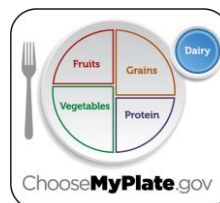
- 2 bananas, cut into chunks and frozen
- ½ cup cooked pumpkin, frozen
- 2 cups low-fat or fat free milk or vanilla yogurt
- ¾ tsp pumpkin pie spice
- 2 tsp maple syrup, optional

## DIRECTIONS

Combine all ingredients in blender and blend until smooth.

**Source:** Utah State University, Food \$ense

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Make 4-6 servings

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# HEALTHIEST



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**CREATE** SNAP-ED  
**BETTER HEALTH**

# LESS HEALTHY

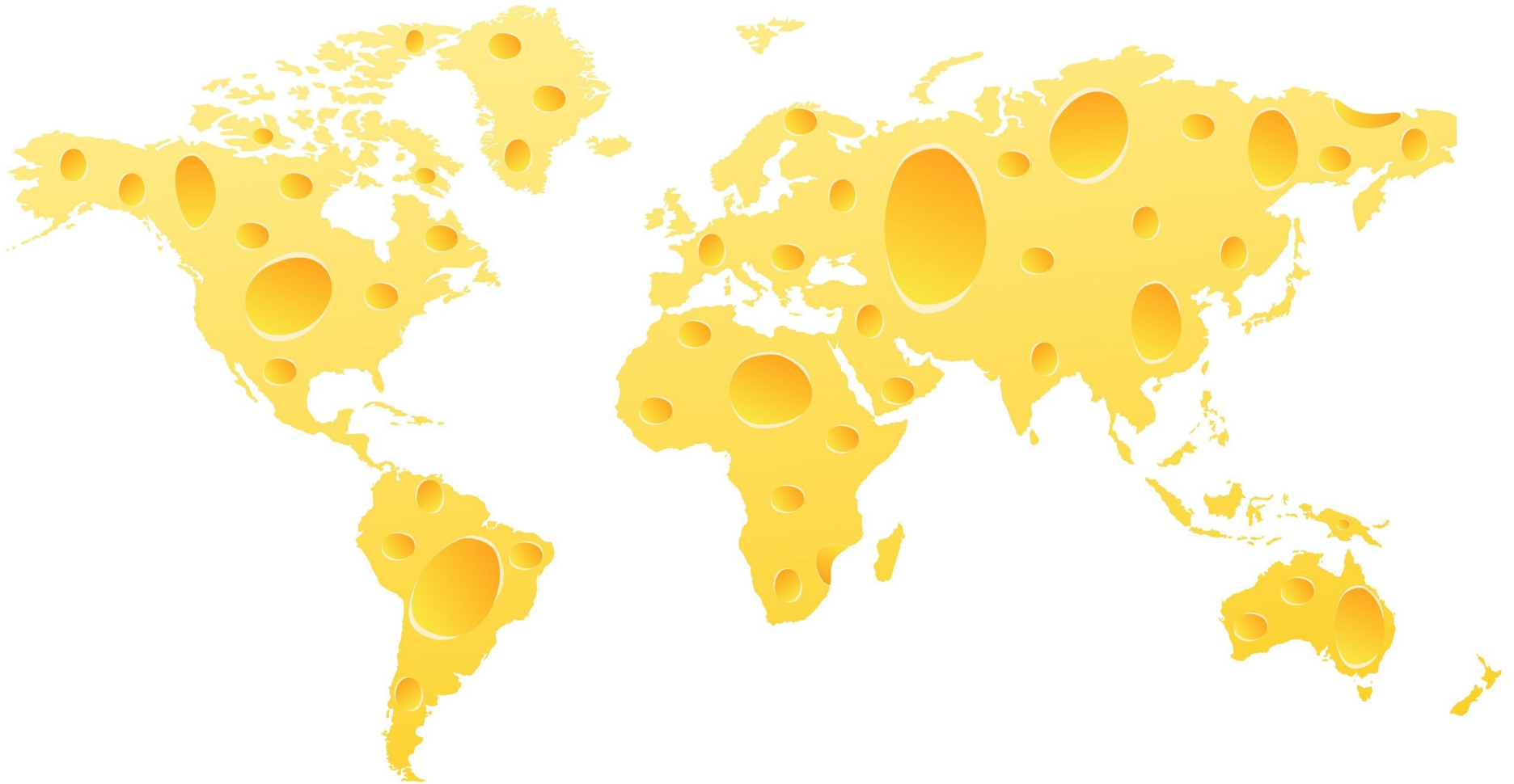


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**CREATE** SNAP-ED  
**BETTER HEALTH**

# THE WORLD OF CHEESES







**Urda Cheese**

# Urda Cheese

- **Make with cow, goat or sheep milk**
- **Country of origin: Bulgaria, Hungary, Romania**
- **Texture: Crumbly, Grainy and Smooth**
- **Color: White**
- **Flavor: Milky, Sweet**





# ORGANIC PEPPER CHEESE

# ORGANIC PEPPER CHEESE

- **Make with cow milk**
- **Country of origin: Austria**
- **Texture: Creamy, firm and Smooth**
- **Color: Yellow**
- **Flavor: Sharp, spicy**



# ZIMBRO CHEESE

# ZIMBRO CHEESE

- **Make with** sheeps milk
- **Country of origin:** Portugal
- **Texture:** Creamy
- **Color:** Pale Yellow
- **Flavor:** Sweet, herbaceous (herb taste)



# KUMMIN CHEESE



# KUMMIN CHEESE

- **Make with pasteurized cows milk**
- **Country of origin: Sweden**
- **Texture: Hard**
- **Color: Yellow**
- **Flavor: Full flavored, sharp, spicy**





# NUT REBEL CHEESE

# NUT REBEL CHEESE

- **Make with cows milk**
- **Country of origin: Austria**
- **Texture: Creamy and firm**
- **Color: Orange**
- **Flavor: Nutty, sweet**

# Turkey Wraps

**PROTEIN**  
1<sup>st</sup> Graders

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 1 whole wheat tortilla
- 2 Tbsp reduced fat cream cheese
- ¼ tsp dried basil
- 4 slices of deli turkey

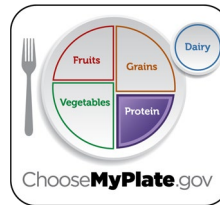
## DIRECTIONS

Spread cream cheese over the whole wheat tortilla. Sprinkle dried basil over cream cheese. Layer turkey slices over the tortilla so that they cover most of the tortilla. Roll up the tortilla and cut into 1 ½ inch sections. Serve immediately.



Source: Adapted from Food Sense Kids –Sprout lesson from Food Sense, Utah State University, Nutrition, dietetics, & Food Sciences.

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# Peanut Butter Yogurt Dip/Spread

**PROTEIN**  
1<sup>st</sup> Graders

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 1 cup vanilla yogurt
- ¾ cup peanut butter
- 1 Tbsp honey
- Slices of your favorite fruits or vegetables (apple, pear, peach, celery, carrot, broccoli, cauliflower)
- bread, toast or bagel (optional)

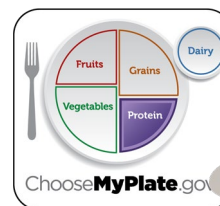
## DIRECTIONS

Mix yogurt, peanut butter, and honey together well. Eat dip with fresh fruit or vegetables or spread on bread, toast or bagel. Keep leftover dip refrigerated.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Protein Group, The University of Vermont Extension.



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Captain CREATE Recipes to Try at Home

## INGREDIENTS

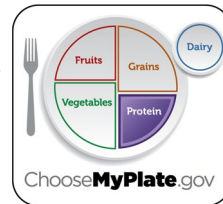
- 6-ounce can water-packed tuna, drained
- ½ small onion, diced
- 2 hard-cooked eggs, peeled and finely chopped
- 1 tsp lemon juice
- ¼ cup sweet pickle relish
- ½ cup low-fat salad dressing
- ½ cup chopped celery
- Whole grain crackers
- Pepper to taste

## DIRECTIONS

Mix tuna, eggs, pickle relish, celery, onion, lemon juice, and salad dressing in a medium bowl. Put about 2 teaspoons of tuna mixture on each whole grain cracker.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Protein Group, The University of Vermont Extension.

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Captain CREATE Recipes to Try at Home

## INGREDIENTS

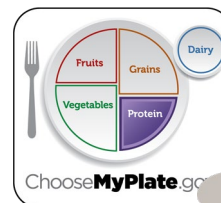
- 1-pound lean ground beef
- 1 onion, finely chopped
- 2 cups light red kidney beans
- 1 can low sodium tomato soup (no water added)
- 1 Tbsp chili powder (or to taste)
- 10 drops hot pepper sauce (optional)

## DIRECTIONS

In a large skillet, brown the meat for about 10 to 15 minutes. Drain the meat; add onion and cook for 5 minutes. Add kidney beans, soup, and chili powder and heat for 5 minutes. Optional: Add hot pepper sauce or set out on table to add as desired.

Source: What's cooking? USDA Mixing Bowl

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# PLANT



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**EXTENSION**   
**UtahStateUniversity**

# ANIMAL



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**EXTENSION**   
**UtahStateUniversity**



# Veggie Creatures

## INGREDIENTS

- 1 Tbsp peanut or almond butter; light cream cheese or soft cheese
- Vegetables and other ingredients listed under each veggie creature directions

## Captain CREATE Recipes to Try at Home

### DIRECTIONS

**Caterpillars:** Cut slices of cucumber and/or zucchini and stand them up in light cream cheese, soft cheese or peanut/almond butter inside a slice of celery. Cut up chives or break up pretzels for the antennas. For eyes cut up a raisin into smaller pieces.

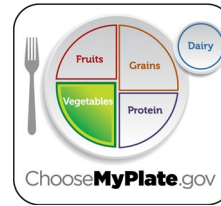
**Butterfly:** Place a line of peas in a row on a plate. Cut baby carrots in half. Place two on each side of peas to make wings for a butterfly. Add whole grain cereal that is round or oval shaped at the top for eyes.

**Snake:** Cut string cheese into 1 inch sections. Break toothpicks in half. Spear cheese at an angle and add cherry tomato. Continue adding at an angle until snake is as long as you want. Cut small tongue out of slice of cheese. Cut slice at bottom of first tomato. Insert cheese tongue. Insert whole cloves for eyes. **IMPORTANT—** Make sure children know they should not eat the clove eyes.



Source: Food, Fun, and Reading, 2016. Utah State University.

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# Steamed Edamame

## INGREDIENTS

- 16 ounces edamame, frozen in pods or already shelled
- 2 cups water
- Dash of salt (optional)

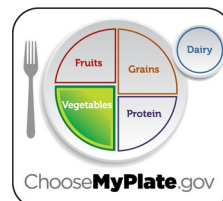
## Captain CREATE Recipes to Try at Home

### DIRECTIONS

Bring water to boil over high heat. Add frozen edamame and salt and return to boil. Reduce heat, cover and simmer for 4 to 5 minutes or to desired tenderness. Drain, season to taste and serve. Do not eat the pod of edamame, simply squeeze pod with teeth to release bean into your mouth. This can also be done with squeezing pod to release bean with your hand into a bowl prior to serving. Discard pod.

Source: Adapted from Food Sense Kids –Edamame lesson from Food Sense, Utah State University, Nutrition, dietetics, & Food Sciences.

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# Veggie Pizza

Captain CREATE Recipes to Try at Home

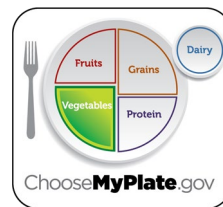
## INGREDIENTS

- Whole wheat tortillas
- ½ cup fat-free or low plain yogurt
- 8 ounces fat-free or light cream cheese, softened
- Half package of dry ranch dressing mix (2 Tbsp)
- Chopped or grated vegetables of choice (broccoli, cauliflower, carrots, tomato, etc.)

## DIRECTIONS

Mix yogurt, cream cheese and dressing mix. Cut whole wheat tortillas in fourths. Spread yogurt mixture on top of whole wheat tortillas. Top with washed chopped/grated vegetables.

Source: Purdue University Extension curriculum – Exploring MyPlate with Professor Popcorn



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# Carrot Salad

Captain CREATE Recipes to Try at Home

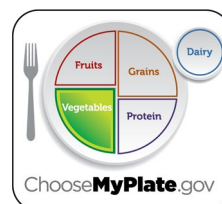
## INGREDIENTS

- ½ cup dried cranberries or raisins
- 4 cups freshly grated carrots
- 1 large apple, cored and chopped
- ¼ cup light mayonnaise

## DIRECTIONS

Wash and grate carrots. Core and chop apple. Combine all ingredients in a medium sized bowl. Chill and serve.

Source: Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Fruit and Vegetable Groups Lesson, University of Vermont Extension.



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# Kale Salad

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 1 bunch of kale
- ½ cup baby carrots, cut into fourths lengthwise
- 1 cucumber, washed, peeled and sliced
- ¼ cup feta cheese

Dressing:

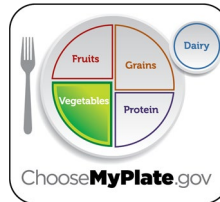
- ½ cup olive oil
- ¼ cup lemon juice
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt and pepper to taste

## DIRECTIONS

Wash fresh produce in cold running water. Prepare kale leaves by tearing off stem and into bite sized pieces. Place kale in medium bowl. Cut baby carrots into fourths lengthwise and add to kale. Peel and slice cucumber and add to kale. Mix dressing. Offer dressing at the table as an option to add to the salad.

Source: Recipe created by Mary Anna Henke, NEA for Utah State University Extension, Food Sense

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# Jicama Sticks

Captain CREATE Recipes to Try at Home

## INGREDIENTS

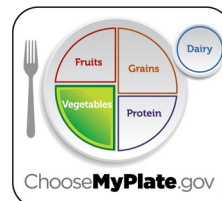
- 1 large jicama
- ½ of a lime, juiced
- ¼ tsp chili powder

## DIRECTIONS

Wash and peel jicama. Cut jicama into ½ inch sticks. Sprinkle lime juice on jicama, then sprinkle on chili powder.

Source: Recipe created by Mary Anna Henke, NEA for Utah State University Extension, Food Sense

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# Strawberry, Apple, Grape Salad

**CAPTAIN Create** Recipes to Try at Home

## INGREDIENTS

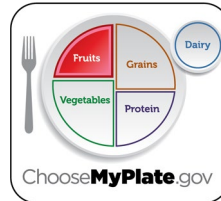
- 2 cups strawberries, sliced
- 1 apple, cut into bite sized pieces
- 1 cup red grapes, halved
- 4 ounces low fat plain or strawberry yogurt

## DIRECTIONS

Mix fruit together and add yogurt. Serve chilled.

Source: Adapted by Mary Anna Henke from Food \$ense Kids –Strawberry lesson from Food \$ense, Utah State University, Nutrition, dietetics, & Food Sciences.

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# Kiwi Pizza

**CAPTAIN Create** Recipes to Try at Home

## INGREDIENTS

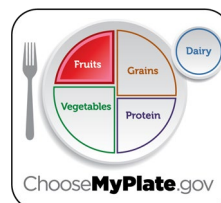
- 4 whole wheat English muffins, halved & lightly toasted
- 1-2 cups low fat plain or strawberry yogurt
- 6 kiwis, sliced

## DIRECTIONS

Preheat oven to 400 degrees F. Place each half of English muffins on a baking sheet and lightly toast in oven for about 5 minutes. Remove from oven and let cool a few minutes. Once English muffins are cooled, spread strawberry yogurt on each piece. Lay the kiwi slices on top of the yogurt covered English muffins.

Source: Adapted by Mary Anna Henke from Food \$ense Kids –Kiwi lesson from Food \$ense, Utah State University, Nutrition, dietetics, & Food Sciences.

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# Grape Caterpillar

**Captain Create** Recipes to Try at Home

## INGREDIENTS

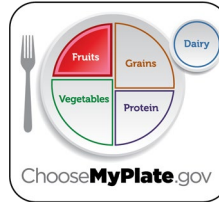
- Grapes
- Toothpicks
- Mini Chocolate Chips

## DIRECTIONS

Line grapes up in a row. Connect with toothpicks. Push two mini chocolate chips in front grape for eyes. Enjoy!



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# 5-Minute Fruit Salad

**CAPTAIN Create** Recipes to Try at Home

## INGREDIENTS

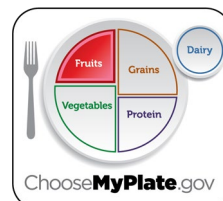
- 1 orange, diced
- 1 apple, diced
- 1 banana, sliced
- 1 container low fat or fat free yogurt (6 or 8-ounces)any flavor

## DIRECTIONS

Peel and dice the orange, wash and dice the apple, slice the banana. Mix well with yogurt or top with yogurt. Serve immediately.



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# Apple Salad

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 4 apples
- 4 celery stalks
- 1/2 cup raisins
- 1 8-ounce carton low-fat yogurt

Makes 4-6 servings

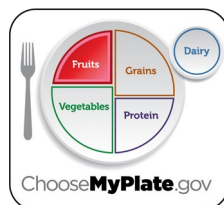
## DIRECTIONS

Chop apple and celery into small pieces and place in a mixing bowl. Add raisins and yogurt and mix well.



Source: Adapted by Mary Anna Henke from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Fruit and Vegetable Lesson, The University of Vermont Extension.

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# Peach Crisp

Captain CREATE Recipes to Try at Home

## INGREDIENTS

- 2 15-ounce cans of sliced peaches (packed in 100% juice)
- 3/4 cup peach juice, reserved from canned peaches
- 1/2 tsp cinnamon
- 1 Tbsp cornstarch

### Topping

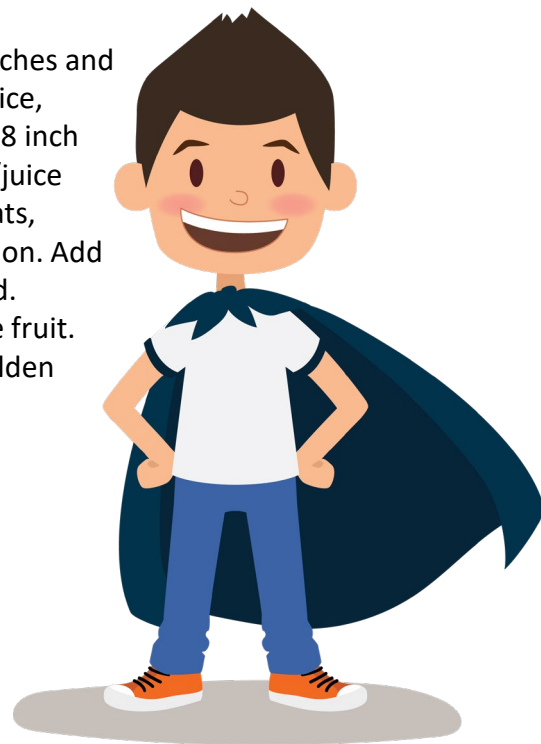
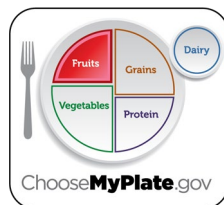
- 3/4 cup oats
- 1/3 cup brown sugar
- 1/2 cup whole wheat flour
- 1/3 cup canola oil
- 1 tsp cinnamon

## DIRECTIONS

Preheat oven to 375° F. Drain juice from peaches and save 3/4 cup juice. With a whisk, mix peach juice, cornstarch, and cinnamon. Place peaches in 8 inch lightly greased baking dish. Pour cornstarch/juice over the peaches. In a separate bowl, mix oats, brown sugar, whole wheat flour, and cinnamon. Add the canola oil and mix until mixture is coated. Sprinkle the topping mixture evenly over the fruit. Bake for 30-40 minutes or until the top is golden brown.

Source: Adapted by Mary Anna Henke from USU Extension, Food Sense, Create Better Health Fruity Dessert lesson

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A photograph of a single red apple with a small green stem, set against a white background.

**Reach Up,  
Bend Down**

A close-up photograph of a bunch of dark purple grapes, with a single stem visible in the center.

**Jump  
Back**

A photograph of a bunch of blue grapes hanging from a vine with green leaves, set against a blurred background.

**Reach Up, then  
Stomp, Stomp,  
Stomp**

A photograph of a single yellow star-shaped fruit, likely a carambola, set against a white background.

**Jump  
like a star**



**March in  
Place**



**Shoot a  
Basket**

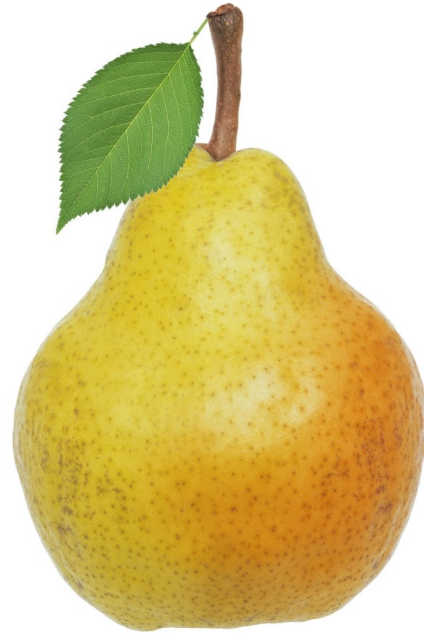
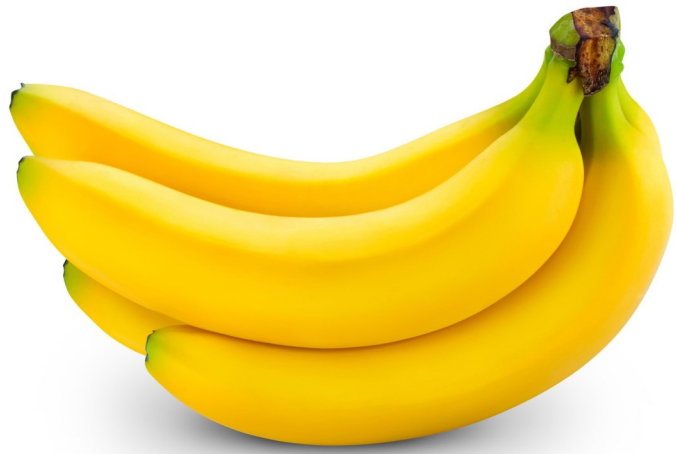






**CAPTAIN**  
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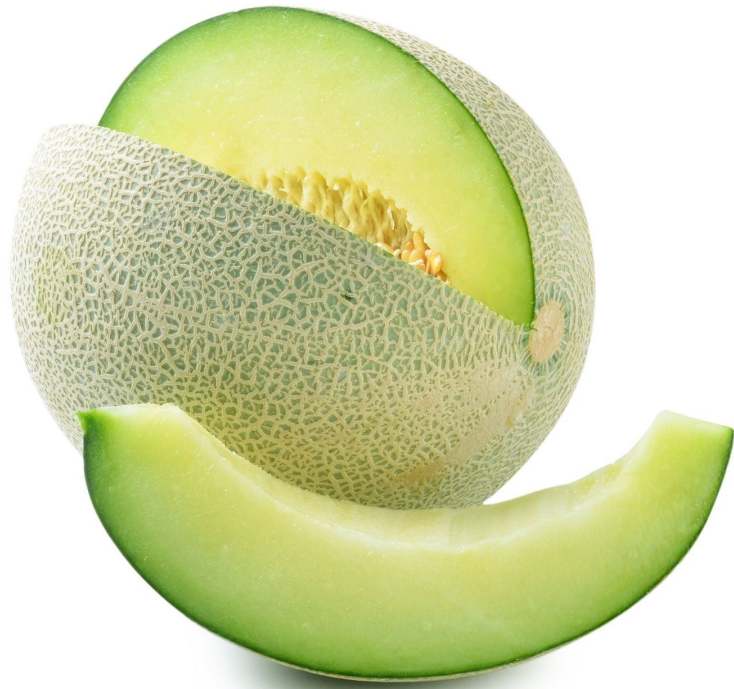




**CAPTAIN**  
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1

Nutrition Facts	
8 Servings Per Container	
Serving size	4 cookies (32g)
Amount Per Serving	
<b>Calories</b>	<b>160</b>
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber < 1g	2%
Total Sugars 10g	
Includes 10g Added Sugars	20%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	8%
Potassium 0mg	0%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, INVERT SUGAR, SALT, BAKING SODA, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

2

Nutrition Facts	
1 serving per container	
Serving size	1 Cup (64g)
Amount per serving	
<b>Calories</b>	<b>280</b>
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1160mg	50%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
<b>Protein 5g</b>	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 134mg	2%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Palm olein, Seasoning (salt, sugar, maltodextrin, yeast extract, hydrolyzed soy & corn protein, autolyzed yeast, disodium inosinate, disodium guanylate, spices, dehydrated vegetables [chives, garlic, onion], extractive of turmeric, soybean oil), Dried carrot, Salt, Dried onions, Dried peas, Dried corn, Potassium carbonate, Guar gum, Sodium tripolyphosphate, Soda ash.

3

Nutrition Facts	
12 servings per container	
Serving size	1 item(s)(77g)
Amount per serving	
<b>Calories</b>	<b>210</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 3g Added Sugars	6%
<b>Protein 7g</b>	
Vitamin D 1mcg	6%
Calcium 172mg	15%
Iron 2mg	10%
Potassium 377mg	8%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Wheat Flour, Water, Unbleached Wheat Flour, Honey, Yeast, Sea Salt, Sunflower Seeds, Sesame Seeds, Flaxseed, Millet, Oats, Cracked Whole Wheat, Oat Bran.

4

Nutrition Facts	
8 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
<b>Calories</b>	<b>180</b>
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 1g	
<b>Protein 8g</b>	

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR.



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5

Nutrition Facts	
64 servings per container	
<b>Serving size</b>	<b>1 bar (24g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 56mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** GRANOLA (WHOLE ROLLED OATS, SUGAR, CANOLA OIL, MOLASSES, SODIUM BICARBONATE, SOY LECITHIN), CORN SYRUP, SEMISWEET CHOCOLATE CHIPS (CHOCOLATE LIQUOR, SUGAR, SOY LECITHIN, VANILLA EXTRACT), CRISP RICE (RICE FLOUR, SUGAR, DRIED MALT EXTRACT (CORN SYRUP SOLIDS, BARLEY MALT EXTRACT), CALCIUM CARBONATE, SALT), FRUCTOSE, SUGAR, CANOLA OIL, GLYCERIN, INVERT SUGAR, DRIED UNSWEETENED COCONUT, SOY LECITHIN, SALT, WHEAT FLAKES, WHEY POWDER, ASCORBIC ACID - A PRESERVATIVE, ROSEMARY EXTRACT, NATURAL FLAVOR.

**CONTAINS:** SOY, MILK, COCONUT AND WHEAT.

6

Nutrition Facts	
18 servings per container	
<b>Serv. size</b>	<b>1oz (28g; About 7 chips)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	

**INGREDIENTS:** Corn, Vegetable Oil (Contains one or more of the following: Canola, Corn, Cottonseed, Safflower, and/or Soybean Oil), and Sea Salt.

7

Nutrition Facts	
About 8 servings per container	
<b>Serving size</b>	<b>17 crackers (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 60mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories day is used for general nutrition advice.

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SAFFLOWER OIL, CANE SUGAR, DEFATTED WHEAT GERM, CORN STARCH, SEA SALT, BROWN RICE SYRUP, MALTED BARLEY EXTRACT, LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), TURMERIC EXTRACT (FOR COLOR).

8

Nutrition Facts			
1 serving per container			
<b>Serving size</b>	<b>1 package</b>		
Calories	Per serving	Per cup	
	<b>70</b>	<b>40</b>	
	% DV*		% DV*
<b>Total Fat</b>	3.5g	<b>4%</b>	2g <b>2%</b>
Saturated Fat	0g	<b>0%</b>	0g <b>0%</b>
Trans Fat	0g		0g
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	75mg	<b>3%</b>	40mg <b>2%</b>
<b>Total Carb.</b>	9g	<b>3%</b>	5g <b>2%</b>
Dietary Fiber	2g	<b>6%</b>	<1g <b>3%</b>
Total Sugars	0g		0g
<b>Protein</b>	1g		<1g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	0mg	0%	0mg 0%
Iron	0.3mg	0%	0.2mg 0%
Potassium	0mg	0%	0mg 0%

Not a significant source of added sugars.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** POPCORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND SEA SALT.

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# Whole Grain



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# Not a Whole Grain



**Dairy True**

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**Dairy Don't  
Believe It**