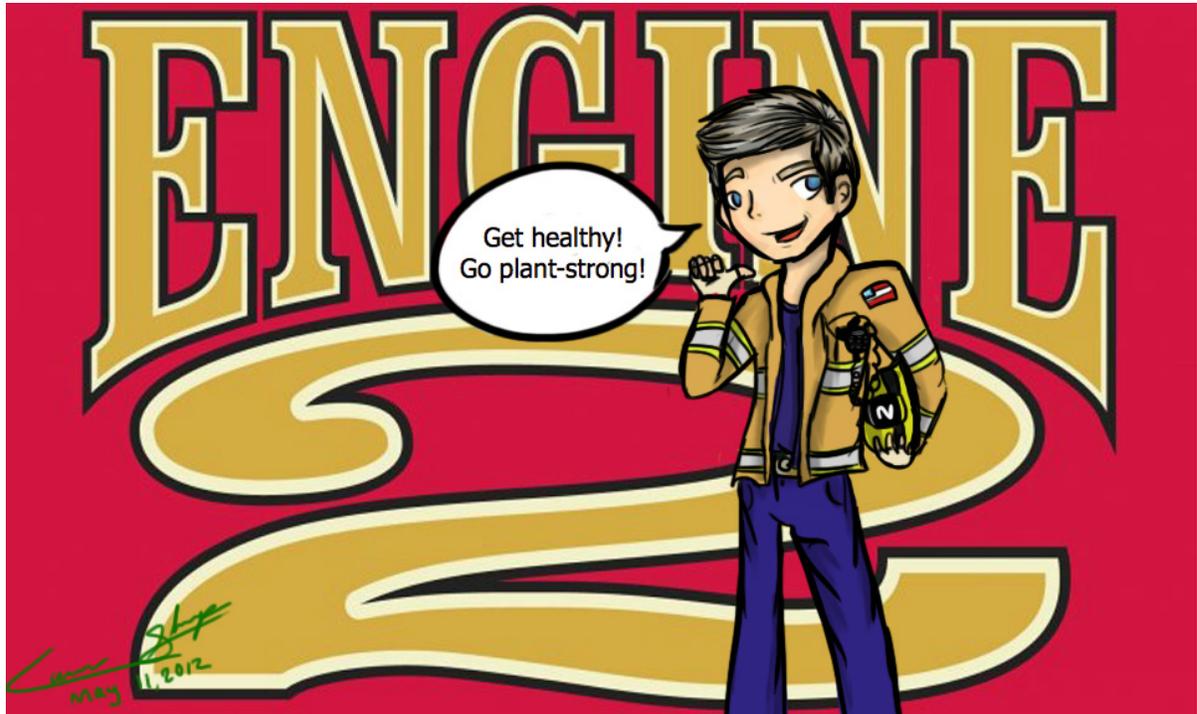


# Plant-Strong Kids! Week 1



**Very Green Scavenger Hunt**

**What is Protein?**

**Protein Word Find**

**Meet Kole and Sophie!**

**Just For Parents**

**Find Kole's Kale**

**Firefighter Challenge of the Week!**

**Sophie's Recipe of the Week**

## **Plant-Strong Scavenger Hunt!**

This week is all about the green! On your next trip grocery store, see if you can find the following:

Broccoli

Cucumbers

Lettuce

Kale

Collard Greens

Kiwi

Green Apples

Grapes

**Bonus! Put one of these green things in your shopping cart and eat it when you get home!**

What are your favorite green foods?

## What is protein?

What is protein? Protein builds, maintains, and replaces the tissues in your body. (Not the tissues you blow your nose in! We mean the stuff your body's made up of.) Your muscles, your organs, and your immune system are made up mostly of protein.

Your body uses the protein you eat to make lots of specialized protein molecules that have specific jobs. For instance, your body uses protein to make hemoglobin (say: hee-muh-glow-bin), the part of red blood cells that carries oxygen to every part of your body.

Other proteins are used to build cardiac muscle. What's that? Your heart! In fact, whether you're running or just hanging out, protein is doing important work like moving your legs, moving your lungs, and protecting you from disease.

What is the best source of protein? PLANTS! You will get all the protein you need eating healthy plant-strong foods. If you want to be strong and healthy, plants are where it's at!

Find our favorite sources of plant-strong protein in the word find below!

What is your favorite food on the list?

**Bonus! Pick one of the foods in the word find below to try this week!**

## Protein Word Find

b s v o y w p d s k e r c i t  
n l t u s s i o u p e h v l e  
l b a u m j n j q g i s v o m  
j p t c n n t k r c h a o c p  
q q a f k u o u k i y e h c e  
b a h i f b b p h g y p h o h  
s e j o u e e e c i r n w o r b  
g e t a i a a a q q s q f b x  
y e o g s n n j n e u h o g r  
i w g t i i s t i s e i f t c  
m e m p a t j t i f w c n f u  
v u s m k t a s d e e s d o i  
t p b i g n o l e n t i l s a  
o y o i l g a p c y r e p y l  
k i d n e y b e a n s y g g t

blackbeans  
broccoli  
brownrice  
chickpeas  
kidneybeans  
lentils  
nuts  
peas  
pintobeans  
potatoes  
quinoa  
seeds  
seitan  
spinach  
tempeh  
tofu  
veggieburger

**Bonus: What other plant-strong foods have protein?**

**Meet Kole and Sophie, Rip and Jill's kids!**

**Kole loves to swim, drive his plasma car and eat rice cakes with peanut-butter! He also loves eating watermelon and oranges.**



**Sophie is Kole's kid sister. She loves eating grapefruit with her Dad when he comes home from work every night. She thinks oranges are too sweet! She also loves avocado.**

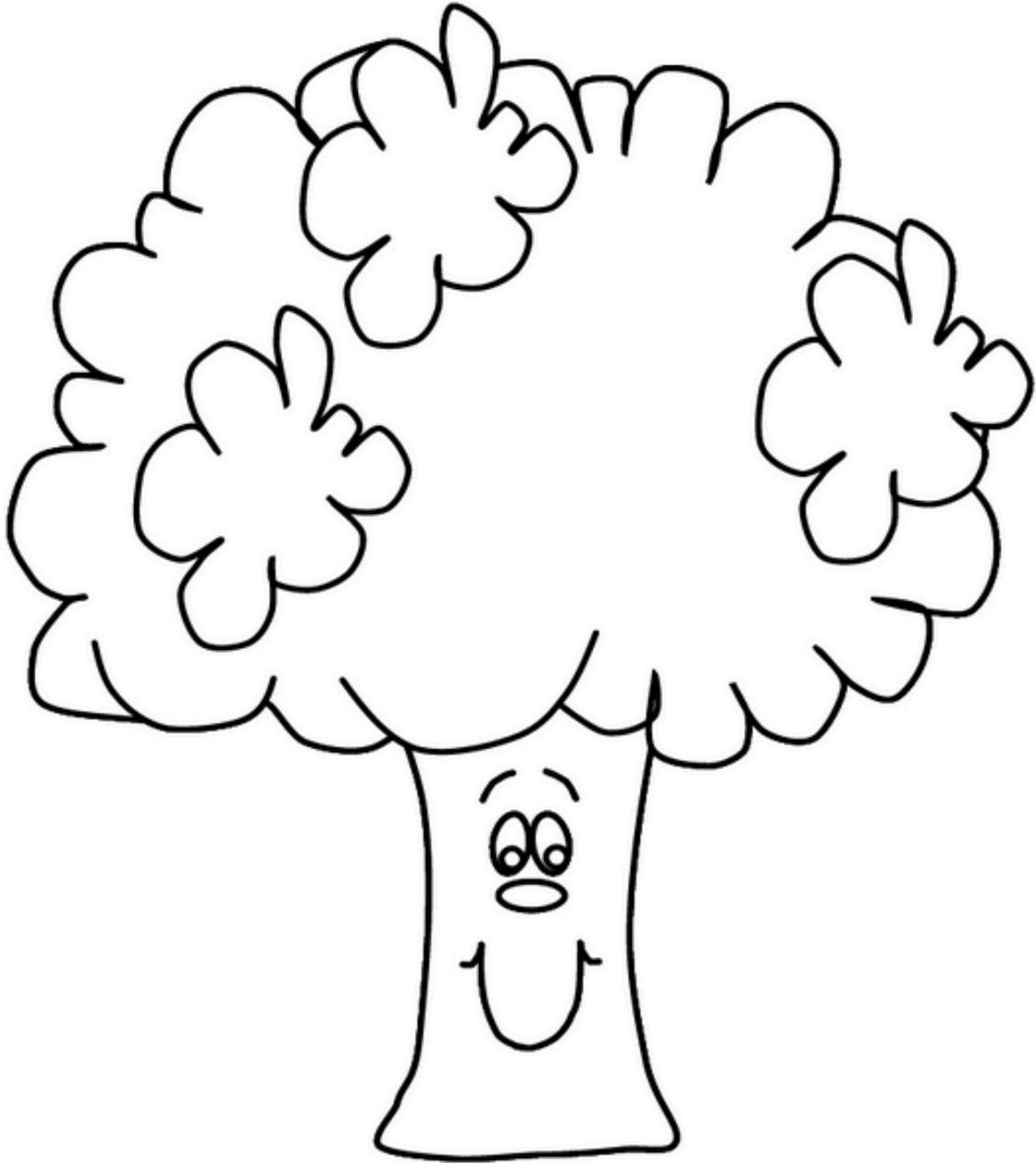
**What are your favorite healthy snacks?**

**Are you like Sophie? Do you like grapefruits?**

**Or are you like Kole? Do you like oranges?**

## Plant-Strong Coloring

What vegetable is this? Bonus: name the vitamins in this vegetable!



## Parent Tip:

Use a muffin tray for meal -time!

Put different foods in each cup of the muffin tray. Be sure to include a few dips like hummus, Rip's ranch and salsa. At the bottom of the muffin tray randomly place a few stickers (on the outside)

Challenge your children to eat something from each of the cups.

When they are finished with their meal, lift up the muffin tray to reveal if they tried something from a cup with a sticker.

If they did, reward them with a non-food prize.

A few things you can put in your muffin tray: \*you can also do this with an ice-cube tray.

Chickpeas

Brown Rice

Cucumbers

Potatoes

Cherry Tomatoes

Hummus

Rip's Ranch

Corn

Peas

Tofu

Walnuts

Raisins

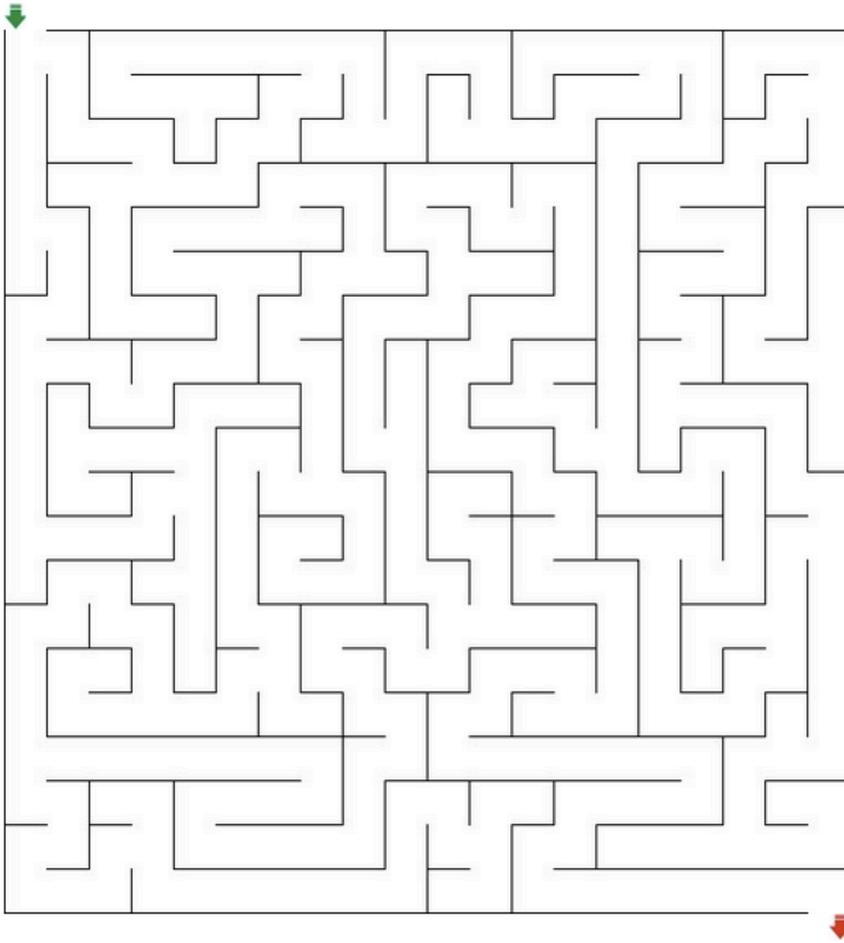
Whole grain cereal

Fruit

Get creative! Have your kids design their own muffin tray meals as well.



Kole lost his kale! Can you help him find it?



**Bonus! This week find a recipe that has kale in it, so that you can make it at home!**

## Become a firefighter this week!

Complete this week's firefighter challenge for 25 Firefighter points!

Your challenge this week is to eat something from every color of the rainbow!

Color of Food	What food did you eat?
Red	
Orange	
Green	
Blue	
Yellow	
Purple	

**Each week we will have Firefighter challenges! Complete these challenges, so you can earn your Firefighter certificate at the end of the summer!**

## Sophie's Recipe of the week! Easy Macaroni and Cheeze

Recipe of the week: From Susan at <http://blog.fatfreevegan.com>

This is one of Susan's daughter's favorite recipes!

### Ingredients

- 1 pound pasta (whole wheat or gluten-free)
- 1 1/4 cups water
- 1 cup plain, fat-free soymilk (may use other non-dairy milk)
- 3/4 cup nutritional yeast
- 3 tablespoons cornstarch or potato starch
- 1 tablespoon lemon juice
- 1 teaspoon salt (or more to taste)
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dry mustard
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- pinch cayenne pepper
- 2 tablespoons tahini
- 1 teaspoon mellow white miso (or additional salt)
- black pepper to taste

### Instructions

1. Put the pasta on to boil, according to package directions. While it's cooking, blend all remaining ingredients together in a blender. When the pasta is al dente, drain it, reserving about 1/2 cup of the cooking water, and return the pasta to pan. Add the sauce mixture and cook, stirring, until mixture boils and thickens. Add a little of the pasta water if more moistness is needed.
2. If the sauce is not as flavorful as you'd like, add a little more mustard and onion powder.

Preparation time: 10 minute(s) |  
Cooking time: 25 minute(s)  
Number of servings (yield): 8  
Makes 8 servings. Per serving: 303 Calories (kcal); 4g Total Fat; (10% calories from fat); 15g Protein; 54g Carbohydrate; 0mg Cholesterol; 316mg Sodium; 5g Fiber. Also, if you use nutritional yeast fortified with B-12, one serving provides 100% of the daily requirement of that vitamin.

