



In This Issue:

- Teaching Kids to Cook

Recipe:

- Seasoned Pumpkin Seeds



The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact us at:

Amy.Krehely@sodexo.com

Meredith.Hesselein@sodexo.com

Delivering on Student Well-Being

Teaching Kids to Cook

Many families are now spending more time at home than ever before which makes it a great opportunity to get children into the kitchen to prepare healthy meals together. Cooking is a valuable life skill and children who help in the meal preparation process are more likely to eat the food they help make. Encouraging children to help in the kitchen is also a great way to teach them responsibility and build self confidence.

Here is a guide of age-appropriate kitchen activities:

Ages 3-5:

- Wash hands with warm soapy water for at least 20 seconds
- Wash fruits and vegetables in the sink with cool tap water
- Clear and wipe up tabletops

Ages 6-7:

- Set table for mealtimes
- Mix ingredients with electric mixer or spoon
- Prepare vegetables that don't need to be cut such as snapping green beans, shucking corn, drying lettuce in salad spinner

Ages 8-9:

- Put leftovers in shallow container and refrigerate within 2 hours
- Load the dishwasher
- Sweep or vacuum the kitchen

Ages 10-12:

- Boil pasta
- Sauté vegetables
- Microwave foods
- Follow a recipe, including reading each step in order and measuring appropriately.

Article adapted from: www.eatright.org

Seasoned Pumpkin Seeds

Ingredients:

- 1-2 cups fresh pumpkin seeds, cleaned and rinsed well
- 1-2 tsp butter, melted
- Salt & Pepper, to taste
- ¼ tsp smoked paprika or chili powder (optional)



Directions:

- Preheat oven to 300 degrees F.
- In a medium mixing bowl, combine seeds, melted butter and seasonings.
- Spread seed mixture on a parchment lined baking pan and bake for 20-30 minutes, stirring occasionally until toasted brown (but not burned).
- Remove from oven and serve warm.

Recipe adapted from: foodandnutrition.org