



# Food for Thought

A cookbook full of healthy recipes with vegetables created by kids, for kids

Ms. Ali's 6th Grade Math/Science Students 2012-2013  
High Tech Middle, Chula Vista





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## Introduction

The purpose of this special cookbook is to promote healthy eating to ensure healthful lives. What better way than to create a cookbook that targets kids for an audience? This cookbook is arranged in a unique way that makes cooking at home easy. You can just grab a vegetable that you have at your house to the corresponding chapter in this book. To ensure readers will be excited to try these new recipes, we have completed tons of research and many rounds of critique to improve the taste, health benefits, and creativity of our final recipes.

First, we watched Food, Inc. to learn about the growing issue of overly processed food and childhood obesity in America. Next, we took a field trip to Olivewood Gardens. There, we learned more about the long cycle of composting, growing and eating organic vegetables. We researched about the benefits of eating organic vegetables and the many different things that vitamins and minerals do for your body. After that, we selected individual veggies that we ended up growing in the school garden, and cooking for this cookbook. Then, we began researching recipes with our vegetable in it or we created one of our own. If we found a recipe we liked, we made many changes to it in order to make it our own creation. We also determined the nutritional value of one serving of each recipe by completing various calculations. This way, we can provide you with an easy and convenient way to keep track of how healthy you eat and, ultimately, to help you create a wholesome diet. Finally, we took professional photos of our recipes to put into this cookbook.

One of the major components of this project was the photography of our recipes. A guest speaker came to our classroom to talk about many modifications, such as lighting and background objects, that will make our professional photos look better. On an assigned day, we brought in our recipe, extra plates, and leftover fresh vegetables to use as props. Lighting was also important to show great details and make our recipe look even more beautiful. Depth of field was an important change that made the food in the pictures stand out. We had to focus the camera on our recipe, then make the background more blurry than everything else.

There are many alternatives to losing weight, but what about feeling good on the inside? After all, cleansing of the body comes from within. Eating fresh and balanced meals make a big difference in one's well-being. When you eat what you choose, ask yourself, "This tastes good, but how does this affect my health?" Our 4th grade class at HTMCV hopes you enjoy the recipes so follow. You, and everyone you cook for, will surely enjoy many benefits from using this cookbook!

## Project Process



1. We grew decomposers



2. We planted vegetables in our garden



3. We watched Food, Inc.



4. We created our very own kid-friendly recipes



5. We visited Olivewood Gardens



6. We did peer critiques of our recipes



7. We did "At Home" critiques of our recipes



8. We researched fast-food advertisements and held a sarcastic seminar



9. We learned about photography from a professional.



10. We calculated the nutritional value of one serving of our recipes



11. We took professional photos of our recipes



12. We produced this kid-friendly cookbook!

Broccoli is a very low calorie vegetable that only provides 34 calories for every 100 grams. It is very rich in fiber, minerals, vitamins, and antioxidants. Fresh broccoli is a storage house of phytonutrients such as indoles, Sulforaphane, Thiocyanates, lignanols, and isothiocyanates. These nutrients help to protect from a different cancers. Broccoli is also a good source of vitamin C, when fresh providing about 15% of your recommended daily requirement. Broccoli also provides 2% of your daily vitamin A, which helps maintain integrity of skin membranes. The broccoli leaves provide 11,000% of vitamin A for every 100 grams. Broccoli is rich in vitamin K, B, A, and C. It also has vitamin pantothenic acid and peroxide. It is also a good source of calcium, iron, magnesium, selenium, zinc, and phosphorus.

**Nutritive value per 100 grams:**

- Vitamin A 149%
- Vitamin C 35%
- Vitamin K 210%
- Fiber 1.5%
- Peroxide 0%
- Copper 0.5%
- Iron 1%
- Magnesium 5%
- Manganese 9%
- Selenium 5%
- Zinc 4%
- Calcium 8%

# Broccoli

## Beef and Broccoli

Take Out (at Home).....Pg 22  
 Vincent

chick-oli.....Pg 23  
 Nick

Super Hero Broccoli.....Pg 24  
 Michael

Broccoli Tortellini Party.....Pg 25  
 Alexis



## Beef and Broccoli Takeout (At Home)

NOTE: Cook brown rice according to package directions to go with [this](#) recipe.


Number of Servings: 6

### Ingredients:

- $\frac{1}{4}$  cup of soy sauce
- 1 tbsp. cornstarch
- 3 tbsp. canola or vegetable oil
- 1 boneless organic beef sirloin (about 1  $\frac{1}{2}$  pound)
- 3 cups broccoli florets
- 1 med. onion
- 2 garlic cloves, pressed
- $\frac{1}{2}$  - 1 cup to 1 cup beef broth, depending how much sauce you want

### Steps:

1. Whisk soy sauce, cornstarch, and oil in a bowl.
2. Cut the steak to the desired size and place into a bowl.
3. Add the beef to your soy sauce mixture and toss to coat the meat. Refrigerate for 5 minutes to marinate.
4. Cut broccoli into florets and onion into wedges. Set aside vegetables aside for now.
5. Add a pinch of salt, 1 tbsp. of oil in a large skillet over medium high heat. Add the beef and stir fry for 3-5 minutes. Remove remaining oil in skillet.
6. Add vegetables to the beef and stir fry 3-6 minutes until everything is tender to your taste!
7. Add the broth to beef and vegetable mixture.
8. Stir gently for 1 minute until sauce is thickened. Divide into 4 portions and serve over brown rice in 4 (square stainless bowls with a pair of wooden chopsticks in every box [GODS](#) for \$100 each, but stainless bowls are acceptable).
9. Serve with salt and pepper to taste.
10. Enjoy!



## Super Hero Broccoli

Number of servings : 2

### Ingredients:

- $\frac{1}{2}$  tablespoon of olive oil
- 1 pound round steak thinly sliced into 2 inch pieces
- $\frac{1}{2}$  large onion sliced thin
- $2\frac{1}{2}$  cups of fresh broccoli florets chopped
- 1 (10.75 ounce ) can of broccoli soup
- $\frac{1}{2}$  cup of water
- 2 tablespoons of soy sauce

### Steps:

1. Start the stove and put on high
2. get a large skillet
3. Pour olive oil in the pan.
4. Put sliced steak into pan and stir. Season with salt and pepper.
5. cook until almost completely browned (cooked)
6. Add the sliced onion to the pan and saute, then stir until tender
7. Next, add broccoli and condensed cream of broccoli soup
8. Add water and 2 tablespoons of soy sauce and stir well, then reduce heat and cover in tin foil for about 10 minutes.
9. Serve and enjoy!

carrots provide lots of benefits for your health, carrots are very good for your vision and they have 55% of your daily vitamin A which helps a lot with liver problem as well, carrots only have 41 calories per 100 grams, vitamin A helps the flavonoid compounds protect from skin, lung, and oral cavity cancers. You should eat carrots when on a diet or have an eye or liver problem. The root is the edible part of the carrot and the place where all of the nutrients are stored.

## carrots

### Nutritive value per 100 grams

Manganese 6%

Copper 5%

Phosphorus 9%

Iron 4%

Calcium 3%

Magnesium 3%

Vitamin A 55%

Vitamin K 10%

Vitamin C 10%

Pyridoxine 10%

Thiamin 6%

Niacin 6%

This carrot Needs a Honey!.....Pg 34

Estelid [redacted]

crazy carrot Rice.....Pg 35

Sheha [redacted]

Fun Fries!.....Pg 36

Dhruvi [redacted]

Delicious Pastina.....Pg 37

Sebastian [redacted]





## This carrot Needs a Honey!

Number of Servings: 4

### Ingredients:

- 1 pound of peeled carrot or Baby carrots
- 3 1/2 tablespoons of unsalted butter
- 1/2 cups of low sodium chicken broth
- 1/8 cup of honey
- 1 tablespoon of cumin
- 1/4 tablespoon of salt
- 1/4 tablespoon of pepper
- 1 oz. of ground garlic
- 1 oz. of chopped walnuts

### Steps:

1. In a medium saucepan, melt 3 tablespoons of butter over medium heat.
2. Pour in the chicken broth and honey, then add the cumin, salt and pepper (to taste).
3. Add the carrots and cover. Simmer until the carrots are slightly softened.
4. Uncover, increase heat to high and boil until most of the liquid has evaporated and carrots are shiny and glazed (10 to 12 minutes).
5. In a small skillet, melt a 1/2 tablespoon of butter and add 1 oz. of chopped walnuts until glazed. Once glazed, remove the skillet and place aside.
6. Sprinkle half of a tablespoon of garlic onto the cooked carrots.
7. Put the carrots in a serving bowl with the walnuts scattered on top and enjoy! :)

Warning! If you eat any of the following recipes you will be immune to the common cold (for a while), your blood pressure will lower, your brain will be younger, and if you are depressed these are the recipes for you. These recipes contain cauliflower which is very low in calories, prevents infections, and helps prevent cancer. cauliflower is very high in vitamin c, so when you are eating the following recipes think to yourself, vitamin c helps blood vessels, vitamin c lowers your blood pressure, vitamin c helps your immune system. vitamin c quickens the body's ability to repair wounds. vitamin c also helps prevent cancer, heart and lung disease, and other deadly illness.

## cauliflower

### Nutritive value per 100 grams:

vitamin c: 84%

manganese: 7%

folate: 14%

iron: 9%

pyridine: 14%

copper: 6.9%

vitamin k1: 18%

magnesium: 3.9%

panthothemic Acid: 18%

zinc: 5.9%

niacin: 3%

calcium: 2%

caulifarm Sheep.....Pg 40

Taylor

caulifornia Pizza.....Pg 41

Avanna

Fluffy Mountain.....Pg 42

Elena

Poker Face.....Pg 43

isa



## caulifarm Sheep

Number of Servings: 4

### Ingredients:

- 1 head cauliflower (steamed)
- 4 black olives (with no center)
- 16 baby carrots (4 per sheep)
- 4 green beans
- 1 tablespoon low fat ranch dressing
- 12 toothpicks

### Steps:

1. Put cauliflower in the steamer for 2 1/2 minutes. Break apart to 4 florets.
2. Ask an adult to help you attach black olives with a half of a toothpick to the body of your sheep. This will be the head.
3. Cut two little flags on each side of the olives to make little ears.
4. Cut the baby carrots long ways just one time, in half.
5. Attach carrots to bottom of sheep using toothpicks. Make sure they are sturdy.
6. Cut green beans in half and lay them down on the plate around the sheep.
7. Add 1 tablespoon ranch dressing on the side.



## cauliflower Pizza

Number of Servings: 12

### Ingredients:

- 3 heads of cauliflower
- 6 large egg whites
- 3 tsp. of dried oregano
- 3 tsp. of dried basil
- 1 ½ tsp of garlic powder
- 3 cups of organic marinara sauce
- A bag of fat free shredded mozzarella cheese
- Flour for the cupcake tin
- add any additional toppings you like on your pizza (optional)

### Serve:

1. Preheat the oven to 400 degrees. Spray the cupcake tin with non-stick cooking spray then pour flour over the non-stick cooking spray. Spread the flour by waving the outside tin in a circular motion and dump the left overs.

2. Wash the cauliflower and cut it in half. Break the cauliflower into segments, put it in the food processor pulse it until it reaches a rice like texture.

3. Place cauliflower mixture in the microwave for 2 min. (Do not add water or cover it.) take it out of the microwave and add all of the ingredients besides the toppings (marinara sauce, cheese, and any other topping you want on your pizza) Put the bowl back in the microwave for 3 min.

4. Add an alkali to help up the marinara sauce in a small quantity on the stove until it is slightly boiling (3 min.)

5. Scoop cauliflower mixture into the cupcake tin, dividing it equally between all of the spots. Fill the spots and then complete the filling.

6. Place the cupcake tin in the oven for 10-15 min, or when the top starts to look golden brown. Add an alkali to remove the cupcake tin from the oven.

7. Put the marinara sauce on top where you like cheese and put any toppings you like on your pizza. Let them cool down and get them out of the cupcake tin.

# kale

Kale has many benefits because it is high in fiber, low in calories, can protect you from various cancers, it's great for bone health, and great at preventing blood clotting. Kale has so many other benefits that you can discover just by trying any of these recipes. Kale is filled with vitamin K, kale has the ability to give you seven days worth of vitamin A in only two cups of kale. Kale only contains 78 calories in two cups of kale and only one gram of fat. It also has 592 mg. of Potassium! Since kale is filled with vitamin K and A it can give you great eyesight, great looking skin, it can make you look younger, prevent osteoporosis, and heart disease at the same time! Eat up because you will not only feel and look better, it will also taste better!

## Nutritive value per 100 grams

Vitamin A 70%  
Vitamin C 170%  
Vitamin K 100%  
Copper 20%  
Manganese 64%  
Iron 19%

"Kacon".....Pg 64

Maria [redacted]

Hulk Twin Smoothies.....Pg 65

Benjamin [redacted]

The Last Tree

on the Hill cupcakes.....Pg 66-67

Abea [redacted]



## The Last Tree on the Hill cupcakes

Number of Servings: 16

### Ingredients:

- 1/2 cup of sugar
- 1 3/8 cups of whole wheat (or grain) flour 1/2 teaspoon cinnamon
- 2 1/2 cup honey
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda,
- 2 large eggs
- 3 half pieces
- 1/2 teaspoon of vanilla
- 1/2 cup butter
- 3 tablespoons of honey-flavored greek yogurt

### Ingredients for Frosting:

- 3 tablespoons of honey-flavored greek yogurt
- 2 Teaspoons honey
- 1/2 cup of butter

### Steps (cupcakes):

1. In a large mixing bowl mix flour, sugar, baking powder, baking soda and cinnamon.
2. Mix in 1/2 of the honey until fully combined.
3. Mix in 1/2 of the butter. (If you are using an electric mixer, mix on high for about three minutes).
4. Mix in eggs and vanilla until fully combined.
5. Take one half piece and cut into pieces.
6. Mix in until fully combined.
7. Fill cupcake liners 3/4 full.
8. Bake at 375 F for 18 minutes or until cupcakes bounce back when lightly touched.

### Steps (Frosting):

1. In a medium-sized mixing bowl, mix butter until light and fluffy (about 3 minutes).
2. Mix in honey and yogurt.
3. Spread on cupcakes, note that the frosting will not be thick enough to pipe.

onions are low in calories (just 40 calories per 100g) and (yes) however, rich in soluble dietary fiber. They are an also good source of antioxidant flavonoid quercetin, which is found to have anti-carcinogenic, anti-inflammatory properties. Onions are a rich source of chromium, the trace mineral that helps tissue cells respond appropriately to insulin levels in the blood. This helps facilitate insulin action and control sugar levels in diabetics. They are also good in antioxidants vitamin, vitamins and mineral manganese. Onions also help provide relief from cold and flu by exerting anti-inflammatory actions.

#### Nutritive value per 100 grams:

Folate: 8%  
Vitamin C: 12%  
Pyridoxine: 9%  
Thiamine: 4%  
Calcium: 2%  
Copper: 4%  
Iron: 3%  
Magnesium: 1.8%  
Zinc: 0.9%  
Phosphorus: 4%

## Onion

Onion Dippity-Do-Da.....Pg 76

Joseph [redacted]

"Oh My Omelet!".....Pg 77

Ariane [redacted]

Galaxy Onion Soup

& Galaxy Onion Bread.....Pg 78-80

Pablo [redacted]

Galaxy Rings.....Pg 81

Noah [redacted]





## Galaxy Onion Soup

Number of Servings: 6-8

### Ingredients:

- 10 medium onions, thinly sliced
- 1 Teaspoon dried thyme
- $\frac{1}{4}$  Teaspoon ground pepper
- 1 Tablespoon olive oil
- drisino gluten free bagel chips (optional)
- $\frac{1}{6}$  cup Port or Marsala wine
- 5 cups low-sodium vegetable broth
- 2 Tablespoons balsamic vinegar
- 8 Baby potatoes, halved
- Salt, to taste
- water, to desired consistency
- cheese (optional) (preferably drisino cheese)

### This recipe is:

- Peanut Free
- Gluten Free

### Steps:

1. Preheat oven to 475 degrees. In a large dutch oven, add onions, oil, 1 tablespoon water, thyme and ground pepper. cover and bake for 30 minutes until softened. uncover and continue to cook for another 10-15 minutes, stirring every 30 minutes or so, until the onions are golden brown and caramelized.
2. Transfer onions to the stove and add wine. Scrape the bottom and sides of pan to release any browned parts. continue to cook until mixture is slightly thickened.
3. Add broth, vinegar, salt and baby potatoes. Bring to a boil then reduce heat and simmer for about 30 minutes, until the liquid has darkened.
4. Divide soup into oven proof bowls, top with gluten free bagel chips and sprinkle with cheese. (optional)





## Galaxy Onion Bread

Number of Servings: 4

### Ingredients:

- 1 onion, cut into chunks
- 1 T olive oil (for onions)
- 3 1/2 cups Pamela's gluten free bread flour
- 2 1/4 tsp yeast
- 1/4 cup olive oil (use in measuring cup)
- 2 eggs
- about 1 1/2 cups warm-hot (not boiling water)

This recipe is Gluten Free

### Steps:

1. In a pan, over medium heat, add a tablespoon of olive oil and the onions. Cook until caramelized. Set aside and cool.
2. Put the 1/4 cup olive oil, eggs, and water together, in a 3 cup measuring cup. Add enough water so that the mixture goes to the 2 cup line, but not over.
3. Place bread flour, and onions in measuring cup in mixer and mix on medium speed until dough-like consistency.
4. Add onions and fold in gently until incorporated.
5. Place in lightly oiled bread pan and bake at 375 degrees until brown on top and knife comes out clean (about 30-40 minutes depending on oven and pan).
6. Cool down and remove from pan.
7. Can be eaten alone, as sandwich bread, or with a little butter or olive oil.
8. Enjoy!

## Fieldwork

### Growing Decomposers/ Maintaining a compost bin

At the very beginning of our project we learned about scavengers and decomposers. We learned how scavengers and decomposers work as a team to break down organic matter. We created our own decomposers. We picked groups and added different elements into a plastic bag and put them in a cabinet for about two weeks. Every week we would check on the bags and document what the contents of the bags looked like. Our decomposers had to be thrown out because they were beginning to smell really bad. We also began a compost bin. We did lots of research on how to build a compost bin, what goes in a compost bin, what are the benefits of having a compost bin, etc. One of our team member's family donated a nice spinning compost bin for us to have. We use the compost for our garden to help our vegetables grow.

### Planting our own vegetable garden

Our school has a garden for the whole school to use. Every grade has one row to use however they want. The whole sixth grade has divided our row so that we can plant our vegetables. We got put into groups and we chose a vegetable. After that, we got to plant seeds into our little section in the sixth grade row planter. Almost every week we go out to the garden and document how our plants look, how tall they are, and anything new that was not there the last time we made observations. We also water the plants and make sure that everything is growing ok.

### Grocery Shopping and cooking for "At Home critique"

For one step in the process of this cookbook we had to go to the grocery store, buy the ingredients we need for our recipe, and go home and cook it. At the grocery store we had to search the store for our ingredients. If the store we were at did not have the ingredients we needed we would have to go to a different store. If you had a very rare vegetable you had to go to many different stores to find the one you need. At home we cooked, we baked, we did everything. We had to prepare our dishes and make it look good for our families to eat. When we were done cooking and baking we would bring it to our families and they had to taste it and give us feedback on how we did. They had to give us warm feedback on what they liked and cool feedback on what they thought we should change. Our family members also acted like food critics and gave us quotes on our food like "This is the best thing in the world!". "There is an explosion of flavor blowing up in my mouth!" Their quotes were just like the ones food critics give when they go try different foods. Not just our parents had to give us feedback, but we also had to write down what went well and what we had to change while preparing our recipe in the kitchen.

### Trip to Olivewood Gardens

As a field trip for our project we went to Olivewood Gardens in National City. At the gardens, we learned many different things about composting, cooking, making healthy eating choices, how to make seed balls to help make our earth stay beautiful, etc. All together as a team we experienced what it would feel like to own

a real garden. At one of the kitchen station we made this salad with butternut squash, pears, cranberries, green onions, and quinoa. The quinoa had a very different texture, many people liked it and many people did not. At the other kitchen station we made our own salad dressings from scratch. We added a lot of different ingredients to it to make the perfect dressing. Another one of the stations we went to was the composting station. Here, we got to make compost and we learned all the steps on how to make a successful compost. There were even chickens running around which was really fun! One of the most interesting stations we went to was the seed ball station. Seed balls are little balls of clay, dirt, and seeds. Seed balls are used to grow trees and wildflowers, they are fire resistant and birds cannot get into them so the plant will grow safely. The last station we went to was with our teacher, Ms. Ali. At Ms. Ali's station we made plans on how we can influence other people to make healthy food choices, how healthy food choices can help us, we made exhibition plans, and we discussed the benefits of our 'At Home' critiques. The people at OliveWood Gardens were really wise so let us go to their garden and we would like to thank them because they really helped our project.

## Professional photographer visit/taking professional photos of food

For our cookbook we decided that we should take a good photograph of each of our recipes. We had a professional photographer as a guest speaker and he talked about everything we needed to know so we could take amazing pictures of our food. We talked about depth of field, and how some things needed to be in focus and other things were better off just blurry. We really learned a lot of things that day, and just to make things better, he came

back later on and helped us take real life professional photographs! We were so excited to be able to take the pictures, we even got to hold the camera! I think we all thought of this as an experience that we will always remember. Our experience in this project was amazing, and we all hope to experience something like this later on in life.





## critique Process & Goal Setting

### Introduction to critique

critique is a process that High Tech High Middle Chula Vista uses a lot in our work. It is very helpful because instead of looking at your work through your own eyes and from your perspective, you can have another classmate check your work and give you some ideas that you have not thought about. critique also benefits you when you read your partner's writing because then you can get ideas from their writing or drawing. We had five critique sessions.

### 1. Peer critique

Peer critique is a process that we did in class where any nine classmates read our recipe and critiqued it. We had to read it and give them KSH (kind, specific, and helpful) feedback. The way we did it was fun because you had to be silent, stand up, make eye contact, and then switch places with someone else. You ended up moving from seat to seat critiquing various recipes. The peer critique that we did was helpful for learning what to add and take out of our recipe, and also to make sure that the steps in our recipe made sense.

### 2. At-Home critique

For the at-home critique we had to make our recipe at home with the help of our family. When we were making our recipe we followed the steps on our recipe to see if there were any missing steps, or if there was anything that didn't make any sense. While we were cooking, we filled out an "In The Kitchen Form." For the "In The Kitchen Form," we had to write down what went well in the kitchen, what went wrong, and the specific steps we planned to change in our recipe. After we were done making our recipe, our families tried it and gave some critique. They gave some celebrations and suggestions. Celebrations are great things about your recipe and suggestions are what you can take out or what you can add to make your recipe taste better. We took the suggestions into consideration and changed our recipes. This was a very unique form of critique because it allowed for our families to get very involved with our project and truly get an inside look at what we were learning in class.



### 3. Content Edit

During the middle of the project our teacher, Ms. Ali, picked some class editors to help her out with editing everyone's recipe. She picked a total of eight editors from our team and six students were assigned to each editor. All of the students shared their recipe with their editor through Google Docs and then their editor only edited the contents of their recipe. Content editing is looking at all the information in the recipes. Editors checked to see if there were any ingredients in the recipe steps that were not included in the ingredient list or the other way around. They also checked if the student was missing any steps or if some steps didn't make any sense. After the editor made the edits to their group's recipes, they met with each student in their group to talk about the changes and questions they had about the recipe. Then the students changed their recipe taking into consideration all of the things the teacher and the editor talked about.

### 4. Copy Edit

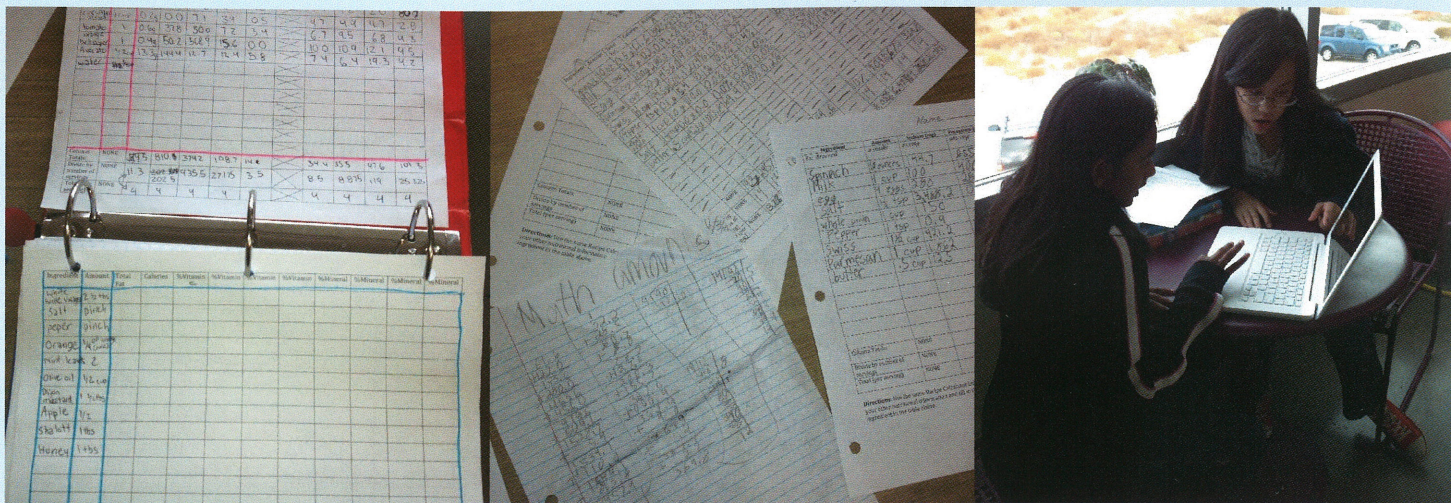
Copy editing is a little like content editing. In copy editing, the class editors checked the students' recipes again just to fix the grammatical errors or spelling mistakes. Then, they met with that student again to talk about what they changed and why.

### 5. Teacher Critique

Teacher critique was the last critique session. The purpose of this critique was for the teacher to check everything from your recipe to your nutrition calculations. Ms. Ali checked our recipe to see if there were any grammatical errors or spelling errors hiding in our recipe that we had not previously noticed. For our nutrition calculations, Ms. Ali made sure that the calculations were done correctly, the fat was not too high, and that there were not too many calories. If there were any problems, we had to go back and make changes to our recipe and/or fix our calculations.



# Math component



## The spreadsheet...

1. We used an online recipe calculator to calculate the nutritional information in our recipes.
2. Before we could use the recipe calculator, we had to convert all of the fractions in our recipe (for example:  $\frac{3}{4}$  cup) into decimals because the recipe calculator would not accept fractions.
3. We wrote all of the information into a spreadsheet showing the main vitamins, minerals, calories, and fat amount for each ingredient in our recipe.

## LOTS of calculations...

4. We added up the amounts in each category and then divided the totals by the amount of servings that our recipe makes.
5. These steps allowed us to figure out the nutritional information in 1 serving of our recipe.
6. The most challenging part of completing all of the calculations was that if your final answers showed that your recipe was too high in fat or calories, you had to change your recipe and then redo all of the calculations.

## Student meeting with a peer editor...

7. We had to have multiple check-ins with Ms. Ali to make sure that we were doing our math calculations properly.
8. When we were finished with all of the calculations we had to type up everything into a google document and share it with Ms. Ali and the editors. The editors and the teacher had to make sure that the calculations were done correctly and that the nutrition information was formatted correctly for the nutritional index.



## Parent Reflections

"This project has taught Sarina that even though our schedules can be hectic, we can still choose to eat healthy on the go. For example, instead of buying typical snacks at the concession stand, we try to plan ahead and bring fresh cut fruits/vegetables, nuts, or our own baked goods. My hope is that Sarina will carry on this knowledge to adulthood and continue to make wise food choices."

-Carolyn



"The Food for Thought project has had a big impact on our whole family in the way we look at foods we eat. My son, Nicolas, began to want to try more vegetables and enjoys going to the grocery store to pick out new fruits and vegetables. I have become more aware of the meats and look for hormone free food products. This project has helped us eat healthier!!!"

-Christin

"Mia has been more open to trying new foods, and I love it!"

-Angelina

"I can honestly say that this project was a life changing experience for Ben."

-Rosa

"This Food for Thought project brought to light how something can be healthy and still taste really good... something that most kids are not used to thinking."

-Sylvia

"After being involved in this project my son has become more conscious about the types of food he eats. He has always enjoyed vegetables and fruit however during this project I noticed he ate less junk food. Being constantly bombarded by fast food ads can make it difficult to get your kids to eat right so I want to thank you for promoting this project. It makes it easier to lead a healthy lifestyle when we have the support from the school as well."

-Mariana

"As a family, we now try to buy mostly organic foods and strive to eat more fruits and vegetables with every meal. As a mother, it makes me so happy to know that Vincent has the knowledge to make the right choices for eating better."

-Cynthia

A light brown chicken with a red comb stands on a brick patio. The background is filled with lush green plants, including ferns and leafy greens. The text 'Nutritional Index' is overlaid on the chicken's body.

## Nutritional Index

Students have calculated the nutritional content of one serving of their recipe. Use this index as a health guide to determine your own nutrient intake. The recipes are grouped by chapter and page numbers are included so that you can easily move back and forth between the nutritional index and the recipe you are interested in preparing.

## Beets (Pg 8-13)

### Eat To The Beets Parsnips

Total Fat 2.8g, calories 120.7, Sodium 150.7mg, Potassium 122.9mg, Vitamin B6 3.95%, Vitamin C 3.55%, Vitamin E 2.1%, Phosphorus 4.6%, Folate 9.21%, Manganese 6.6%, Copper 2.06%

### My heart beats for cookies!

Total Fat 4.3g, calories 183.9, Sodium 394.4mg, Potassium 97.6mg, Vitamin A 32.4%, Vitamin B-12 0.7%, Vitamin B-6 0.3%, Vitamin C 0.1%, Calcium 1.0%, Copper 1.3%, Folate 1.64%, Iron 0.1%

### Beet the Mountain

Total Fat 3.3g, calories 116.0, Sodium 46 mg, Potassium 222.0mg, Vitamin C 30.5%, Vitamin B-6 32.7%, Vitamin E 1.8%, Folate 1.12 %, Manganese 44.1%, Magnesium 5.6%, Phosphorus 9.2%

### Beetlejuice Juice

Total Fat 0.8g, calories 49.9, Sodium 44.3mg, Potassium 69.6mg, Vitamin C 48.4%, Vitamin B-6 2.2%, Vitamin B 2.4%, Vitamin A 2.96%, Folate 32.3%, Manganese 1.1%, Magnesium 2.6%, Iron 4.6%

## Boston Bib Lettuce

(Pg 14-19)

### See Sail on The Sea of Lettuce

Total Fat 2.88g, calories 119.07, Sodium 145.55mg, Potassium 272.32mg, Vitamin A 23.77%, Vitamin C 12.7%, Vitamin B-6 2.57%, Vitamin E 6.85%, Folate 12.2%, Manganese 6.65%, Iron 3.37%, Thiamin 3.7%

### Amazing Caesar Salad

Total Fat 33.3g, calories 144.9, Sodium 416.0mg, Potassium 129.7mg, Vitamin A 9%, Vitamin C 109.0%, Vitamin B 2.1%, Vitamin E 2.48%, Folate 17.8%, Manganese 17.6%, Iron 9.42%, Thiamin 12.3%

### Crabby Wavy Surprise

Total Fat 4.6g, calories 182.8, Sodium 470.0mg, Potassium 102.0mg, Vitamin A 51.0%, Vitamin C 4.9%, Vitamin B-6 6.82%, Vitamin B 1.6%, Folate 1.44% Magnesium 9.9%, Thiamin 8.7%, Riboflavin 2.6%

### The Leaning Tower of Lettuce

Total Fat 10.36g, calories 251.2, Sodium 327.76mg, Potassium 4104.5mg, Vitamin A 12.4%, Vitamin B6 1.7%, Vitamin C 1.4%, Vitamin E 6.3%, Iron 3.6%, Magnesium 3.3%, Thiamin 1.3%, Riboflavin 2.3%

## Broccoli (Pg 20-25)

### Beet and Broccoli Take Out (At Home)

Total Fat 10.8g, calories 121.2, Sodium 204.9mg, Potassium 602.9mg, Vitamin A 13.5%, Vitamin B6 12.4%, Vitamin C 76.2%, Vitamin E 11.3%, Manganese 10.4%, Folate 3.1%, Riboflavin 3.6%, Phosphorus 31.6%

### Chick-O!

Total Fat 3g, calories 41e, Sodium 15 mg, Potassium 53 mg, Vitamin A 24%, Vitamin B-12 16%, Vitamin B-6 27%, Vitamin C 22%, Magnesium 1%, Manganese 8%, Iron 1%, Folate 6%

### Super Hero Broccoli

Total Fat 1g, calories 441.87, Sodium 184.10mg, Potassium 173.9mg, Vitamin A 72.3%, Vitamin B-6 11.6%, Vitamin C 122.9%, Vitamin E 12.9%, Calcium 23.1%, Iron 42.4%, Zinc 51.4%, Manganese 16.9%