

# Food for Thought Cards

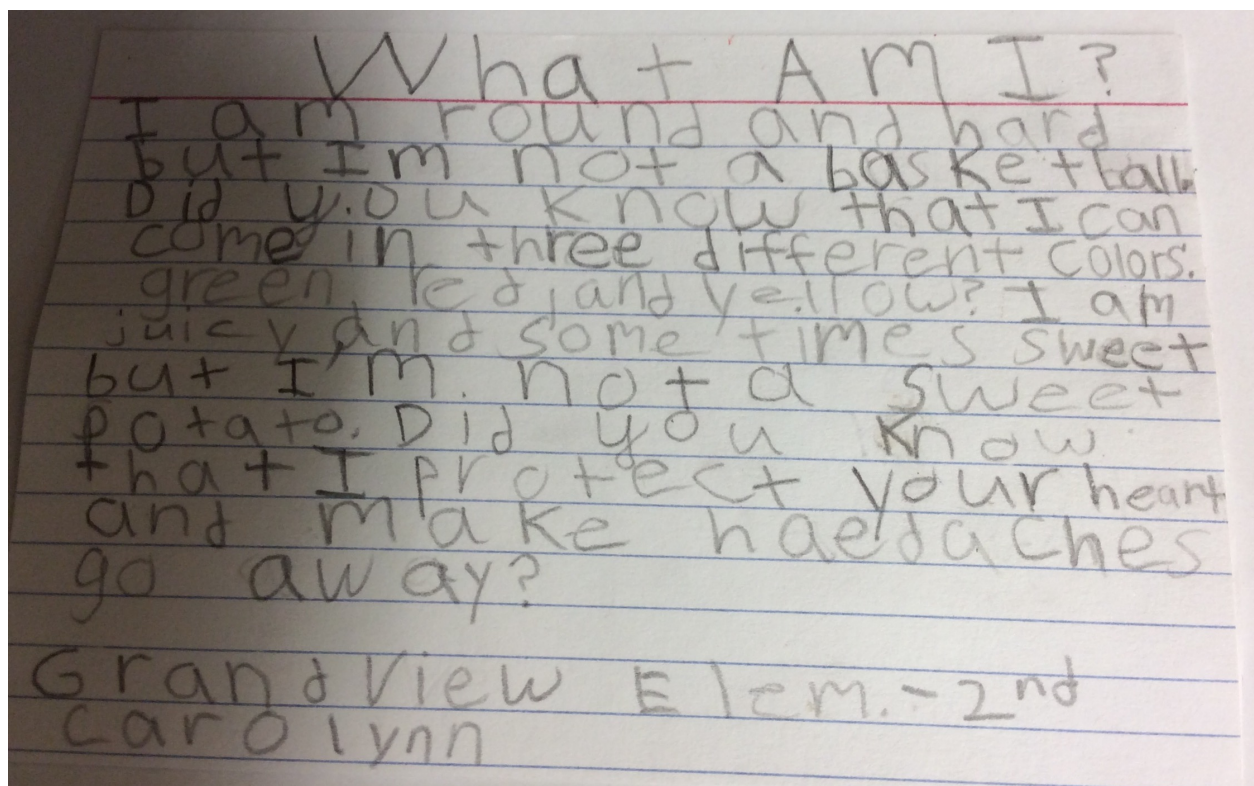
School: Grandview Elementary

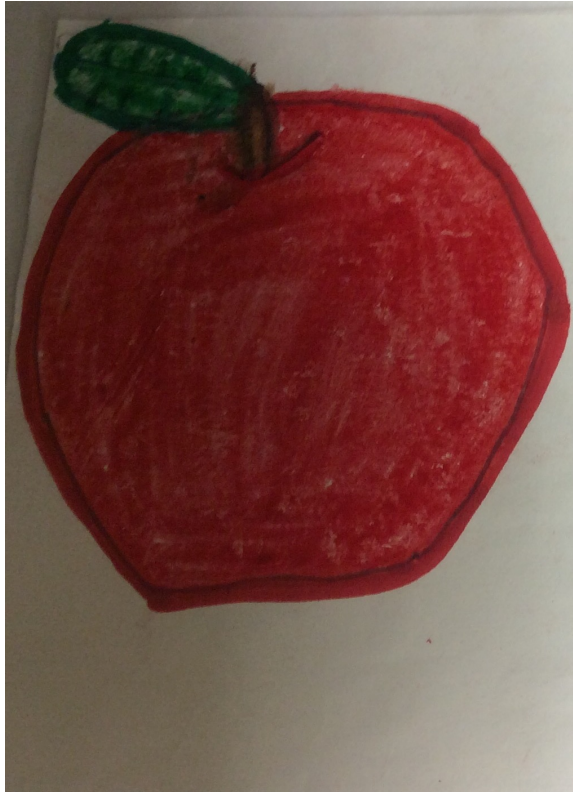
City/State: Charleston, WV

Grade(s): 2

Format(s): Note cards

Subject(s): English Language Arts, Health and Wellness, Social Studies





## Apple Nachos

### Ingredients:

- 4 apples
- 1 spoonful of caramel
- 1 spoonful of melted chocolate
- Chocolate chips

### Directions:

1. Get 4 apples.
2. Cut the apples and put them on a plate.
3. Put one spoonful of melted caramel on top of the apples.
4. Add melted chocolate on top of the caramel.
5. Next, put chocolate chips on top.

What Am I?  
I look like a moon and I am yellow, but I am not a lemon. I taste sweet, but I am not sugary. I can also help your eyes, skin, and your heart. Did you know I come in a bunch?

Grandview Elementary  
Second Grade  
Madison.



## The Fruit Flower

### Ingredients:

- Banana
- Blueberries
- Pretzel stick
- Orange

### Directions:

1. Put some blueberries onto a plate for the center of the flower.
2. Then add banana slices around the blueberries for the petals.
3. Then add a pretzel stick for the stem.
4. Then add 2 orange slices for the leaves.

What AM I?  
I am a fruit that is the  
same shape as a circle.  
I am the color of night.  
The outside of me is  
bumpy. My inside is  
purple and soft. I taste  
sweet. If you eat me, I  
will help your eyes and  
take away your wrinkles.

Grand View Elementary  
Second Grade  
Brody



### Chocolate Covered Blackberries

#### Ingredients:

- Blackberries
- Dark Chocolate
- Sprinkles

#### Directions:

1. First, melt the chocolate.
2. Second, dip the berries into the chocolate.
3. Then, add sprinkles after you dip.
4. Next, put the blackberries into the freezer.
5. Finally, enjoy!

What Am I?  
I'm a black fruit, I feel  
soft, bumpy and squishy  
but I'm not a cooked  
carrot. I can be eaten whole,  
but I'm not a grape. I'm  
juicy and sometimes sweet.  
Did you know I will help  
your eyesight and I will  
improve your memory.

Grandview Elementary  
Second Grade  
Hannah



### Blackberry Butterflies

#### Ingredients:

- Blackberries
- Almonds

#### Directions:

1. Cut the blackberries and almonds right down the middle.
2. Put a whole almond in the middle and then put four slices of blackberries on the outside of the almond for the butterfly wings.
3. Cut the almonds in half again to make the little antennas.

What Am I?

I am a fruit that is the same shape as a cherry. I am the color of the sky. The outside of me is soft and smooth. My inside is squishy. I sometimes taste sour and sweet. If you eat me I will help give you energy and your skin and hair.

Grandview Elementary  
second grade  
Anna



### Blueberry Smoothie Ingredients:

- 1 cup of frozen blueberries
- $\frac{1}{2}$  cup of milk
- $\frac{1}{2}$  cup of vanilla yogurt
- 2 tsp. of honey

### Directions:

1. Mix all ingredients in the blender until smooth.

What Am I ?

I am round and fat but I am  
not Santa. I am dark blue but I'm not  
the sky. Did you know that  
I give you energy and I kill  
cancer? I'm sweet but an  
apple pie.

Grandview Elementary

Second Grade

Maliek



### Blueberry Yogurt

#### Ingredients:

- ½ cup of blueberries
- 1 cup of milk
- ¾ cup yogurt
- 3 packs of gelatin
- 1 cup vanilla
- 1 cup syrup

#### Directions:

1. Place blueberries into the pan and cook on low heat and mash with a fork.
2. Add a ½ cup of milk.
3. Sprinkle the gelatin over the blueberry mixture.
4. Add warm milk to the gelatin mixture.
5. Add yogurt, vanilla, syrup, and blueberry juice.
6. Put in pan & refrigerate for 1 hr.

## Cantaloupe Slushy

### Ingredients:

- 10 cups cantaloupe about medium size
- Sugar
- Water
- Lime juice
- Mint

### Directions:

1. In a blender, puree cantaloupe until smooth. Pour in a strainer. Discard pulp.
2. Pour into a pitcher. Add water and lime juice. Stir.
3. Add sugar.
4. Keep in the fridge.
5. Server with cantaloupe chunks, plenty of ice, and mint if you want.



What Am I?

I'm an orange and green fruit. You can eat my inside but my outside is not edible. I'm round, but not a ball. I'm sweet and juicy. I fight cancer. Did you know I help your heart and kidneys?

Grandview Elementary  
Second Grade  
Alexis



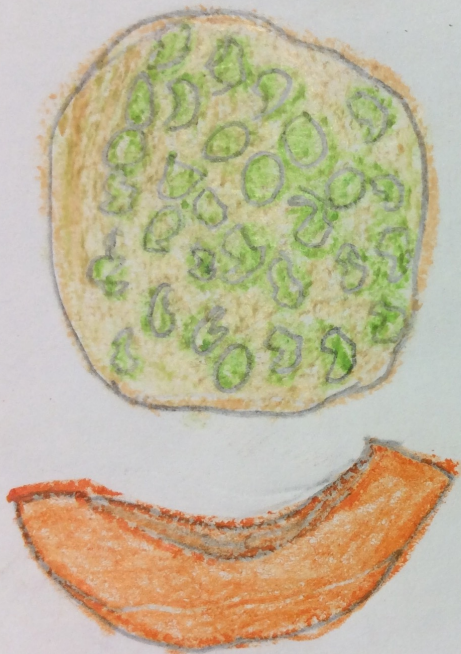
## Cantaloupe Popsicles

### Ingredients:

- Cantaloupe

### Directions:

1. Cut cantaloupe in half.
2. Put the cantaloupe so you can see the orange.
3. Cut the cantaloupe again, but in squares.
4. Blend the cantaloupe in a blender until you only have juice.
5. Put sticks in the liquid and then freeze.
6. Enjoy your popsicle!



What Am I?

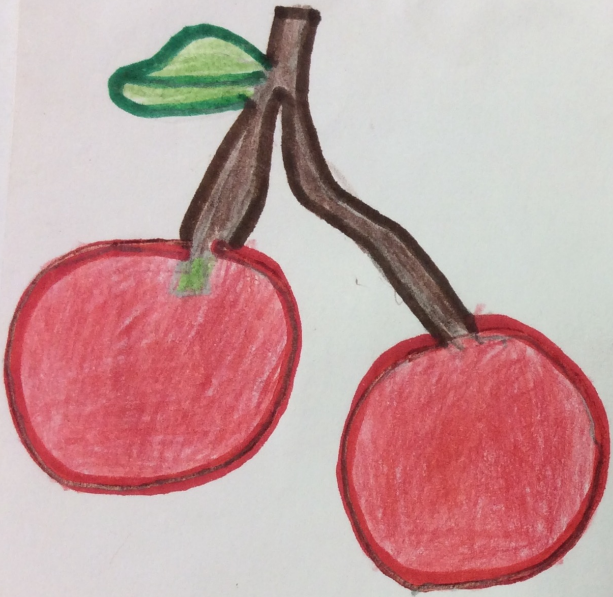
I am a fruit that is the same shape as a circle. The inside of me is the color of an orange. The outside of me is brown. My inside is slimy. I taste sweet. If you eat me, I will help fight cancer and give you healthy eyes.

Grandview Elementary  
Second Grade  
Adam

What Am I?

I am red, but I am hot as apple. I taste sweet and juicy. Did you know I am healthy because I take cancer away and help your brain? I am the shape of a circle and am fat. I grow on a tree and I have a pit inside of me.

Grand View Elementary  
Second Grade  
Name: Myzhare



### Cherry Limeade Popsicles

#### Popsicle Ingredients:

- 1 ½ cup homemade limeade (recipe is below)
- 1 to 1 ½ cups frozen cherries

#### Limeade Ingredients:

- 1 cup sugar
- 1 cup water
- 1 cup fresh lime juice
- 4-6 cups cold water

#### Directions for the Limeade:

1. Make simple syrup by putting sugar and water in a small pan over medium heat until dissolved. Cool completely.
2. Mix sugar mixture with limeade ingredients. Chill.

#### Directions for the Cherry Limeade Popsicles:

1. Put limeade and cherries in a blender.
2. Divide the mixture evenly in popsicle molds. Freeze until solid.

What Am I?

I am a fruit shaped like a circle, but I'm not a blueberry. I'm small like a stone. I am red, but I'm not a strawberry. Did you know I'm sweet, tart, and sour? I help your sugar in your body and give you energy.

Grandview Elementary

Second Grade

A'Zaiah



### Cherry Banana Smoothie

#### Ingredients:

- Two bananas
- One cup of frozen cherries
- $\frac{1}{2}$  cup of water

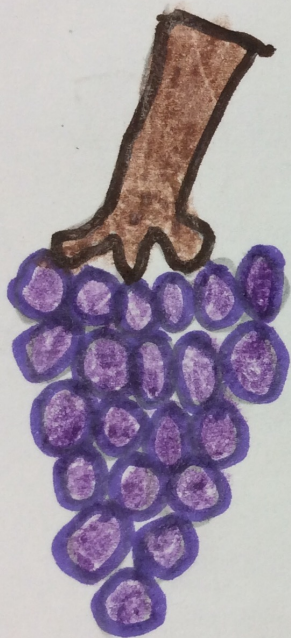
#### Directions:

1. Place all ingredients into a blender.
2. Blend until smooth.
3. Enjoy!

## What Am I?

I look round, but I am not a ball.  
I taste sweet and sour, but I am  
not sour patch kids. Did you know  
I help headaches? I am a tasty  
fruit and I am sometimes green.  
Did you know I grow on vines?  
I am wet but I am not a water  
slide. Did you know I help improve  
your brain.

Grandview Elementary  
Second Grade  
Cassie Cooper



### Grape Yogurt Circle

#### Ingredients:

- 1 little cup of yogurt
- 30 purple grapes

#### Directions:

1. First, get one little cup of yogurt.
2. Then, get 30 grapes and put them in two circles on the outside of the cup.
3. Next, dip a grape into the yogurt.
4. Finally, you enjoy!

## What Am I?

I am a fruit that is the same shape as a small ball. I can be the color of an apple. The outside of me can be green or purple. My inside is sweet and sour. I taste juicy. If you eat me I will help give you energy and help your kidney conditions.

Grandview Elementary

Second Grade

Name: Emily



### Funny Grapes

#### Ingredients:

- Grapes
- Marshmallows

#### Directions:

1. Fill a clear cup half up with grapes.
2. Cut 1 marshmallow almost in half. Open it and stick it to the inside of the cup.
3. Add more grapes.
4. Use a sharpie marker to draw eyeballs on the outside of the cup.
5. Easy and enjoy!

What AM I?  
I am a fruit that is the  
same shape as a circle.  
The inside of me is  
the color of a green apple.  
The outside of me is brown.  
My inside has black seeds, and  
I taste sweet. If you  
eat me I will give you energy.

Grand View Elementary  
Second Grade  
Daniel



#### Frankenstein Kiwi

##### Ingredients:

- 1 kiwi
- Pretzel sticks
- 2 mini chocolate chips

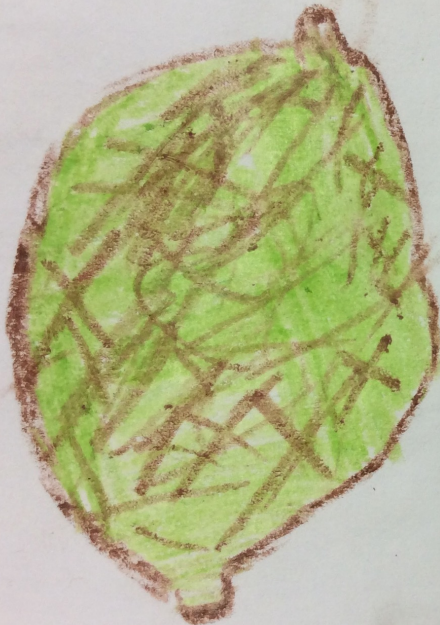
##### Directions:

1. Slice one end of each kiwi.
2. At the end of the kiwi, use a peeler to remove the fuzzy skins.
3. For the mouth, break a pretzel stick and gently push into your kiwi.
4. For the bolts, break a pretzel stick about  $\frac{1}{2}$  inch long. Shove into your kiwi.
5. For the eyes, use two chocolate chips and push into the kiwi above the mouth.

## What Am I?

I am a juicy fruit, but I'm not an apple. I am fuzzy, but I'm not a peach. Did you know I can cure asthma and help you get energy? I am green on the inside and brown on the outside. Did you know I help you get stronger bones? I have black seeds, but I'm not a watermelon. Did you know that when you bite into me I am juicy and sweet?

Grandview Elementary-Makell



### Kiwi Turtles

#### Ingredients:

- 9 Grapes
- 1 Kiwi

#### Directions:

1. Peel the kiwi.
2. Slice your kiwi into four slices.
3. Lay each slice flat and place a grape at one end of the kiwi for the head.
4. Cut 4 grapes into quarters to use for the 4 feet on each turtle.
5. Cut the last grape into very small pieces for a tail for each turtle.

What am I?

I am a fruit that looks like a circle. I am yellow, but I am not a banana. I have a sour taste. Did you know I can help with the flu and cure fevers? I am juicy, but I am not a peach.

Grandview Elementary  
Second grade  
Kaita



### Creamy Lemon Dip

#### Ingredients:

- ¼ cup lemon juice freshly squeezed
- ¼ cup honey
- 1 cup Greek yogurt
- Lemon zest for garnish

#### Directions:

1. First, mix the lemon juice and honey in a small saucepan.
2. Bring to a boil, turn heat down, and simmer for 2-3 minutes.
3. Remove from heat and let cool to room temperature.
4. Mix together Greek yogurt and lemon honey mixture.
5. Garnish with lemon zest.
6. Serve with your favorite fruit.



# What Fruit Am I?

I'm round but I'm not a ball. I taste sour but I'm not sour worms. I can also be a drink but I'm not Kool-Aid. Did you know I fight fevers and give you energy? I'm yellow but I'm not the sun. I can be peeled but I'm not an orange. Did you know I'm used to treat the flu?

Grandview Elementary  
Second Grade  
Jayden



## Lemon White Sauce for Broccoli

### Ingredients:

- 2 Tb. Unsalted butter
- 2 Tb. All Purpose flour
- ½ tsp. lemon peel
- Dash of salt
- 1 ½ cup of milk
- 1/8 tsp. lemon juice

### Directions:

1. Melt butter in small saucepan.
2. Stir in flour, lemon peel, and salt.
3. Continue to stir in milk and lemon juice.
4. Use for dipping vegetables.

# What Am I?

I am a fruit that is the same shape as an egg.

I am the color of an orange. The outside of me is hard. My inside is soft and juicy. I taste sweet. If you eat me I will help your body and eyes because I have vitamins.

Grandview Elementary  
Second Grade  
KEAndre



## Mango Pops

### Ingredients:

- Banana
- Mangoes
- $\frac{1}{2}$  cup of milk

### Directions:

1. Peel the banana and remove the pit and skin from the mango.
2. Place all ingredients into your blender and blend until smooth.
3. Pour into Popsicle molds and insert sticks.
4. Freeze.

What am I?  
I am an oval fruit, but  
I'm not a kiwi. Did you  
know I fight against  
cancer? I help your heart,  
but I'm not medicine. Did  
you know that I grow on  
a tree? I'm orange, but  
I'm not an orange. Did  
you know that I help  
your eye sight? I am juicy,  
but I'm not an apple. I'm  
sweet, but I'm not ice  
cream. Did you know that  
I'm a summer fruit?



Izabella

### Mango Smoothie

#### Ingredients:

- 1 cup chopped ripe mango
- ½ cup of low fat milk
- ½ cup of ice
- ¼ cup plain low fat yogurt
- 1 tablespoon of honey

#### Directions:

1. Place the mango, ice, milk, yogurt, and honey in the blender.
2. Blend until it is smooth.

## What Am I?

I'm sweet, but I'm not soda. I can help heal infections, I'm soupy but I'm not sour frog candy. I can help keep cats and bugs away. I'm round, but I am not a bowling ball. Did you know I'm oranges, but I am not an orange crayon?

Taylor

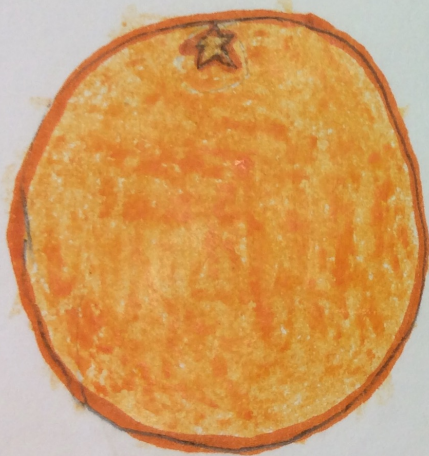
### Orange Flower

#### Ingredients:

- 1 grape
- 4 pretzels
- 7 orange slices

#### Directions:

1. Peel the orange.
2. Cut the orange into slices.
3. Form the oranges and the grape into a flower head by placing the oranges around the grape.
4. Place the pretzel as a stem under the flower.



What Am I?

I am a Sweet fruit that is orangish-red. I have a round shape, but I'm not an orange. I am fuzzy as a Cat, and I am a bit soft.

Did you know I help your brain and I help fight diseases?

Grandview Elementary  
Second grade  
Annie.



### Chunky Peach Popsicles

#### Ingredients:

- Peach
- 1 lemon
- Freshly squeezed orange juice
- $\frac{1}{4}$  teaspoon vanilla extract
- $\frac{1}{4}$  cup sugar

#### Directions:

1. Chop peaches in a food processor. Transfer 1 cup (keep the peaches somewhat chunky) to a medium bowl.
2. Add the lemon juice, orange juice, and sugar to the food processor. Puree until smooth.
3. Add to the bowl with the peaches. Then, stir in vanilla.
4. Divide the mixture among freezer pop molds.
5. Freeze for about 1 hour and then insert popsicle sticks into molds and freeze until firm.

# What Am I?

I am red but I'm not an apple  
I help you provide energy. I'm round,  
but I'm not a pizza. I'm fuzzy but  
I'm not a blanket. Did you know I  
help your skin, brain, and vision? I'm small  
and juicy, but I'm not a pear.

Grandview Elementary  
second Grade  
Rachael Haynes



## Sweet Peach Smoothie

### Ingredients:

- Vanilla yogurt
- Peaches
- Ice
- Coconut milk
- Cinnamon
- Sugar

### Directions:

1. First add 5 oz. of vanilla yogurt in a blender.
2. Add a  $\frac{1}{2}$  cup of fresh or frozen peaches.
3. Add  $\frac{1}{2}$  cup of crushed ice.
4. Then, add  $\frac{3}{4}$  cup of coconut milk.
5. Next add a teaspoon of ground cinnamon.
6. Add  $\frac{1}{2}$  teaspoon of sugar.
7. Last blend until smooth.

# What Am I?

I am sweet, but I'm not candy. I help you digest, but I'm not a belly. Do you know sometimes I'm yellow? I'm crunchy, but I'm not a carrot. Do you know I help lower bad cholesterol? I'm a fruit, but I'm not a lemon.

Grandview Elementary  
Second Grade  
Penelope



## Pear Penguin

### Ingredients:

- Pear
- 1 shredded carrot (nose)
- 2 mini chocolate chips (eyes)
- 2 white chocolate chips (eyes)
- 3 TB melted chocolate chips

### Directions:

1. First put the mini chocolate chips in the middle of the melted white chocolate chips for the eyes.
2. Next cut the pear on sides but don't cut off to make the wings.
3. Then peel in between the wings for the belly.
4. Use a pastry brush to paint the body with melted chocolate. Leave under the wings and the tummy white.
5. Cut notches for the eyes and nose.
6. Stick the eyes and nose on.

# What Am I?

I can be pointy on the outside, but I'm not a carrot. I'm sweet, but I'm not an orange. The inside of me is juicy. Did you know I can help your bones, and the color of me is brown?

Grand View Elementary  
Second Grade  
Makarla



## Pineapple Pops

### Ingredients:

- 5 cups of pineapple
- 1 medium lime
- 1 ½ cup heavy whipping cream

### Directions:

1. Juice the lime.
2. Place pineapple and lime juice in a blender. Blend until smooth.
3. Combine with heavy whipping cream.
4. Pour mixture into popsicle molds and freeze until hardened.
5. Enjoy.



# What Am I?

I look like an apple. I'm Sweet, but I'm not a sweet potato. I'm shaped like an oval. I'm purple and round, but I'm not a grape. I am smooth and soft, but I'm not a pillow. I'm tart, but I'm not a sweet tart. Did you know I have vitamins? Did you know I can keep your heart healthy and keep your brain memory in shape?

Grandview Elementary  
Second Grade  
Cheyenne



## Sticky Plum Bars

### Ingredients:

- Plums
- ½ tsp. mixed spice
- 300 g. sugar
- 350 g butter
- 300 g. rolled porridge oats
- 140 g. Plain flour
- 50 g chopped walnut pieces
- 3 TB. Golden syrup

### Directions:

1. Cut a plum in half.
2. Heat oven to 200 C
3. Put plums in a bowl. Toss with spice, sugar, and salt. Set aside.
4. Add melted butter, oats, flour, walnuts, and sugar together.
5. Press, the oat mix into a greased pan. Pour the plum mixture on top of oats.
6. Bake for 45-50 minutes.

What Am I ?

I am a type of fruit shaped like a cone,  
but I am not an ice cream cone. I  
am red, and I have green on my top.  
Did you know I taste sweet and juicy,  
but I am not watermelon. I help  
fight against cancer and help your eyes.

Grandview Elementary

Second Grade

Ma'kira



## Strawberry Ladybugs

### Ingredients:

- Strawberries
- Blueberries
- Dark Chocolate chips

### Directions:

1. Remove the top of the strawberries.
2. Melt chocolate and put in candy decorating bag.
3. Squeeze small dots of chocolate on the strawberries.
4. Use melted chocolate to add a blueberry for the head.