

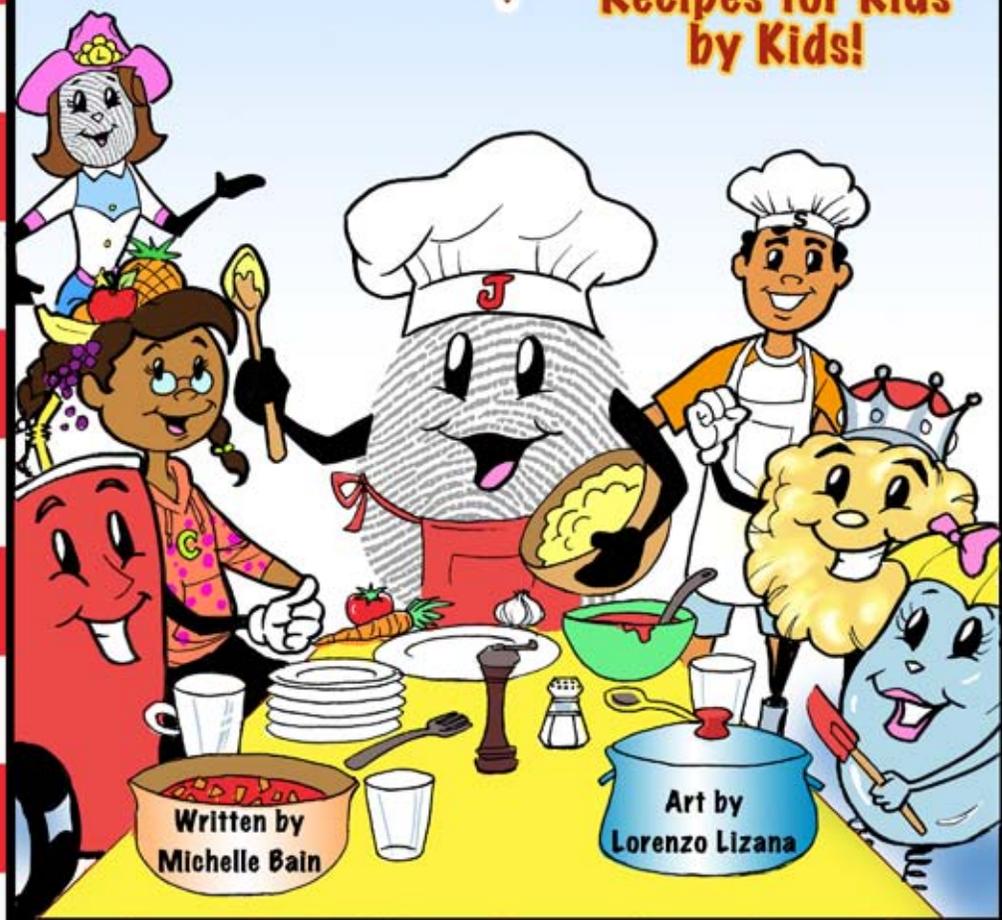


CENTENE
Corporation



SUPER CENTEAM 5 COOKBOOK

Contains
Recipes for Kids
by Kids!



Written by
Michelle Bain

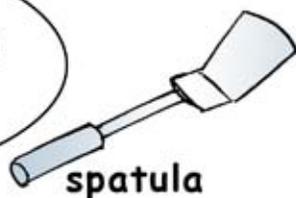
Art by
Lorenzo Lizana

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Food for thought... what's in your kitchen?

These are some
cooking tools you'll need
to help you make
your meal.



spatula



mixer



big spoon



mixing bowl



measuring cup



teaspoon



tablespoon



whisk

This book provides general information about food and human nutrition. The information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health needs and to professionally address personal nutritional or medical concerns.

Clean Hand Jive Song!

If I eat, if I touch,
And use my hands for such and such,
I clean them first 'cause it's not tough,
So I don't pass that yucky stuff!
I put them under water,
I add some foamy soap.
I get the hand jive goin'
So germs don't have a hope!
When I'm almost finished,
I grab a towel and dry.
And now I'm really handy
At doin' the "Clean Hand Jive!"
'Cause germs are here,
Germs are there
Germs, germs are everywhere.
Do your best not to share,
And clean your hands
because you care!
(repeat chorus)



Always wash your
hands before
making meals.

listen to the clean hand jive at
www.thumbsupjohnnie.com

Protein helps us to grow and make muscles. Protein is found in meat, chicken and fish. It is also in nuts and some beans. Milk, eggs and cheese are also good sources of protein. But remember, protein can have a lot of fat that is not so good for us, so choose the low fat kinds of these foods.

Vitamins are found in a lot of foods we eat everyday. There are many types of vitamins. Our bodies need them to grow and stay healthy. Fruits and veggies, milk and eggs, nuts and meat all contain one or more vitamin. Vitamins are named for letters in the alphabet: A, B, C, D, E and K. Examples are: Vitamin A, found in carrots and sweet potatoes, helps you see well, even in the dark. Vitamin C, found in blueberries and strawberries, helps you heal if you scrape your knee. Vitamin D, found in milk and eggs, helps to build strong bones.

Oil is all fat, so you only need a little. Cooking foods in all oil will give you too much fat. Try cooking with chicken broth instead of oil. Another healthy way to cook is to grill or bake.

Sugar is sweet and it tastes good. But it is one of those carbs that get used up fast, which means it only gives you a short burst of energy. Too much sugar can make us gain weight and give us cavities in our teeth. Soda and candy have a lot of sugar in them so these should be sometime treats, not everyday things.



You eat...so eat well!

Calcium is a mineral that helps to build strong bones and teeth. Growing kids need calcium almost every day. Milk, yogurt and cheese are good sources. Choose the low fat versions of these foods.

Carbs - short for carbohydrates (car-bo-hy-drate) - give us the fuel our bodies need to stay active. There are different types of carbs. Some get used up fast like sugar or white bread. Others last longer like beans or whole wheat bread. Try choosing the carbs that last longer so your energy lasts longer!

Fat: Our bodies need some fat, but only a little to stay healthy. Fats are found in a lot of foods. Some of these foods include butter, oil, meat and ice cream. Fat can also be added by the way we cook food, such as frying foods - think of French fries and potato chips. Too much fat can make us gain weight and be bad for our hearts. To avoid too much fat in your diet you should eat less fried foods, candy and cookies. Choose low fat milk and cheese, and take the skin off chicken. Also, instead of fried or breaded chicken, try grilled or baked.

Fiber helps to keep you full longer. It is found in fruits, veggies, beans, brown rice and whole wheat bread.



Nutrition Facts

Serving Size 1 cup (30g)		Servings Per Container about 7	
Amount Per Serving		Total Fat	10g
Calories from Fat		Sodium	100mg
Total Fat 10g		Total Fat	10g
Saturated Fat 5g		Saturated Fat	5g
Trans Fat 0g		Trans Fat	0g
Polyunsaturated Fat 5g		Polyunsaturated Fat	5g
Monounsaturated Fat 5g		Monounsaturated Fat	5g
Cholesterol 0mg		Cholesterol	0mg
Sodium 100mg		Sodium	100mg
Potassium 100mg		Potassium	100mg
Total		Total	
Carbohydrate 30g		Carbohydrate	30g
Dietary Fiber 1g		Dietary Fiber	1g
Sugars 10g		Sugars	10g
Other Carbohydrate 20g		Other Carbohydrate	20g
Protein 10g		Protein	10g

Banana-sicle & Yogurt



Alexia A. Age 10, Ohio

Ingredients:

1 Banana
1/8 cup Low Fat Granola
1/4 cup Low Fat Vanilla Yogurt
Popsicle stick

Instructions:

Put banana on a popsicle stick
Dip banana in yogurt (covering banana)
Roll banana covered in yogurt in granola
Freeze for one hour

Nutrition:

Servings: 1
Calories: 209
Calories from Fat: 17
Total Fat: 1.8g
Saturated Fat: 0.9g
Cholesterol: 3mg
Sodium: 64mg
Carbohydrates: 43.1g
Dietary Fiber: 3.3g
Protein: 5g

This recipe is
good for you and
fun to make!



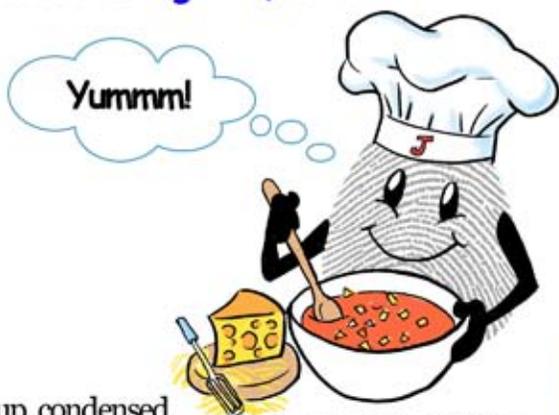
L'il Pinky

This is a great snack if you are going to be active after school. It is also a healthy snack low in fat that contains protein and calcium for growing bodies, carbohydrates for energy and fiber to fill you up till dinner.



Bitty Cracker Tomato Soup

Hannah S. Age 10, Ohio



Ingredients:

8 oz. Tomato Soup, condensed

4 oz. 1% Lowfat Milk (about 1/2 cup)

2 oz. Cheese Crackers

1 oz. Shredded Cheddar Cheese (about 1/2 cup)

Thumbs Up Johnnie

Instructions:

Prepare soup with milk

Top with crackers and cheese



Nutrition:

Servings: 4

Calories: 153

Calories from Fat: 64

Total Fat: 7.1g

Saturated Fat: 3.3g

Cholesterol: 10mg

Sodium: 513mg

Carbohydrates: 17.2g

Dietary Fiber: 0.6g

Protein: 5g

Apple Cinnamon Wrap Up

Josephine R. Age 10, Ohio

An apple a day...



Constance Eatrite

Ingredients:

- 1 tsp. Ground Cinnamon
- 2 tsp. Butter (salted), whipped
- 1 Soft Flour Tortilla
- 3 oz. Apples with Skin, sliced (about 1/2 cup)

Instructions:

- Spread butter on tortilla
- Add apple slices onto tortilla
- Sprinkle cinnamon onto apples
- Roll up tortilla
- Microwave for 1 minute



Nutrition:

- Servings: 1
- Calories: 292
- Calories from Fat: 86
- Total Fat: 9.5 g
- Saturated Fat: 4.2 g
- Cholesterol: 14 mg
- Sodium: 324 mg
- Carbohydrates: 46.3 g
- Dietary Fiber: 5.4 g
- Protein: 5.3 g

This can be a healthy snack if you use whole wheat tortillas or sandwich wraps. Also be sure to go easy on the butter. The wrap and apples provide the fiber.

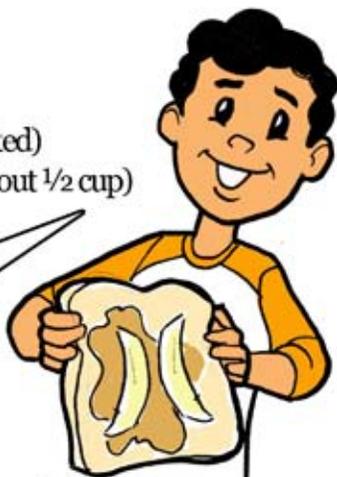
Peanut "Butter-Fly" Toast & Apples

Mackenzie S. Age 10, Ohio

Ingredients:

- 1 Slice Whole Wheat Bread
- 1 tbs. Smooth Peanut Butter (salted)
- 3 oz. Apples with Skin, sliced (about 1/2 cup)

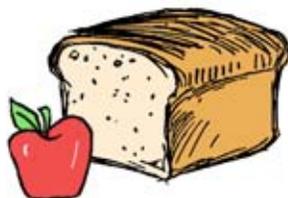
This is an awesome snack or breakfast on the go!



Spike Armstrong

Instructions:

- Toast bread
- Spread peanut butter onto bread
- Top with apple slices



Nutrition:

- Servings: 1
- Calories: 236
- Calories from Fat: 88
- Total Fat: 9.8g
- Saturated Fat: 2g
- Cholesterol: 0mg
- Sodium: 233mg
- Carbohydrates: 29.9g
- Dietary Fiber: 5.4g
- Protein: 7.2g

This is a healthy snack because it gives you protein, carbohydrates and fiber. Just make sure to use whole wheat bread and not too much peanut butter. Peanut butter is good for you, but it's high in calories, which is why you have to watch how much you eat.

Eggs in a Basket

Dakota S. Age 11, Ohio

This recipe
is sunny side up!

Ingredients:
1 Large Egg
1 Slice Whole Wheat Bread



Lillian Pinky

Instructions:
Cut a hole in the center of the bread
Place bread in a skillet
Crack the egg into the hole of
the bread
Let egg cook



Nutrition:
Servings: 1
Calories: 154
Calories from Fat: 71
Total Fat: 8g
Saturated Fat: 2.1g
Cholesterol: 211mg
Sodium: 294mg
Carbohydrates: 12.1g
Dietary Fiber: 1.7g
Protein: 8.6g

This simple meal provides protein and carbohydrates.
Be sure to use whole wheat bread and non-stick cooking
spray instead of butter as a healthy alternative.

Happy Sandwich Delight

Layla G. Age 10, Ohio

A healthy sandwich makes a happy belly!

Ingredients:

Two Slices Whole Wheat Bread
¼ Cup Lettuce
1 Tomato Slice
4 oz Oven Roasted White Turkey Breast
1 tbs. mayonnaise
1 tbs. mustard

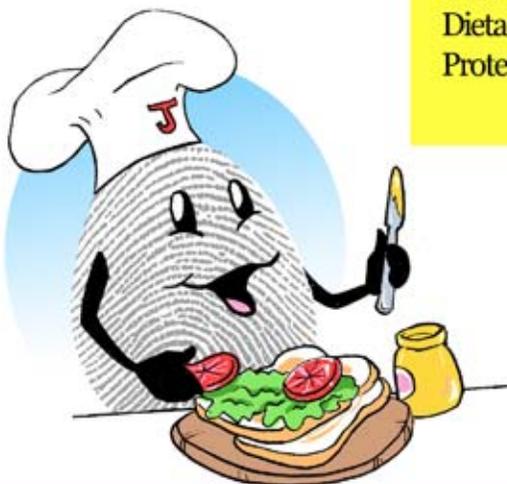


Instructions:

Put mayonnaise on one piece of bread and mustard on the other piece
Add tomato, lettuce and turkey to one piece of bread and cover with other piece of bread.

Nutrition:

Servings: 1
Calories: 328
Calories from Fat: 85
Total Fat: 9.6g
Saturated Fat: 1.7g
Cholesterol: 49mg
Sodium: 1680mg
Carbohydrates: 36.3g
Dietary Fiber: 2.8g
Protein: 24.4g



This is a filling snack that provides protein, carbohydrates and fiber. It's a good snack if you are very active after school because it will keep you full and give you energy.

Celery Canoe & Peanut Butter

Timothy H. Age 10, Ohio

This snack will keep
the kick in your cactus!

Ingredients:
1 Celery Stick
1 tbs. Peanut Butter



Snack-King

Instructions:
Place peanut butter in
the groove of the celery stick



Nutrition:
Servings: 1
Calories: 114
Calories from Fat: 74
Total Fat: 8.2g
Saturated Fat: 1.6g
Cholesterol: 0mg
Sodium: 126mg
Carbohydrates: 5.4g
Dietary Fiber: 2g
Protein: 4.4g

This is a low-calorie snack with protein, fiber and carbohydrates. Remember, peanut butter is good for you but, you shouldn't eat too much because it's high in calories.

Edgy Veggie Pizza

Thomas P. Age 10, Ohio



Ingredients:

- 7.5 oz Biscuit, plain or buttermilk, commercially baked
- 1 cup, Tomato products, canned sauce
- 6 oz. Cheese, Mozzarella, part skim milk
- 1/4 cup Onions, raw, cut into smaller pieces
- 1/4 cup Broccoli, raw, cut into smaller pieces
- 1/4 cup Peppers, sweet green, raw, cut into smaller pieces

Instructions:

- Separate biscuits and flatten to make crust
- Spread tomato sauce on flattened biscuit
- Add veggies (onion, broccoli and peppers)
- Sprinkle with cheese
- Bake in oven using temperature indicated on biscuits
- Bake until biscuit crust is brown

Nutrition:

- Servings: 6
- Calories: 222
- Calories from Fat: 95
- Total Fat: 10.5g
- Saturated Fat: 3.8g
- Cholesterol: 16mg
- Sodium: 753mg
- Carbohydrates: 22.1g
- Dietary Fiber: 1.4g
- Protein: 9.9g

This pizza is thumbs up, Johnnie!



This snack is a good way to get in your veggies. It has carbohydrates and protein but can be high in fat. Using low fat biscuits or whole wheat pita bread will make it a healthier snack.

Groovy Blueberry Smoothie

LaShawn W. Age 9, Missouri



Ingredients:

- 1 Cup Blueberries (frozen)
- 6 oz Low-fat Blueberry Yogurt
- 1 Cup Ice Cream, light

Instructions:

- Place all of the ingredients into a blender
- Mix until well blended
- Pour equal amounts into two glasses and serve

Happy & healthy sippin'!



Skip Drive-Thru

Nutrition:

- Servings: 2
- Calories: 177
- Calories from Fat: 26
- Total Fat: 2.9g
- Saturated Fat: 1.5g
- Cholesterol: 8mg
- Sodium: 74mg
- Carbohydrates: 32.7g
- Dietary Fiber: 2.1g
- Protein: 5g

With carbohydrates, protein, calcium and fiber, this is a tasty low fat snack. Blueberries are high in vitamin C and help keep you healthy.

Tooty-Fruit and Marshmallows

Angela C. Age 10, Texas

Ingredients:

- 1/4 Cup Roasted Almonds, without salt
- 2 Cups Peaches, canned with juice
- 1/4 Cup Marshmallows
- 1/2 Cup Whipped Topping



Instructions:

- Drain peaches and put into a bowl
- Mix nuts, marshmallows and whipped topping with fruit

Nutrition:

- Servings: 4
- Calories: 119
- Calories from Fat: 45
- Total Fat: 5g
- Saturated Fat: 0.5g
- Cholesterol: 0mg
- Sodium: 6mg
- Carbohydrates: 16.1g
- Dietary Fiber: 2.6g
- Protein: 2.5g



Claire Springs

This is a sweet treat that keeps you light on your feet!

This snack has carbohydrates, fiber and protein from the nuts. You can make it healthier by using less whipped topping and marshmallows.

HEALTHY FOOD CHOICES
ARE GREAT FOR YOUR BODY.
CHECK OUT THE FOOD PYRAMID
AND LOOK FOR ALL OF THE STUFF
THAT SHOULD BE IN A
BALANCED MEAL!



A Close Look at MyPyramid For Kids

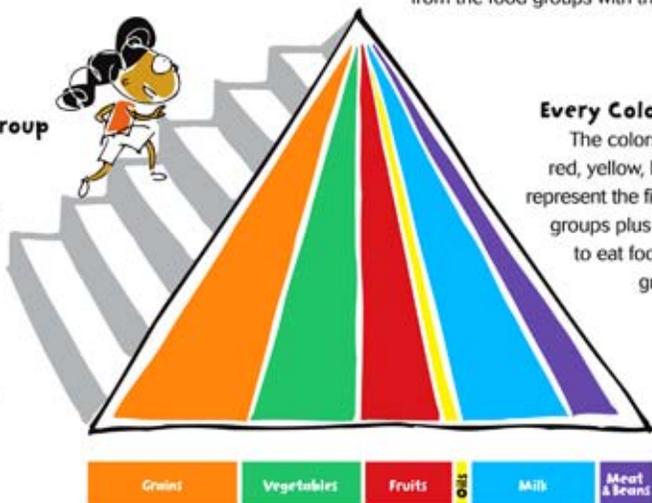
MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



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Food and Nutrition Service
September 2005
FNS-188



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Color Thumbs Up Johnnie and the Super Centeam 5!



Always remember to help clean up after making meals for yourself and others!



Pledge

Tied my apron on real snug and
scrubbed my hands so clean.
Checked the recipe for fiber,
carbs and good protein.

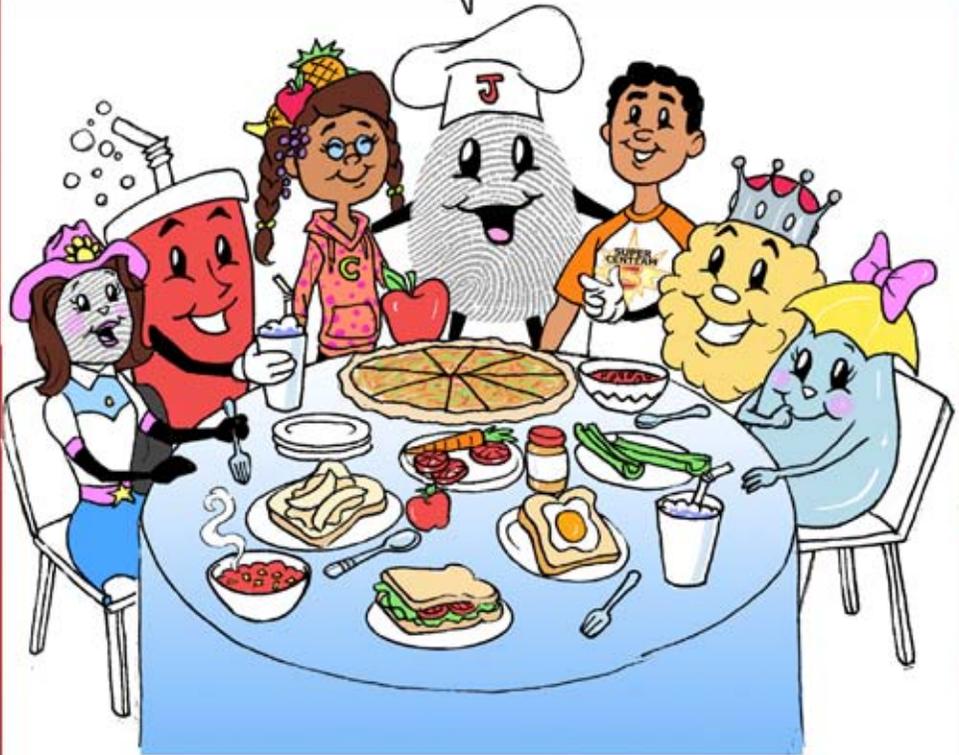
Popped my chef hat on and found a
great big bowl for mixin'.
Followed the instructions for the
feast that I was fixin'.

Mixed and stirred ingredients
to make my recipe...I just love
cooking healthy meals for all my
friends and me!





The best part about cookin'
is sharing it with your friends.



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MADE IN THE U.S.A.

NOTE: All activities in this book should be performed with adult supervision. The author, publisher and Centene Corporation do not assume any responsibility for any injuries or damages arising from performing any activities associated with this book or otherwise.

From the Kitchen of:
Chef _____ (your name here)
Name of Recipe: _____

Ingredients:

How to make it:

Copy your favorite recipe
and give it to someone
as a special treat!



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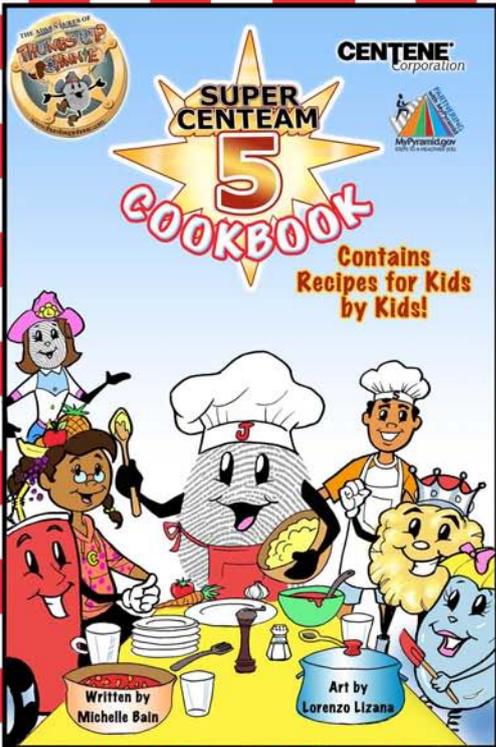
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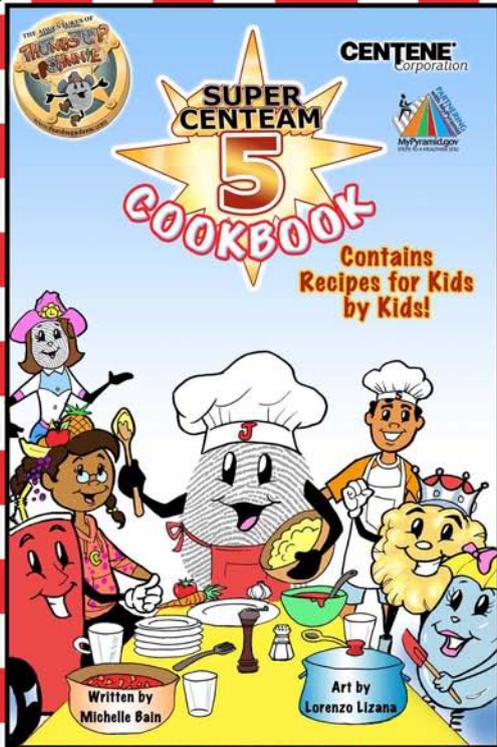
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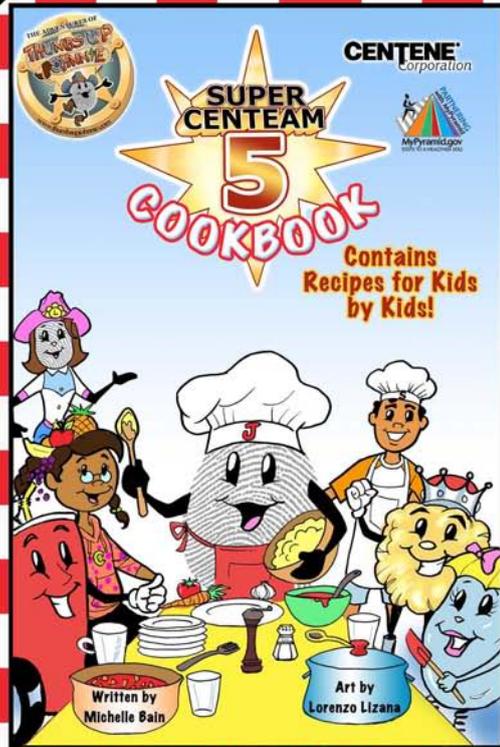




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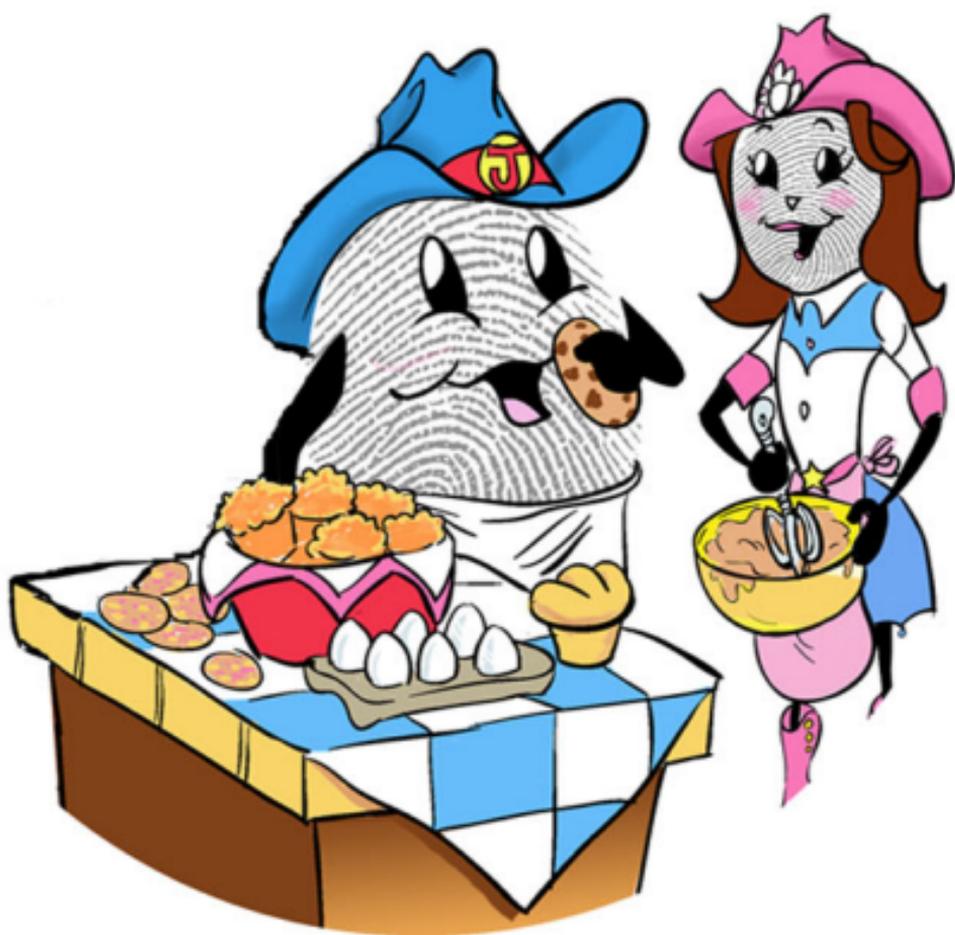


Cookin' Pledge

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