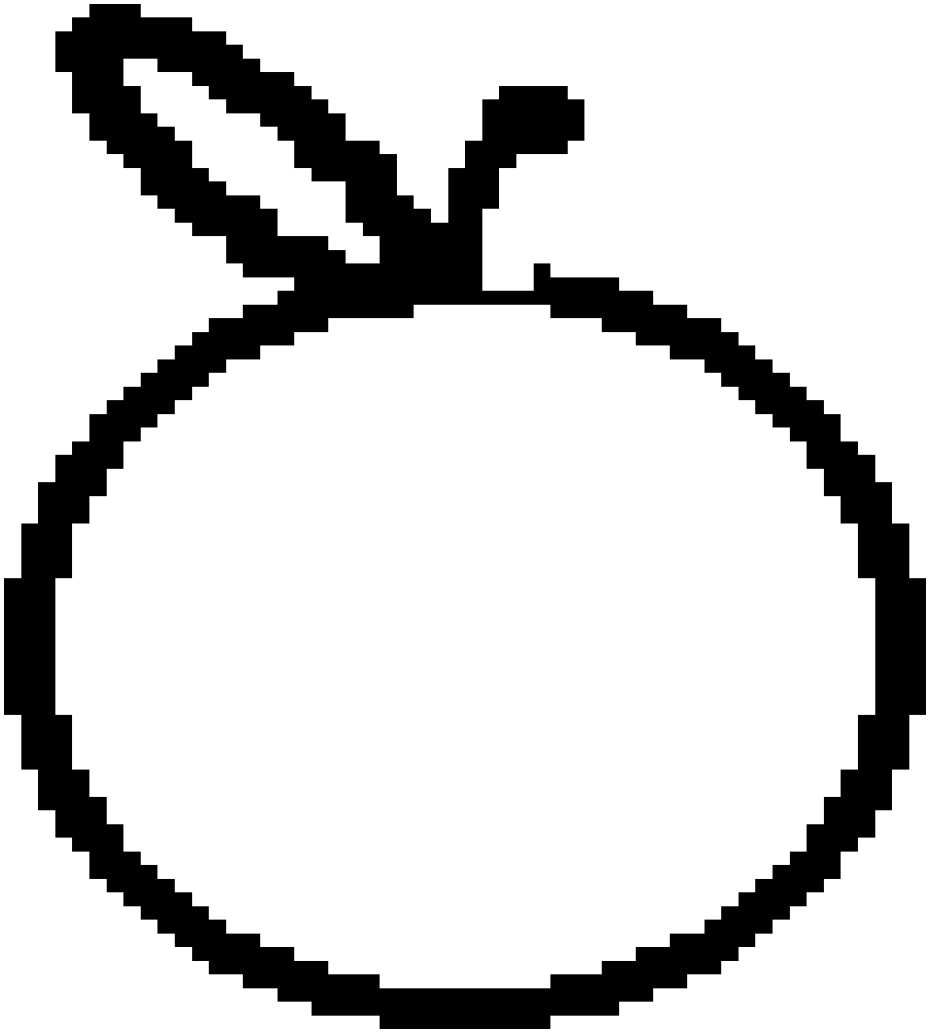
FIVE A DAY WITH JACK THE APPLE

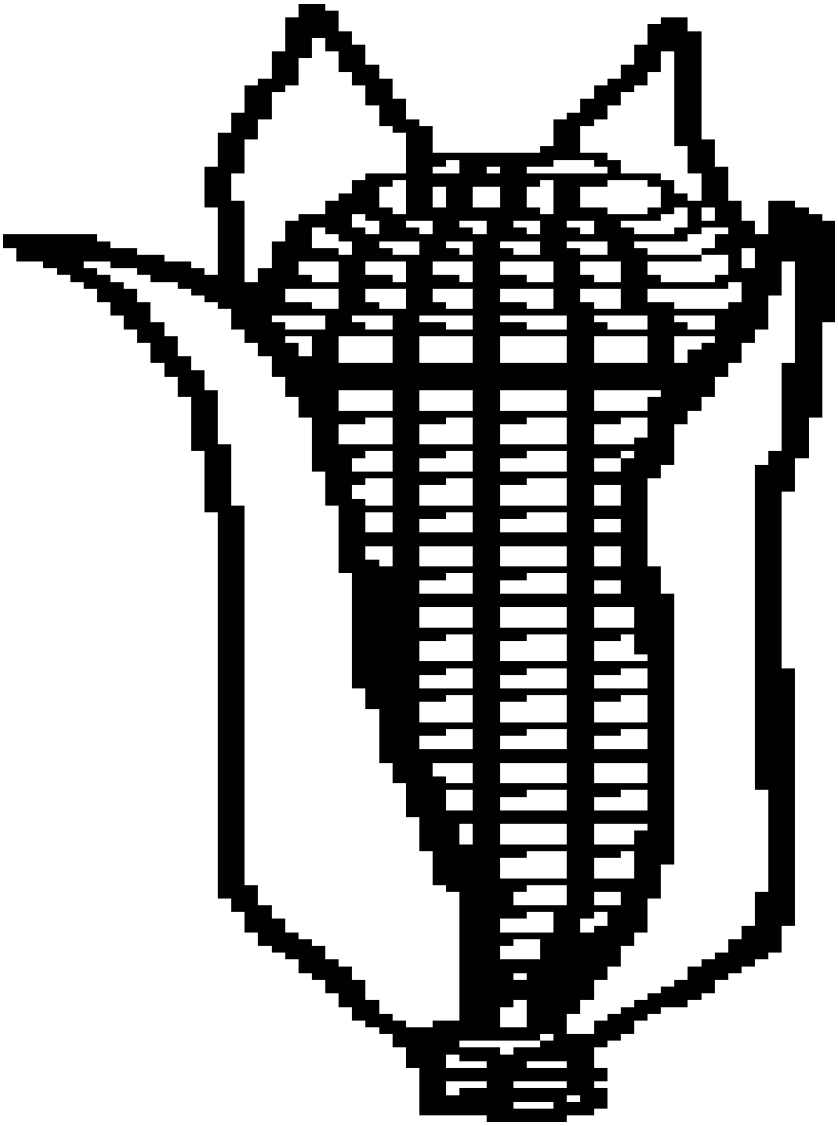


APPLE

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

FIVE A DAY WITH JACK THE APPLE

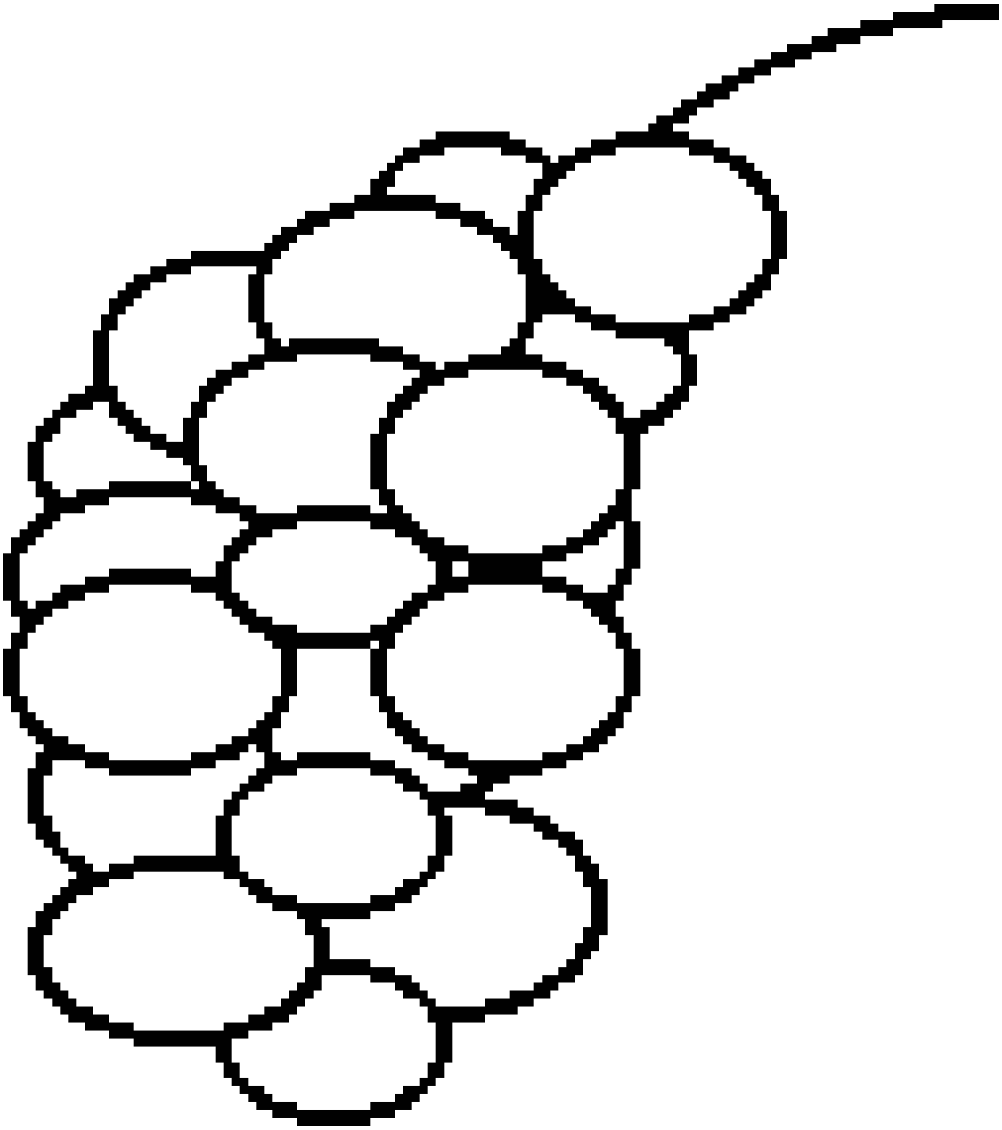


CORN

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.

FIVE A DAY WITH JACK THE APPLE



GRAPES

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.

FIVE A DAY WITH JACK THE APPLE

You can teach your child many things about eating well. You're also teaching your child new words and skills, such as counting, measuring, and naming foods. So take your child with you to the supermarket when you can, and ask him or her to help you cook meals. He or she will love it!

Some quick tips:

1. When you go to the supermarket, have your child name thefruits and vegetables .

2. Ask your child to describe the fruits and vegetables. What color are they? How do they taste? Are they crunchy, soft, smooth? Where do they grow?

3. When you're cooking, ask your child for help. Ask him or her to name the foods you are cooking. What color are they? How do the teaste? Which one are fruits and vegetables? What are the different ways to cook fruits and vegetables?

4. Go to the library with your child and check out some books about fruits and vegetables. Children love books about farms, and how things grow.

5. Wrap a bean seed in wet cotton. Put the seed in a small can or jar, without the lid on it. Keep the seed wet, and see how the roots grow! Plant the seed in dirt after the roots have grown, and water it. To grow a potato or sweet potato plant, stick toothpicks all around the middle of a potato or sweet potato and use the toothpicks to hold it in a glass of water. Make sure there's enough water in the glass to keep the bottom of the potato wet. Watch the potato sprout roots and leaves!

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.

FIVE A DAY WITH JACK THE APPLE

There are many children's books about food that can help you teach your child about good eating habits. Reading is a fun family activity. You can check these books out from your local library, where your librarian can suggest additional books for you to read with your child.

LIST OF BOOKS WITH FOOD THEMES TO READ WITH CHILDREN

Alphabet Soup, by Abbie Zabar
Apples and Pumpkins, by Anne Rockwell
Baby's Favorite Foods, by Denise Patrick
Bananas: From Manolo to Margie, by George Ancona
Blueberries for Sal, by Robert McCloskey
Chicken Soup with Rice, by Maurice Sendak
Eating the Alphabet: Fruits and Vegetables from A to Z, by Lois Ehlert
Everyday Garden, by Cynthia Rylant
Grandpa's Too-Good Garden, by James Stevenson
Growing Colors, by Bruce McMillan
Jamberry, by Bruce Degan
Pierrot's ABC Garden, by Anita Lobel
Racoons and Ripe Corn, by Jim Arnosky
Soup for Supper, by Phyllis Root and Sue Truesdell
Stone Soup, by Ann McGovern
The Berenstain Bears and Too Much Junk Food, by Stan and Jan Berenstain
The Carrot Seed, by Ruth Krauss
The Grey Lady and the Strawberry Snatcher, by Molly Bang
The Little Mouse, The Ripe Red Strawberry, and the Big Hungry Bear, by Don and Audrey Wood
The Orange Book, by Richard McGuire
The Pizza Party, by Grace Maccarone
The Tale of Peter Rabbit, by Beatrix Potter
The Vegetables Go to Bed, by C. King
The Very Hungry Caterpillar, by Eric Carle

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.

FIVE A DAY WITH JACK THE APPLE

LEMON CHICKEN

1 3-1/2 lb. chicken, skinned, cut into 10 pieces
1/4 tsp. salt
1/4 tsp. pepper
1 thinly sliced garlic clove or 1 tsp. garlic powder
2 cups thinly sliced onions
1 cup chicken stock or water
1/4 cup lemon juice
1 lemon, sliced into 10 slices

1. Combine salt, pepper, garlic.
2. Skin and rinse chicken. Lay in a baking pan. Sprinkle with seasonings.
3. Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixture around chicken. Top each chicken piece with a slice of lemon.
5. Bake for 30-40 minutes at 400 degrees F or until golden brown and juices are clear colored.

Serving suggestions: Serve with sweet potatoes and a salad.

SWEET POTATOES WITH LIME

4 sweet potatoes, washed and pricked
juice of two limes

1. Bake sweet potatoes whole in their skins, at 375 degrees, about 45 minutes or until tender.
2. When sweet potatoes are cooked, slit open skins, scoop out flesh. Season as desired with salt and pepper.
3. Squeeze fresh lime juice over the top.

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.

FIVE A DAY WITH JACK THE APPLE

VEGETABLE SOUP

1 cup water
1-1/2 Tbsp. dry pinto beans (to be soaked night before in water)
1-1/2 cups water
1 qt. vegetable or chicken broth
2 Tbsp. dry lentils
1/4 cup pearled barley
1/4 cup onions, diced
1/2 cup fresh carrots, diced
1/4 cups fresh celery, diced
1/2 cups fresh white potatoes, peeled, cubed
1 Tbsp. tomato paste
1/2 tsp. pepper
1/2 cup green beans, cut bite size

1. SOAK BEANS OVERNIGHT. Add 1 cup of cold water to dry beans. Cover and let stand in refrigerator overnight. Discard the water and rinse beans. (Canned or frozen beans may be substituted.)
2. In a large saucepan, bring 1-1/2 cups water and vegetable or chicken broth to a boil.
3. Add beans, lentils, barley, onions, carrots, celery, potatoes, tomato paste, and pepper. Cover and simmer for 20 minutes.
4. Add green beans and simmer, covered, for 15 minutes.

AGC/United Learning • 1560 Sherman Ave., Suite 100 • Evanston, IL 60201 • 800-323-9084

Recipes adapted from Team Nutrition's FOOD, FAMILY, AND FUN COOKBOOK, USDA, 1997 stock #001-000-04627-6.

©1999 KNB Productions Distributed by AGC/United Learning
All rights to print materials cleared for facility duplication and distribution.