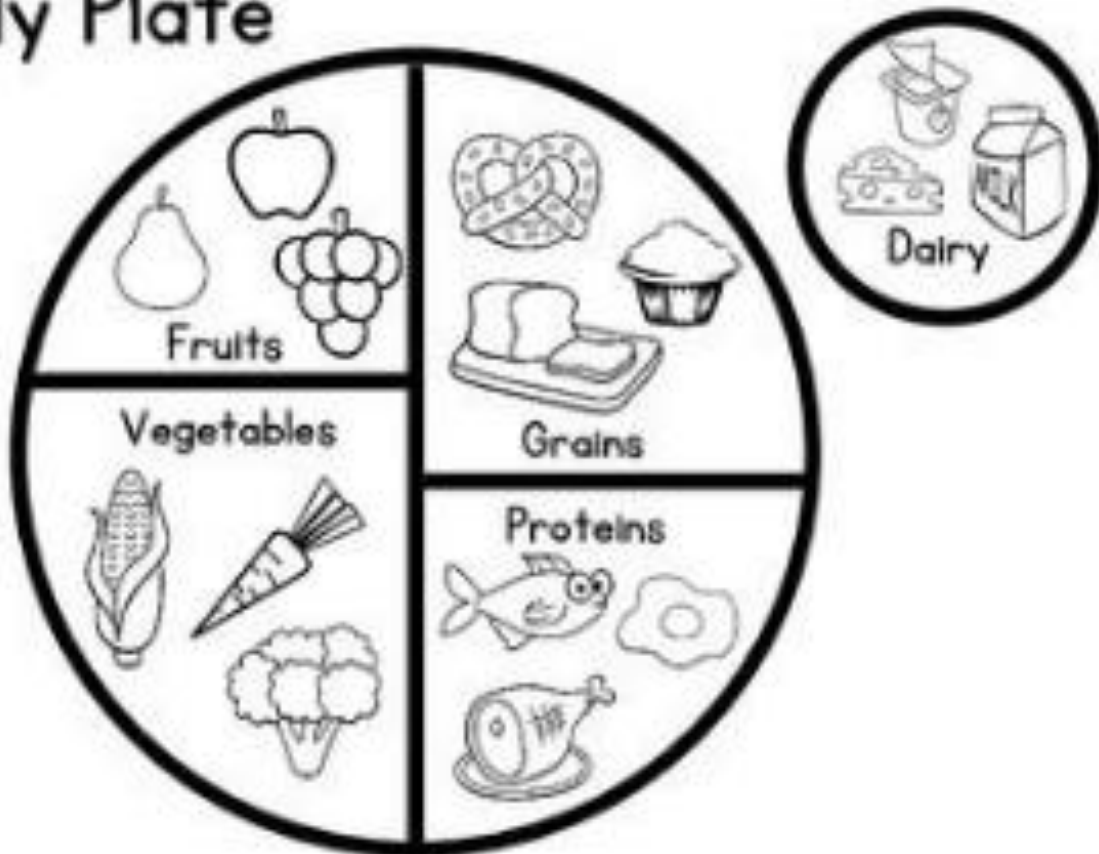


## Life Skills (Children) – Week #2: Making and Planning Meals

This week we will be talking about building healthy meals. Look at the 5 food groups below:

### My Plate



What kinds of fruit do you like? What vegetables do you like? What grains do you like? What kinds of proteins do you eat? What kinds of dairy do you consume?

Have you ever helped cook something? Have you baked something using a recipe? Let's talk about following a recipe. We will use the following recipe as an example:

## 11. HONEY FRUIT NUGGETS

Makes 20 nuggets

1/4 cup dried pitted prunes

1/4 cup dried apricots

1/4 cup dried figs

1/4 cup pitted dates

1/3 cup wheat-flake cereal; (1 cup uncrushed)

1/4 cup honey

1/2 square unsweetened chocolate; melted

Non-stick cooking spray

Coconut or chopped nuts for rolling...

- Let prunes and apricots stand in boiling water for 5 minutes. Drain.
- Put all fruit through food chopper and blend with crushed cereal.
- Blend in honey and melted chocolate.
- Spray hands with non-stick cooking spray and shape mixture into 1-inch balls.
- Roll in coconut or chopped nuts.
- Chill or set aside to "ripen."
- Can be made ahead of time.

The first thing we want to do when we get a recipe that we want to make is read over the whole recipe. Do we think we have all the ingredients? The time to make it? The skill to make it? If, yes, then let's get started. I would first ask your parents if it's okay to make it and if they needed to help. I like to gather all my ingredients so that I know I have them and they are ready – I'm not searching the pantry or refrigerator for them. Then I am going to follow the recipes instructions step by step. Last, we get to enjoy our yummy, and hopefully healthy, treat!