

WINTERTIME FOOD & FITNESS

Unscramble each word. Then use the numbered letters to solve the second puzzle.

GEDSDINL

56	3	35	47	52	42		

SWNO LPYA

49	45	1	55	14	30	5	

TVEABGLEE POSU

53	43	26	36	15	22	6	7		

CAOCO

11		40		

PKUMIPN SIEFSOT

32	41	4	25	44	33	13	34	38	

CDNEA

17	8			

PCNOPOR

51	46	9	20			

IEC SEKTA

27	16	48	21	10		

OHT PEAPL DCREI

2	19	24	50	28	54	37	18	39	31

ILCIH

12	23	29		



To view the solution to this puzzle, visit <http://nutritionforkids.com/solution.htm>



1 2 3 4	5 6 7	8 9 10	11 12 13 14 15 16 17	18 19 20	21	22 23 24
25 26 27 28 29	30 31 32	33 34 35 36 5	1 37 24 12	38 21 39 40 32 41 42 43		
44 45 46 47	48 49 18	50 51 26 52 53 54	55 56 30 5			

PUMPKIN SOFTIES

Ingredients:

- 1 ½ cups firmly packed brown sugar
- ½ cup butter, softened
- 1 can (15 ounces) pumpkin
- 2 eggs
- 2 ½ cups whole wheat pastry or whole wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp cinnamon
- ½ tsp salt
- ¼ tsp. nutmeg
- Toppings: a variety of dried fruit pieces and sliced, chopped or slivered nuts

Word List: Chili, Sledding, Hot apple cider, Snow play, Ice skate, Vegetable soup, Popcorn, Cocoa, Pumpkin Softies, Dance

Directions:

1. Preheat oven to 350° F.
2. Cream sugar and butter at medium speed until light and fluffy.
3. Add pumpkin and egg; beat well.
4. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg. Then add dry ingredients to the pumpkin mixture, mixing well.
5. Using a #40 cookie scoop (approx. 1.5 tbsp), drop dough 2 inches apart onto cookie sheets lined with baking parchment paper.
6. Smooth tops of dough with back of spoon and decorate with dried fruits and nuts to make flowers, faces or other fun patterns.
7. Bake at 350° for 15-18 minutes. Makes approximately 38 cake-like cookies.

Nutrients per softie (before toppings): 90 calories, 3 grams fat, 15 grams carbohydrate, 9 grams sugar, 2 grams protein

(Activity idea: Compare the portion size & sugar content in this treat to the pumpkin items at your local coffee chain!)

MAKE YOUR OWN RECIPE

Soup Like You Like It

Name _____

Equipment Needed: large cooking pot, measuring cups and spoons, can opener

Ingredients: Pick **ONE** choice in each category for this recipe:

1. **Broth*** (2 cups): Vegetable Chicken Beef
2. **Juice*** (3 cups): Vegetable juice Tomato juice
3. **Vegetables:**
 - 1 pound bag of frozen peas, corn, green beans or various mixed vegetable combinations
 - 3–4 cups fresh, cut-up vegetables such as carrots, potatoes, zucchini or cabbage
 - Combination of frozen and fresh vegetables (3–4 cups total)
4. **Protein:**
 - 1 can (approximately 16 ounces) kidney, pinto, navy or black beans, drained*
 - 2 cups of lean meat, such as cut-up turkey or ham, or cooked roast beef
5. **Pasta:**
 - 1 cup of your favorite shaped whole grain pasta such as penne, rotini or bowties
6. **All of the following:**
 - 1/2 teaspoon garlic powder
 - 1 teaspoon Italian seasoning
 - 1/2 teaspoon pepper
 - 1 cup water

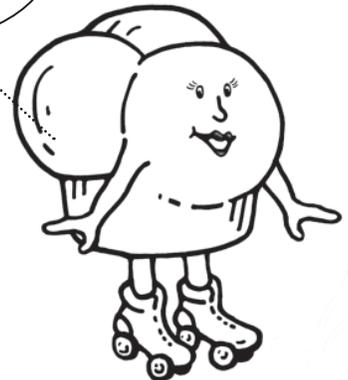
**May substitute low-sodium varieties of these ingredients*

DIRECTIONS

In large cooking pot, combine broth, juice, vegetables, protein ingredient, water, garlic, Italian seasoning and pepper. Cook on medium heat until soup boils. Add pasta and cook for 15–20 minutes, until pasta is tender.

Makes 8–10 servings

"To make this meal complete, just add whole-grain bread or crackers, fresh fruit and grated Parmesan cheese."



Notes on My Favorite Ingredients for This Recipe
