Recipe of the Week

Family Kitchen
Apple Almond Crunch Salad

INGREDIENTS:
- 1 10 ounce package of mixed salad greens (or 1 head of lettuce)
- 1/2 cup slivered almonds
- 1/2 cup crumbled feta cheese
- 1 cup green apple, cored and chopped
- 1/4 cup sliced red onion
- 1/4 cup golden raisins
- 1 cup raspberry vinaigrette salad dressing

In a large salad bowl, combine the salad greens, almonds, feta cheese, apple, red onion and raisins. Toss to blend. Apply salad dressing to individual servings. Makes 6 servings.

Recipe from http://allrecipes.com

A Closer Look:
This week, we learned all about the Food Guide Pyramid. We learned that the Food Guide Pyramid was designed by government scientists to help us make healthy food choices. We explored the different aspects of the pyramid and practiced putting foods into the correct food groups.

The Messages It Has For You:
Each part of the new Food Guide Pyramid has a different health message for you and your family...read along as we figure out what each part of the symbol means!

The Person Climbing the Stairs
Reminds us to be physically active for at least 60 minutes every day, whether it is walking, jogging, riding a bike, gardening or cleaning.

The Colored Sections
Reminds us to eat a variety of foods of different colors as well as foods from all of the food groups every day. The colors orange, green, red, blue and purple represent the five food groups. The yellow section represents oils.

The Size of the Colored Sections
Reminds us to eat more from some food groups than from others. Choose more foods from the groups with the widest sections.

The Pyramid Shape
Reminds us to choose the healthier foods from each food group. These foods are located in the thickest part (or towards the bottom of the pyramid) and help us build a strong base.

For more information on the Food Guide Pyramid, visit www.MyPyramid.gov

Did you know...
Only two percent of children meet the dietary goals of the Food Guide Pyramid. Less than fifteen percent eat the recommended servings of fruit and less than twenty percent meet the vegetable recommendations!

Follow-up with your Child:
Sit down with your child or take him/her to the market with you, and talk about the 5 food groups. Have your child tell you some of the important aspects of the Food Guide Pyramid and start applying its messages to your life.