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ABOUT THIS BOOK

The Healthy *Body* Cookbook will help you learn more about your amazing body and what to eat to keep it fit and healthy. The introductory section, "Discovering the Kitchen," covers the basics about kitchen tools, cooking skills, and safety rules. Read it carefully before you do any of the activities or try any of the recipes.

The rest of the book is split into two parts. The first looks at the parts of your body: your heart, blood, muscles, bones, teeth, skin, hair, nails, nerves, and digestive system. The second explains how to keep your body healthy by eating right and exercising.

Each chapter begins by introducing and explaining a different body concept, followed by an activity to do. Each chapter then goes on to give you several delicious recipes that contain nutrients needed for the part of the body being discussed or for a healthy body in general. Nutrients are substances in food that are needed to make your body grow, to repair your body, and to keep you healthy.

Each recipe is rated according to how much cooking experience is required. The easiest recipes, marked with one chef's hat (called a toque), require no previous cooking experience. Intermediate recipes, with two chef's hats, require some cooking experience. Pro recipes, with three chef's hats, require the most advanced cooking skills.

Always be sure you have an adult to guide you when the activity or recipe asks you to use the oven, the stove, electrical appliances, or a knife.

These recipes also:

- list the time you will need to make them, the kitchen tools you'll need, and the number of servings each recipe makes
- use easy-to-find ingredients and standard kitchen equipment
- are kid-tested and kid-approved
- emphasize wholesome ingredients



easiest



intermediate



pro

Honey-Raisin Pick-Me-Up Popcorn Snack

This is an easy, low-fat recipe that has lots of flavor. It is great as a snack or in your lunchbox.

Ingredients

- | | |
|------------------------|-------------------------|
| 10 cups popped popcorn | ¼ cup margarine |
| 1½ cups sliced almonds | ⅔ cup honey |
| 1 cup raisins | vegetable cooking spray |

Steps

1. Preheat the oven to 350°F.
2. Put the popcorn in the large bowl. Add the almonds and raisins and mix well.
3. Melt the margarine in the frying pan over medium heat
4. Once the margarine is melted, add the honey. Turn the burner off.
5. Pour the margarine-honey mixture over the popcorn and stir with the wooden spoon until the popcorn is thoroughly coated.
6. Spray the baking pan with vegetable cooking spray.
7. Pour the popcorn mixture onto the baking pan. Press it into the pan. If the mixture sticks to your hands too much, dampen your hands with cold water.
8. Bake 3 to 5 minutes to warm.
9. Using oven mitts, remove pan from oven. Cut the popcorn into 24 squares.



Time
20 minutes
plus

5 minutes to cook

Tools

large bowl

large frying pan

wooden spoon

baking pan with 1½" sides

oven mitts

Makes
24 squares

Crunchy Chicken Fingers



Time

10 minutes to prepare
plus
10 to 12 minutes to cook

Tools

cookie sheet
1-gallon resealable
plastic bag
2 medium bowls
wire whip
cutting board
paring knife
fork
oven mitts

Makes

6 servings

These chicken fingers get their crunch from wheat germ. Wheat germ is a part of the wheat grain. Both chicken and eggs are high in protein.

Ingredients

vegetable oil cooking spray	2 eggs
1 cup all-purpose flour	¼ cup skim or low-fat milk
¼ teaspoon black pepper	1 cup toasted wheat germ
¼ teaspoon salt	4 skinless, boneless chicken breast halves

Steps

1. Preheat the oven to 400°F.
2. Spray the cookie sheet with vegetable oil cooking spray.
3. Place the flour, black pepper, and salt in the plastic bag. Seal the bag and shake it to mix the ingredients well. Set aside.
4. Whisk the eggs and milk together in one of the bowls, using the wire whip.
5. Place the wheat germ in the other bowl.
6. On the cutting board, use the paring knife to cut the chicken into strips, about 4 inches long by ½-inch wide.
7. Put the chicken fingers into the plastic bag with the flour mixture. Seal the bag and shake. When all the pieces are coated with flour, remove the chicken from the bag.
8. Using the fork, dip the chicken strips, two at a time, into the egg mixture, then into the wheat germ.

WHY DO MY EYES BLINK?

ACTIVITY

Materials

1 Friend or relative

Steps

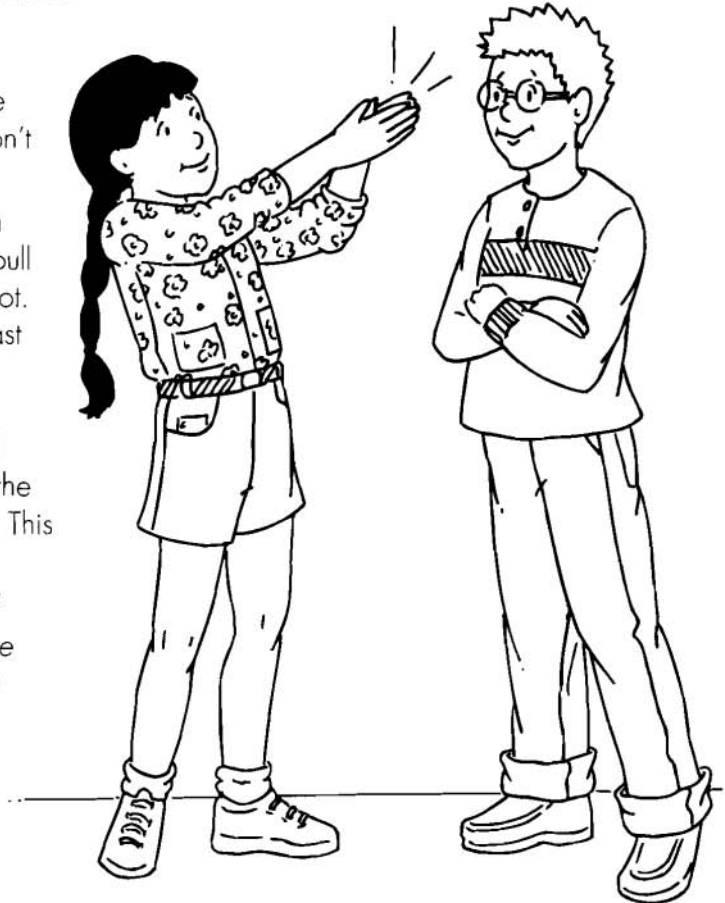
1. Ask your friend to stand close to you.
2. Clap your hands loudly about 6 inches from your friend's ear. (Don't get any closer!)

What Happened?

When you clapped your hands, your friend blinked his or her eyes. Blinking in response to a loud noise (or sudden motion) near the eyes is an automatic reaction to protect the eyes from any possible harm. It occurs so fast that you don't even have time to think about it.

Most reflexes protect you from harm, such as when you quickly pull your hand back from something hot. It's amazing reflexes happen so fast when you consider that the loud noise or hot surface is first sensed and relayed to the brain or spinal cord. Then, a message is sent to the muscles to make the reflex action. This is all done in less than a second!

Many members of a group of vitamins, called the **B vitamins**, are necessary for your nervous system to function normally. Each of the following recipes is high in at least one of the B vitamins.



Purpose

To see and understand what a reflex action is.