

"Tickets to FRESH Adventures!"

(As seen in the book, Janey Junkfood's Fresh Adventure!)

The "Tickets to Fresh Adventures!" feature nutritious and delicious fruit and veggie snack recipes kids love to make and eat. The snacks are easy to prepare, don't require cooking, and can be made during a class period.*

Preparing Your Tickets:

1. Paste your 4 pages of tickets back-to-back, so that the snack recipes are on the back of the drawings.
2. Then cut your Tickets along the dotted lines to make 16 cards.

Tips for Using Your Tickets:

- When making the snacks, always have a grown-up with you to help.
- You can store your Tickets in the back pocket of your Janey Junkfood's Fresh Adventure! book. Or keep your Tickets in an envelope or punch a hole in them and connect with a key ring, ribbon or string.
- Keep them close to the fridge to encourage healthy snacking!



*Grown-Ups:

For fun ways to use the new Janey Junkfood's Fresh Adventure! book and these "Tickets" in your class, after-school program, or home, go to: foodplay.com/janeybook



Check out
Janey Junkfood's
Fresh Adventure!
New Children's Book:
foodplay.com/janeybook

Yogurt
Parfait

Ticket to FRESH Adventure!



Ticket to FRESH Adventure!

★APPLE SMILES★

Make a sandwich with fruit as the bread! Wash and cut an **apple or pear** into thin wedges. Pat dry. Then, put a slice of **cheese** or spread **peanut butter** in between the two wedges. Squeeze gently. You can even smooch **puffed rice cereal** into the peanut butter between the two slices for “teeth”! Smile as you eat it, and say “cheese”!

From Emma

Always have a grown-up with you to help!

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★YOGURT PARFAIT★

You'll need **yogurt, fresh fruit**, such as **strawberries** and **bananas**, and a pretty dish or clear cup. Put a layer of yogurt, then a layer of washed, cut-up fruit, then yogurt, then fruit, then yogurt. Top off with a **crunchy topping**: nuts, trail mix, dry cereal, crushed graham crackers, or granola. It's scrumptuliumptious!

Your friend, Terell

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★SHAKE IT UP, BABY!★

Smoothies are great for a snack or quick breakfast! Put into a blender, **fresh fruit** such as 1/2 a **banana** and 1/2 cup of washed **strawberries**. Add 1/2 cup of **yogurt** and 1/2 cup of **orange juice or milk**. Cover and blend till smooth and frothy. (To be extra prepared, you can freeze slices of super ripe **bananas** in plastic bags and use them in your smoothies!)

Bon Appétit, Shira

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★PARTY PLATTER FOR ONE!★

I make this for my mom after a hard day of work but also for myself sometimes, as a special treat after school. Wash and cut up your favorite **fruits** into pieces. Also, cut up pieces of **cheese**. Arrange on a pretty platter with **crackers**. To be extra fancy, add toothpicks to the fruit and serve with a dip of **fruit-flavored yogurt**. Enjoy!

Love, Shantie

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★CHILL STIX★

In Mexico, we take a **papaya or mango**, peel off the skin and cut it into slices. Then, we put the slices onto a popsicle stick and squeeze a little **lime juice** on, and surprise, a fruit popsicle! You can also put other cut-up fruit on a popsicle stick, wrap in plastic, and freeze. My favorite “Chill Stix” have **strawberries** and **banana** slices. Chill out!

Your buddy, Maria

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★NATURAL SODA★

Here's an easy way to make soda, naturally! Fill up a glass halfway with your favorite **100% fruit juice**. Fill the rest of the glass with **bubbly water (seltzer)** and stir.

Give your soda a jazzy name –

I call mine “Orange Sizzler!”

Drink up! – Malik

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FRESH Adventure! Score Card

How'd ya like it? YUMMY☺ YUCKY☹ TRY AGAIN☹

- Yogurt Parfait
- Apple Smiles
- Party Platter
- Shake It Up, Baby!
- Natural Soda
- Chill Stix
- Fantastic Fruits
- Veggie Grab Bag
- Sushi Rolls
- Veggie Robots
- Salsa Sticks
- Make a Face!
- Broccoli Forest
- Veggie Confetti

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★FANTASTIC FRUITS FROM FAR AWAY!★

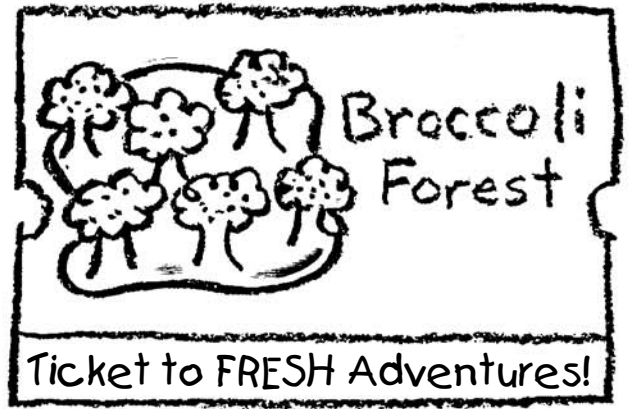
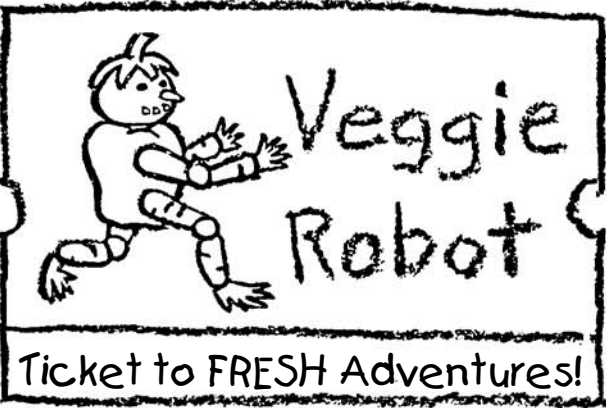
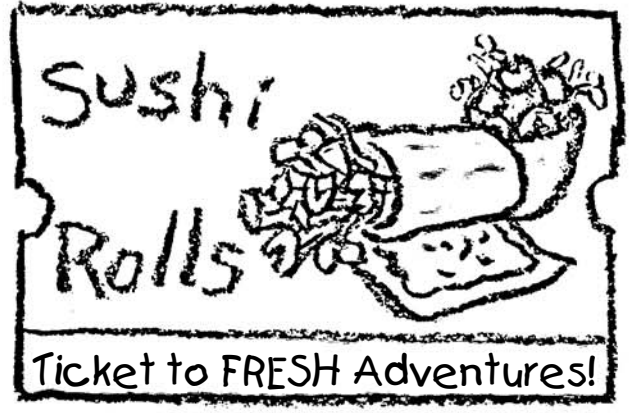
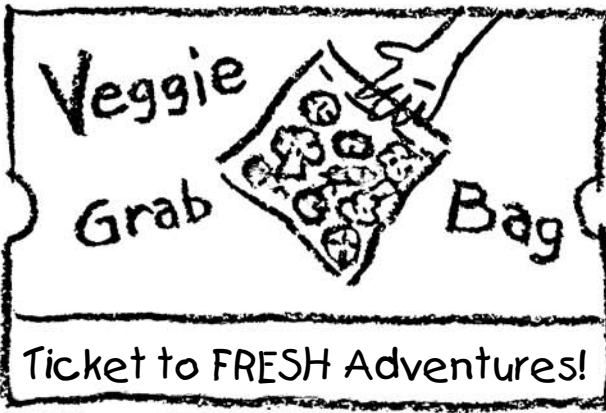
Whenever you have the chance, be daring and try a far-out **fruit that you've never tried before!** My favorites – star fruit, pomegranate, and fresh figs! You can even investigate the far away places where the fruit comes from. Have a “tasting party” with your friends or in class, where each of you brings in an exotic fruit to share!

– Joshua wishes you the best!

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Tobe Fit's EAT-to-WIN Tips

- ★ Fuel up with a nutritious breakfast!
- ★ Go fresh with fruits and veggies!
- ★ Eat a variety from all five food groups!
- ★ Read it before you eat it!
- ★ Feed your body healthy food and your mind, healthy messages!

www.foodplaykids.com

★SUSHI ROLLS★

If you can't make the real thing like my dad does, make these. You'll need: a **slice of bread**; **hummus or soft cheese** like ricotta or cream cheese; thin sticks of raw, washed **carrots, celery**, and/or **cucumber**; and **sprouts** (optional). First, flatten bread with hands or a roller. Then spread hummus or cheese on bread. Put veggies in center, roll up and eat! Kampai! (That means "Cheers!" in Japanese.) – From Tak

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★VEGGIE GRAB BAG★

A fun snack to pack and eat on the go! Wash and cut up crunchy **fresh veggies** that you have in the fridge, such as carrots, celery, green/red/yellow peppers, string beans, and jícama. Then, put them in a small plastic bag. Or, for a frozen treat in summertime, bag up frozen peas and eat 'em before they turn into mush!

Give Peas a Chance! Tafari

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★SALSA STICKS★

Put **cheese** (grated or sliced) on a **tortilla or flat bread**. Have a grown-up cook it in a toaster oven (cheese side facing up) or microwave until cheese melts. Then, carefully take it out and roll up. Dip into **salsa** - YUM! For homemade salsa, mix together cut-up ripe tomatoes, onions, cilantro, and celery. Add lime or lemon juice. Muy sabrosa! (That means "delicious" in Spanish.)

– Carlos

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★VEGGIE ROBOTS★

Take me to your leader! Have a grown-up help you wash and cut-up different **raw veggies** into various sizes and shapes. Then, create your own veggie robot by putting pieces together with **toothpicks**. When you're done, take your robot apart, piece by piece, and dip into **salad dressing** for a crunchy treat! Be extra careful with the toothpicks - don't poke yourself!

Your friend, Ángel

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★BROCCOLI FOREST★

Create your own "forest" by washing and cutting off little "trees" from a **broccoli** stalk. Make your "dirt" with this dip: combine 1/4 cup of **peanut butter**, 1 tablespoon of **cider vinegar**, 2 teaspoons of **soy sauce**, 1 teaspoon of **brown sugar**, and 5 tablespoons of **water**. Mix well. Add a splash of **cayenne pepper** or **hot sauce** to spice it up! Dunk your "trees" into "dirt" and enjoy!

Go Green! – Sophie

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★MAKE A FACE!★

You can use a **rice cake or piece of bread** (whole grain is best!) as the base of your masterpiece. Spread **peanut butter, almond butter, hummus, or soft cheese** on one side. Then, make a face - eyes, nose, mouth, and hair - with cut-up, washed **veggies** such as carrots, green peppers, sprouts, and olives. Eat up!

Olive you! – Olivia

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★Quick & Easy Pyramid Power Snacks★

★popcorn • pretzels • rice cakes • graham crackers muffins • bagels • cereals • granola • sandwiches pasta • fig bars • veggies • baby carrots • edamame pickles • guacamole • salsa • veggie pizza • salad fruit • applesauce • raisins • dried fruit • string cheese pudding • yogurt • frozen yogurt • cheese + crackers trail mix • sunflower seeds • pumpkin seeds • almonds peanuts • hummus • leftovers • tacos • rice + beans • sushi 100% fruit juice • 100% veggie juice • low-fat milk water • flavored selters★

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★VEGGIE CONFETTI★

Wash and cut up into small pieces crunchy **raw veggies** - green peppers, carrots, celery, jícama, and/or radishes - whatever you have in the fridge. Mix up in a bowl. If you want, drizzle on some salad dressing. Munch on this instead of popcorn as you watch your favorite movie!

Here's to you! – Keisha

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