

CLASSROOM CHAMPIONS[®]

HEALTHY LIVING MONTH

Recipes





Healthy Kabobs

What you will need:

- 4 different types of fruits or vegetables
- Skewers/chopsticks
- Honey (optional)
- Yoghurt (optional)
- Salad dressing (optional)



Directions:

1. Pick four fruits or four vegetables that you want to have on your kabob. We love apples, bananas, pears and blueberries.
2. With the help of your parents, family, or older siblings, cut your fruit or vegetables into smaller square pieces.
3. Grab a skewer, chopstick, or even a straw and stick it through the middle of each piece of fruit or vegetable. You may need to use a fork to start making a hole in your fruit or vegetables if they're tough.
4. Pour a small cup of salad dressing for your vegetables or squirt some honey on top of your fruit... and start eating!





Berry Mug Muffin

What you will need:

- 1/4 cup quick cooking rolled oats
- 1/4 cup blueberries
- 1 tbsp baking powder
- 2 tbsp cinnamon
- 1 tsp olive oil
- 2 egg whites
- 2 tbsp ground flaxseed (optional)
- Sprinkle of sugar (optional)



Directions:

1. Mix all ingredients in a mug or microwave safe container.
2. Heat on high for 50-60 seconds.
3. Let cool. Enjoy!

Nutrition Tip

Raspberries are in peak season in August. Strawberries are typically earlier in June and blueberries in July. Swap your berries for what is in season and what you can get locally for the best flavor and quality!



Healthy Living Stop



Healthy living isn't only about eating nutritious foods. It is a series of individual choices made every day.

A healthy lifestyle includes a balanced diet, plenty of water, daily exercise, the right amount of sleep, and making courageous decisions.

It also includes mental health and our emotional well-being. When we have good mental health, we generally feel capable of handling life's challenges, and know how to help ourselves when we feel different emotions.

A key component to social and emotional learning is the ability to make good decisions. The topic of healthy living gives kids the chance to try out decision making in areas they can control.

Use this graph to help your kids chart different healthy choices they make each day.

 [Healthy Living Tracker](#)



Tortilla Pizzas

What you will need:

- Flour tortillas
- Shredded cheese
- Pizza sauce
- Toppings (Bell peppers, onion, mushroom, pepperoni, ham, pineapple, crumbled sausage, arugula...get creative!)



Directions:

1. Heat a skillet on med-high on the stove and spread oil evenly in a very thin layer on the surface.
2. Gently, lay tortilla in the heated skillet and brown on one side for a few minutes.
3. Flip the tortilla over and add sauce, cheese, and other toppings to the browned side. Continue cooking until the cheese is melted.

TOP TIP

Cover the skillet with a top once you have added the toppings. This will help melt the cheese and heat your toppings.





Banana Pops

What you will need:

- Ripe but firm Bananas
- Wooden craft sticks
- Chocolate or Yogurt
- Crushed nuts



Directions:

1. Peel Bananas and cut them in half.
2. Insert wooden craft sticks.
3. Place crushed nuts on a plate.
4. Put melted chocolate or yogurt in a tall glass.
5. Dip banana in liquid, then immediately roll in crushed nuts.
6. Place on a cookie sheet and place in the freezer until frozen (about 3 hrs). Enjoy!

TOP TIP

Try using different toppings and see what you like. You can use granola, shredded coconut, dried fruit or your favorite crushed cereal.





Energy Bites

What you will need:

- Rolled oats
- Shredded coconut
- Creamy peanut butter
- Ground flaxseed (optional)
(To add some extra protein, fiber and omega-3s.)
- Chocolate chips
- Honey
- Vanilla extract (optional)
- Chia seeds (optional)



Directions:

1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.
3. Roll the mixture into 1-inch balls.
4. Enjoy! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.





Healthy Living Stop

Making healthy choices isn't always easy. Sometimes we have to make courageous decisions which can be difficult - especially if it means saying no to our friends or peers.

It is so important to remember our personal goals and values when making decisions. Understanding if a decision is going to impact you in a positive or negative way will help you make the right choice.

It is ok to say no to something if you know it's not right. You can always offer another option if you feel uncomfortable saying no. It is important to try and be your best and follow your choices to reach your goals and dreams.

Here is great video with Paralympic gold medalist and athlete mentor, Deja Young on different ways to say no.





Muffin Frittatas

What you will need:

- 1 tablespoon olive oil
- 1 cup green vegetable (asparagus or broccoli are our faves!)
- ¼ cup chopped green bell pepper
- 2 tablespoons chopped red onion
- 6 eggs
- ½ cup milk
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 cup shredded Cheddar cheese



Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease the 12 muffin cups with cooking spray or similar.
2. Heat olive oil in a skillet over medium heat; cook and stir asparagus, green bell pepper, and onion in the hot oil until softened, 5 to 10 minutes.
3. Whisk eggs, milk, salt, and black pepper together in a bowl. Mix cooked vegetables and cheddar cheese into egg mixture. Spoon about 1/4 cup mixture into each muffin cup.
4. Bake in the preheated oven until frittatas are set in the middle and lightly browned, about 20 minutes.





Ants on a Log

What you will need:

- 3 Celery Sticks
- 1/4 cup Peanut Butter
- 30 Raisins



Directions:

1. Wash the celery sticks and cut each stick in half.
2. Add peanut butter into the concave part of each celery stick and spread.
3. Push raisins into the peanut butter to represent your ants!

TOP TIP

Get creative with your logs and ants! You can use cucumber, banana or apple for your log. Try cream cheese, hummus, yoghurt or another dip for your filling and nuts, seeds, corn, olives, tomatoes, grapes or blueberries for your ants.





Vegetable Quesadillas

What you will need:

- Grated cheese
- Flour Tortillas
- Choice of vegetables (We like red onion, carrot, bell pepper, broccoli, corn, zucchini)



Directions:

1. Heat oil, in a frying pan, over medium heat. Reduce to low, add the onion and saute.
2. Add the remaining vegetables and saute until the vegetables have slightly softened.
3. Transfer to a plate and allow to cool.
4. Sprinkle cheese on one half of the tortilla.
5. Top with a quarter of the vegetable mixture, and top with a little more cheese.
6. Fold in half. Repeat with the remaining tortillas and mixture.



7. Put a large, non-stick frying pan (skillet) on medium-low heat. Dry fry the quesadilla until it is golden and crispy on the underside.

8. Carefully flip over the folded edge and cook until golden and crispy and the cheese has melted.

9. Transfer to a chopping board, cut into wedges and serve.

Now it's time to make up some recipes of your own to try!



Further Resources

We partner with Ask, Listen, Learn for Health Living Month and they have provided us with some incredible resources, videos and more to help your kids make smart, healthy decisions and combat peer pressure.



Here at Classroom Champions we have an entire social and emotional learning unit dedicated to Healthy Living within our SEL Foundations curriculum. Each unit features Olympic and Paralympic sport athlete mentors sharing their personal video stories about how SEL skills have helped them to succeed.



A photograph of two young students, a boy and a girl, sitting on a red inflatable ring. They are both wearing glasses and light blue t-shirts. The boy's shirt has 'CLASSROOM CHAMPIONS' printed on it. The girl's shirt has 'CHAMPIONS' printed on it. The background is a blurred outdoor setting with trees. The entire image has a blue color overlay.

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