



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SIMPLE STEPS TO HEALTHIER KIDS

FALL

Bright, crisp **apples** are a fall favorite. If you can't get to a pick-your-own spot, choose apples that are firm and shiny, without any bruises. Be sure to store apples in the refrigerator to keep them from getting mushy; they'll keep for a couple of weeks.



If you're not going to eat the sliced apples right away, keep them from browning by dunking them in a bowl of three parts water to one part lemon juice.



Snack: Apples with Creamy Honey Dip

An apple makes a great snack all by itself—this creamy-sweet dip takes them over the top.

■ **ADULT NEEDED:** YES ■ **HANDS-ON TIME:** 30 MINUTES ■ **TOTAL TIME:** 30 MINUTES
■ **MAKES:** 30 SERVINGS (2 TABLESPOONS DIP & ½ CUP APPLES)

KITCHEN GEAR

Measuring cup
Measuring spoons
Sharp knife (**adult needed**)
Cutting board
Large bowl
Spoon

INGREDIENTS

4 cups plain yogurt
1 tablespoon vanilla extract
½ cup honey* or maple syrup
15 apples, cored ("**core**" means to remove the stem and hard center part from a fruit or vegetable) and cut into wedges

*Not for children under one year old.

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put the yogurt, vanilla extract, and honey in the bowl and mix well.
2. Serve the dip right away, with the apples, or cover and refrigerate up to 3 days.



If there are beekeepers in your area, buy your honey locally! Raw honey is fresh and delicious, and may even have extra health benefits.



An apple slicer-corer—which simultaneously cuts the apple into wedges and removes its core—is a favorite and worthwhile investment. It's inexpensive, doesn't take up much room, and is super useful.

Dinner: Carrot-Apple Soup

The apple in this scrumptious soup will bring out the sweetness in the carrots and onions.

■ **ADULT NEEDED:** YES ■ **HANDS-ON TIME:** 35 MINUTES ■ **TOTAL TIME:** 2 HOURS ■ **MAKES:** 6 (12-OUNCE) SERVINGS



KITCHEN GEAR

Cutting board
Sharp Knife (**adult needed**)
Measuring spoons
Pot with lid
Wooden spoon
Measuring cup
Blender or food processor (**adult needed**)

INGREDIENTS

1 tablespoon olive or canola oil
1 medium onion, peeled and chopped
2 pounds carrots, scrubbed and sliced
1 apple, cored ("**core**" means to remove the stem and hard center part from a fruit or vegetable) and chopped
8 cups chicken or vegetable broth
½ cup plain yogurt (if you want to make it creamy)

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put the soup pot on the stove and turn the heat to medium.

When it is hot, carefully add the oil.

2. Add the onion, carrots, and apple and cook, covered, until the vegetables are beginning to soften, about 15 minutes. Stir occasionally.
3. Raise the heat to high, add the chicken or vegetable broth, and bring to a boil. Turn the heat down to low, and cook until the carrots are tender, about 20 minutes. Set aside to cool for 20 minutes.
4. Remove the solids and put them in the blender or food processor. Process until smooth. Add the yogurt, if you like, and process again, then stir this mixture back into the soup in the pot.
5. Serve right away or cover and refrigerate up to 3 days.



Carrot greens are edible and can be used as an herb to season carrot dishes. Try sprinkling some snipped up greens onto your soup! (But store carrots with the greens trimmed off so that they don't sap all the nutrients from the roots.)



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Buy & Store Fall Produce



Carrots Choose carrots that are firm and bright, with bright green tops, if they're still attached. Skip carrots that are soft, browning, or sprouting root hairs, which mean they're old or have been stored improperly. Carrots stored in a plastic bag in the refrigerator, without their greens, can last for a couple of weeks.



Eggplant Select dark, shiny eggplant that feel heavy for their size, and store in a plastic bag in your refrigerator where they will keep for a few days.



Peppers Look for shiny, firm, unblemished peppers that feel heavy for their size. Store them in a plastic bag in the refrigerator for up to week.



Broccoli and Cauliflower Choose heavy bunches with tight heads, firm stalks, and cut ends that don't look dried out. Broccoli should be bright green without any yellowing or browning florets; cauliflower should be bright white, without any browning. Store these vegetables in a plastic bag in the refrigerator, where they will keep for five days.

DID YOU KNOW?

Carrots were originally cultivated for their aromatic leaves and seeds, not their roots.

It's a myth that eating carrots will enable you to see in the dark—but it's true that the vitamin A we get from carrots improves our eyesight, including our night vision.

DID YOU KNOW?

- The crab apple is the only apple native to North America.
- 25 percent of an apple's volume is air. That's why they float when you go bobbing for them!
- It takes the energy produced by 50 photosynthesizing leaves to produce one apple.