

“Get Fit in February”

Upper Elementary School Ticker: Breakfast Bonanza Lesson

On page 43 of the MNTT binder under Upper Elementary Lessons: Great lesson on the importance of a nutritious breakfast.

Physical Activity: Go to page 57 of the binder under the **Elementary School - Break Time** section and try one of the activities to blend into your lesson.

Recipe: Breakfast idea to share with students: Tutti-Frutti Salad

This recipe compliments the Breakfast Bonanza Lesson and gives students an opportunity to sample a healthy breakfast.

Serving: 6

Prep Time: 15 minutes

Cook Time: 13 minutes

Total Time: 18 minutes



Ingredients:

- 1 medium cantaloupe
- 2 Red Delicious apples
- 1 cup seedless grapes
- 1 pint blueberries
- 1 can (16 ounces) sliced peaches packed in light syrup

Orange Yogurt Fruit Dressing

- 1/2 cup plain low-fat yogurt
- 2 tablespoons orange juice
- 1 tablespoon honey

Preparation:

1. Halve, seed, and peel the cantaloupe, then cut into bite-size chunks and place in a 2-quart or larger serving bowl.
2. Core the apples, cut each into 8 wedges, and add to the bowl; pick over the grapes and berries, then rinse, drain and add to the bowl.
3. Add the peaches, with their syrup, and toss gently but thoroughly to mix.
4. Spoon the salad into individual serving bowls and top with the Orange Yogurt Fruit Dressing to serve.

ORANGE YOGURT FRUIT DRESSING

1. Combine all the ingredients in a 1-quart or larger bowl and beat with a whisk to blend well. 2. Serve at once or cover and refrigerate up to 1 week.

Nutritional Facts (dip only):

Calories: 210 Carbohydrates: 47 g
Total Fat: 1 g Protein: 4 g

Cantaloupe, apples, grapes and blueberries are loaded with vitamin C. You should get nine servings of fruits and vegetables a day. The yogurt supplies protein and calcium for bone growth so be sure to get 3 servings of dairy a day.

<http://www.cookingwithkids.org/recipes-2005-10.html>