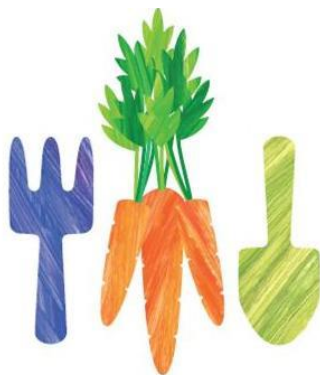


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## Appendix N - Growing Healthy Kids Recipes

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# Growing Healthy Kids

## Garden-Enhanced Nutrition Education

- Lesson 1 – Six Yummy Plant Parts - No Recipe - a variety of vegetables and fruits to taste
- Lesson 2 – Root, Root Hurray! – **Carrot, Jicama and Orange Salad**
- Lesson 3 – Water for People and Plants – Flavored Waters (See Appendix Q)
- Lesson 4 – Stand Strong with Stems – **Celery with Quick and Easy Bean Dips**
- Lesson 5 – Leaves and Fun in the Sun – **Crunchy Baked Kale Chips**
- Lesson 6 – Bunches of Variety – **Creamy Fruit Salad**
- Lesson 7 – Healthy Harvest Celebration – **Plant Part Salad**