

# What's on YOUR Plate?

The documentary film about kids and food politics...



presents . . .

# FAMILY COOK-IN!



watch, talk,  
cook, eat

## SCREENING PARTY TOOLKIT



**SEE IT ON DISCOVERY'S PLANET GREEN!**

Premiere Broadcast: February 6th, 2010 at 10pm!

**Family Cook-In! Broadcast: Sunday, February 7th at 2pm**

Additional Broadcast dates and times:  
Sunday, February 7th at 6am  
Thursday, February 11th at 11pm  
Friday, February 12th at 7am  
Friday, February 12th at 3pm

\* check your local listings

[www.whatsonyourplateproject.org](http://www.whatsonyourplateproject.org)

# Welcome!

Thanks for spending an afternoon with *What's on Your Plate?* and the Family Cook-In!

In this toolkit you'll find some ideas for how to spend an afternoon learning with your kids about food- what it's made of, where it come from and how to enjoy every bite.



**Today's Agenda** (page 2) walks you through a Family Cook-In! afternoon of watching *What's on Your Plate?*, playing games, cooking and eating together



**Your Food and Activity Diary** (pages 3 and 4) will get kids thinking about what they are eating and how much they are moving



**Food Footprint Challenge** (page 5) tests what kind of impact your food choices have on the earth. Smallest footprint wins!



**Family recipes** (page 6) are easy for kids to make and include fun ideas for cooking seasonally in winter



**What's On Your Plate Tonight?** (page 7) Write out the menu, draw what's on your plate, and set the table!



**Take Action!** (page 8) Ten ideas on how you can make a difference for your body, your community, and the planet



Visit our website to play games, find recipes, join our Network of Friends, and read the blog for news on the food justice movement

[www.whatsonyourplateproject.org](http://www.whatsonyourplateproject.org)

# FAMILY COOK-IN!

## Today's Agenda

- Morning:** Head out to your local farmers market or grocery store  
Stock up on some local fresh healthy foods for dinner
- 1:45 pm ET:** Make popcorn  
Try it with soy sauce, paprika or Brewer's yeast on top
- 2:00 pm ET:** Watch What's On Your Plate? on Discovery's Planet Green  
(to find out your local channel go to:  
<http://planetgreen.channelfinder.net>)
- After the movie:** Activity Time  
Take a closer look at your eating habits and physical activity  
Calculate your carbon footprint  
Plan your Family Dinner
- Evening:** Cook! Everyone can help  
kids under 4 can stir and pour  
Kids 4-10 are great at measuring and reading recipes  
kids over 10 can do it all  
Pull out your cloth napkins and set the table
- Grand Finale:** Family Dinner!  
Eat, talk, laugh, savor your bites --and your time-- together



# Your Food Diary

Keep a diary of the foods you eat! Rate how healthy each food is below



Gold stars are for foods you think are healthy and should be eaten everyday






Green checks are for foods you think should be eaten occasionally



Red X mean you think the food should be avoided or only eaten rarely

## Your Diary:

|           |  |  |  |
|-----------|---|--|---|
| Yesterday |   |  |   |
| Today     |   |  |   |
| Tomorrow  |   |  |   |

How do the foods in Your Diary taste? Are they sweet, crunchy, salty, soft, spicy?

How do you feel after you eat? Are you happy, full, sleepy? Do you have more energy?

What foods could you eat less of? What other foods could you add to the mix?

How about dinner tonight? CAN YOU MAKE IT ALL GOLD STARS?



# Your Activity Diary

Keep a diary of how active you are and for how many minutes!



Gold star activity is vigorous! It gets your heart pumping and you break a sweat. It could be playing sports, riding your bike, chasing your friends, sledding or even walking to school (if you walk fast and get your heart rate up)



Green checks are for moderate activity -- like walking your dog, cleaning your room or playing on the monkey bars at recess



Red X is for quiet activities -- like reading, riding in the car or sitting in class

## Your Diary:

|           | ★ | ✓ | ✗ |
|-----------|---|---|---|
| Yesterday |   |   |   |
| Today     |   |   |   |
| Tomorrow  |   |   |   |

How do you get to school? Do you walk, ride your bike, go by car or take the bus?

How many times a week do you have gym class?

How do you spend your time after school? Do you get active or are you a couch potato?

Do you live near a park, basketball court or playground? Or are those far away?

What is your favorite physical activity?



# What's Your Food Footprint?

Directions: Answer the questions below and add up your score along the way. See how you did using the key below!

|   |  |
|---|--|
| 1. How often do you eat meat?<br>a. I'm vegan (I eat no animal products)<br>b. I'm a vegetarian (I don't eat any meat)<br>c. I eat meat 1 to 4 days a week<br>d. I eat meat every day   | (a.) 1<br>(b.) 2<br>(c.) 4<br>(d.) 5                             |
| 2. If you eat meat, which type of meat do you eat most often?<br>a. Lamb<br>b. Turkey<br>c. Chicken<br>d. Pork<br>e. Beef   | (a.) 1<br>(b.) 2<br>(c.) 3<br>(d.) 4<br>(e.) 5                   |
| 3. How often do you eat fast food?<br>a. I never eat fast food.<br>b. I eat fast food about 2-3 times a month.<br>c. I eat fast food a lot but if I had the choice of a healthier meal I would eat it.<br>d. I eat fast food 4-5 times a week, if I could eat it all the time I would.  | (a.) 1<br>(b.) 2<br>(c.) 3<br>(d.) 5                             |
| 4. How often do you buy food from local farmers markets?<br>a. I go to the farmers market every week to get all of my fruit and vegetables.<br>b. I occasionally go to the farmers market to buy my fruit and vegetables.<br>c. I don't know of any farmers markets but if I did I would buy food there as often as I could.<br>d. I never get food from farmers markets and I am not really interested in starting.  | (a.) 1<br>(b.) 2<br>(c.) 3<br>(d.) 5                             |
| 5. How much of your own food do you grow?<br>a. I have a farm and grow all of my food.<br>b. I am a member of a community garden or have a small garden and grow some of my own food.<br>c. I do not have a farm or a garden but I would like to, and if I did I would grow my own food.<br>d. I never grow my own food.  | (a.) 0<br>(b.) 1<br>(c.) 2<br>(d.) 3                             |
| 6. Do you try to eat food that is in season?<br>a. Yes, I only eat food that is in season.<br>b. Sometimes if I remember.<br>c. I don't know what food is in season when, but if I did I would try to buy food of that season.<br>d. No, I eat what I want when I want.   | (a.) 1<br>(b.) 2<br>(c.) 3<br>(d.) 4                             |
| 7. How often do you eat home cooked food?<br>a. I eat home cooked food every night.<br>b. I eat home cooked food 3-5 times a week.<br>c. I love home cooked food but I don't think I eat it enough. I would eat it more often if I could.<br>d. I don't like home cooked food and I never eat it.   | (a.) 1<br>(b.) 2<br>(c.) 3<br>(d.) 5                             |
| 8. Do you try to buy fruit and vegetables that were grown locally or in your state?<br>a. I always check to see where my food is grown and if it is not grown locally I don't buy it.<br>b. If given the choice I would choose to buy locally grown food.<br>c. I have never thought about where my food was grown, but now that I do I will try to eat more local food.<br>d. I don't care where my food comes from. | (a.) 1<br>(b.) 2<br>(c.) 3<br>(d.) 4                             |
| 9. Circle the fruit or vegetable that you eat the most:<br>a. Apples<br>b. Grapes<br>c. Cabbage<br>d. Squash<br>e. Strawberries<br>f. Mangos<br>g. Kiwis<br>h. Bananas  | (a.) 1 (e.) 2<br>(b.) 1 (f.) 3<br>(c.) 1 (g.) 3<br>(d.) 2 (h.) 3 |

## 9-15 Points

Wow, it would be great if everyone were like you! Congratulations, you have awesome food habits that help the world to be more sustainable. 2-10 acres are used to support your food habits.

Score:  

## 16-26 Points

Not too bad. Seems like you have some good habits and aspire to have even better ones. 10-24 acres are used to support your food habits. Unfortunately we would still need at least one more planet to sustain your life style into the future.

## 27-39 Points

Yikes big foot! It seems some of your habits are damaging to the environment. 24-40 acres are used to support your food habits. We would need 3-4 more planets to sustain your life style into the future.

# What's for Dinner?

## simple and seasonal winter recipes

Just because it's winter doesn't mean you have to eat out of a can!  
There are lots of winter vegetables that can be roasted, baked, sliced and put into soup.

### Roasted Winter Veggies

#### Ingredients:

Any combination of winter vegetables  
(squash, potatoes, onions, garlic, celeriac,  
beets, brussel sprouts, cabbage,  
carrots, turnips)

Olive Oil

Rosemary and Thyme

Preheat oven to 400 degrees

Cut vegetables into chunks and put into baking pan

Drizzle with olive oil

Sprinkle on rosemary and thyme

Bake for 45-60 minutes



### Magic Squash with Sage and Walnuts

#### Ingredients:

2 medium whole spaghetti squash,  
cut in half, lengthwise, seeds  
scooped out

2 Tbs extra virgin olive oil

1/2 tsp granulated garlic

1/2 tsp onion powder

1 tsp kosher salt

1/2 tsp freshly ground pepper

4 tsp unsalted butter

12 fresh sage leaves, coarsely chopped

1 c. walnut halves, lightly toasted

1/4 c. good quality maple syrup

salt and pepper, to taste

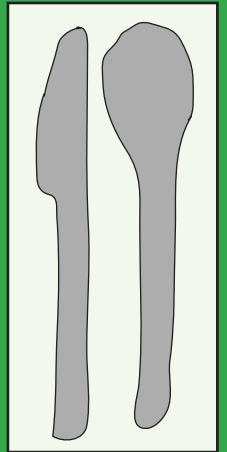
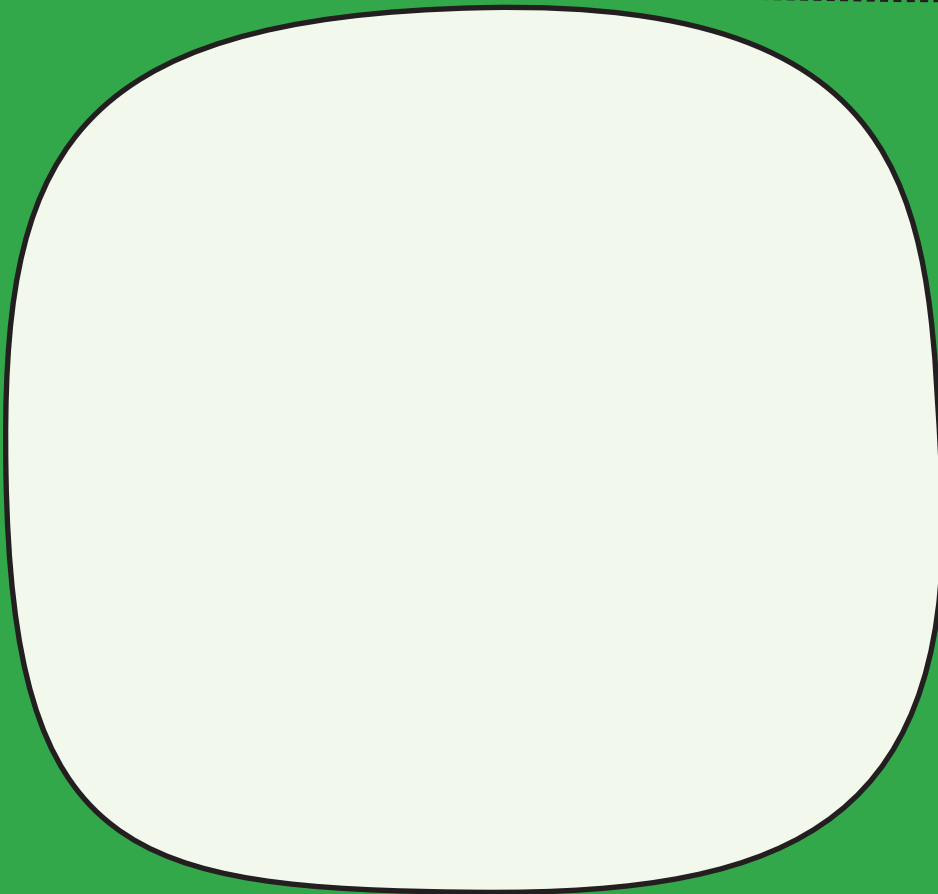
Preheat oven to 400 degrees F. Drizzle squash halves with the olive oil, sprinkle evenly with the salt, pepper, granulated garlic and onion powder. Place prepared squash cut-side down on a baking sheet. Roast for about 1 hour, (depending on size), until a fine-tipped knife pierces flesh easily.

Remove from oven and allow to cool for about 20 minutes, or until they can be easily handled. With a fork, scrape the roasted flesh from each squash lengthwise, in long strokes, into a separate, large bowl. (The squash should still be fairly warm)

Add the remaining ingredients- butter, sage, walnuts, syrup and extra seasoning, if needed. Toss lightly and divide mixture between the 4 squash shells. Serve immediately, or cover with foil to reheat. Serves 4.

# Whats On Your Plate Tonight?

## Our Dinner Menu



## **DRAW YOUR DINNER!**

How many colors are on your plate?

is there anything new you haven't tried before?

Will you eat dinner with a fork, a spoon or with your fingers?

What can you do to help cook?



# TAKE ACTION!

## Ten things YOU can do today

1. Cook-In! and have a meal at home.
2. Grow something to eat! Whether in your garden/backyard, a window box, a pot, or a community garden, try growing vegetables, herbs or fruit. Start with easy things, like basil and tomatoes.
3. Find out where the food in your grocery store comes from. Ask the butcher where the meat comes from. Ask the manager if any fruits or vegetables come from local farms. See if they'll get more food from nearby farms. If not, switch stores!
4. Meet someone who grows the food you eat. Run, don't walk to the nearest farmers market and talk to the farmers. Visit their farms. Help them plant and harvest!
5. Ask the people who work in your school's lunchroom where the food they serve comes from. See if your class can tour the kitchen. Does most of the food come frozen? Is there a stove? Work with the kitchen staff to improve the school's food.
6. Walk or ride your bike to school, instead of taking a car or bus.
7. Get movin' after school and on the weekends! Play frisbee, go rollerblading, jump on a trampoline, turn up your music and dance, play Wii sports, practice cartwheels, challenge your friends to an arm wrestling competition, OR ANYTHING ELSE YOU CAN THINK OF!
8. Vote with your dollar. You may be too young to vote for president, but you can vote for the kind of world you want to live in every time you spend money. Instead of buying candy or soda from big companies, go to your local bakery or buy from a local farmer.
9. Contact your representatives and tell them to vote for the Child Nutrition Reauthorization Act. This is an important law that helps schools afford good healthy food for students all over the country. To find out more about this bill, visit: <http://www.hungeractioncenter.org>