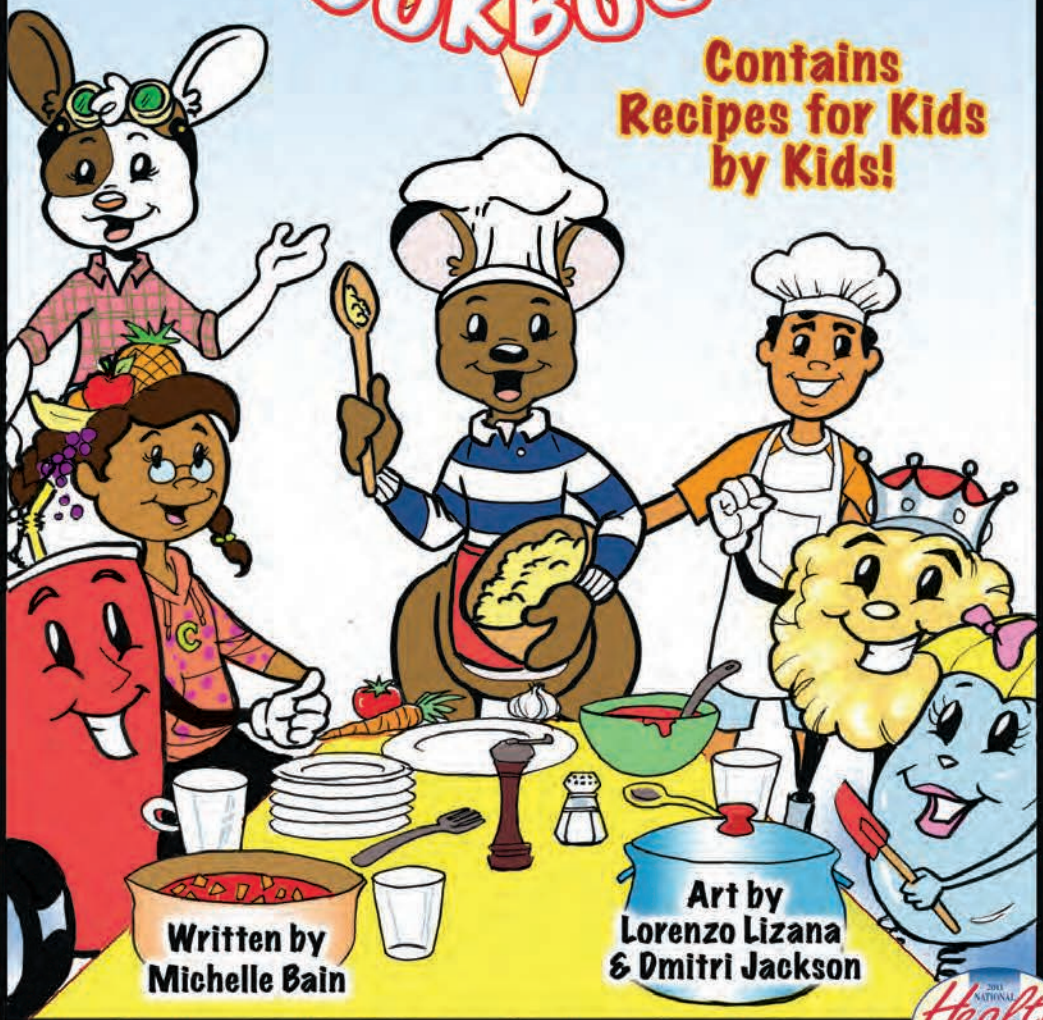




# SUPER CENTEAM 5 COOKBOOK

Contains  
Recipes for Kids  
by Kids!



Written by  
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Art by  
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& Dmitri Jackson







## COOKING PLEDGE

Tied my apron on  
real snug and  
Scrubbed my hands  
so clean.  
Checked the recipe  
for fiber,  
Carbs and good protein.

Plopped my chef hat on  
and found  
A great big bowl for  
mixing.  
Followed the instructions  
for the  
Feast that I was fixing.

Mixed and stirred  
ingredients  
To make my recipe...  
I just love cooking  
healthy meals  
For all my friends  
and me!





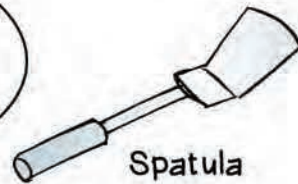
**SUPER  
CENTEAM**

**5**



# Food for thought... What's in your kitchen?

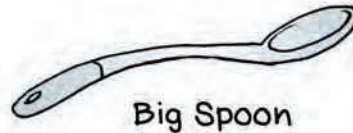
These are some cooking tools you'll need to help you make your meal.



Spatula



Mixer



Big Spoon



Mixing Bowl



Measuring Cup



Teaspoon



Tablespoon



Whisk

**DISCLAIMER.** This book provides general information about food and human nutrition. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns.

*Note: All activities in this book should be performed with adult supervision.*

## BUBBLY, SCRUBBY HANDS

COUNTING, ADDING, PLAYING, CLAPPING,  
THAT'S WHAT HANDS ARE FOR!

STICKY, DIRTY, SWEATY, GERMY  
ON YOUR HANDS AND MORE!

UN-GRUB THEM, SCRUB THEM, RINSE AND RUB THEM,  
LIKE A HAND WASHING MACHINE!

HI-FIVES, HANDSHAKES, THUMB WARS, FIST BUMPS,  
ARE BETTER WHEN YOUR HANDS ARE CLEAN!

Always wash  
your hands before  
making meals.





# You are what you eat...so eat well!

**Protein** helps us to grow and make muscles. Protein is found in meat, chicken and fish. It is also in nuts and some beans. Milk, eggs and cheese are also good sources of protein. But remember, protein can have a lot of fat that is not so good for us, so choose the low fat kinds of these foods.

**Vitamins** are found in a lot of foods we eat everyday. There are many types of vitamins. Our bodies need them to grow and stay healthy. Fruits and veggies, milk and eggs, nuts and meat all contain one or more vitamin. Vitamins are named for letters in the alphabet: A, B, C, D, E and K. Examples are: Vitamin A, found in carrots and sweet potatoes, helps you see well, even in the dark. Vitamin C, found in blueberries and strawberries, helps you heal if you scrape your knee. Vitamin D, found in milk and eggs, helps to build strong bones.

**Oil** is all fat, so you only need a little. Cooking foods in only oil will give you too much fat. Try cooking with chicken broth instead of oil. Another healthy way to cook is to grill or bake.

**Sugar** is sweet and it tastes good. But it is one of those carbs that get used up fast, which means it only gives you a short burst of energy. Too much sugar can make us gain weight and give us cavities in our teeth. Soda and candy have a lot of sugar in them so these should be sometime treats, not everyday things.

**Calcium** is a mineral that helps to build bones and teeth. Growing kids need calcium almost every day. Milk, yogurt and cheese are good sources. Choose the low fat versions of these foods.

**Carbs** - short for carbohydrates (car-bo-hy-drate) - give us the fuel our bodies need to stay active. There are different types of carbs. Some get used up fast like sugar or white bread. Others last longer like beans or whole wheat bread. Try choosing the carbs that last longer so your energy lasts longer!

**Fat:** Our bodies need some fat, but only a little to stay healthy. Fats are found in a lot of foods. Some of these foods include butter, oil, meat and ice cream. Fat can also be added by the way we cook food, such as frying foods - think of French fries and potato chips. Too much fat can make us gain weight and be bad for our hearts. To avoid too much fat in your diet you should eat less fried foods, candy and cookies. Choose low fat milk and cheese, and take the skin off chicken. Also, instead of fried or breaded chicken, try grilled or baked.

**Fiber** helps to keep you full longer. It is found in fruits, veggies, beans, brown rice and whole wheat bread.



Nutrition Facts	
Serving Size 1 cup (30g)	
Servings Per Container about 7	
Amount Per Serving	% Daily Value
Calories 230	230
Calories from Fat 20	20
<b>Total Fat</b> 5g	10%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Monounsaturated Fat 1g	2%
Cholesterol 10mg	20%
Sodium 200mg	40%
Potassium 150mg	30%
<b>Total Carbohydrate</b> 40g	80%
Dietary Fiber 10g	20%
Sugars 10g	20%
Other Carbohydrate 20g	40%
<b>Protein</b> 10g	20%



# Banana-sicle & Yogurt



Alexia A. Age 10, Ohio

## Nutrition:

Servings: 1  
Calories: 209  
Calories from Fat: 17  
Total Fat: 1.8g  
Saturated Fat: 0.9g  
Cholesterol: 3mg  
Sodium: 64mg  
Carbohydrates: 43.1g  
Dietary Fiber: 3.3g  
Protein: 5g

## Ingredients:

1 Banana  
1/8 cup Low Fat Granola  
1/4 cup Low Fat Vanilla Yogurt  
Popsicle stick

## Instructions:

Put banana on a popsicle stick.  
Dip banana in yogurt (covering banana).  
Roll banana covered in yogurt in granola.  
Freeze for one hour.

This treat is  
good for you and  
fun to make!

Kit  
Sprockette



This is a great snack if you are going to be active after school. It is also a healthy snack low in fat that contains protein and calcium for growing bodies, carbohydrates for energy and fiber to fill you up till dinner.

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# Bitty Cracker Tomato Soup

Hannah S. Age 10, Ohio



Darby Bolngg

## Ingredients:

8 oz. Tomato Soup, condensed  
4 oz. 1% Low Fat Milk (about 1/2 cup)  
2 oz. Cheese Crackers  
1 oz. Shredded Cheddar Cheese (about 1/2 cup)

## Instructions:

Prepare soup with milk.  
Top with crackers and cheese.

## Nutrition:

Servings: 4  
Calories: 153  
Calories from Fat: 64  
Total Fat: 7.1g  
Saturated Fat: 3.3g  
Cholesterol: 10mg  
Sodium: 513mg  
Carbohydrates: 17.2g  
Dietary Fiber: 0.6g  
Protein: 5g



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# Apple Cinnamon Wrap Up

Josephine R. Age 10, Ohio

An apple a day...



Constance  
Eatrite

## Ingredients:

- 1 tsp. Ground Cinnamon
- 2 tsp. Butter (salted), whipped
- 1 Soft Flour Tortilla
- 3 oz. Apples with Skin, sliced (about 1/2 cup)

## Instructions:

- Spread butter on tortilla.
- Add apple slices onto tortilla.
- Sprinkle cinnamon onto apples.
- Roll up tortilla.
- Microwave for 1 minute.



## Nutrition:

Servings: 1  
Calories: 292  
Calories from Fat: 86  
Total Fat: 9.5g  
Saturated Fat: 4.2g  
Cholesterol: 14mg  
Sodium: 324mg  
Carbohydrates: 46.3g  
Dietary Fiber: 5.4g  
Protein: 5.3g

This can be a healthy snack if you use whole wheat tortillas or sandwich wraps. Also be sure to go easy on the butter. The wrap and apples provide the fiber.

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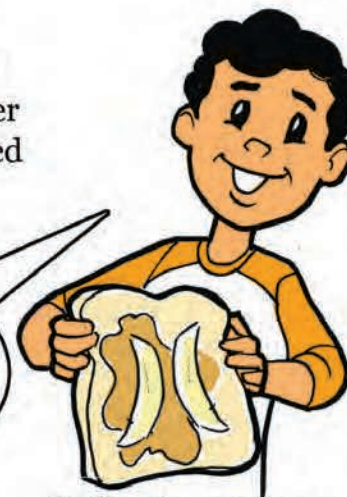
# Peanut "Butter -Fly" Toast & Apples

Mackenzie S. Age 10, Ohio

## Ingredients:

- 1 Slice Whole Wheat Bread
- 1 Tbs. Smooth Peanut Butter
- 3 oz. Apples with Skin, sliced (about 1/2 cup)

This is an  
awesome snack  
or breakfast on  
the go!



Spike Armstrong

## Instructions:

- Toast bread.
- Spread peanut butter onto bread.
- Top with apple slices.



## Nutrition:

Servings: 1  
Calories: 236  
Calories from Fat: 88  
Total Fat: 9.8g  
Saturated Fat: 2g  
Cholesterol: 0mg  
Sodium: 233mg  
Carbohydrates: 29.9g  
Dietary Fiber: 5.4g  
Protein: 7.2g

This is a healthy snack because it gives you protein, carbohydrates and fiber. Just make sure to use whole wheat bread and not too much peanut butter. Peanut butter is good for you, but it's high in calories, which is why you have to watch how much you eat.

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# Eggs in a Basket

Dakota S. Age 11, Ohio

This recipe  
is sunny side up!



Kit Sprockette

## Ingredients:

- 1 Large Egg
- 1 Slice Whole Wheat Bread

## Instructions:

Cut a hole in the center of the bread.  
Place bread in a skillet.  
Crack the egg into the hole of the bread.  
Let egg cook.



## Nutrition:

Servings: 1  
Calories: 154  
Calories from Fat: 71  
Total Fat: 8g  
Saturated Fat: 2.1g  
Cholesterol: 211mg  
Sodium: 294mg  
Carbohydrates: 12.1g  
Dietary Fiber: 1.7g  
Protein: 8.6g

This simple meal provides protein and carbohydrates. Be sure to use whole wheat bread and non-stick cooking spray instead of butter as a healthy alternative.

# Happy Sandwich Delight

Layla G. Age 10, Ohio

A healthy  
sandwich makes a  
happy belly!



## Ingredients:

- Two Slices Whole Wheat Bread
- 1/4 cup Lettuce
- 1 Tomato Slice
- 4 oz. Oven Roasted White Turkey Breast
- 1 Tbs. Mayonnaise
- 1 Tbs. Mustard

## Instructions:

Put mayonnaise on one piece of bread and mustard on the other piece.  
Add tomato, lettuce and turkey to one piece of bread and cover with other piece of bread.



## Nutrition:

Servings: 1  
Calories: 328  
Calories from Fat: 85  
Total Fat: 9.6g  
Saturated Fat: 1.7g  
Cholesterol: 49mg  
Sodium: 1680mg  
Carbohydrates: 36.3g  
Dietary Fiber: 2.8g  
Protein: 24.4g

This is a filling snack that provides protein, carbohydrates and fiber. It's a good snack if you are very active after school because it will keep you full and give you energy.



# Celery Canoe & Peanut Butter

Timothy H. Age 10, Ohio

This snack will keep  
the spring in your feet!



Snack-King

## Ingredients:

- 1 Celery Stick
- 1 Tbs. Peanut Butter

## Instructions:

Place peanut butter in the groove of the celery stick.



## Nutrition:

Servings: 1  
Calories: 114  
Calories from Fat: 74  
Total Fat: 8.2g  
Saturated Fat: 1.6g  
Cholesterol: 0mg  
Sodium: 126mg  
Carbohydrates: 5.4g  
Dietary Fiber: 2g  
Protein: 4.4g

This is a low-calorie snack with protein, fiber and carbohydrates. Remember, peanut butter is good for you but you shouldn't eat too much because it's high in calories.

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# Edgy Veggie Pizza

Thomas P. Age 10, Ohio



## Ingredients:

- 7.5 oz. of biscuits, plain or buttermilk, commercially baked
- 1 cup, Tomato products, canned sauce
- 6 oz. Cheese, Mozzarella, part skim milk
- 1/4 cup Onions, raw, cut into smaller pieces
- 1/4 cup Broccoli, raw, cut into smaller pieces
- 1/4 cup Peppers, sweet green, raw, cut into small pieces

## Instructions:

Separate biscuits and flatten to make crust.  
Spread tomato sauce on flattened biscuit.  
Add veggies (onion, broccoli and peppers).  
Sprinkle with cheese.  
Bake in oven using temperature indicated on biscuits.  
Bake until biscuit crust is brown .

THIS PIZZA IS  
AWESOME,  
DARBY!



## Nutrition:

Servings: 6  
Calories: 222  
Calories from Fat: 95  
Total Fat: 10.5g  
Saturated Fat: 3.8g  
Cholesterol: 16mg  
Sodium: 753mg  
Carbohydrates: 22.1g  
Dietary Fiber: 1.4g  
Protein: 9.9g

This snack is a good way to get in your veggies. It has carbohydrates and protein but can be high in fat. Using low fat biscuits or whole wheat pita bread will make it a healthier snack.

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# Groovy Blueberry Smoothie

LaShawn W. Age 9, Missouri



## Ingredients:

1 cup Blueberries (frozen)  
6 oz. Low Fat Blueberry Yogurt  
1 cup Ice Cream, light

## Instructions:

Place all of the ingredients into a blender.  
Mix until well blended.  
Pour equal amounts into two glasses and serve.

Happy & healthy sippin'!



Skip Drive-Thru

## Nutrition:

Servings: 2  
Calories: 177  
Calories from Fat: 26  
Total Fat: 2.9g  
Saturated Fat: 1.5g  
Cholesterol: 8mg  
Sodium: 74mg  
Carbohydrates: 32.7g  
Dietary Fiber: 2.1g  
Protein: 5g

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With carbohydrates, protein, calcium and fiber, this is a tasty low fat snack. Blueberries are high in vitamin C and help keep you healthy.

# Tooty-Fruit and Marshmallows

Angela C. Age 10, Texas

## Ingredients:

1/4 cup Roasted Almonds, without salt  
2 cups Peaches, canned with juice  
1/4 cup Marshmallows  
1/2 cup Whipped Topping



## Instructions:

Drain peaches and put into a bowl.  
Mix nuts, marshmallows and whipped topping with fruit.

This is a  
sweet treat that  
keeps you light  
on your feet!



Claire Springs

## Nutrition:

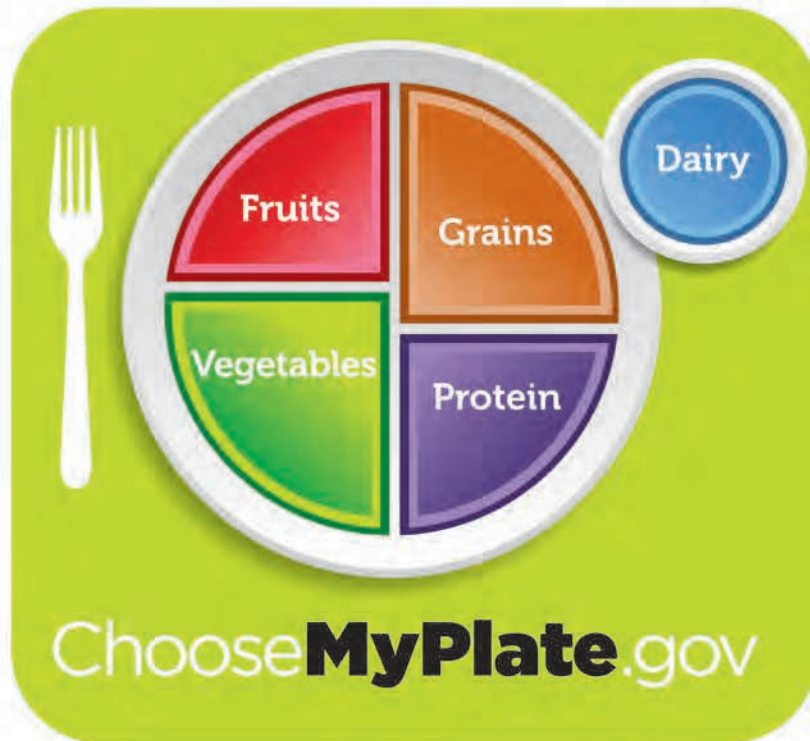
Servings: 4  
Calories: 119  
Calories from Fat: 45  
Total Fat: 5g  
Saturated Fat: 0.5g  
Cholesterol: 0mg  
Sodium: 6mg  
Carbohydrates: 16.1g  
Dietary Fiber: 2.6g  
Protein: 2.5g

This snack has carbohydrates, fiber and protein from the nuts. You can make it healthier by using less whipped topping and marshmallows.

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Healthy food choices  
are great for your body.  
Check out [chooseMyPlate.gov](http://chooseMyPlate.gov)  
and look for all of the stuff that  
makes up a balanced meal!



Color Darby Bolngg and  
the Super Centeam 5!





Always remember to help clean up  
after making meals  
for yourself and others!



## COOKING PLEDGE

Tied my apron on real snug and  
Scrubbed my hands so clean.  
Checked the recipe for fiber,  
Carbs and good protein.

Plopped my chef hat on and found a  
Great big bowl for mixing.  
Followed the instructions for the  
Feast that I was fixing.

Mixed and stirred ingredients  
To make my recipe...  
I just love cooking healthy meals  
For all my friends and me!



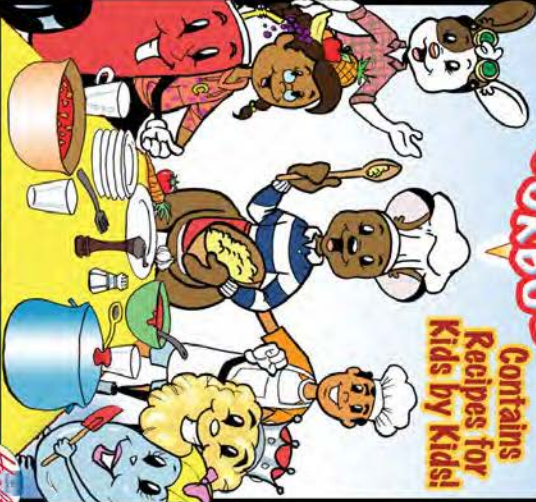
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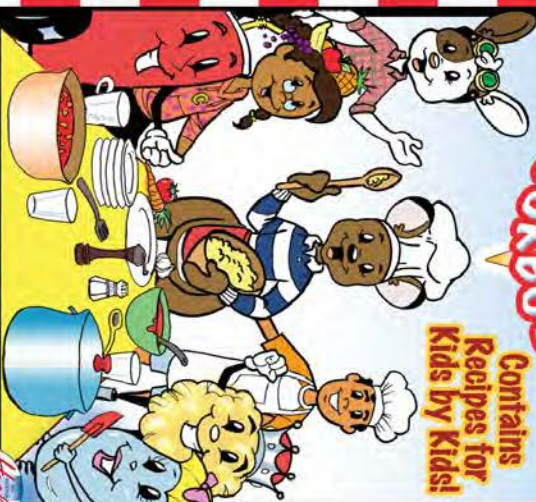
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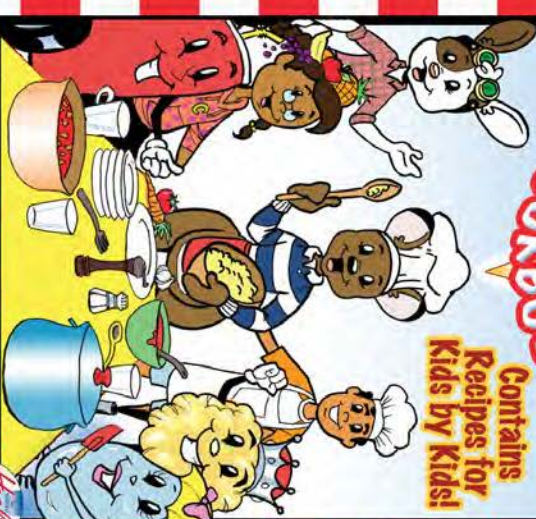
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**FROM THE KITCHEN OF:**

Chef \_\_\_\_\_  
(your name here)

Name of Recipe: \_\_\_\_\_

Ingredients:

How to make it:

Copy your favorite  
recipe and give it to someone  
as a special treat!



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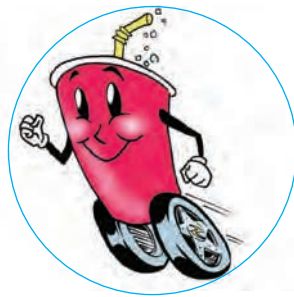
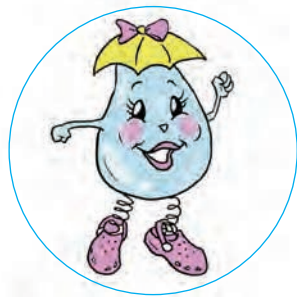
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is sharing it with your friends.



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the USA



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healthy! This  
book was printed on  
recycled paper!



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ISBN: 978-0-9850897-0-2

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