

# GOOD MOOD FOOD

AN INTERACTIVE GUIDE  
FOR KIDS EATING GREENS  
& TRYING NEW THINGS  
WITH CHARLEY & THE  
TASTE BUDDIES



By: Jax Perrins

Charley and her Taste Buddies invite  
YOU on a green culinary adventure!

Eating real food can give us superhero powers. What we eat is a reflection of our mood, our energy, how well we sleep, our vitality, immunity, and so many important things in our overall health and wellness.

Trying new foods can cause a range of emotions - nervousness, reluctance, or excitement. Pairing a fun, low-pressure mindset can alleviate the anxiousness or hesitancy that may be present.

Through consistent exposure, modeling our own healthy habits, and fostering a conversation around WHY certain foods are better for us, I hope the next generation of kids will learn the importance of caring for their growing bodies.

# CONVERSATION STARTERS

- What green foods are you excited to try?
- Are you nervous to try new fruits and veggies?
- How do you want to prepare and serve each green food?
- What do you think your Taste Buddies will like more, sweet or sour?
- Whose cucumber is going to be the crunchiest?
- Lets find a recipe together that has avocado in it!
- Would you rather eat the broccoli raw and crunchy or cooked and soft?
- How many seeds do you think are in this kiwi? Isn't it funny that we can eat them! Can you think of another food with seeds we eat?
- Lets see how many different types of pears we can find at the grocery store.
- Should we try frozen green peas or snap peas in a pod?

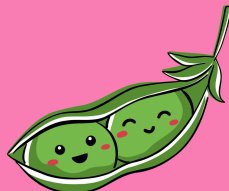
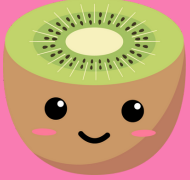


- Do you think this would taste good with a dip?
- I'm so happy we are trying this together!

# SUNDAY

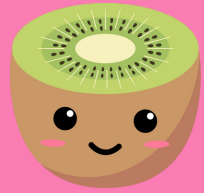
Today is grocery day.

Shop for all the things on your list.



<input type="checkbox"/> Kiwi		
<input type="checkbox"/> Cucumber		
<input type="checkbox"/> Avocado		
<input type="checkbox"/> Pears		
<input type="checkbox"/> Peas		
<input type="checkbox"/> Broccoli		

# MONDAY



## HEALTH BENEFITS OF KIWI

Kiwis are rich in Vitamin C which helps to support a healthy immune system. They contain Vitamin K which aids in blood clotting. You can explain that if they fall and scrape their knee, part of the kiwis job is to help the cut heal fast! Kiwis contain fiber which helps with digestion, which of course helps with you know what. Kiwis also support heart and eye health!

## HOW TO SERVE KIWI

Kiwi can be served in a tropical fruit salad among other favorite fruits, or eaten plain - just cut in half and scoop it out with a spoon! Kiwi can be added to smoothies or paired with yogurt. It's not my favorite, but eating the skin of the kiwi has 3X the vitamins than the fruit itself! [Let me know if your kiddo is brave enough to try the fuzzy skin!]





# TUESDAY

## HEALTH BENEFITS OF CUCUMBERS

Cucumbers are low in calories but high in many vitamins and minerals making them a great nutritional snack. Cucumbers contain fiber. Fiber helps you feel full and feeds the good bacteria in your belly. Cucumbers help with blood sugar levels and are great for hydration.

## HOW TO SERVE CUCUMBERS

They can be enjoyed fresh or pickled and added to everything from salads to sandwiches. I like to add diced cucumbers to egg salad or tuna salad. Raw cucumbers can be paired with hummus, a drizzle of olive oil, a squeeze of lemon or lime juice or with a healthy dip. Most kids love a good dip and so I would encourage the exposure with something they already like, even if they are just licking off the dip to start. You can also make cucumber “noodles” simply peel instead of cut.



# WEDNESDAY



## HEALTH BENEFITS OF AVOCADO:

Avocados are an abundant source of healthy fats, playing a huge role in brain function. They have twice the potassium of a banana and a significant amount of fiber. Giving you a healthy gut and brain makes avocado a true superfood!

## HOW TO SERVE AVOCADO

Eat it plain, cut it into slices and roll in chia or hemp seeds for little hands so it isn't slippery.

Serve with chips or raw peppers as guacamole. Mash it and add a little salt and lime juice. Put it on toast - or a waffle. Add it to egg salad.

Use frozen avocado chunks for a creamy satiating smoothie.

There are also great recipes for chocolate avocado mousse for a sweet spin on this amazing fruit!





# THURSDAY

## HEALTH BENEFITS OF PEAR:

There are many pear varieties all of which are packed with fiber, Vitamin A, Vitamin C, folate and contain important minerals like copper and potassium. Eating pears will support your gut health, can support skin and wound healing. Potassium helps our muscles and heart function.

## HOW TO SERVE PEARS:

Pears are delicious whole and plain. The skin contains many of the essential nutrients, so try to consume that as well.

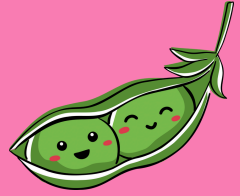
Adding pears to oatmeal or yogurt, pairing pears with cottage cheese and a drizzle of honey, or roasting the pears with cinnamon can make for an even sweeter treat!





# FRIDAY

## HEALTH BENEFITS OF PEAS



Peas have an impressive nutrition profile. They are low in calories, high in fiber and contain more protein than most veggies.

Fiber feeds the good bacteria in your gut making peas a great choice to keep you fuller for longer and improve digestive health.

Because of the fiber and protein, they are more satiating. This promotes a slower, more stable rise in blood sugar levels. These effects are known to reduce the risk of several conditions, including diabetes and heart disease.

## HOW TO SERVE PEAS

Green peas are great plain (and frozen) Add them to soups, mac-n-cheese, rissoto, or sheppards pie. Sautee in butter.

If you're trying a sugar snap pea or snow peas, you can eat the shell and play a game to see whose makes the biggest crunch. Edamame (don't eat the edamame shell) is fun for kids to dissect and eat.





# SATURDAY

## HEALTH BENEFITS OF BROCCOLI

Like many of the other greens this week, Broccoli is nutrient dense and contains many vitamins and nutrients to support a healthy immune system and promotes heart health. Broccoli also contains calcium and phosphorus to help bone health and density.

## HOW TO SERVE BROCCOLI

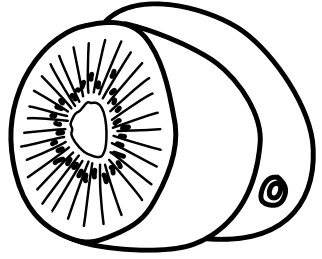
Broccoli can be eaten raw or cooked. Steamed, roasted or sauteed in butter or olive oil is an easy way to prepare. I hope Bud's excitement and new found love for broccoli will inspire even the pickiest of palates. When all else fails, pretending the broccoli is a tree and your little is a leaf eating dinosaur is the oldest trick in the book. I know it worked for me when I was a kid!



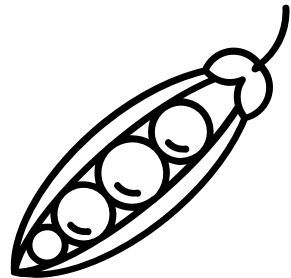
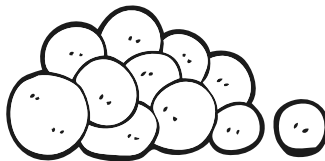
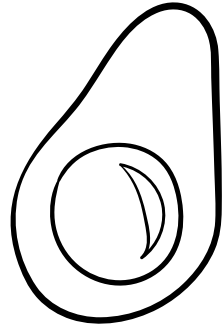
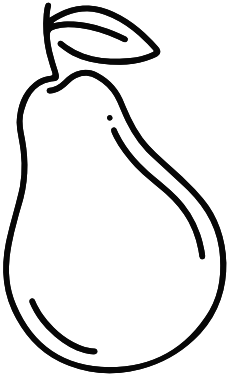
# OTHER GREEN FOODS TO TRY

- spinach
- lettuce
- asparagus
- edamame
- bok choy
- green pepper
- zucchini
- cabbage
- artichoke
- grapes
- arugula
- granny smith apple
- brussels sprouts
- lime
- honeydew melon
- green beans
- celery
- olives





# Taste Buddies



color the greens as your try them!