



GOAL: Teach your kids the importance of cooking and sitting down to eat together.

LET'S EAT TOGETHER

ACTIVITY DIFFICULTY: EASY

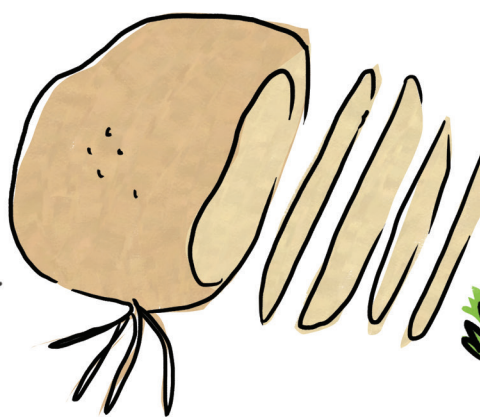
●○○ Ask Mom or Dad for help!

This week, 56 talented winners—one from each U.S. state and territory—of the Healthy Lunchtime Challenge were invited to attend the fifth annual Kids' "State Dinner" at the White House. More than 1,200 kids ages 8 to 12 created

recipes for consideration. In celebration, we're proud to feature one of the winning recipes. But whichever delicious recipe you're making, we hope you enjoy the chance to sit down together and make dinner a special occasion.

AND OUR FEATURED WINNER IS...

Ten-year-old McLean Knight of New Mexico. His recipe inspired our Green Chili Chicken Rolls with Lime Jicama "Fries."



Instead of serving French fries, McLean slices up healthy raw jicama, a super-crunchy vegetable that's incredibly good with a bit of lime juice and cilantro.

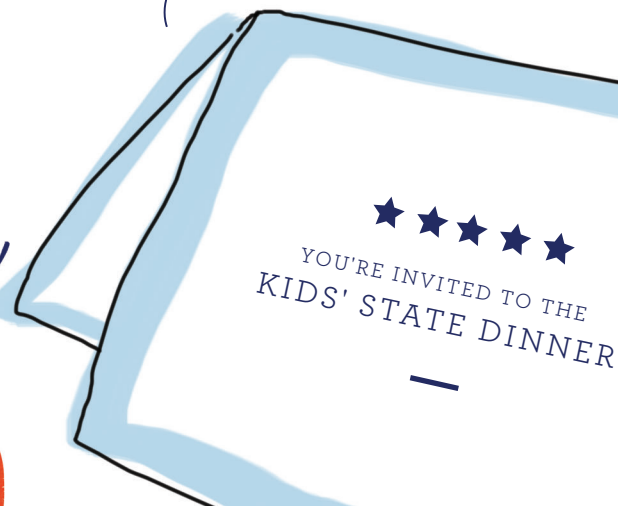


State dinner at the White House



This dish combines two of his favorite things: fresh salsa and the flavor of the famous green chili cheeseburger of his state.

I love salsa!





WEEK 3
LET'S EAT
TOGETHER

When you're
done with this
week's activity,
color me in!



INSTRUCTIONS: There are four key steps to a family dinner: preparing ingredients, setting up the table, talking with your family and cleaning up. How can you help out? Let's see.

