

HEALTH PROJECT

ANA

SONIA

MARLENE

ALAM

GROUP "A"

Ms. TELLO

HIGH INTERMEDIATE /ADVANCED CLASS

11/16/2011

Group A

NAMES ANA CRUZ

DATE 11-07-11

Sonia Barrniento I

Alan Garcia

Marlene Cisneros

MEAL PLAN

DAY 1:

BREAKFAST

Italian omelette
2 eggs, mushrooms

green peppers and
bread, coffee.

LUNCH

Turkey sandwich
with a healthy
salad and water

DINNER

Chicken grilled
Rice and beans
corn salad
apple juice

SNACK granola bar

DAY 2:

BREAKFAST

Orange juice
toast bread

Mixed grape
water and stimulant

LUNCH

Ziti Pomodoro
Zin, fresh tomatoe
basil, olive oil and
cheese, wine

SNACK apple and orange

DINNER

Zucchini with onion
tomatoes and brown
rice and fresh cheese
and black beans

DAY 3:

BREAKFAST

toasted bread
with jelly and cereal

LUNCH

B.L.T. with
weath-bread
sandwich

DINNER

Pork chop grilled
with salad and
white wine

and milk

diet coke

SNACK Cookies and juice

DAY 4:

BREAKFAST

Apple Juice (Kaiser)
and meal (1 cup)

LUNCH

Pasta salad with
Basil Vinaigrette.
Italian bread
(1 piece)
Grape Juice (1 cup)

DINNER

One piece of fish, brown
rice and salad
and water for drink.

SNACK Strawberry Smoothie (1 glass)

DAY 5:

BREAKFAST

cereal (1 cup)
Orange Juice 8oz
(1 cup) of fruit

LUNCH

One small cup of
chicken soup
and one piece of
bread and water

DINNER

One baked potato
with tilapia yellow
pepper and grapes
and apple juice

SNACK Yogurt (1 cup)

DAY 6:

BREAKFAST

A cup of yogurt
with fruits (apple,
banana, strawberry and
granola) and cup of
milk

LUNCH

Turkey sandwich
corn soup
grape juice (1 glass)

DINNER

One grilled steak
with green beans
and brown rice
and water for drink

SNACK nuts mix

DAY 7:

BREAKFAST

One glass of orange
juice
two boil eggs and

LUNCH

Hex bean salad
tilapia grill

DINNER

Lemon steak
steak with lemon juice
min potato and avocado.

One slice
benche toast

apple juice (light) much potatoes and avocado

SNACK One apple

WHAT WOULD BE A GOOD EXERCISE PLAN?

work out at any gym or
go to walk for 30 minutes also we could have
advantage in taking a walk every time that we go to
any store and when we're at home do some of zumba.

EXTRA COMMENTS OR INFORMATION:

well, the health means to
be healthy eating and drinking healthy food and drinks
because the health is very important in our life if we
eat healthy and do some exercise we'll live a long time. OK
people remember: eat well, live well because health is
to be very well.

HEALTHY SNACK

A healthy snack every day helps you to have a healthy life, there are many good kinds for you and there are many kinds not good for you.

A shake with milk, fruit is really good, salads, cookies too, but some chips, soda cans, candies or cakes with too much sugar are not good for your health

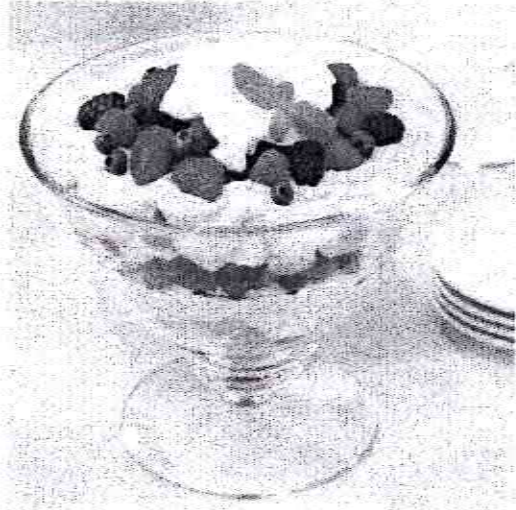
Focus

If you want to live long time, your HEALTH is first.



Berry Pudding Trifle

An easy but elegant dessert made by layering fresh assorted berries with a creamy pudding mixture and bite-size pieces of angel food cake



Time:

Hands On: 30 minutes

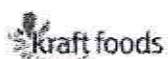
Total Time: 2 hours 30 minutes

Servings:

Makes 8 servings (1 cup each)

Ingredients

1. 2 containers (6 oz each) raspberry nonfat yogurt
2. 2 containers (4 oz each) Swiss Miss® Creamy Vanilla Pudding
3. 1-1/2 cups Reddi-wip® Fat Free Dairy Whipped Topping
4. 1 prepared angel food cake (9-inch, 13 oz each), cut into 1-inch pieces
5. 4 cups assorted fresh berries (such as sliced strawberries, blueberries, raspberries or blackberries)
6. 2 tablespoons sliced almonds, toasted, optional



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Main dishes

Roasted Vegetable Enchiladas



average rating

★★★★☆ (9)

prep time: 20 min
 total time: 1 hr 30 min
 makes: 6 servings

what you need

2 red peppers
 2 jalapeño peppers
 2 small zucchini, coarsely chopped
 1 eggplant, coarsely chopped
 1 large onion, chopped
 4 cloves garlic
 1/4 cup KRAFT Zesty Italian Dressing
 1-1/2 cups KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
 1/2 cup water
 12 corn tortillas (6 inch)
 2 Tbsp. chopped cilantro

make it

HEAT oven to 425°F.

COVER baking sheet with foil; spray with cooking spray. Toss vegetables and garlic with dressing; spread onto baking sheet. Bake 30 min., turning vegetables after 10 min. Cool. Remove skin and seeds from peppers; coarsely chop peppers.

COMBINE 2 cups chopped vegetables and 1/2 cup cheese; set aside. Blend water, garlic and remaining vegetables in blender until smooth.

REDUCE oven temperature to 350°F. Pour 1 cup vegetable puree onto bottom of 13x9-inch baking dish sprayed with cooking spray. Heat tortillas in skillet to soften. Top each with about 3 Tbsp. chopped roasted vegetables; roll up. Place, seam-sides down, in baking dish; top with remaining vegetable puree and cheese. Cover.

BAKE 25 min. or until enchiladas are heated through and cheese is melted. Sprinkle with cilantro.

Make Ahead

Strawberry Blender Drinks

You will need:

- 2 bananas, peeled (frozen or soft)
- 1 tbsp protein powder (vanilla or strawberry works best for this recipe)
- 1-2 cups yogurt
- 4-6 large strawberries (without stems)
- Ice (optional)

Method:

1. Blend the bananas, protein powder, and 1 cup of yogurt to a smooth consistency first. Make sure that the protein powder gets mixed in and not stuck to the blade or the sides of the blender, and make sure it doesn't stay clumped in your yogurt.
2. Add strawberries and blend on a pulse setting until you have the right texture to suit you.
3. At this point, decide if you want your health drinks to be more like a shake or a smoothie. If you want a shake-like consistency, add more yogurt to your drink. If you want it like a smoothie, add some ice.
4. Blend until your drink is the texture you desire. Pour into glasses and serve.

The nice thing about making healthy drinks with your own blender is that they are easy to modify and the possibilities for changing them are endless.

3. Serve with additional Reddheap and almonds, if desired

Nutrition Facts

Amount Per Serving

100g

Calories 100

% Daily Value

100%

100%

100%

100%

100%

100%

100%

100%

100%

100%

100%

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kraft kitchens tips

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Assemble enchiladas as directed but do not bake. Refrigerate up to 3 hours. Bake as directed just before serving.

How to Roast Vegetables

The more uniform the vegetable size is, the more evenly the vegetables will roast.

Special Extra

Top each serving with 1 Tbsp. BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream.

nutritional information

Calories 280	Total fat 10 g	Saturated fat 4 g
Cholesterol 15 mg	Sodium 340 mg	Carbohydrate 38 g
Dietary fiber 8 g	Sugars 7 g	Protein 12 g
Vitamin A 35 %DV	Vitamin C 50 %DV	Calcium 25 %DV
Iron 8 %DV		

Healthy Living Information

Carb Choices:2-1/2

Diet Exchange

2 Starch + 2 Vegetable + 1-1/2 Fat

Nutrition Bonus

Here's a tasty way to eat your vegetables. And as a bonus, the sweet red peppers in this low-calorie main dish provide a good source of vitamin C.

Names:

Elvia Alcantara

Marta Vega

Rosarelis Vazquez

Lilliana Ospina

Irene McCullough

MEAL PLAN

<u>DAY 1:</u>	BREAKFAST	LUNCH	DINNER
	<u>(2) Scrambled Eggs</u>	Cesar Salad	Vegetables
	(2) Whole Wheat Toasts	Onion Soup	Baked Fish
	(1) Natural Fruit Juice	(1) Bottle water	Brown Rice
			Cranberry Juice

Snack: Granola Bar

DAY 2:	BREAKFAST	LUNCH	DINNER
	Oatmeal	Tuna Sandwich	Whole Grain Broccoli
			Pasta
	Fruit Salad	(1) pkg of Baked	Lean Beef
		Potato Chips	
	Apple Juice	(1) Peach	(1) Red Wine

Snack: (1) Lemon Jello

DAY 3:	BREAKFAST	LUNCH	DINNER
	(1) Cup of Cheerios	Chicken Wrap	Baked Chicken

Cereal with Skin Milk	(Fat Free Flour)	(1) Medium Baked
(1) Banana	(1) Cup Slice	(1) Tsp. Margarine
	Pineapple	
	(1) Glass of	(1) Bottle of Water
	Natural Lemon	

Snack: Pretzel

DAY 4:	BREAKFAST	LUNCH	DINNER
	(1) Bagel with Cream	Stuffed Tuna	Grilled Steak
	Cheese Low Fat	Pocket	
	One Glass of Milk	(1) Whole Grain	Salad with Low
		Pita	Fat Dressing
	Strawberries	Orange Juice	(1) Cup Apricots

Snack: Seedless Grapes

DAY 5:	BREAKFAST	LUNCH	DINNER
	Yogurt with Granola	Brocoli and	Rice with Vegetables
		Cheddar Soup	
	Fruit Salad	Whole Wheat	Baked Chicken Breast
		Garlic Bread	Baked Yellow Platain
	Apple Juice	(1) Bottle of Water	

Snack: (1) Cup Apricot canned in juice

DAY 6:	BREAKFAST	LUNCH	DINNER
	Whole Grain Waffle	Tuna Pasta Salad	Steam Green Beans
			& Carrots

(2) Slide Turkey Bacon(1) Cup Fruit Cocktail Grilled Salmon

Cranberry Juice (1) Bottle of Water Corn (elote)

Snack: (1) Rice Cake with Low Fat Cream Cheese

DAY 7:

BREAKFAST

LUNCH

DINNER

(1) English Muffin

Chicken Garden

Vegetable Lasagna

(1) tsp. Margarine

Salad

(1) Cup Corn Flakes

1/2 Cup of Celery

Green Salad with

8 oz. Skim Milk

Sticks

Vinagrete

(1) Small Banana

1 Glass of Coconut

Whole Wheat Garlic

Water

Bread Stick

Snack: 1/2 Cup of Papaya Slices

WHAT WOULD BE A GOOD EXERCISE PLAN? Walk in the mornings or afternoons three (3) days in the week for 30 minutes. If you can't do this, you can go to Zumba classes or workout in a gym or try to park your car a little far way in order to walk long distances and take the stairs in place of an elevator.

EXTRA COMMENTS OR INFORMATION:

Do not eat after eight o'clock and drink 8 oz of water daily.

Group C

Book Of recipes

By:

Jaime Argueta
Louissaint Thermitus
Antonia Mandujano
Julia Pellot
Bethzaida Gutierrez

Ms. Tello
November 17, 201

Ingredients

- 1/2 cup butter, softened
- 1 cup brown sugar
- 2 eggs
- 1 (8 ounce) can crushed pineapple, drained
- 3/4 cup shredded carrots
- 1 cup raisins
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons ground cinnamon
- 1 cup chopped walnuts (optional)

Nutritional Information **Prep Time: 40 Minutes** | **Cook**

Time: 20 Minutes | **Ready In: 5 Hrs**

Amount Per Serving **Calories: 85** | **Total Fat: 2.9g** | **Cholesterol: 19mg** **Powered by ESHA Nutrient Database**

Directions

Preheat oven to 350 degrees F (175 degrees C).

Grease cookie sheets or line with parchment paper.

In a large bowl, cream together the butter and brown sugar until smooth. Beat in the eggs one at a time, stir in the crushed pineapple, carrots and raisins. Combine the flour, baking powder, baking soda, salt and cinnamon; stir into the carrot mixture. Mix in the walnuts if desired. Drop by rounded spoonfuls onto the prepared cookie sheets. Bake for 15 to 20 minutes in the preheated oven, until bottoms begin to brown and cookies are set. Allow cookies to cool for a few minutes on the cookie sheets before removing to wire racks to cool completely.

By; Bethzaida Gutierrez



Baked Chicken with Rice



Ingredients:

- 4 skinless, boneless chicken breasts
- 2-10.75 ounce cans condensed cream of mushroom soup
- 2 1/2 cups milk
- 1 1/2 cups uncooked white rice
- 2-4.5 ounce cans sliced mushrooms

Nutritional Information

Prep Time: 15 minutes | Cook Time: 1 hour, 15 minutes | Total Time: 1 hour, 30 minutes
Amount Per Serving: 4 | Calories : 120 | Total Fat: 1.2g |
Cholesterol: 15.8 g(approximate)

By: Julie Pallot

Preparation:

- Preheat oven to 350 F
- In a mixing bowl, mix together mushroom soup with milk and stir until well blended
- Take 1 cup of soup and milk mixture and set aside
- Using the remainder of the soup mixture, add rice and mushrooms
- Pour rice and soup mixture into a 9x13 inch baking dish
- Place chicken breasts on top of mixture
- Pour the set aside soup mixture over the chicken
- Cover baking dish with aluminum foil and bake for 1 hour
- Remove foil and bake for an additional 15 minutes



Ingredients:

- 3 pounds peeled Idaho or russet potatoes, cut into 1-inch chunks
- 1/2 cup nonfat mayonnaise (up to 1 cup if you desire a more creamy consistency)
- 12 hard-boiled egg whites, chopped
- 1 cup chopped celery
- Salt to taste
- 1 cup frozen peas, thawed
- 3 tablespoons dried parsley flakes

Preparation:

Place potatoes in a large pan of cold water over high heat. Bring the water to a boil, then reduce heat slightly, then boil potatoes for 12-15 minutes, or until barely tender. Remove potatoes from heat and drain well. Do not rinse. Place potatoes in a large bowl, and allowed to cool to room temperature. Add egg whites, celery, peas, parsley, and salt. Add the mayonnaise, and mix well. Add more mayonnaise until the salad is to the creamy consistency you desire. Cover and chill potato salad until ready to serve.

Lemonade Drink

Ingredients:

- 1 cup of lemon juice
- 1 cup of demurer sugar
- 5 liters of water

Procedure:

Pour the water the water in a vase. Add the lemon juice, add the sugar and then mix all together. Put some ice and it's ready to drink.



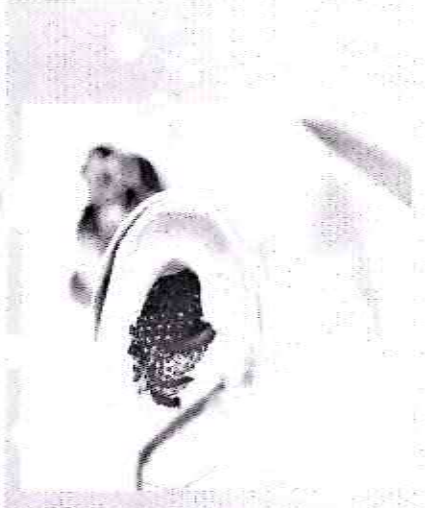
By; Antonia Mandujano

● **Directions**

1. In a blender, combine milk, honey, vanilla and frozen strawberries. Blend until smooth. Pour into glasses and serve.

● **Ingredients**

- 2 cups milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 cup frozen strawberries



Healthy Meal Plan for One Week

We prepared this healthy food diet for one week:

Day 1:

· Breakfast:

- 1 cup bran flakes cereal
- 8 oz skim or 1% milk
- 1 english muffin (2 halves)
- 1 tbsb margarine
- 1 cup fresh or frozen strawberries

· Morning Snack:

- 20 seedless grapes

· Lunch:

- 1 ½ cups noodle soup
- 2 slices whole grain bread
- 1 tbsp low-fat mayonnaise
- 4 oz chunk chicken
- ½ cup celery sticks
- 1 cup unsweetened applesauce

· Afternoon Snack:

- 4 whole-grain wheat crackers

· Dinner:

- 1 roasted pork chop (without borders fat)
- 1 small tossed salad
- 2 tbsp low-fat or fat-free dressing
- 1 cup steamed green beans
- 1 medium apple

Day 2:

· Breakfast:

- 8 oz skim or 1% milk
- 1 bagel
- 1 tbsp peanut butter or low-fat cream cheese
- 1 small banana

- Morning Snack:

1 small pear

- Lunch:

2 cups cream of potato soup

4 oz white turkey

1 tbsp low-fat mayonnaise

2 lettuce leaves

½ cup raw carrot sticks

8 oz orange juice

- Afternoon Snack:

2 oz pretzels

- Dinner:

1 small tossed salad

2 tbsp low-fat or fat-free dressing

1 cup steamed green beans

4 oz boiled salmon with olive oil and onions

1 cup apricots

Day 3:

- Breakfast:

1 cup hot oatmeal cereal

8oz skim or 1% milk

½ cup papaya slices

2 slices whole-wheat bread

1 tbsp margarine

- Morning Snack:

1 medium apple

- Lunch:

1 ½ cups cream of chicken soup

- 2 slices whole grain bread
- 4 oz sliced chicken
- 1 tbsp low-fat mayonnaise
- 1 lettuce leaf
- ½ cup raw carrot sticks
- ½ grapefruit

- Afternoon Snack:

- 1 fruit yogurt

- Dinner:

- 4 oz stuffed beef
- 1 small tossed salad
- 2 tbsp low-fat or fat-free dressing
- 1 cup steamed green beans
- 1 tbsp margarine
- 10 seedless grapes

Day 4:

- Breakfast:

- 1 ½ cup puffed wheat cereal
- 8 oz skim or 1% milk
- 2 slices whole-wheat toast
- 1 tbsp margarine
- 1 small banana

- Morning Snack:

- 1 rice cake with 1 tbsp peanut butter

- Lunch:

- 2 slices whole-wheat bread
- 4 oz oven-roasted turkey
- 1 oz low-fat mayonnaise
- 2 oz corn tortilla chips
- 1 cup sliced peaches

- Afternoon Snack:

1 cup apricots, canned in juice

- Dinner:

4 oz noodles

3 oz water-packed tuna

1 small tossed salad

2 tbsp low-fat or fat-free dressing

1 cup steamed broccoli

1 cup sliced pears

Day 5:

- Breakfast:

1 cup hot oatmeal cereal

8 oz skim or 1% milk

2 slices whole-wheat toast

1 tbsp margarine

1 cup unsweetened applesauce

- Morning Snack:

1 cup sliced pears

- Lunch:

1 fat-free flour tortilla, 7" to 8" diameter

4 oz diced chicken breast

2 tbsp low-fat mayonnaise

½ cup shredded lettuce

1 oz low-fat shredded mozzarella cheese

1 cup sliced peaches

- Afternoon Snack:

1 small banana

- Dinner:

3 oz meatballs with sauce

- 1 small tossed salad
- 2 tbsp low-fat or fat-free dressing
- 1 cup steamed green beans
- 1 tbsp margarine

Day 6:

· Breakfast:

- 1 cup corn flakes
- 8 oz skim or 1% milk
- 1 small banana
- 1 english muffin
- 1 tbsp margarine

· Morning Snack:

- $\frac{3}{4}$ cup apricots

· Lunch:

- 1 whole grain pita
- 4 oz diced chicken breast
- 2 tbsp low-fat mayonnaise
- 1 cup shredded lettuce
- 1 oz low-fat shredded mozzarella cheese
- 1 cup fresh or frozen strawberries

· Afternoon Snack:

- 1 rice cake with 1 tbsp low fat cream cheese

· Dinner:

- 4 oz grilled steak
- 1 small tossed salad
- 2 tbsp low-fat or fat-free dressing
- 1 medium baked potato
- 1 tbsp margarine
- 1 cup apricots

Day 7:

- Breakfast:

- 1 english muffin
- 1 tbsp margarine
- 8 oz skim or 1% milk
- ½ cup sliced peaches

- Morning Snack:

- ¾ cup cranberries

- Lunch:

- 4 oz water-packed tuna
- 1 whole grain pita
- 2 tbsp low-fat mayonnaise
- ¼ cup cucumber slices
- 1 cup lettuce

- Afternoon Snack:

- 1 cup sliced peaches

- Dinner:

- 4 oz roasted chicken
- 1 small tossed salad
- 2 tbsp low-fat or fat-free dressing
- 1 cup steamed carrots
- 1 cup sliced pears

Important Information:

Water helps the body to work well and to use the food that you eat. Try to drink eight glasses of water each day. When the weather is hot, or if you are exercising, you need to drink more. Water is much healthier than juice or soda.

A healthy lifestyle must include exercise. If you need to lost weight,

working out and playing sports are the only forms of exercise that will help you. Things that you can do to increase your activity level are walk, ride bicycle, make a sport as a hobby or dance. A good exercise plan can be some of these 3 times a week for 30 minutes.

Note: We took some information from the nutrition class; book *Staying Healthy* and the following internet site:

<http://heartburn.about.com>

minutes, or until barely tender.

Remove potatoes from heat and drain well. Do not rinse.

Place potatoes in a large bowl, and allowed to cool to room temperature.

Add egg whites, celery, peas, parsley, and salt.

Add the mayonnaise, and mix well. Add more mayonnaise until the salad is to the creamy consistency you desire.

Cover and chill potato salad until ready to serve.

• Amount Per Serving: 12 or more

María's Tuna Salad

1 can of tuna

1 tablespoon of mayonnaise

$\frac{1}{2}$ cup corn

$\frac{1}{2}$ cup peas

$\frac{1}{2}$ bag lettuce

$\frac{1}{2}$ of a tomato

$\frac{1}{4}$ tablespoon lemon

$\frac{1}{4}$ tablespoon onion

$\frac{1}{4}$ tablespoon salt

Mix all ingredients with tongs in a salad bowl and serve.

You can serve it with wheat crackers.

Aura's Fruit Salad

1 cup of blueberries

2 cup of strawberries, cut into halves

20 red grapes cut into halves

Topping:

3 tablespoons of fresh orange juice

2 tablespoons of plain non fat and low fat yogurt

1 teaspoon of brown sugar or $\frac{1}{2}$ teaspoon honey bee

In a large bowl, gently combine the ingredients; add the orange juice, drizzle the fruit and toss it well. Cover it and refrigerate for about 2 hours or until thoroughly chilled.

To serve: Spoon fruit into glass dessert bowls, top each cup with the low fat, sugar free yogurt (mixed with 1 teaspoon of brown sugar or $\frac{1}{2}$ teaspoon honey bee.)

You can top it too granola or almonds.

Suraymi's Mashed Potato

- 5 medium sized potatoes, (washed and peeled)
- 1 Tbsp. of extra virgin olive oil (EVOO) or butter
- ½ a cup of shredded mozzarella cheese
- 1 finely sliced and sautéed onion
- ½ Tbsp. of salt
- 2 tsp. of minced parsley, to garnish

First wash the potatoes and peel them. Cook them to tender in water with the salt. Drain the water and mash the potatoes, to make a pure. Add the EVOO and the cheese. Finally, serve it in a flat serving dish, garnished it with onions and parsley.

This light and tasty mashed potato is ready to enjoy.

It is a good match with a piece of a juicy grilled chicken breast and a fresh tossed salad.

Madelin's Dominic's Salad

(Five ingredient salad)

Preparation: 10 minutes Makes 3-4 portions

1 cup of cut lettuce

½ cup finely sliced onions

1 cup of shredded carrots

½ a cup shredded American cheese

1 cup of croutons

2 tablespoons of light ranch dressing

Combine all the ingredients in a bowl

Add the dressing and mix it well.

This is delicious salad!