

Kids Plan The Party Food!

One of the "challenges" for the HW Fit Family kids is to plan and cook a dinner party. Not just any party – their menu has to be healthy, ready in less than 30 minutes - and pass the taste test.

The Kids' Plan the Party event is set for April 11th, at the UP Childrens' Museum. The dynamic colors and sounds the museum makes the whole process of food preparation more fun in the fully equipped kitchen that is all set up for creating scrumptious meals.

What the Fit Family Kids have to say about planning for party food:

"Regular dessert is not an option....our criteria: main entree, vegetable and something for dessert but the kicker is the whole meal will all have to add up to no more than 500 calories".

Our Kid's Fit Family Party Menu:

Baked Chicken Parmesan with a side of whole wheat pasta, sauted seasonal vegetables in a balsalmic dressing and a fruit and yogurt parfait for dessert.

Monica Nelson, RD will be the official chef consultant for this event. "We'll see how it all plays out and if we can pull it off."

For more recipe ideas go to www.mgh.org/weight and click on the Fit Family4.