

# HEALTHY BODIES HEALTHY MINDS

*A Collection of Recipes From Budding Chefs*

COOK TOGETHER, EAT TOGETHER

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# INTRODUCTORY MESSAGE

The Healthy Bodies, Healthy Minds (HBHM) campaign was developed to promote and encourage children to engage in holistic health practices with the hope of encouraging life-long healthy habits.

The campaign recognises that health goes beyond the absence of illness and seeks to encourage well-being in the areas of health, including in the physical, mental, social, and emotional domains. The campaign delivers a range of fun, factual, relevant, and accessible activities as a prevention strategy for keeping children healthy and resilient.

The HBHM cookbook is one way in which the goals of the campaign were actioned by encouraging students to create and submit their healthy recipes for a chance to be featured in the first edition of the online cookbook. Recipes were received from students ranging from Pre-Kindergarten through Grade 7 and were judged by registered dietitian Jessica Watterworth of Cayman Nutrition Ltd.

The National Drug Council is proud to present this inaugural cookbook and hopes that these recipes inspire healthy eating and foster special memories for the family as you cook and eat these dishes together.

# MINISTERS MESSAGE

**Hon. Sabrina Turner - Minister of Health & Wellness**

As parents and educators, there is tremendous awareness that brain development has a lasting impact on a child's ability to learn and succeed in school and life. Therefore, we must ensure adequate nutrition, rest, and physical activity for our children's overall development.

The Ministry of Health & Wellness endorsed the National Drug Council's aim as the campaign serves as an important precursor to drug prevention education programmes. By teaching children how their bodies are supposed to function you are also equipping them with information to understand better how drugs and alcohol impair those very functions.

Making this connection is necessary for helping them to see the harm that these substances cause the human body.



This cookbook competition was one way to promote active engagement with self-care by focusing on healthy eating and nutrition; an essential skill to surround students with.

Remember that health is wealth and that a healthy body also promotes a healthy mind.



# NUTRITIONIST'S MESSAGE

**Jessica Watterworth - Registered Dietician**

As a nutritionist, my goal for young children is to encourage their experimentation with a variety of fruits, vegetables, and other nutrient-dense foods that make our bodies strong and resilient.

The Healthy Bodies, Healthy Minds Cookbook is an excellent way to broaden children's range of healthy snacks and meals in a way that is both fun and delicious. Seeing young children get excited about healthy eating is the best part of my job!

Congratulations to each of you who have submitted such creative and nutritious recipes. I encourage families to make these recipes together so that everyone has a chance to partake in the process of cooking a healthy meal and enjoy healthy foods together.



# BANANA ICE POPS

## Winning Recipe

Submitted By: Cayman International School  
Pre-K4



Total Time  
15 Minutes



1-2  
Servings

## INGREDIENTS

- bananas
- greek yogurt
- coconut flakes
- rainbow sprinkles
- skewers

1



## DIRECTIONS

**Step 1:** Cut the banana in half

**Step 2:** Peel the banana

**Step 3:** Put the banana on a skewer

**Step 4:** Dip the banana in yogurt

**Step 5:** Sprinkle the banana with coconut flakes

**Step 6:** Sprinkle rainbow sprinkles on top

**Step 7:** Put it in the freezer

**Step 8:** Enjoy a cool treat on a hot day!

# VEGGIE, BEAN & AVOCADO SALAD

Submitted By: Calvary Baptist Christian  
Academy Kindergarten



Total Time  
15 *Minutes*



1-2  
Servings

## INGREDIENTS

- 1 head of lettuce
- 2 large tomatoes
- 2 large cucumbers
- 2 avocados
- 1 can of black beans
- 2 carrots
- 1 tsp of olive oil
- 1 tsp of salt
- 1 tsp of pepper
- 1 tsp of parsley

2



## DIRECTIONS

**Step 1:** Wash all ingredients

**Step 2:** Cut up lettuce, cucumber, avocado, and carrots into small pieces

**Step 3:** Open can of black beans and cook for 5 minutes on stove top

**Step 4:** Place salad ingredients together on a clean plate

**Step 5:** Add cooked black beans to the salad

**Step 6:** Prepare sauce in a small dish using lemons, olive oil, salt, pepper and parsley

**Step 7:** Serve and Enjoy!



# LEAFY MANGO BLAST

Submitted By: Hope Academy - Grade 7



Total Time  
15 Minutes



2-4  
Servings

## INGREDIENTS

- 1/2 cup mango
- 1/2 cup kale
- 1 cup spinach
- 1 cup pineapple
- 1 ripe banana
- 1/2 cup water
- 1/2 cup ice



## DIRECTIONS

**Step 1:** Cut banana, mango, and pineapple into small pieces

**Step 2:** Add spinach, banana, mango, pineapple, and kale to a blender

**Step 3:** Add the water and ice

**Step 4:** Blend until all the fruits and vegetables are smooth and creamy

**Step 7:** Serve and enjoy!



# TROPIC SLUSH

Submitted By: Hope Academy - Grade 7



Total Time  
15 Minutes



1-2  
Servings

## INGREDIENTS

- 2 cups mango (fresh and frozen)
- 2 cups pineapple (fresh and frozen)
- 1/2 cup mango juice
- 1/2 cup pineapple juice
- 2 cups crushed ice



## DIRECTIONS

**Step 1.** Add mango and pineapple slices in slushy machine (or nutria/magic bullet if available).

**Step 2.** Pour in mango juice

**Step 3.** Pour in pineapple juice

**Step 4.** Add 2 cups ice to the mixture.

**Step 5.** Blend until smooth

**Step 6.** Decorate with mango slices & enjoy!

# RAINBOW POPSICLES

Submitted By: Cayman International School  
Pre-K4



Total Time  
15 *Minutes*



4-6  
Servings

## INGREDIENTS

- lemonade
- coconut water
- honey
- strawberries
- blueberries
- mangoes



## DIRECTIONS

**Step 1:** Get the ingredients from the store. Don't forget to pay!

**Step 2:** Cut up the fruit into small pieces. Be careful!

**Step 3:** Put the fruit into popsicle molds.

**Step 4:** Pour in equal parts lemonade and coconut water.

**Step 5:** Add the honey.

**Step 6:** Put them in the freezer and wait a long time (overnight is best)

**Step 7:** Enjoy your yummy treat!



# ISLAND GREEN SMOOTHIE

Submitted By: Hope Academy Grade 7



Total Time  
15 Minutes



1-2  
Servings

## INGREDIENTS

- 1 green apple
- 1/2 cucumber
- 1/2 cup of spinach
- 1/2 cup of pineapple
- 1 cup of water



## DIRECTIONS

**Step 1:** Add cucumber, pineapple, apple and spinach to a blender

**Step 2:** Add a cup of water

**Step 3:** Blend all ingredients until smooth and creamy.

**Step 4:** Pour in a mason jar or glass cup and enjoy!

# CAY ISLAND QUENCH POPSICLE

Submitted By: Hope Academy Grade 7



Total Time: Ensure that the first layer is frozen before adding second layer and do the same for third layers



6-8  
Servings

## INGREDIENTS

- 3 kiwis
- 2 mangoes
- 4 slices of watermelon
- 3/4 cups of water
- 1/2 tsp honey to each mixture (optional)



## DIRECTIONS

**Step 1:** Puree kiwi with 1/4 cup of water. Pour into popsicle mold and freeze for 15- 20 minutes

**Step 2:** Puree watermelon with 1/4 cup of water and pour in popsicle mold and freeze for 15- 20 minutes

**Step 3:** Puree mango with 1/4 cup of water and pour in popsicle mold

**Step 4:** Insert popsicle sticks and freeze for another 15 minutes.



# HEALTHY COOKIE DOUGH BITES

Bonus Recipe From Cayman Nutrition



Total Time  
20 Minutes



1-2  
Servings

## INGREDIENTS

- 2 cups rolled oats
- 1 cup pitted medjool dates (15 dates)
- 1 cup all-natural drippy cashew butter
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 1/8 teaspoon coarse sea salt
- 1/2 cup mini chocolate chips



## DIRECTIONS

**Step 1:** Place rolled oats in a high speed food processor for 1 minute until you've made oat flour

**Step 2:** Add dates, cashew butter, maple syrup, vanilla, and sea salt to your food processor on high for 2 minutes, pause to scrape the sides until dough is formed. It should look and feel like cookie dough.

**Step 3:** Add in mini chocolate chips and pulse to combine.

**Step 4:** Use a 1 tablespoon cookie scoop, scoop out dough, and roll between your palms to form balls.

**Step 5:** Sprinkle with sea salt, freeze for hour and enjoy!

# 3 INGREDIENT CHIA PUDDING

Bonus Recipe From Cayman Nutrition



Total Time  
5 Minutes



1  
Serving

## INGREDIENTS

- 2 tablespoon chia seeds
- 1/2 cup almond milk or milk of choice
- 1 teaspoon honey or other sweetener (optional)
- strawberries or other fruits for topping



## DIRECTIONS

**Step 1:** Pour ingredients into a jar and mix well. Let settle for 2-3 minutes, mix again very well until you see no clumping.

**Step 2:** Cover the jar and store in fridge overnight or for at least 2 hours.

**Step 3:** When you are ready to eat it, top it with your favourite fruit and enjoy cold!



# HEALTHY ZUCCHINI FRITTERS

Bonus Recipe From Cayman Nutrition



Total Time  
50 Minutes



12  
Servings

## INGREDIENTS

- 2 cups of zucchini (grated and squeezed to drain excess liquid)
- 1/2 cup whole wheat flour
- 2 eggs
- 1 teaspoon salt
- 2 tablespoons oil (for cooking)



## DIRECTIONS

**Step 1:** Combine zucchini together with flour, eggs, and salt in a bowl.

**Step 2:** Preheat oil in a skillet. Spoon small amounts of mixture into the pan.

**Step 3:** Fry on each side until golden brown.

**Step 4:** Serve with sour cream and fresh herbs.

# PARTICIPANTS



Hope Academy



# SPECIAL THANKS

The National Drug Council would like to congratulate and express gratitude to all students and educators who participated in the inaugural Healthy Bodies, Healthy Minds Cookbook Competition! Without your enthusiasm and creativity for healthy recipes, this cookbook would not have been possible.

We are especially indebted to Jessica Watterworth from Cayman Nutrition Ltd. for being our judge of the 2022 HBHM Cookbook Competition and for providing us with bonus recipes for students and their families to enjoy!

A warm congratulations to Cayman International School's Pre-K4 class who submitted the winning recipe for the 2022 competition! We would also like to congratulate Calvary Baptist Christian Academy's Kindergarten and Hope Academy's Grade 7 for their second and third-place recipes.

**The objective of the Healthy Bodies, Healthy Minds campaign is to increase awareness of positive, healthy life choices and introduce the proactive practice of healthy habits among students and their families.**

This campaign is held annually during the month of November.

For more information contact 949-9000 or [info@ndc.ky](mailto:info@ndc.ky)

