

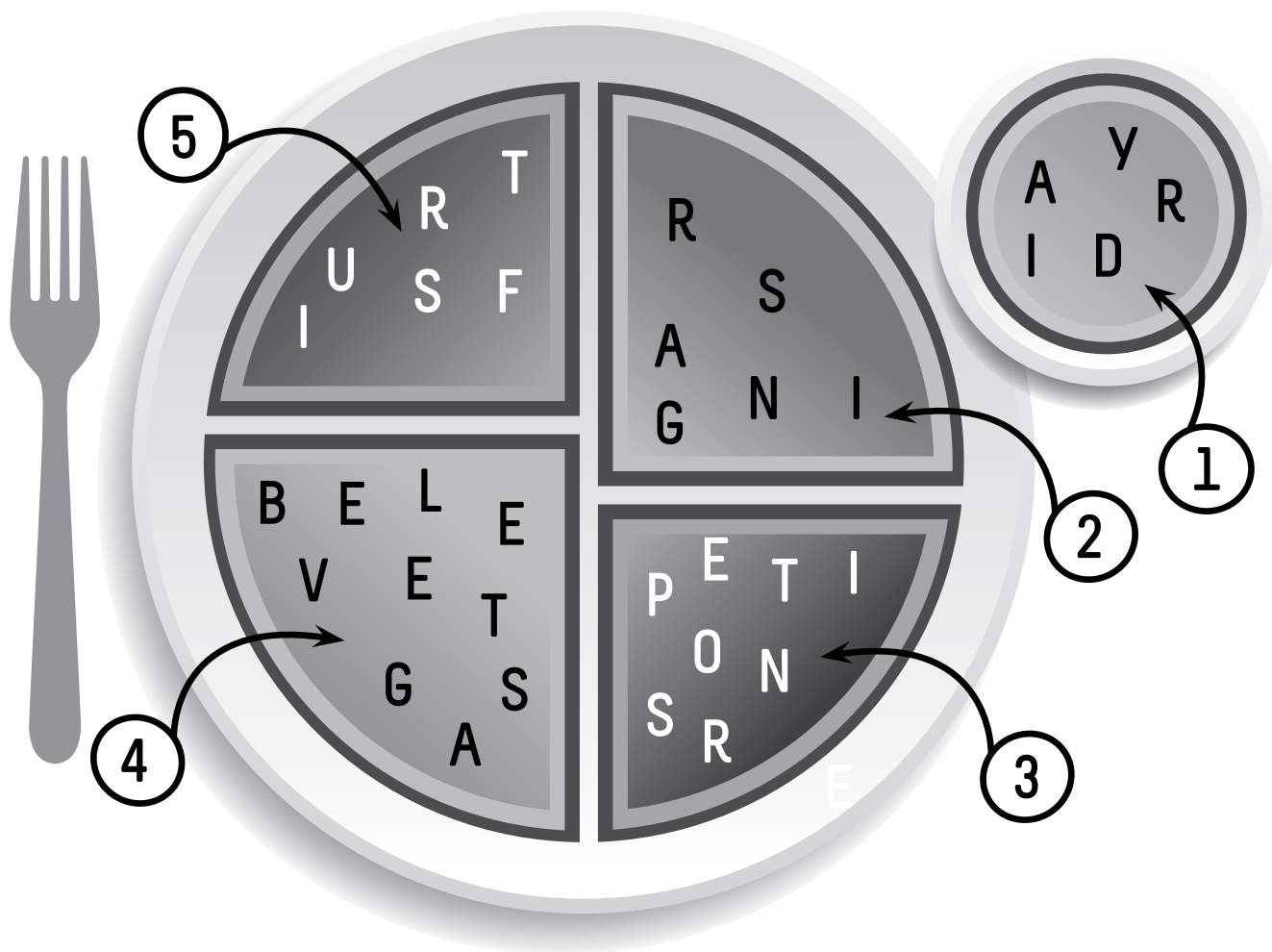
Pork Puzzlers



Be inspiredSM

Nutrition Jumble

Unscramble the letters in the bands of the pyramid below to make up the five different food groups of MyPlate. Then unscramble the circled letters to finish the sentence below.



1. _ _ () _ _

4. _ _ _ () _ _ _ _ _ ()

2. () _ _ () _

5. _ _ _ _ () _

3. () _ () _ _ _ _ _

Pork is part of the _ _ _ _ _ group.

Pork Jumble

Unscramble the following food words, putting one letter in each space. Then unscramble the circled letters to answer the nutrition question.

ECUSB

___ _ _ () _ _

AOTSR

() _ _ _ _ ()

BRIS

__ () _ _

POHC

__ _ _ () _

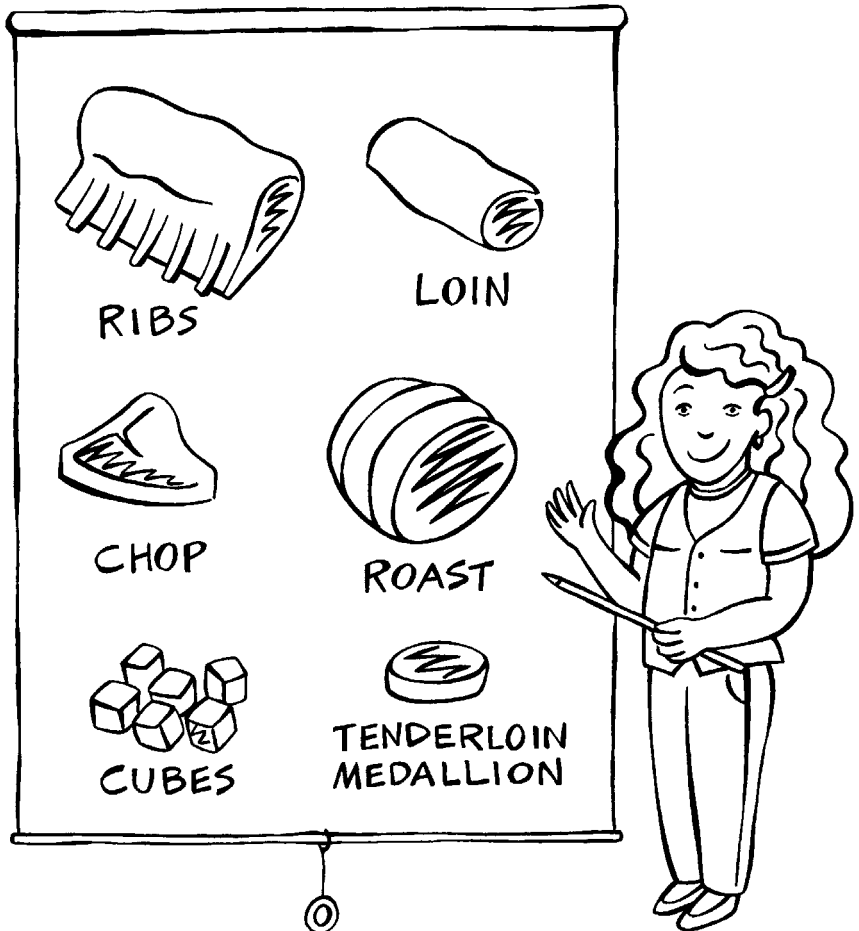
MEDAIONLL

__ () () _ _ _ _ _ _ ()

IOLN

() _ _ _ ()

What is the leanest cut of pork, which has about the same amount of fat, calories and cholesterol as skinless chicken breast?



Dear Diary

Read through Jenny’s journal entry and see how many of the bolded words you can find in the puzzle below. They go up, down, across, diagonal and backwards.

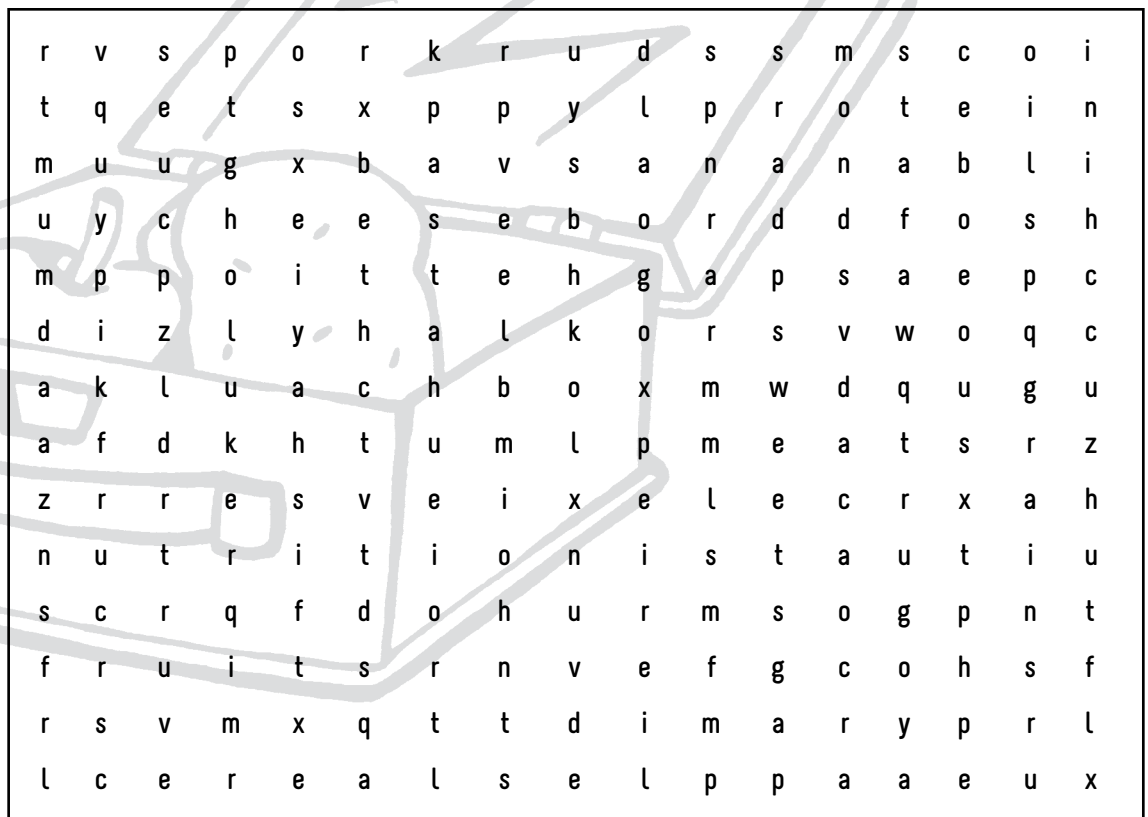
Dear Diary,

We learned a lot in school today. A **nutritionist** named Julie came to speak to us about healthy eating. She talked about the **MyPlate** icon and how it reminds us to eat healthier with the five food groups.

First is the dairy group which includes **milk, yogurt** and **cheese**. The **protein** group includes **meats** like **pork** and **fish**.

Next on the plate are the **fruits** and **vegetables** groups. **Zucchini** and **peas** are a part of the vegetables group. Apples and **bananas** are a part of the fruits group. Finally, there is the **grains** group, which includes whole grain **cereals** and **pasta**. We’re supposed to eat the most servings of this group each day. Good thing I like **spaghetti** so much! The nutritionist also said that things like **fats, oils** and **sweets**—which include soda, cookies and candy—we should eat only once in a while.

I really enjoy learning about food but it makes me so hungry! I told Mom to be sure to include all five groups in my **lunchbox** tomorrow.



Slim Story Problem

Denise wants to know exactly how many calories are in a serving of roasted pork tenderloin. She knows pork tenderloin is low in calories and that it has 6 fewer calories than a serving of roasted skinless chicken breast. She also knows that chicken has 40 fewer calories than a serving of broiled beef tenderloin. If the beef has 179 calories, can you tell Denise how many calories are in a serving of pork tenderloin?

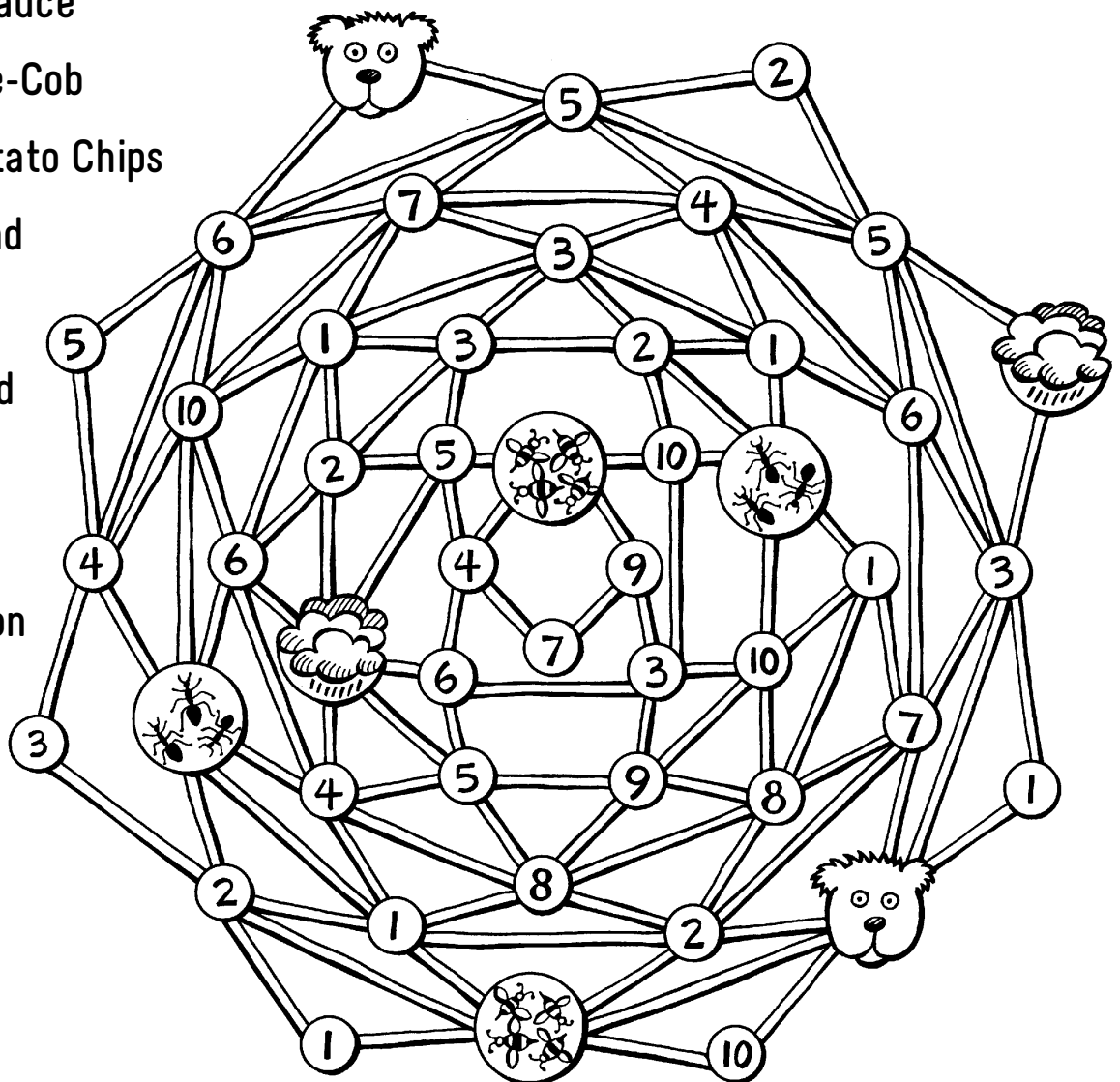


Hunt for the Perfect Barbecue

Frankie is in charge of collecting all of the following foods for a healthy family barbecue and he needs your help. Start at any number 1 (Lean Pork Chops) and try to follow the string of numbers in order through 10 to help him out of this jam. Remember that bees, bears, ants and thunderstorms can wreck a good barbecue, so keep away from them. Good luck!

Here are the foods that Frankie needs to get.
(Remember, the order needs to be 1, 2, 3, 4,...10!)

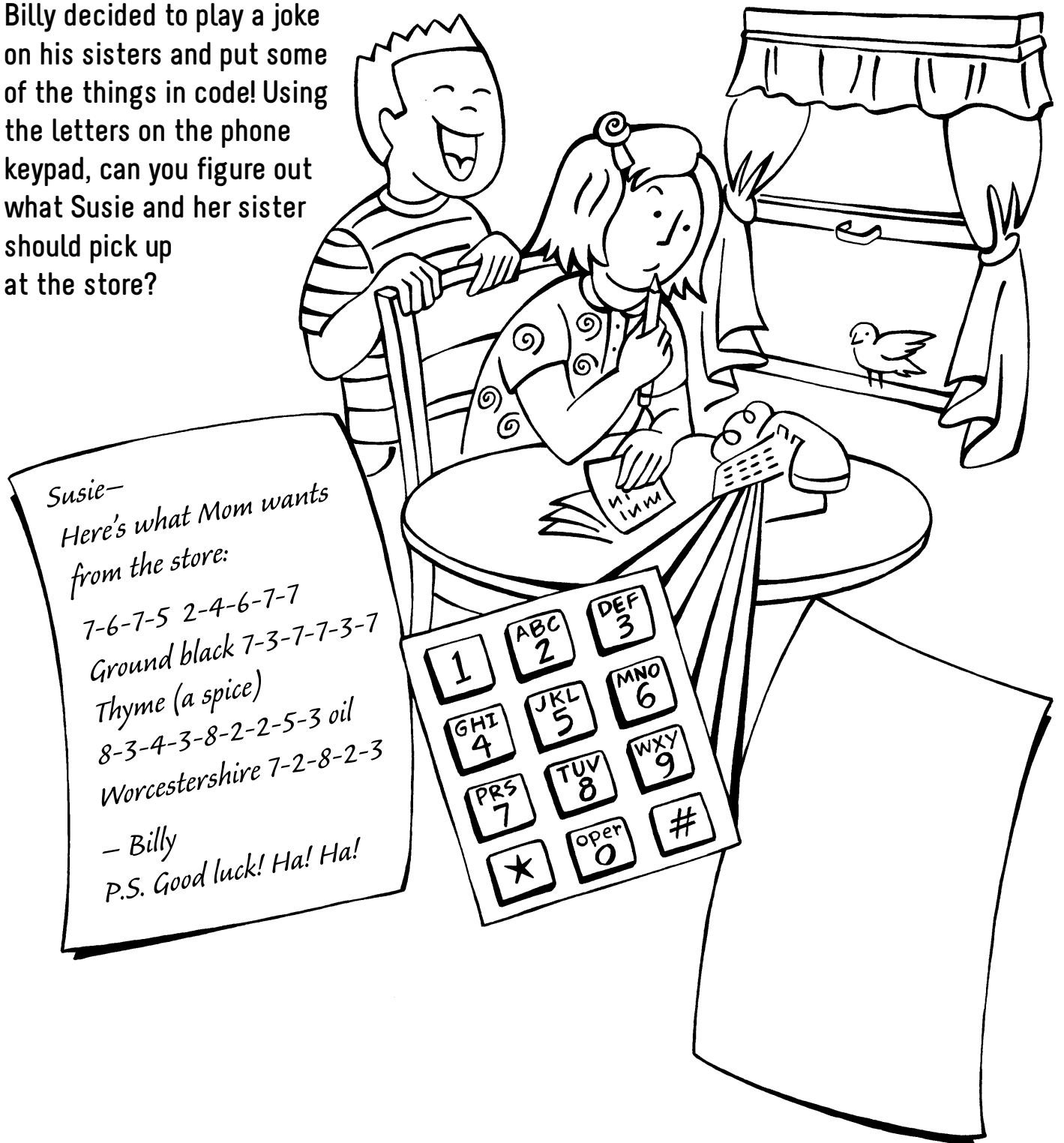
1. Lean Pork Chops
2. Barbecue Sauce
3. Corn-on-the-Cob
4. Low-Fat Potato Chips
5. Garden Salad
6. Apples
7. Potato Salad
8. Cold Drinks
9. Ice Cream
10. Watermelon



The Dinner Dilemma

Susie and her big sister, Stephanie, are supposed to go to the store for their mom. She wanted them to pick up things to make a special pork dish that night. The problem is that when their mom called to tell them what to get, Susie's bratty brother Billy took the message.

Billy decided to play a joke on his sisters and put some of the things in code! Using the letters on the phone keypad, can you figure out what Susie and her sister should pick up at the store?



The Meal Shopper's Maze

Pat went shopping for the family dinner. Her parents asked her to pick up the ingredients for her favorite meal, Very Berry Pork Chops. Here is what Pat had on her list: *pork chops, cooking oil, strawberry preserves, mustard, cider vinegar, dinner rolls and corn*, but Pat got confused in the crowded supermarket. Can you help her find all the things she needs? Pat can pick up the ingredients in any order, but the trick is that she can't go down the same aisle twice, cross her own path or back the shopping cart up. Also, Pat must avoid other shoppers' carts and food displays. And, of course, the last stop should be at one of the checkout counters.

Can you lead Pat through the supermarket?

'VERY BERRY' PORK CHOPS

4 Pork chops, $\frac{3}{4}$ inch thick

2 tablespoon cooking oil

$\frac{1}{4}$ cup strawberry preserves

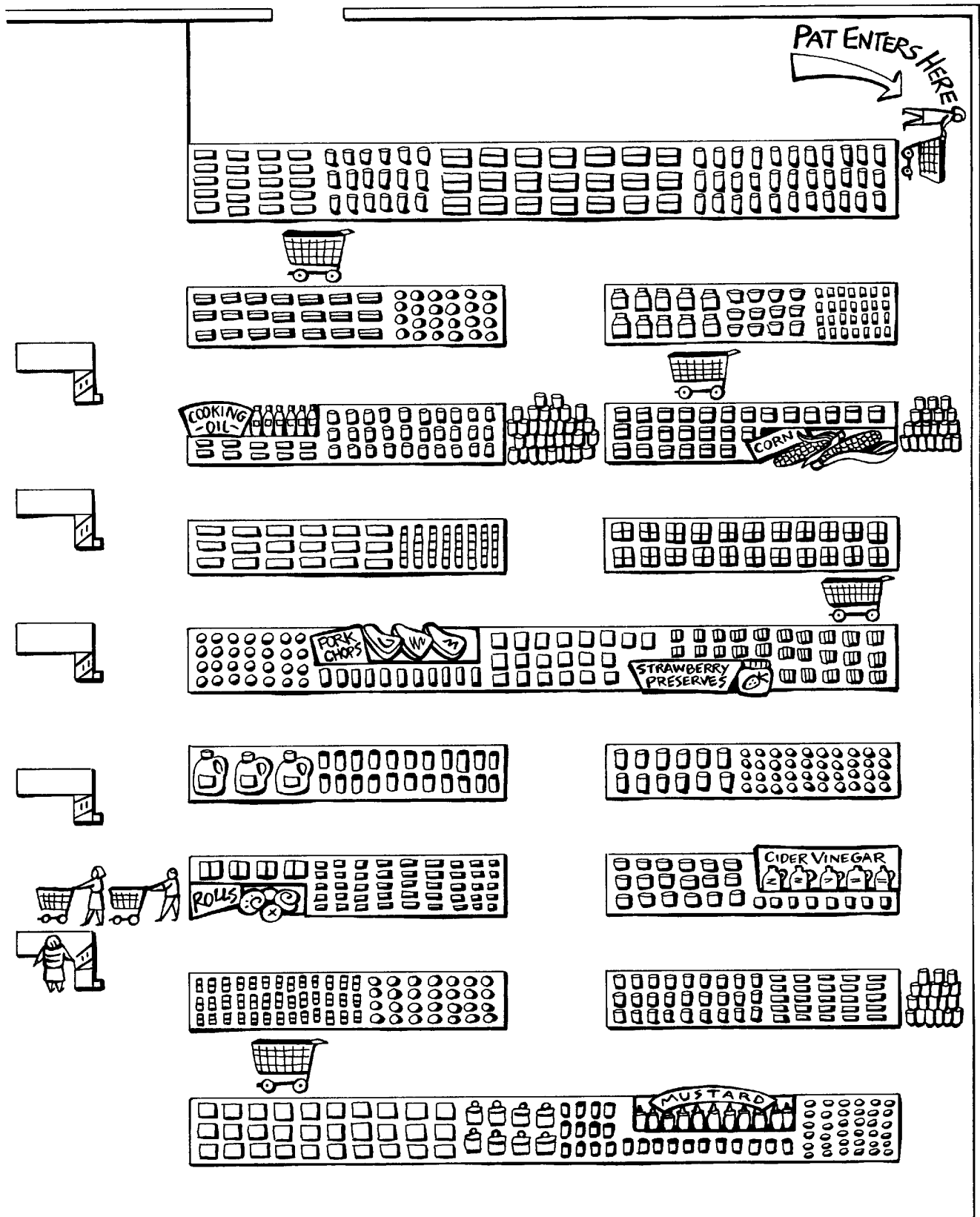
1 tablespoon mustard

$\frac{1}{4}$ cup cider vinegar

Heat oil in large skillet over medium-high heat. Add pork chops, cook and turn until brown on both sides. Reduce heat to low. In small bowl, stir together strawberry preserves, mustard and vinegar. Pour sauce over pork chops. Cover pan. Cook pork chops for 8 minutes, or until the sauce has thickened and until internal temperature on a thermometer reads 145° Fahrenheit, followed by a 3-minute rest time. To serve, spoon glaze over each chop. Serves 4.

Serve With: corn, dinner rolls and your favorite ice cream for dessert

The Meal Shopper's Maze



Recipe Fraction Action

Kerry's mom wants to make something different for her annual cookout, so she found a recipe for Mushroom-Stuffed Pork Burgers. The recipe is written to serve six people, but Kerry's mom has invited 18 to the cookout. Can you help Kerry figure out how much of each ingredient she needs from the following recipe to help her mom prepare 18 pork burgers?

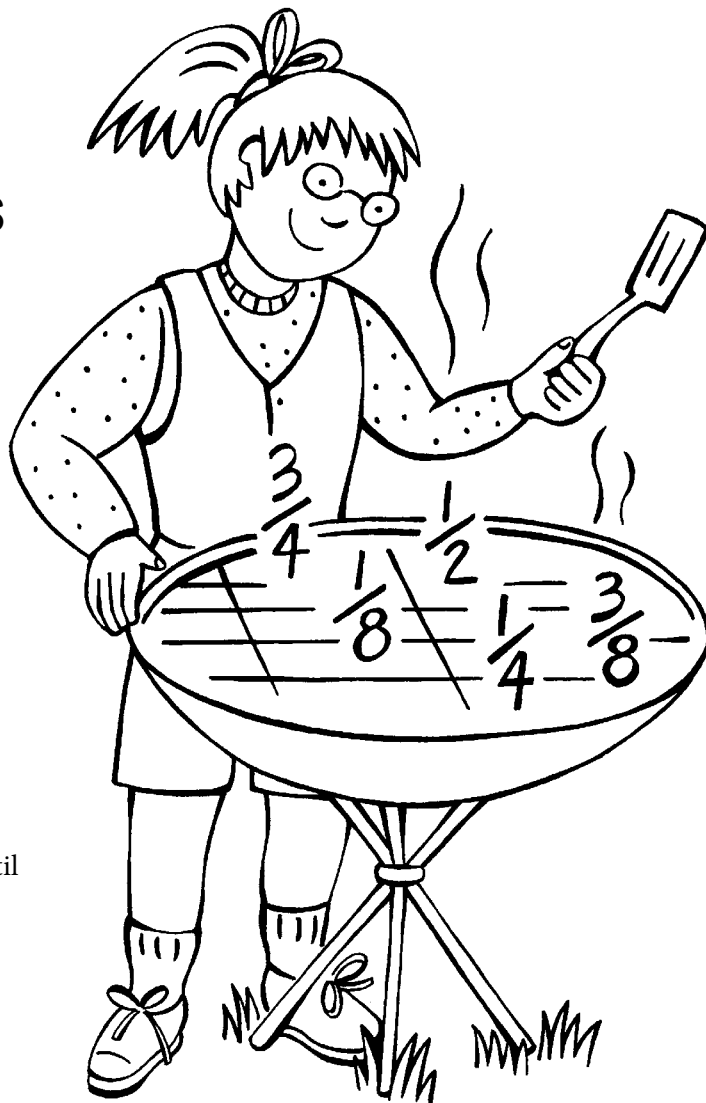
MUSHROOM-STUFFED PORK BURGERS

serves 6

- $\frac{3}{4}$ cup thinly sliced fresh mushrooms
- $\frac{1}{4}$ cup thinly sliced green onion
- 1 clove garlic, minced
- 2 teaspoons butter or margarine
- $1\frac{1}{2}$ pounds lean ground pork
- 1 teaspoon Dijon-style mustard
- 1 teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon freshly ground black pepper

In skillet, saute mushrooms, onion and garlic in butter until tender, about 2 minutes; set aside. Combine ground pork, mustard, Worcestershire sauce, salt and pepper; mix well. Shape into 12 patties, about 4 inches in diameter. Spoon mushroom mixture onto center of 6 patties. Spread to within $\frac{1}{2}$ inch of edge. Top with the remaining 6 patties; seal edges.

Place patties on grill about 6 inches over medium-hot coals. Grill 10-15 minutes, turning once. Serve on buns, if desired.



Find the Fajitas

Can you find all of the bolded words from this yummy pork recipe in the puzzle below? They go up, down, across, diagonal and backwards.

FANTASTIC PORK FAJITAS

1 pound **boneless pork**, cut in 3-inch strips

½ medium **onion**, peeled and sliced

1 green **pepper**, seeded and sliced

2 **teaspoons** vegetable oil

4 large flour **tortillas**, warmed

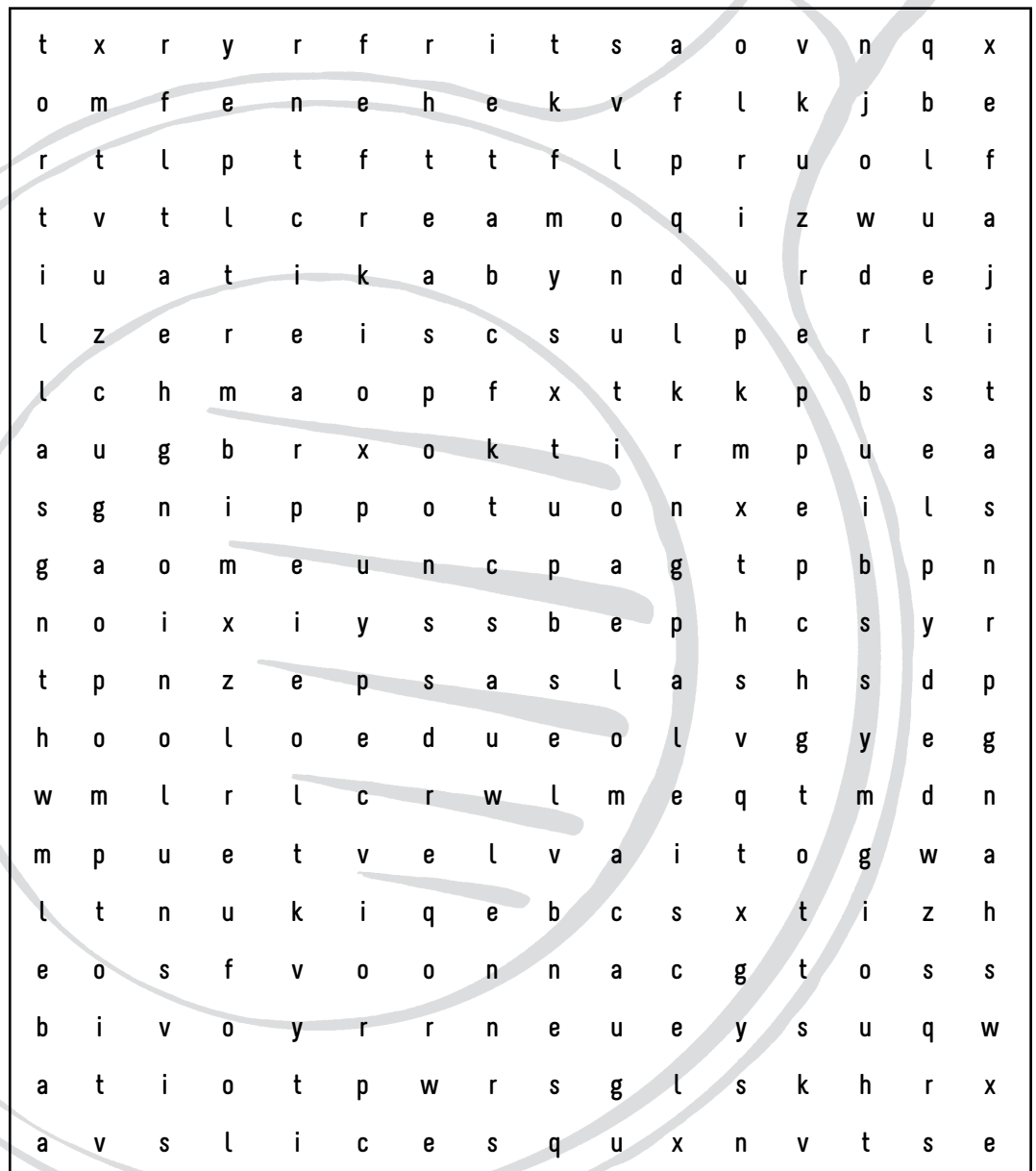
Optional **Toppings:**

sour **cream**

salsa

guacamole

Heat large nonstick skillet over medium-high **heat**. Add oil, heat until hot. **Toss** pork strips, onion and pepper **slices** into skillet and **stir-fry** quickly 4-5 minutes. Roll up **portions** of the meat **mixture** in **flour** tortillas and serve with optional toppings, if desired. Makes 4 **fajitas**.



The Cooking Crossword Caper... part 1

There's a terrific recipe at the end of this puzzle, but some of the most important words have been left out. To solve this mouth-watering mystery, you need to complete two tasks.

First, fill in the food-related solutions to the crossword puzzle.

ACROSS

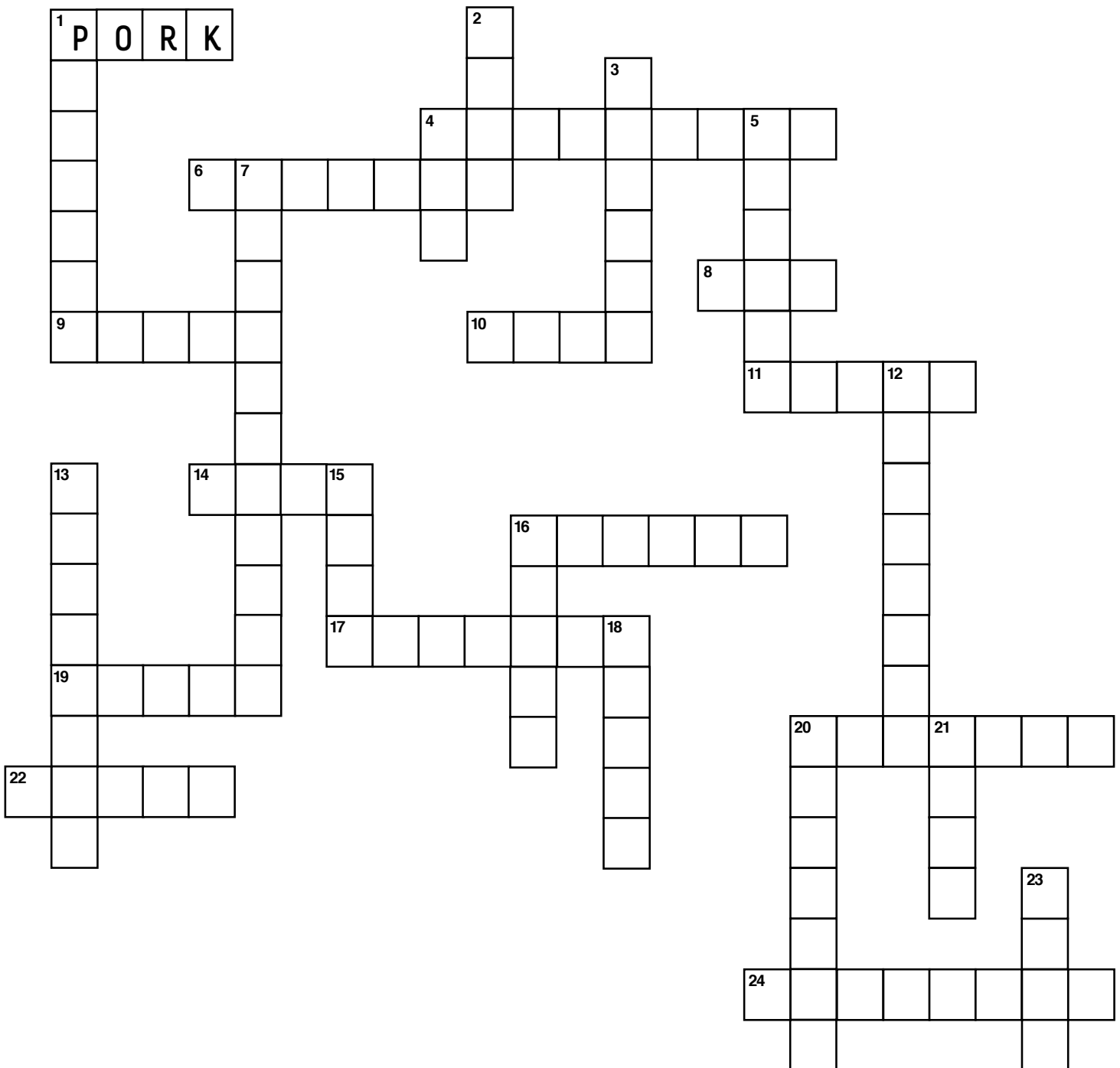
1. Ham, sausage and chops are cuts of this meat
4. A tropical fruit
6. Mixed with oil to make salad dressing
8. Salty brown sauce used in many Asian dishes
9. This cane is found in candy
10. Spare _____ are terrific when cooked on the grill
11. Little plastic tube you can drink through
14. Plate or bowl
16. Citrus fruit full of vitamin C
17. Dried grapes
19. Potato _____ can be tasty, salty snacks
20. An appliance you use to mix up milkshakes
22. H₂O
24. Cookout

DOWN

1. Examples are green, red, bell and jalapeno
2. Mix with a spoon
3. Grilled foods with vegetables and meat on skewers
4. Not a pot, but a _____
5. Citrus fruits that make you pucker
7. The different items you mix to make a recipe
12. This fruit pastry can be found in the saying, "As American as _____"
13. You put this in a grill and light it up when you want to cook out
15. 60 minutes
16. A veggie that'll make you cry
18. Candy tastes _____
20. These yellow fruits have "a peel"
21. Cashews, almonds, pistachios, etc.
23. Tart, as in taste

The Cooking Crossword Caper... part 1

A two-part crossword puzzle that leaves kids with a great pork recipe to take home and try. First, fill in the food-related solutions to the crossword puzzle below.



The Cooking Crossword Caper... part 2

Second, plug the correct mystery words into the blank spaces in the recipe. (For example, "1A" stands for the "1 ACROSS" word and "16D" stands for the "16 DOWN" word). When you're all finished, you should have a delicious recipe to try at home. It pays to be a dietary detective!

The Mystery Recipe: _____ and _____ **PORK**
 (18D) (23D) (1A)

½ pound boneless cooked _____ tenderloin
 (1A)

¾ cups _____ sauce
 (8A)

3 tablespoons oil

3 green _____, cut in narrow strips
 (1D)

1 _____, cut in narrow strips
 (16D)

1-pound 4-ounce can _____ tidbits
 (4A)

SAUCE

3 tablespoons cornstarch

1 tablespoon _____ sauce
 (8A)

3 tablespoons _____
 (6A)

⅓ cup _____
 (9A)

⅓ cup _____
 (22A)

Trim the _____ of excess fat and slice. Cover with _____ sauce and let stand
 (1A) (8A)

in shallow _____ for 1 _____. Heat oil in a saute _____, add _____ and
 (14A) (15D) (4D) (1D)

_____ and cook over high heat for just a minute. Remove from _____. Drain
 (16D) (4D)

the _____, add to skillet with juice from the _____ tidbits and bring to a boil.
 (1A) (4A)

Lower heat and simmer for 5 minutes. Add the _____, _____ and _____,
 (4A) (1D) (16D)

_____ to mix and simmer for one minute. Combine the sauce _____ and add to
 (2D) (7D)

the _____, mixing thoroughly. Cook until sauce thickens. Enjoy!
 (1A)

Pork Puzzle Answers...

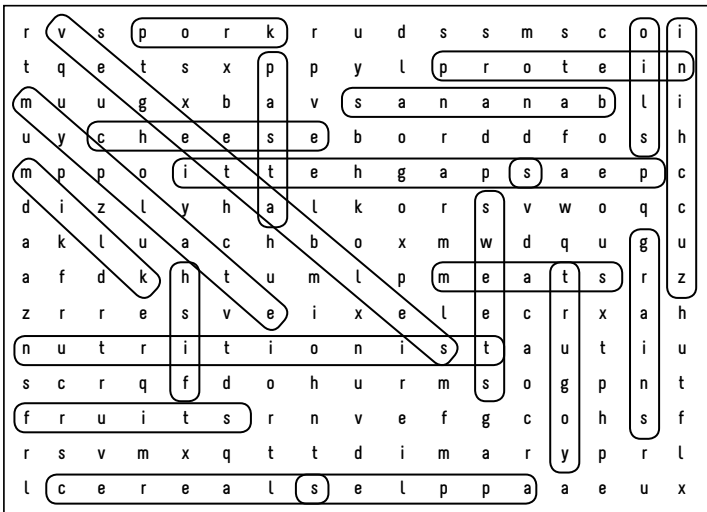
Nutrition Jumble

Dairy, Grains, Proteins, Vegetables, Fruits: Proteins

Pork Jumble

Cubes, Roast, Ribs, Chop, Medallion, Loin, Tenderloin

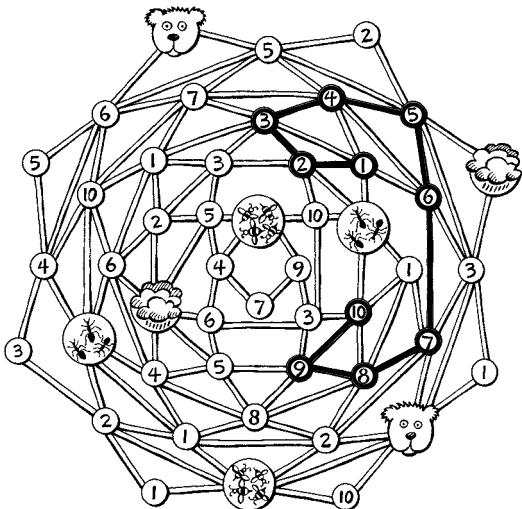
Dear Diary



Slim Story Problem

The pork tenderloin has 133 calories
 $(179 - 40 - 6 = 133)$

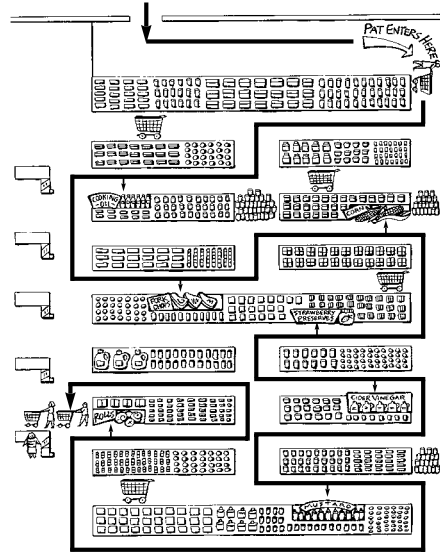
Hunt for the Perfect Barbecue



The Dinner Dilemma

Pork chops, Ground black pepper, Vegetable oil, Worcestershire sauce

The Meal Shopper's Maze



Recipe Fraction Action

Multiply each ingredient by 3, as follows:

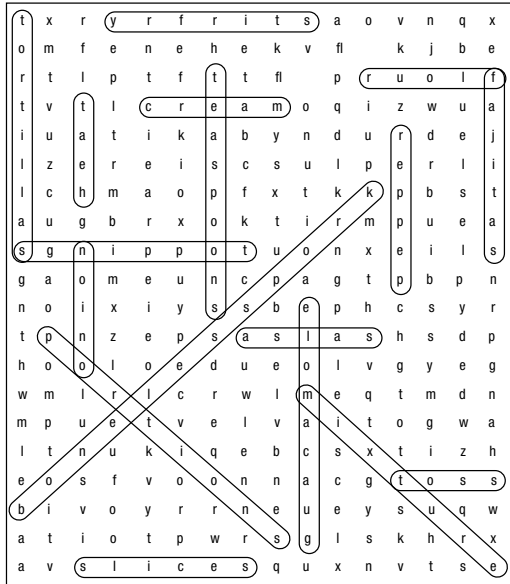
Mushroom-Stuffed Pork Burgers (serves 18)

- 2 and $\frac{1}{4}$ cup thinly sliced fresh mushrooms
- $\frac{3}{4}$ cup thinly sliced green onion
- 3 cloves garlic, minced
- 6 teaspoons butter or margarine
(bonus answer – 2 tablespoons, since 3 tsp. = 1 tbsp.)
- 4 and $\frac{1}{2}$ pounds lean ground pork
- 3 teaspoons Dijon-style mustard
(bonus answer – 1 tablespoon)
- 3 teaspoons Worcestershire sauce
(bonus answer – 1 tablespoon)
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{8}$ teaspoon freshly ground black pepper



Pork Puzzle Answers...

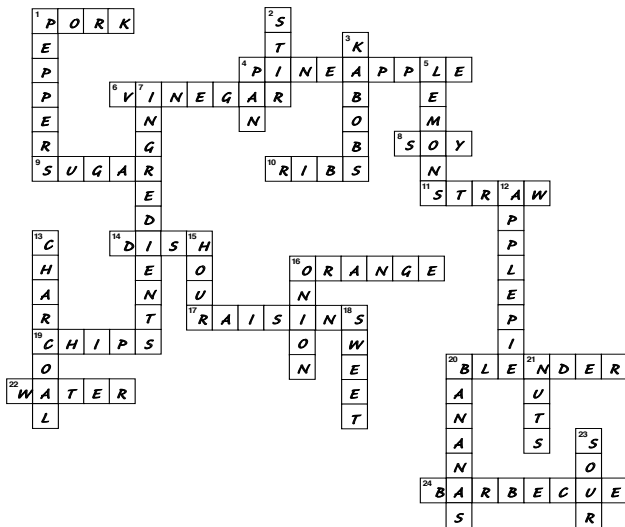
Find the Fajitas



The Cooking Crossword Caper... part 2

Sweet(18D), Sour(23D), Pork(1A), Pork(1A), Soy(8A),
peppers(1D), onion(16D), pineapple(4A), Soy(8A),
vinegar(6A), sugar(9A), water(22A), Pork(1A),
Soy(8A), dish(14A), hour(15D), pan(4D), peppers(1D),
onion(16D), pan(4D), Pork(1A), pineapple(4A),
pineapple(4A), peppers(1D), onion(16D), Stir(2D),
ingredients(7D), Pork(1A)

The Cooking Crossword Caper... part 1



Visit Our Kids Web Site:
Pork4Kids.com

