



DEPARTMENT OF EDUCATION

INTER-AMERICAN DIVISION

SIPS & BITES

INSTRUCTIONS

FOR S.D.A. SCHOOL STORES

IN INTER-AMERICA



**Adventist
Education**

INTER-AMERICAN DIVISION



SCHOOL STORES IN THE ADVENTIST EDUCATIONAL INSTITUTIONS

Do you not know that your body is a temple of the Holy Spirit, who is in you and whom you have received from God? You are not your own; you were bought with a price. Therefore, honor God with your body.” (1 Corinthians 6:19-20, NIV)

In the Inter-American Division, Adventist institutions’ educational objectives are not only to provide academic knowledge but also to foster students’ integral growth, promoting values of well-being, social commitment, and spiritual and emotional development. In-school stores, which are found in most of these educational centers, play a key role in this dynamic by providing items and benefits that enrich the learning environment and promote students’ well-being.

This Instruction Manual aims to provide accurate and thorough guidance for the efficient operation of school stores in Adventist schools in Inter-America. It is essential that these stores not only be sustainable and efficiently managed but also reflect Adventist principles of wellness and moderation, encouraging healthy eating, especially those that support a vegetarian and balanced way of life.

This manual also addresses issues related to store management, including administrative, logistical, and ethical aspects. Strategies for ensuring adequate supply, managing finances, and incorporating spiritual values into the store’s daily activities are offered. Suggestions are also provided to ensure that school stores accurately reflect the Adventist commitment to quality education and the promotion of healthy practices.

This manual is intended to help school leaders, administrators, and food store managers identify the essential elements for successfully performing their duties while maintaining congruence with the principles that characterize Adventist education.

In conclusion, it is hoped that school stores will become an additional reflection of the Adventist Christian educational environment, fostering the development of healthy minds and bodies within a framework of sound spiritual principles.

Simple Steps to a Healthy Future

Adventist educational institutions are widely regarded as places that promote the well-being and health of students by teaching positive habits and values. Early childhood, particularly during preschool and elementary school, is a critical period for forming habits and attitudes that last a lifetime. While academics are often emphasized, other significant issues such as bullying, racial discrimination, technology misuse, poor eating habits, and unwise choices also emerge during these formative years.



“And he said, if thou wilt hearken diligently unto the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt hearken unto his commandments, and keep all his statutes, I will not send upon thee any of the diseases which I sent upon the Egyptians: for I the Lord am thy healer.”

Exodus 15:26

Active participation in the classroom within Adventist institutions can yield additional benefits, including the promotion of emotional intelligence, appreciation for individual uniqueness and diversity, appropriate use of technology, adoption of healthy eating habits, and an understanding of nutrition. According to the World Health Organization, promoting healthy eating in educational settings is crucial for the holistic development of young people.

Educational institutions must, therefore, develop strategies that facilitate students’ access to nutritious meals, enhancing their availability, accessibility, promotion, diversity, and affordability. Children’s eating habits are also heavily influenced by their social environment, including parents, schools, friends, society, and peers, all of whom play a fundamental role in health improvement and disease prevention efforts.

In Adventist educational institutions, it is essential to provide healthy food and snack options in school stores. This practice helps students recognize the importance of respecting and caring for their bodies through proper nutrition, which aligns with God’s will. Although providing healthier food options may increase operational costs, prioritizing these options upholds the principles of Adventist education and fosters better student health.

Thus, Adventist educational institutions should offer wholesome foods in their school stores and cafeterias, encouraging the incorporation of beneficial dietary practices. These choices will benefit students, teachers, staff, and the community, yielding benefits both in the short and long term.

Furthermore, the Adventist school system must provide strong guidance on nutrition and wellness, promoting balanced and healthy eating that supports students' physical and emotional well-being. In addition to offering nutritious foods, schools should adhere to established meal schedules, allowing sufficient intervals between meals to facilitate proper digestion and avoid overburdening the digestive system.



The Seventh-day Adventist Church embraces a holistic approach to health, rooted in biblical and spiritual principles that promote a balanced lifestyle. This guidance, often referred to as the “health message” of the Seventh-day Adventist Church, aims to foster physical, mental, and spiritual well-being, based on the belief that the human body is the “temple of the Holy Spirit” (1 Corinthians 6:19-20).

Adventist educational institutions are called not only to provide academic knowledge and thorough spiritual training but also to excel in teaching principles of healthy living. According to Ellen G. White, it is essential to instruct students in the fundamental principles for optimal health, which include the importance of proper nutrition, regular physical activity, and self-care. Therefore, transforming school stores into spaces that prioritize health by offering and promoting nutritious foods is imperative.

Adventist institutions are deeply committed to each student’s well-being and personal growth. Within this framework, the integration of faith, education, and physical health is paramount. Embracing this approach enables Adventist schools to reinforce their commitment to holistic education, in alignment with the Adventist Philosophy of Education.

To effectively teach health reform principles, significant efforts are needed within our educational institutions. Educators should serve as role models in areas such as diet, abstinence from alcohol, and modesty in dress, inspiring students to practice self-discipline and self-control. By promoting these values, educators can encourage students to adopt a lifestyle of health and wellness that reflects the principles of self-denial and thoughtful choice.

In addition to providing nutritious food, it is essential that mealtimes become a positive and enriching experience. Students should enjoy a calm, unhurried atmosphere where they can express gratitude to God for the provision of food, fostering an attitude of mindfulness and reverence.

Core Pillars of Vibrant Health: Essential Principles for a Balanced Life



Effective Strategies for Managing School Food Stores

To implement food services, either directly or through a concessionaire, the decision must be formally adopted by the School Board or Administrative Board at least three months before the beginning of the academic year. The following guidelines should be considered:

- 1. Management Oversight:** The educational institution's general management (principal) oversees food commercialization to promote students' health and holistic development. The administration, in collaboration with health experts, should guide school store managers on preparing nutritious foods and assist students in making informed decisions for a balanced diet.
- 2. Food Handling Training:** Employees of school food establishments must participate in courses that certify them as food handlers and equip them with essential skills. If this certification is not mandated in the country, the institution should provide adequate training to ensure proper food handling.
- 3. Adherence to Regulations:** Ensure that any contractual food providers comply with food safety, health, and educational standards relevant to food preparation and sales within the institution.
- 4. Facility Cleanliness and Food Hygiene:** Maintain the cleanliness of facilities and ensure the safe preparation and handling of food, ingredients, and supplies as outlined in the "Manual of Good Practices for Food Service in Adventist Educational Institutions.
- 5. Diverse, Fresh Food Options:** The menu should include a daily variety of fresh fruits and vegetables to provide students with a balanced, nutritious diet.
- 6. Promotion of a Vegetarian Diet:** Encourage an exclusively vegetarian diet focused on plant-based foods, aligning with Adventist values of health and wellness.
- 7. Restricted Products:**
 - A. Carbonated beverages, coffee, caffeinated tea, candies, cookies, diet drinks, and soft drinks.
 - B. Foods prepared by deep-frying or immersion in oil.

- C. Oils containing trans fats, such as partially hydrogenated oils or margarine, in food preparation.
- D. Meat products, including fish and shellfish.
- E. Pack snacks and beverages high in vegetable oils or shortening, margarine, artificial sweeteners, and colorings.
- F. Processed foods made from sweetened purees, artificial concentrates, powders for beverages, energy drinks, or items with artificial colorants and sweeteners.

Healthy, uplifting food

8. **Balanced Menu Design:** Develop a nutritious and balanced menu, considering students' preferences. This menu should be regularly updated to keep it appealing and health focused.
9. **Food Safety Protocols:** Implement rigorous food safety practices, including proper storage, handling, and regular sanitation to prevent foodborne illnesses.
10. **Eliminate Unhealthy Foods:** Remove junk foods from the store and vending machines on campus.
11. **Alignment with Adventist Health Values:** Ensure that all meals served reflect the health and wellness principles promoted by the Adventist Church.



Nourish with Care: A Guide to Healthy Food Preparation

When preparing food in school stores or the food areas of Adventist educational institutions, it is essential to consider the following measures:

1. Moderate use of sugar in beverage preparation. The sugar content should not exceed two teaspoons (equivalent to 10 grams) per 250 milliliters of liquid for adequate sweetening of soft drinks or other beverages.
2. For dishes incorporating oil, mayonnaise, cream cheese, custard-cream or sauces, it is advisable not to exceed two teaspoons (equivalent to 10 grams) for each portion served. To incorporate margarine or butter, it is possible to add one teaspoon (5 grams) for each portion served.
3. Bread used in sandwiches or snacks must not contain more than 10 grams of total fat, 5 grams of saturated fat, more than 20 grams of sugar, more than 500 milligrams of sodium, or more than 400 kilocalories (1675 kilojoules) per 100 grams of bread (preferably using whole grain bread).
4. Food products made with partially hydrogenated butter, oils, or margarine that do not indicate on their label the presence of trans fatty acids should be avoided.
5. Adopt a simple and healthy diet based on natural products such as fruits, vegetables, grains, and nuts.



Living Well: “Core Pillars of Adventist Health Education”

Adventist pedagogy emphasizes the fundamental principles of healthy living in the light of natural remedies.

Food and Nutrition

The Adventist church emphasizes the need for our educational institutions to play a significant role in effectively teaching health reform principles. Educators are encouraged to be positive influences, particularly in the areas of diet, alcohol consumption, and dress. They should inspire students to practice self-discipline and self-control. By promoting these values, educators can empower students to embrace a lifestyle of health and wellness that aligns with the principles of self-denial and thoughtful choice.

The Adventist philosophy of education promotes a plant-based diet rich in fruits, vegetables, whole grains, nuts, and legumes, with an emphasis on vegetarianism. This dietary approach not only enhances physical health but also contributes to disease prevention. While not all church members adhere to a vegetarian diet, they are counseled to avoid consuming meat, especially meat that is considered unclean according to the Bible (Leviticus 11).

The Seventh-day Adventist Church health message recommends abstaining from foods that are harmful to health, such as those containing saturated fats, refined sugars, and processed products. Additionally, abstention from harmful substances such as caffeine, alcohol, and tobacco are encouraged because of their detrimental effects on health.

To promote a healthy lifestyle, Adventist educational institutions must incorporate other fundamental aspects of holistic wellness into their school plans. This will help students and parents become more aware and proactive about their health.

Building Blocks for a Healthy Lifestyle: Essential Components for Wellness

1. Hydration

Adequate daily water intake is essential for the proper functioning of the human body. Staying well-hydrated promotes balance and optimal performance of all bodily functions.

Ellen G. White points out: “Water can be used in many ways to relieve suffering. To take sips of clear, warm water before eating a pint or so will do no harm but, will rather prove beneficial” (Letter 35, 1890, {CRA 503.3}).

2. Physical activity.

“Whatever promotes physical health promotes the development of a strong mind and a balanced character” (Education, p. 191, {CN 338.4})



For this reason, Adventist Educational Institutions should provide regular opportunities for physical activity, as it is fundamental to student life. Activities such as walking, running, jumping, or playing sports contribute to keeping the body in good shape, promote cardiovascular health, and improve general well-being.

In addition, students should be taught that right living depends on right thinking and that physical activity is essential to maintaining purity of thought. Ellen G. White states, “Teach students that upright living depends on upright thinking and that physical activity is essential to purity of thought” (Education, p. 205, {CN 438.6}).

3. Rest and Balance Intervals

Promoting a balance between physical activity and rest is essential, as both regular exercise and adequate rest contribute significantly to students’ overall well-being. These components are fundamental to their healthy physical and mental development.

Educating students, parents, and faculty on the importance of rest as a core principle of healthy living is crucial. The Seventh-day Adventist Church places high value on restful sleep and on the spiritual and physical renewal offered by the Sabbath, known as the Seventh-day Sabbath. The Sabbath is a time dedicated to worship, family bonding, reflection in nature, and mental and physical restoration.

Ellen G. White emphasizes the significance of regularity in both eating and resting schedules: “The importance of regularity in the hours for eating and sleeping should not be overlooked. Since the process of bodily repair takes place during the hours of rest, it is crucial, particularly for the young, that sleep be methodical and plentiful” (*Education*, p. 201, {CN 341.2}). Regular sleep patterns and sufficient rest are, therefore, especially vital for the youth, supporting both their health and academic success.



4. Mental, emotional, and spiritual health

Pray, Bible study, trust in God, and service to others contribute significantly to emotional stability, mental resilience, and spiritual peace. Proper stress management and mental serenity are essential to a balanced and healthy life.

Ellen G. White also highlights the importance of balancing study with physical activity for the holistic development of young people: “There should be rules to govern and limit the studies of children and youth to certain hours, and then a part of their time should be devoted to physical labor.” She emphasizes that if students’ habits of eating, dressing, and resting align with natural law, they can pursue their education without compromising their physical and mental health (Suggestions on the Dietary Regime, p. 81.2).

Ellen G. White also emphasizes the intrinsic connection between nutrition and mental and spiritual health. She argues that nutrition impacts physical health, mental clarity, and spiritual strength. Key aspects of her reflections on this topic include:

- 1. Impact of Food on Mind and Character:** White asserts that a balanced diet strengthens the body and supports the development of a clear mind and balanced character. She notes, “Whatever promotes physical health also promotes the development of a strong mind and a balanced character” (Fundamentals of Education, p. 191). This suggests that proper and balanced nutrition enhances one’s ability to reason, make wise decisions, and sustain a robust spiritual life and invites us to promote a holistic approach that nurtures emotional and spiritual well-being, which is crucial to protecting our students’ physical and mental health.
- 2. Food Choices:** Ellen G. White posits that our diet choices have a direct impact on our spiritual well-being. She warns that consuming unhealthy foods,



specifically, those that are heavy, fatty, or overly stimulating, can hinder our spiritual connection and our ability to comprehend the will of the divine. White advises against the excessive intake of foods and drinks that strain the nervous system, such as meat, tea, and coffee.

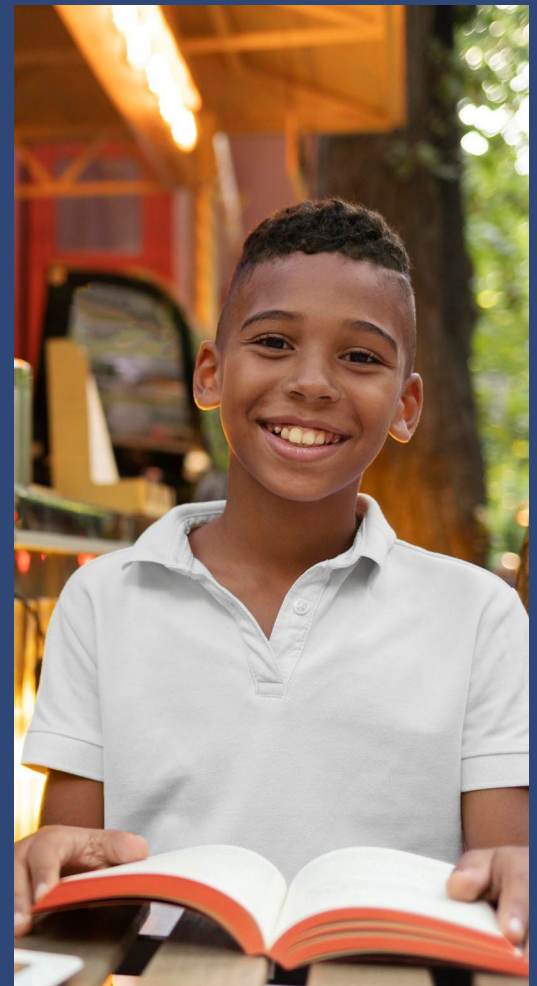
She underscores the importance of maintaining a close relationship with God through temperance and moderation in our dietary habits (Suggestions on the Dietary Regime, p. 45).

3. Relationship between nutrition and self-control:

White argues that pro-health reform, which includes dietary reform, constitutes an essential element of self-control. She stresses that self-regulation in dietary patterns strengthens the personality and enables us to be more receptive to the influences of the Holy Spirit: “If pro-health reform were accomplished in its various aspects, a great reformation would be accomplished in habits of eating, drinking, dressing, and working, resulting in greater spirituality and in greater power to resist temptation.” (Suggestions on the Dietary Regime, p. 45)

- 4. Food and Mental Clarity:** White also indicates that a simple diet, rich in fruits, vegetables, grains, and nuts, favors a sharper and more robust mind, with the ability to better understand spiritual truths: “A poor diet, composed mainly of animal foods, tends to develop the animal character”. An inadequate diet impairs mental and moral perception, resulting in an insufficient appreciation of the most precious goods and a loss of interest in progressing in the Christian life. (Suggestions on the Dietary Regime, p. 390.)

In summary, the Seventh-day Adventist Church holds that nutrition transcends physical health and influences mental and spiritual state. A balanced diet, based on natural principles, contributes to preserving a clear mind, a balanced character, and a more intense spiritual life.



Regulation and balance (Temperance)

Every Educational Institution should promote temperance, which entails abstaining from what is harmful and the moderate use of what is beneficial. It stresses the prevention of excess in any facet of existence, whether in work, rest or recreation.

“Teach them to appreciate temperance, purity of thought, heart, and action, which belong to God because they have been bought with a price, namely, with the precious blood of his beloved Son.”
Christian Temperance and Bible Hygiene, 145. {CN 108.1}



Sunlight and fresh air.

Regular exposure to sunlight and fresh air is essential for maintaining optimum health since it promotes the production of vitamin D and oxygenation of the body.

Ellen White states, “Fresh air, sunshine, beautiful flowers and trees, orchards and vineyards, and exercise in the open air in such surroundings are health-giving elements: they are the elixir of life.” [CSI 167.2]



Physical and spiritual purity

The teacher has a special task to perform in the educational institution.” It is recommended that each student be instructed to convey to others that spiritual health is intrinsically linked to physical health. The Adventist Church’s health message holds that to achieve a complete existence, it is essential to keep the body and mind and spirit in optimal condition, preserving a connection to God and a vital purpose.



Community Service

Service to the community constitutes an essential part of the well-being of the educational community. It is crucial to remember that “every act of mercy on behalf of those in need is considered an act of Jesus.” Good deeds are the fruits that Christ desires us to generate kind words, generous actions, and a tender regard for the poor, the needy, and the afflicted. Statements intended for the Church, 2:24. – Thus, the handmaid of the Lord declares that every student is called to perform a labor of love and effort to save souls: the highest form of evangelism, through charity. ‘MB 11.2’



Confidence in Divine Power.

The Seventh-day Adventist Church holds that genuine health entails an unwavering trust in God, the source of life and health. This trust provides serenity, hope, and strength to face life’s challenges. Therefore, the institution promotes an integral healthy life encompassing physical, mental, and spiritual health, emphasizing disease prevention through self-care and applying biblical principles.

Considering the above, students are urged to incorporate activities for preserving health, such as: “Clean air, sunshine, abstinence, rest, physical activity, proper diet, water and trust in divine power are the true remedies”. Everyone must be familiar with nature’s agents as remedies and can apply them properly. (Article 344.1}





Conclusion

God has called us to undertake an extraordinary mission like the work He performed on earth: instructing and guiding the young ones He has entrusted to our care.

I invite you to reflect on the following words of Ellen G. White:

“In schools, we have a crucial task: to instruct young people in the fundamentals of health promotion. It is the responsibility of educators to positively influence decisions related to food, hydration, and dress, and to inspire their students to practice self-denial and self-control.” (*Counsels on Health, p. 280.2)

It is essential to instill in them the understanding that all their abilities come from God, who holds authority over each one. When they neglect their well-being in any way, they devalue one of the most precious gifts God has given. The health granted by the Lord is to be employed in His service. The greater your vitality and physical strength, the more you can accomplish for the glory of the Master. Rather than exhausting or misusing your physical powers, it is important to preserve them carefully so that you may enjoy and utilize them fully.” (Counsels on Health, p. 280.2)

Let these insights inspire us to prioritize health and well-being in our educational efforts, guiding students to value the gift of health as a means of honoring and serving God.

May divine grace enlighten and strengthen your educational work.



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Culinary ideas

Here is a set of delicious and healthy vegetarian recipes based on the wellness values promoted by the Seventh-day Adventist Church. These can be incorporated into the dining rooms of schools belonging to Adventist Educational Institutions, thus offering a wide variety of culinary options to all members of the educational community.

Vegetable Lasagna

Ingredients:

- 12 sheets of whole wheat lasagna (pre-cooked or cooked).
- 2 cups of natural tomato sauce
- 2 cups fresh spinach
- 2 cups of sliced mushrooms
- 1 eggplant, thinly sliced
- 1 zucchini cut into slices
- 1 cup ricotta or tofu, mashed
- 1 cup shredded mozzarella cheese (optional for non-vegans)
- 2 garlic cloves chopped
- olive oil
- Salt and pepper to taste
- Fresh basil for garnish

Preparation:

1. Preheat the oven to 180°C (350°F).
2. In a large skillet, sauté the garlic in a little olive oil. Add the mushrooms, eggplant and zucchini, cook for 5-7 minutes until tender. Season to taste with salt and pepper.
3. Spread a thin layer of tomato sauce on the bottom of a baking dish. Layer lasagna sheets on top.
4. Add a layer of spinach, the mushroom and eggplant mixture, and the ricotta or crushed tofu.
5. Repeat the layers until the mold is full.
6. Finish with a layer of lasagna, tomato sauce and mozzarella cheese (if desired).
7. Bake for 25-30 minutes or until bubbly and golden brown on top.
8. Garnish with fresh basil before serving.

Reference: OPENAI (2024)



Reference image

Lentil Tacos

Ingredients:

- 1 cup cooked lentils
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 chopped tomato
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon chili powder (optional)
- 1 tablespoon soy or tamari sauce
- Corn tortillas
- Lettuce, avocado and salsa to accompany.

Preparation:

1. In a skillet, sauté the onion and garlic with a little oil until golden brown.
2. Add the cooked lentils, cumin, paprika, chili powder and soy sauce. Cook for 5 minutes, mixing the ingredients well.
3. Heat the tortillas and fill them with the lentil mixture.
4. Add lettuce, avocado slices and your favorite salsa, ready to enjoy!

Reference: OPENAI (2024)

Chickpea Burgers

Ingredients:

- 2 cups cooked chickpeas
- 1 grated carrot
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 cup of oatmeal
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- Salt and pepper to taste
- Olive oil for frying
- Whole wheat hamburger buns
- Fresh vegetables to accompany (lettuce, tomato, onion)

Preparation:

1. In a food processor, mix the chickpeas, carrot, onion, garlic, oats and spices. Process until a workable dough is obtained.
2. Form the patties with your hands.
3. Heat a little oil in a frying pan and fry the patties for 3-4 minutes on each side, until golden brown.
4. Place the burgers on the whole wheat buns and serve with fresh vegetables.

Reference: OPENAI (2024)



Reference image

Ingredients:

- 1 medium pumpkin peeled and diced.
- 1 large onion, chopped
- 2 cloves of garlic, chopped
- 1 small piece of fresh ginger, grated
- 1 liter of vegetable broth
- 1 cup coconut milk (optional)
- Olive oil
- Salt and pepper to taste

Pumpkin and Ginger Soup

Preparation:

1. In a large pot, heat a little olive oil and sauté the onion, garlic and ginger until the onion is soft.
2. Add the pumpkin and vegetable stock. Bring to a boil and simmer for 20-25 minutes, or until the pumpkin is tender.
3. Remove from the heat and use a hand blender to puree the soup until smooth.
4. Add the coconut milk if a creamier texture is desired. Season to taste with salt and pepper.
5. Serve hot and garnish with a sprinkling of fresh parsley.

Reference: OPENAI (2024)



Reference image

Quinoa and Black Bean Salad

Ingredients:

- 1 cup cooked quinoa
- 1 cup cooked black beans
- 1 red bell pepper, chopped
- 1 avocado, diced
- 1/2 cup corn
- Juice of 1 lemon
- 1 tablespoon olive oil
- Chopped fresh cilantro
- Salt and pepper to taste

Preparation:

1. Mix the cooked quinoa with the beans, red bell pepper, corn and avocado.
2. In a small bowl, whisk the lime juice with the olive oil, cilantro, salt and pepper.
3. Pour the vinaigrette over the salad and toss well.
4. Serve as a main dish or side dish.

Reference: OPENAI (2024)



Reference image



These recipes are designed to involve children in the preparation process, promoting healthy, vegetarian eating.

Mini Veggie Pizzas

Ingredients:

- Whole wheat pita bread or wheat tortillas.
- Tomato sauce.
- Grated mozzarella cheese.
- Cherry tomatoes.
- Red and green bell pepper.
- Mushrooms.
- Olives (optional).
- Oregano and basil

Instructions:

1. Spread a layer of tomato sauce over pita bread or tortilla.
2. Add shredded mozzarella cheese on top.
3. Cut the vegetables (peppers, mushrooms, cherry tomatoes) into small pieces and spread them over the pizza.
4. Sprinkle oregano and basil.
5. Bake at 180°C for 10-12 minutes or until the cheese melts.
6. Let cool slightly before serving.

Reference: OPENAI (2024)



Reference image

Fruit Brochettes

Ingredients:

- Strawberries.
- Banana.
- Grapes.
- Pineapple (cubes).
- Melon (cubes).
- Skewer sticks.

Instructions:

1. Wash and cut the fruits into small pieces.
 2. Thread the fruits on the skewer sticks in the order of your choice.
- Serve and enjoy!

Reference: OPENAI (2024)



Reference image

Vegetable Rolls with Hummus

Ingredients:

- Wheat or corn tortillas.
- Hummus.
- Grated carrot.
- Cucumber in thin strips.
- Sliced avocado.
- Fresh spinach.

Directions:

1. Spread a generous layer of hummus over the tortilla.
2. Place carrots, cucumber, avocado and spinach leaves on top.
3. Roll the tortilla tightly and cut into slices.
4. Serve the rolls as a healthy snack.

Reference: OPENAI (2024)

Ingredients:

- 1 ripe banana.
- 1 cup fresh spinach.
- 1/2 cup almond milk or any other vegetable milk.
- 1 tablespoon of peanut butter.
- Honey to taste.

**Spinach and Banana
Smoothie**

Instructions:

1. Place all ingredients in a blender.
2. Blend until smooth and creamy. Serve cold and enjoy.

Reference: OPENAI (2024)



Reference image

Avocado and Tomato Sandwich

Ingredients:

- Whole wheat bread.
- Whole wheat bread.
- 1 ripe avocado.
- Tomato slices.
- Lettuce leaves.
- Cheese (optional).
- Salt and pepper to taste.

Instructions:

1. Spread the avocado on a slice of whole wheat bread.
2. Place tomato slices and lettuce leaves on top.
3. Add a pinch of salt and pepper.
4. If you wish, you can add a slice of cheese.
5. Place the other slice of bread on top and cut the sandwich in halves.

Reference: OPENAI (2024)



Reference image



Veggie Sticks with Hummus

Ingredients:

- Carrot sticks, cucumber, celery and bell peppers.
- Homemade or store-bought hummus (made from chickpeas, garlic, olive oil and lemon juice).

Preparation:

1. Cut the vegetables into long, thin strips so students can easily dip them into the hummus. This snack is colorful, delicious and packed with nutrients.

Reference: OPENAI (2024)

Peanut Butter and Banana Mini Sandwiches.

Ingredients:

- Whole wheat bread
- Peanut butter (no sugar or salt added).
- Banana slices.

Preparation:

1. Spread peanut butter on whole wheat bread and place banana slices between two slices of bread.
2. Cut the sandwich into small shapes (triangles or circles) to make it more appealing to children.

Reference: OPENAI (2024)

Fruit Kabobs

Ingredients:

- Strawberries, grapes, kiwi slices, mango chunks, pineapple or any other seasonal fruit.
- Skewer sticks.

Preparation:

1. Thread pieces of different fruits on skewer sticks. These skewers are colorful, fresh and full of vitamins.
2. Plain Greek yogurt dip sweetened with a little honey or maple syrup.

Reference: OPENAI (2024)

Oatmeal Peanut Energy Balls

Ingredients:

- 1 cup oatmeal.
- 1/2 cup peanut butter.
- 1/4 cup honey or maple syrup.
- 1/4 cup chia or flaxseed.
- 1/4 cup dark chocolate chips (optional).

Preparation:

1. Mix all ingredients in a large bowl. Form balls with your hands and refrigerate for 30 minutes. These balls are perfect for giving kids energy in a healthy way.

Reference: OPENAI (2024)

Cinnamon Apple Chips

Ingredients:

- 2 large apples.
- Powdered cinnamon.

Preparation:

1. Preheat oven to 100°C (200°F).
2. Cut apples into thin slices and place on a baking sheet.
3. Sprinkle with cinnamon and bake for 1-2 hours, turning halfway through, until crisp.
Let cool before serving.

Reference: OPENAI (2024)

Yogurt with Homemade Granola and Fruits

Ingredients:

- Plain unsweetened yogurt.
- Homemade granola (oats, walnuts, almonds, grated coconut and honey).
- Fresh fruits such as strawberries, blueberries or bananas.

Preparation:

1. Serve yogurt in small bowls with a layer of granola on top and fresh fruit. It is a snack full of protein and antioxidants.

Reference: OPENAI (2024)

Tortilla Rolls with Vegetables and Hummus

Ingredients:

- Whole wheat tortillas.
- Hummus.
- Radishes, cucumber, spinach and thinly sliced carrots.

Preparation:

1. Spread hummus on a whole wheat tortilla and place the vegetable slices on top.
2. Roll up the tortilla and cut into small slices. These rolls are easy to eat and very nutritious.

Reference: OPENAI (2024)

Oatmeal Banana Cookies.

Ingredients:

- 2 ripe bananas.
- 1 cup oatmeal.
- 1/4 cup dark chocolate chips (optional).

Preparation:

1. Mash the bananas in a bowl and mix with the oats and chocolate chips.
2. Form into small balls and flatten on a baking sheet. Bake at 180°C (350°F) for 12-15 minutes.
3. These are soft cookies, with no added sugar, ideal for children.

Reference: OPENAI (2024)

Chia Pudding

Ingredients:

- 1/4 cup chia seeds.
- 1 cup almond or coconut milk.
- 1 teaspoon vanilla extract.
- Honey or maple syrup to taste.
- Fresh fruit for garnish.

Preparation:

1. Mix the milk, vanilla and chia seeds in a bowl.
2. Let stand in the refrigerator for at least 4 hours or overnight, until it acquires a gelatinous texture.
3. Serve with fresh fruit on top. It is a snack full of fiber and omega-3 fatty acids.

Reference: OPENAI (2024)

Homemade Popcorn

Ingredients:

- 1/2 cup popcorn kernels.
- 1 tablespoon of olive oil or coconut oil.
- Salt to taste.

Preparation:

1. Heat the oil in a large pot.
2. Add the popcorn kernels, cover the pot and let the popcorn pop.
3. Shake the pot occasionally to prevent them from burning.
4. Once the popping stops, remove from heat and add a pinch of salt.

Reference: OPENAI (2024)

Healthy Refreshments

Cucumber Mint Lemonade

Ingredients:

- 1 large cucumber.
- 1 liter of water.
- Juice of 3 lemons.
- Fresh mint leaves.
- Honey to taste.
- Ice (optional).

Preparation:

1. Peel and cut the cucumber into thin slices.
2. Place in a pitcher with the lemon juice and mint leaves.
3. Fill the pitcher with cold water and sweeten it with honey.
4. Let stand in the refrigerator for 30 minutes before serving over ice.

Reference: OPENAI (2024)

Coconut water with fruits

Ingredients:

- 1 liter of natural coconut water
- 1/2 cup sliced strawberries.
- 1 kiwi cut in slices.
- 1/2 cup of grapes cut in half.
- Mint leaves for garnish.

Preparation:

1. Pour the coconut water into a pitcher and add the sliced fruits.
2. Mix well and let the fruits infuse the flavor into the water.
3. You can garnish with mint leaves. This refreshing drink is hydrating and rich in natural electrolytes.

Reference: OPENAI (2024)

Hibiscus Iced Tea (Jamaica)

Ingredients:

- 1 liter of water. 1/2 cup dried hibiscus flowers.
- 1/4 cup of natural orange juice.
- Honey to taste.
- Orange slices for decoration.

Preparation:

1. Boil the water and add the dried hibiscus flowers.
2. Remove from heat and let stand for 10 minutes, strain and let cool.
3. Add orange juice and sweeten with honey to taste.
4. Serve chilled over ice and garnish with orange slices.

Reference: OPENAI (2024)

Watermelon and Basil Water

Ingredients:

- 2 cups diced watermelon.
- 1 liter of cold water.
- Fresh basil leaves.
- Juice of 1 lemon.
- Ice (optional).

Preparation:

1. Place the watermelon in a blender and process until it is liquid.
2. Strain the juice to remove the seeds if necessary.
3. Pour the watermelon juice into a pitcher with the water, basil leaves and lemon juice.
4. Serve chilled with ice, it is a refreshing, antioxidant-packed drink.

Reference: OPENAI (2024)

Ginger and Chia Lemonade

Ingredients:

- 1 liter of water.
- Juice of 4 lemons.
- 1 teaspoon of grated ginger.
- 2 tablespoons of chia seeds.
- Honey or agave syrup to taste.

Preparation:

1. Mix the water with the lemon juice and grated ginger.
2. Add the chia seeds and let stand for about 10 minutes for the seeds to expand.
3. Sweeten to taste, it is an excellent drink for digestion and to provide energy throughout the day.

Reference: OPENAI (2024)

Mango and Banana Smoothie.

Ingredients:

- 1 ripe mango.
- 1 banana.
- 1 cup of almond or coconut milk.
- A few drops of vanilla extract.
- Honey (optional).

Preparation:

1. In a blender, blend all ingredients until you get a smooth and creamy texture.
2. If you prefer a colder smoothie, you can add ice cubes or freeze the fruits beforehand.

Reference: OPENAI (2024)

Strawberry and lemon water.

Ingredient:

- 1 liter of cold water.
- 1 cup of sliced fresh strawberries.
- Juice of 2 lemons.
- Some mint or basil leaves.
- Honey to taste.

Preparation:

1. Mix the water with the strawberries and lemon juice.
2. Add the mint or basil leaves for a refreshing touch.
3. Sweeten with honey if necessary and serve over ice.

Reference: OPENAI (2024)

Mint tea with lemon.

Ingredients:

- 2 bags of mint.
- 1 liter of water.
- Juice of 2 lemons.
- Fresh mint leaves.
- Honey to taste.

Preparation:

1. Prepare the green tea with hot water and let it cool.
2. Add the lemon juice, mint leaves and sweetening to taste.
3. Serve over ice for a refreshing and antioxidant-packed option.

Reference: OPENAI (2024)

Strawberry Oatmeal Smoothie

Ingredients:

- 1 cup of fresh or frozen strawberries.
- 1/2 cup oatmeal.
- 1 cup almond milk.
- 1 banana.
- Honey or maple syrup to taste.

Preparation:

1. Blend all ingredients in a blender until smooth.
2. This smoothie is rich in fiber and perfect as a healthy and energizing snack for children.

Reference: OPENAI (2024)

Pineapple and Mint Water

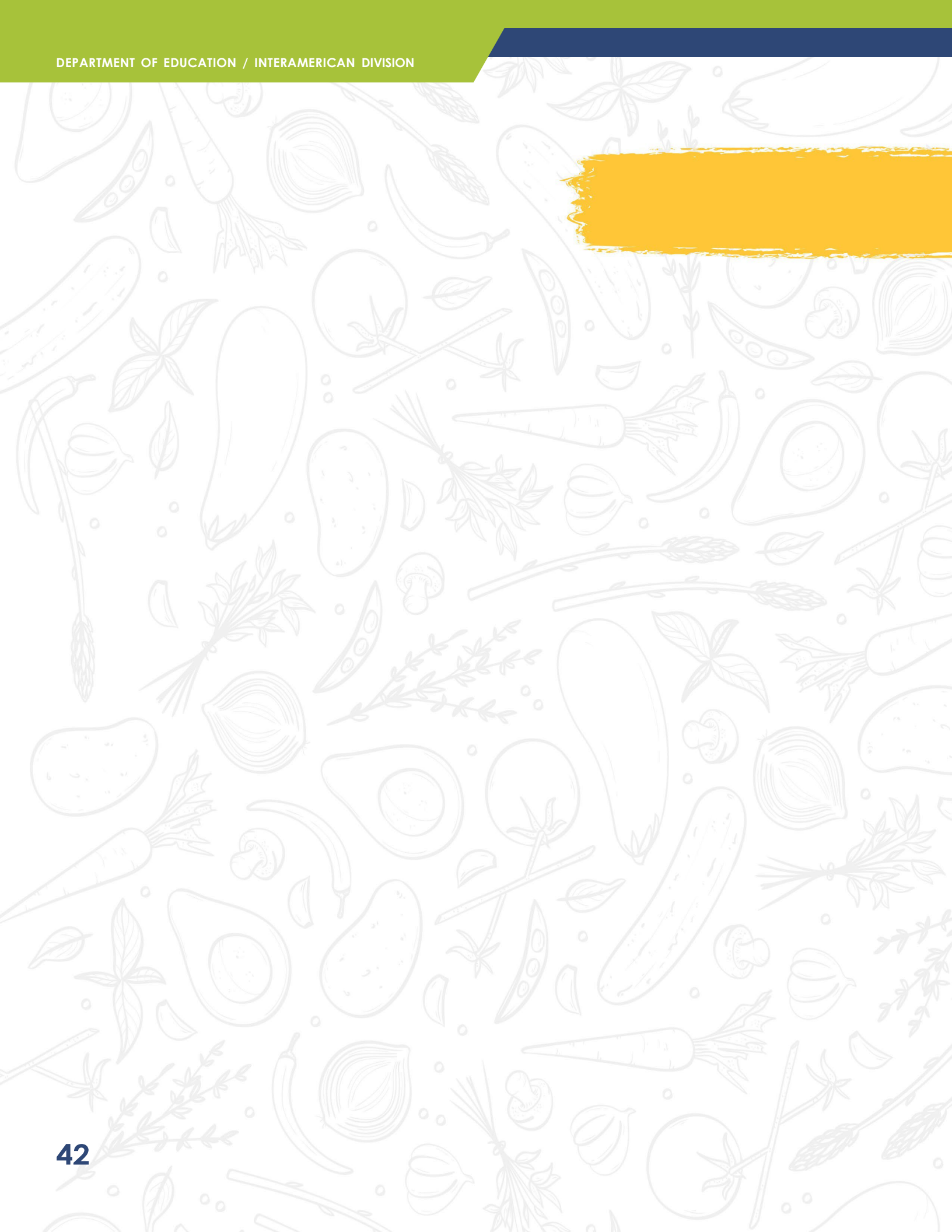
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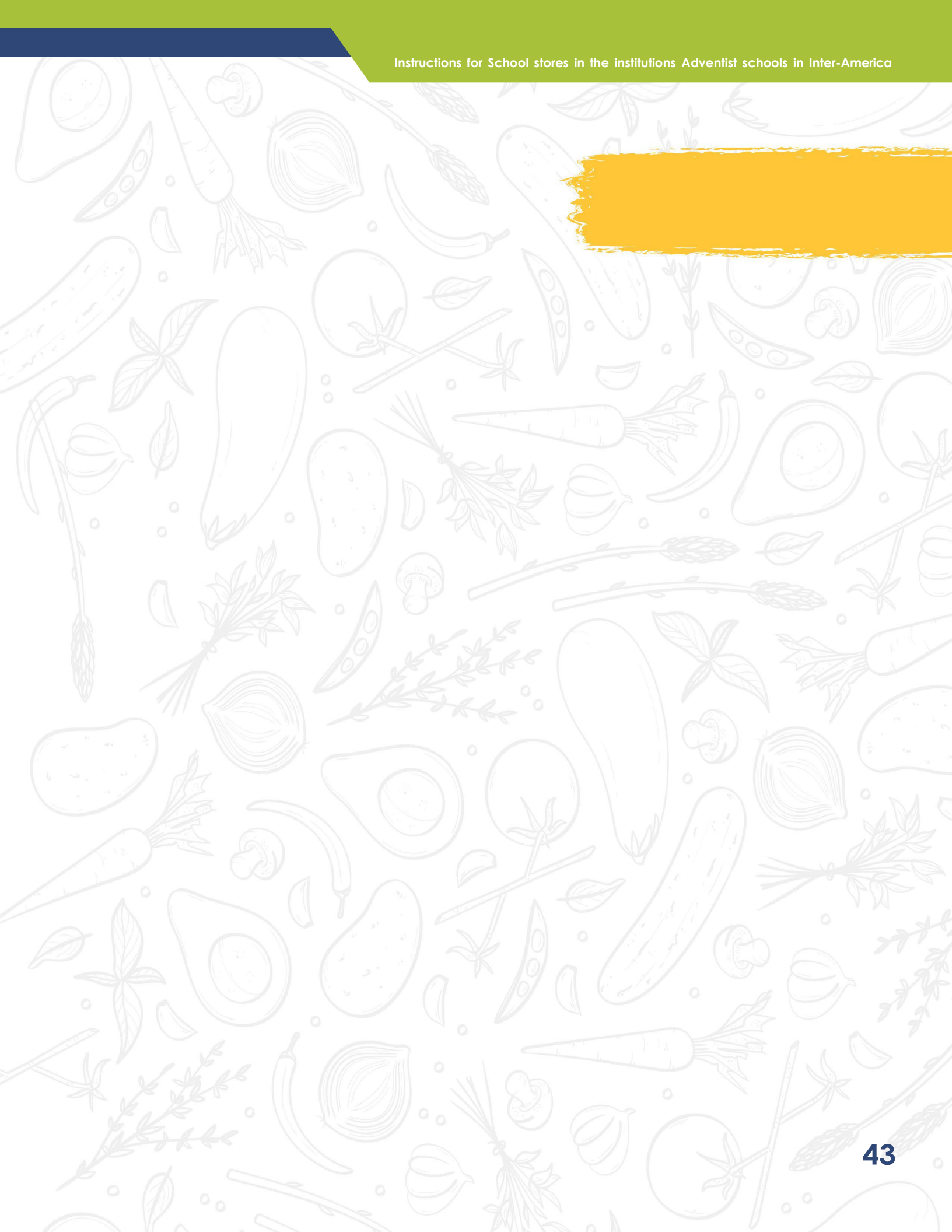
- 1/2 pineapple cut into cubes.
- 1 liter of cold water.
- Some fresh mint leaves.
- Juice of 1 lemon (optional).

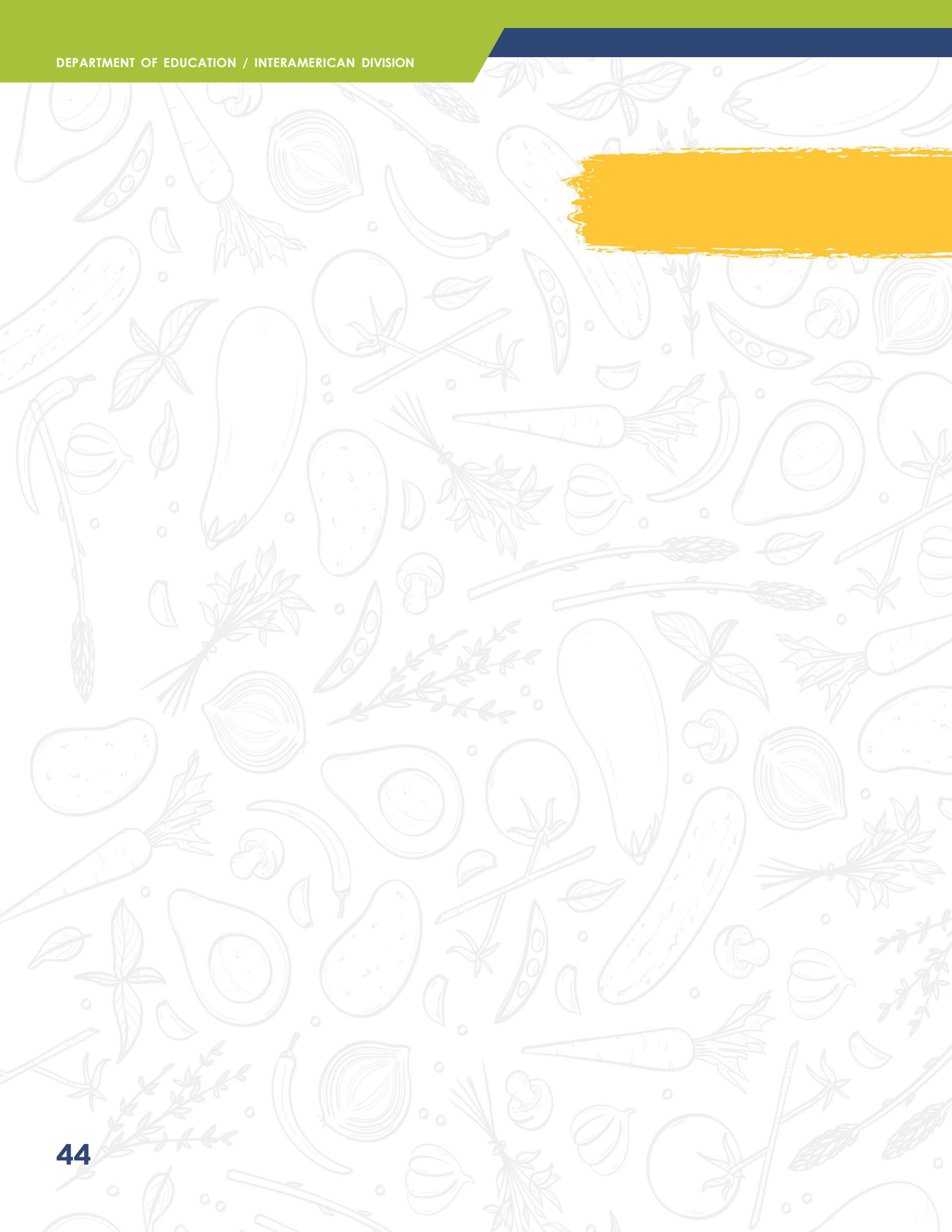
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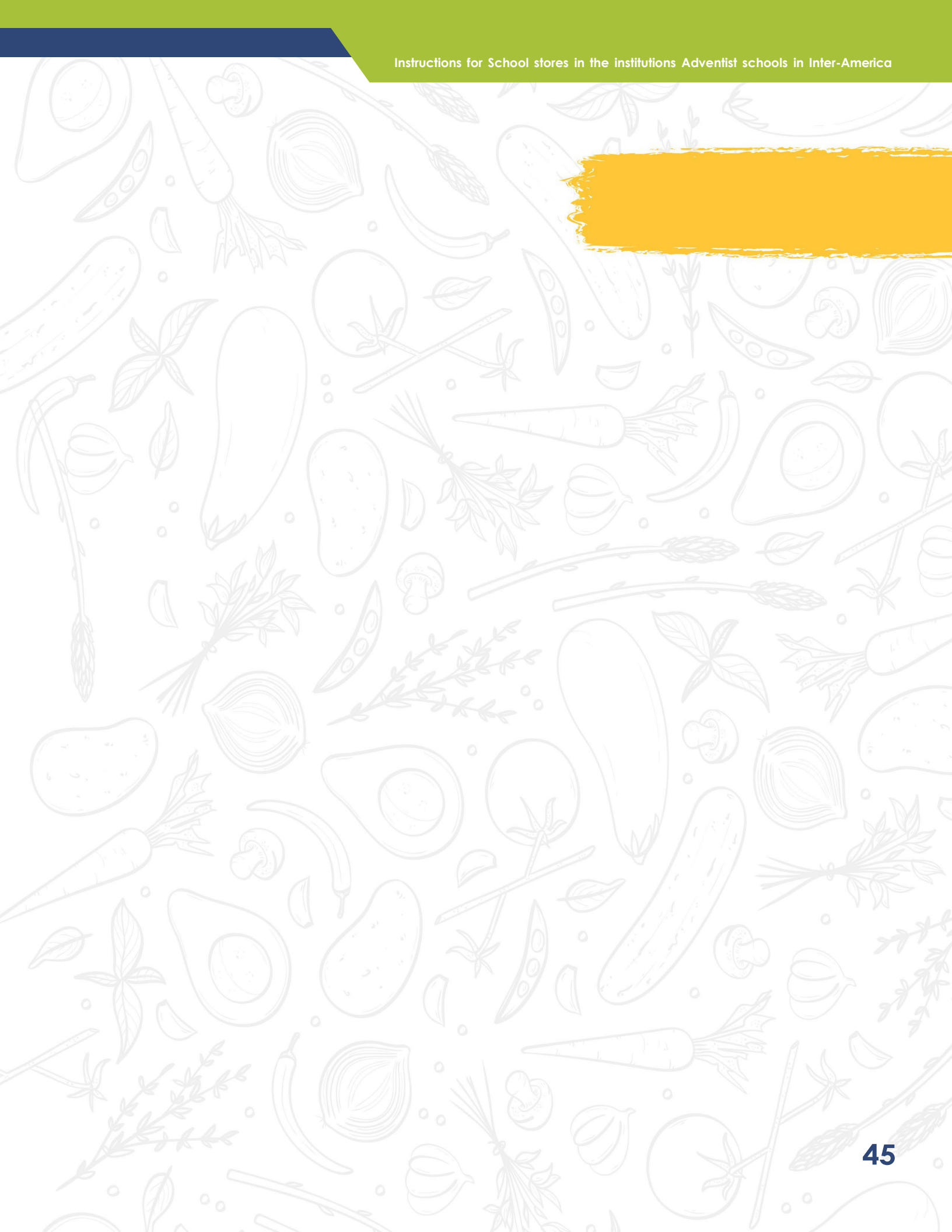
1. Mix the pineapple cubes with the water and mint leaves.
2. Add lemon juice if you want a more acidic flavor.
3. Let stand in the refrigerator for 30 minutes before serving to allow the flavors to blend.

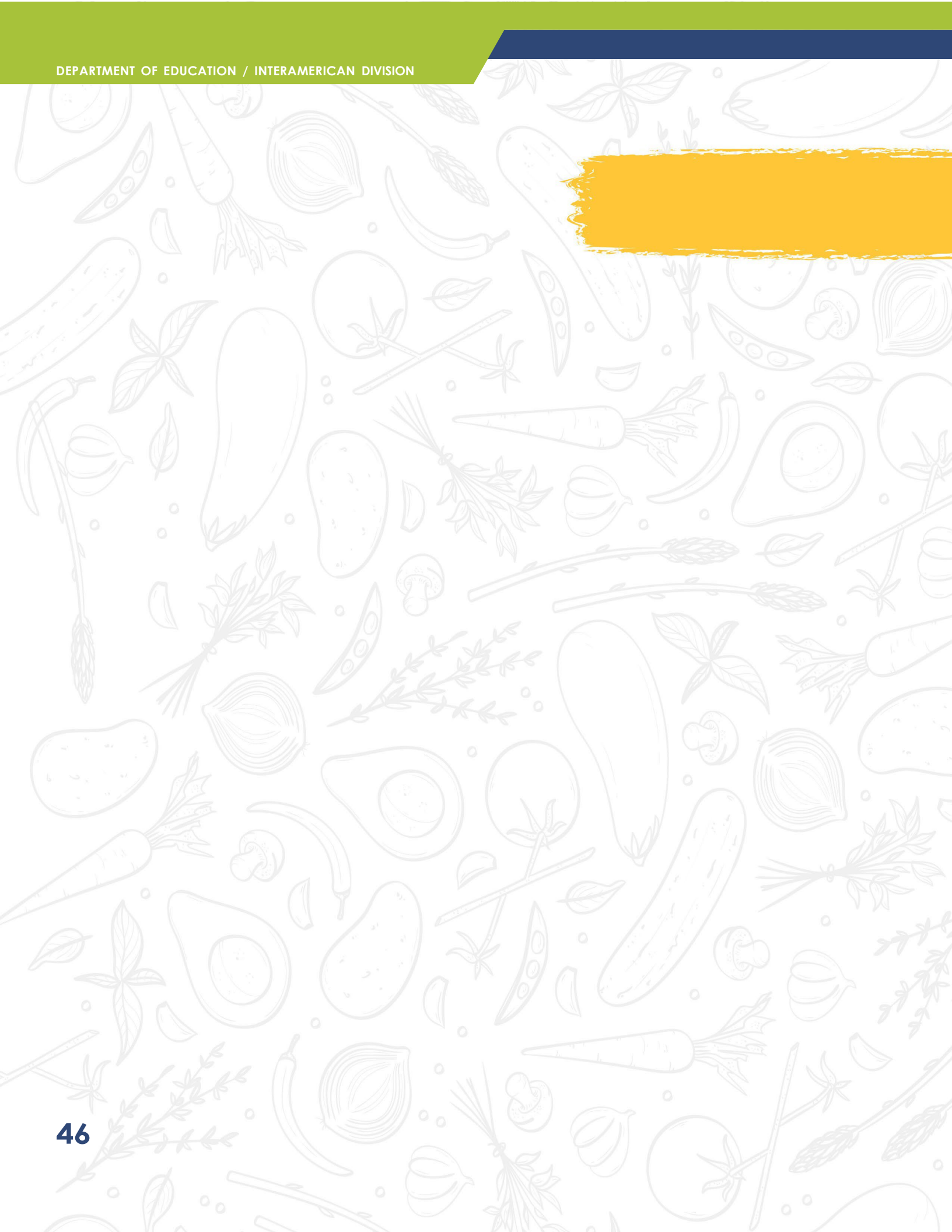
Reference: OPENAI (2024)













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