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## SCHOOL OF ROCK

**In schools across the country, kids are learning to eat better while rappin' with rockstar nutritionist Jill Jayne.**

**E**VEN THE COOLEST KIDS will be hard pressed to shrug off nutrition when Jill Jayne, the rappin' registered dietitian, takes to the stage.

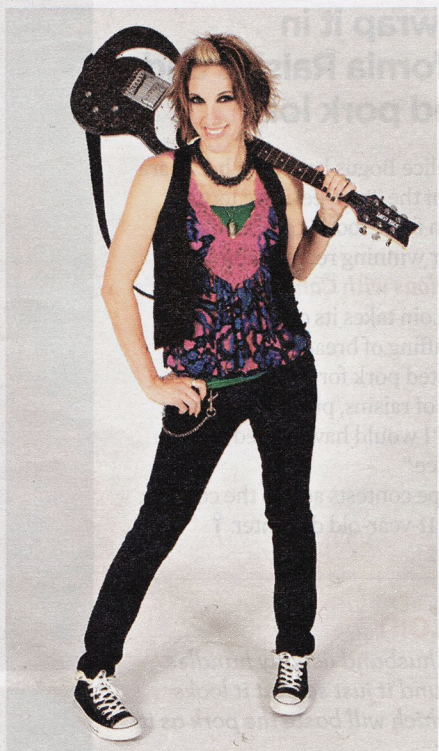
Musician turned dietitian, Jayne combines her acting, media and band experience with her nutrition degree to teach kids about health in **Jump with Jill**, a one-hour rock-and-roll nutrition assembly program available to schools across the country.

Her funky rhythms include songs about the heart and lungs, watermelon bandits, soda, strong bones, and breakfast. She exposes students to the facts behind the crush of advertisements aimed at teens, especially those for energy drinks and fast food.

To date, Jayne has performed more than 1,000 shows for more than 100,000 kids. She's also worked with First Lady Michelle Obama and with the National Football League's Play 60 Program that encourages kids to be active for 60 minutes a day. She's appeared on countless TV shows in every state.

To bring Jill Jayne to your child's school, contact her at [info@jumpwithjill.com](mailto:info@jumpwithjill.com). Check out her kids' dance video, "The Bone Rap Dance Party," and her "Rock Your Taste Buds" video series at [jumpwithjill.com](http://jumpwithjill.com).

Story by David Feder, a food writer in Buffalo Grove, Ill.



### Edamame Dip

By empowering students as movie critics and food scientists, Jayne teaches about new foods through her DVD series "Rock Your Tastebuds." To expose your kids to new foods, try this edamame dip. Look for shelled edamame in the freezer case near the frozen peas.

- 1 ½ cups edamame
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon coarse salt
- ½ teaspoon ground cumin
- 2 garlic cloves, peeled
- ½ cup parsley leaves
- 3 tablespoons tahini
- 3 tablespoons water
- 3 tablespoons fresh lemon juice

1. Cook edamame according to package

instructions, omitting salt. Place oil, salt, cumin, and garlic in a food processor. Pulse 2 to 3 times or until garlic is coarsely chopped. Add edamame and remaining ingredients. Process 30 seconds or until chunky. Serve with pita crisps. Serves 8.

Adapted from *Simply Soy*, published by The Soyfoods Council.

Per serving: 90 calories, 6g fat, 0mg chol., 4g prot., 5g carbs., 2g fiber, 135mg sodium