

Seaholm High School students get 'Weight Watcher' tips



KEELY WYGONIK

Weight Watchers Group, Inc., the largest franchise of Weight Watchers International, visited her granddaughter's foods class.

She talked to the class about healthy food choices, and surprised her granddaughter with a birthday cake.

Dorn's teacher, Debbie Giltner, said she was delighted that Mark came to visit the class. "Take strong steps to eat properly, exercise. Get out there and move, make it a habit," said Mark. "It's the only body, the only life you have. You're the only person who can make the choices for you."

Chances are pretty good that Renee Dorn, a senior at Seaholm High School in Birmingham, will never forget her 17th birthday. Her famous grandma, Florine Mark, president and coo of the

"They're good, satisfying, crunchy. When I eat these I feel better," she said.

Mark showed the students how to make two healthy snacks. See recipes below.

After answering questions from Dorn's classmates, Mark surprised her with a birthday cake — and the class sang "Happy Birthday." Dorn won't be following in her grandma's footsteps. She's been accepted to Michigan State University in East Lansing, and will be pursuing her dream to become a veterinarian this fall. Her cake was appropriately decorated with animals.

Here are Mark's healthy snack recipes.

CHOCOLATE TRAIL MIX

2 ounces semi-sweet chocolate chips
2 tablespoons smooth peanut butter
2 tablespoons light corn syrup
1 teaspoon vanilla extract
4 1/2 ounces toasted oat cereal
1 ounce finely chopped pecans

Line large baking sheet with wax paper. In medium saucepan, over medium heat, combine chocolate, peanut butter, corn syrup and vanilla. Stir until chocolate is melted and smooth. Remove from heat.

Add cereal and pecans to saucepan, stirring to coat cereal. Spread mixture onto prepared baking sheet. Let stand 30 minutes, until completely dry. Serve as a snack, or serve in cereal bowl with skim milk. Makes 12 servings.

Each serving (about 1/4 cup) provides: 1/4 fat, 1/4 bread, 45 optional calories.

MEXICAN PARTY SNACK

2 teaspoons margarine
1/2 teaspoon Mexican seasoning
1 ounce corn chips
1 ounce shredded unsalted roasted peanuts
1/2 ounce bite-sized crispy wheat or rice squares cereal

In medium microwavable mixing bowl, microwave margarine on high (100 percent) for 30 seconds, until melted.

Add Mexican seasonings to margarine. Add remaining ingredients and toss to coat thoroughly. Microwave on low (30 percent) power for 1 1/2 minutes, stirring every 30 seconds.

Spread party snack mixture on baking sheet; set aside and let cool. Makes 4 servings.

Each serving provides: 1 fat, 1/4 protein, 1/4 bread, 20 optional calories. Source: Weight Watchers "Simply Light" Cooking cookbook.



Cooking class: Florine Mark (left) visited her granddaughter Renee Dorn, and Debbie Giltner, who teaches cooking at Seaholm High School in Birmingham. Dorn is in Giltner's class. Mark shared recipes for nutritious snacks, and encouraged the students to eat properly.

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