

Healthy Families- Let's Eat (1st)

Materials and Ingredients

- ✓ *Let's Eat* by Ana Zamorano
- ✓ cabbage, cucumber, green apples
- ✓ cranberries, poppy seed dressing
- ✓ teacher knife, cutting board, bowls, spoons
- ✓ serving containers, plates, plastic knives, plastic forks, gloves
- ✓ activity sheets

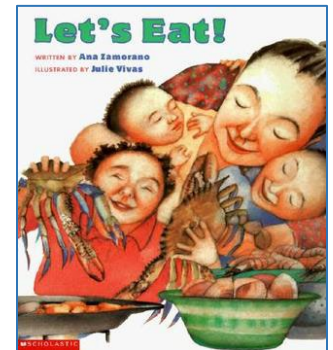


Food Preparation

- ✓ Wash cucumber & green apples
- ✓ Cut cucumber & apples into pieces for students to cut into smaller pieces (one per student)
- ✓ Divide ingredients into serving containers for 4 groups
- ✓ Students will work in groups to make & eat slaw family style

Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Read and discuss the book *Let's Eat!*
- ✓ Discuss the importance of eating together as a family
- ✓ *Eat fruits & veggies together with your family!*
- ✓ *Fruits & veggies help us grow strong.*



Process

- ✓ Have students wash their hands with soap and warm water
- ✓ Go over the recipe for the "Crunchy Veggie Slaw" together
- ✓ Students will get into groups, & make & eat the slaw together
- ✓ Have students practice good table manners as they prepare & eat
- ✓ Students draw pictures of their family eating together
- ✓ *Eat fruits & veggies together with your family!*
- ✓ *Fruits & veggies help us grow strong.*



Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





Let's Wake Up Our Brains! Brain Boost Exercise!

Hokey Pokey- Keep it going with different body parts!

Get in circle. Teacher calls out instructions.

- ♥ You put your right hand in
- ♥ You take your right hand out
- ♥ You put your right hand in
- ♥ And you shake it all about
- ♥ You do the Hokey Pokey and you turn yourself around
- ♥ "Family" is what it's all about!

Families

Name: _____ Date: _____

Draw and write about you and your family enjoying a meal together. Label each family member.

Las Familias

Nombre: _____ Fecha: _____

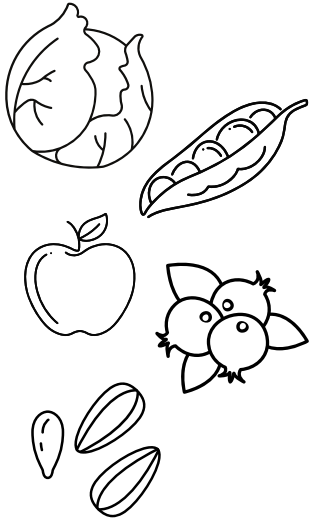
Haz un dibujo y escribe sobre ti y tu familia disfrutando de una comida juntos. Pon nombre a cada persona.



Scan the QR code to watch how to make the snack we made in class.

Families who eat together are healthier together.

Eating as a family has been linked to an increase in self-esteem and confidence in children. Plus, children who eat with their family are more likely to choose and taste fruits and vegetables.



Crunchy Veggie Slaw

Makes About: 10 - 12 servings

Total Recipe Cost: \$12.80 - \$13.90

Ingredients

- 1 bag shredded cabbage (16 oz)
- 1 bag snap peas (6 oz)
- 2 granny smith apples
- 1 cup dried cranberries
- 1 cup sunflower seeds
- ½ cup lite or low-fat poppy seed salad dressing

Directions

1. Everyone washes their hands.
2. Wash apples and cut into small pieces.
3. Cut snap peas into small pieces.
4. Add cabbage, snap peas, apples, sunflower seeds, and dried cranberries to a bowl.
5. Add dressing and mix. Eat and enjoy!



Nutritious meals can be prepared in many ways. Follow the QR code to find easy recipes with ingredients you might already have in your kitchen.



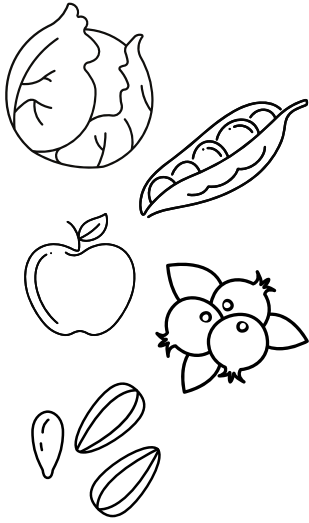
We are all unique. We have different abilities, skills, and preferences. As you are able, try to honor these differences by introducing your student to a variety of activities. What do they like to do? Some ideas might include playing soccer or dancing. Try to make it a fun and positive experience for you and your student.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase.

Las familias que comen juntas son más saludables juntas.

Comer en familia se ha relacionado con un aumento del autoestima y la confianza en los niños. Además, es más probable que los niños que comen con su familia elijan y prueben frutas y verduras.



Ensalada Vegetariana Crujiente de Repollo

Rinde: 10-12 porciones

Costo Total: \$12.80 - 13.90

Ingredientes

- 1 bolsa de repollo rallado (16 oz)
- 1 bolsa de guisantes (6 oz)
- 2 manzanas granny smith
- 1 taza de arándanos secos
- 1 taza de semillas de girasol
- ½ taza de aderezo para ensaladas de semilla de amapola (poppy seed)

Directions

1. Todos se lavan las manos.
2. Lavar las manzanas y cortarlas en pedazos pequeños.
3. Cortar los guisantes en pedazos pequeños.
4. Agregar el repollo, guisantes, manzanas, semillas de girasol y los arándanos secos a un tazón.
5. Agregar el aderezo y mezclar. ¡Comer y disfrutar!



Las comidas nutritivas se pueden preparar de muchas maneras. Escaneé el código QR para encontrar recetas fáciles con ingredientes que quizás ya tenga en su cocina.



Todos somos únicos. Tenemos diferentes habilidades, destrezas y preferencias. Si es posible, intente honrar estas diferencias cuando presente a su estudiante una variedad de actividades. ¿Qué le gusta hacer? Algunas ideas pueden incluir caminar o bailar. Intente que sea una experiencia divertida y positiva para su estudiante.