

## Fruit Pizza (1<sup>st</sup> Grade )

### Materials and Ingredients

- ✓ *Handa's Surprise* by Eileen Browne
- ✓ clementine oranges
- ✓ fresh blueberries
- ✓ whipped cream cheese
- ✓ pineapple tidbits
- ✓ whole wheat English muffins ½ per student
- ✓ serving containers, plastic spoons, paper plates, plastic knives
- ✓ activity sheets

### Food Preparation

- ✓ Wash blueberries, peel clementines, divide English muffins
- ✓ Put ingredients in serving containers
- ✓ Plan to have students serve themselves & prepare their own pizzas

### Introduction

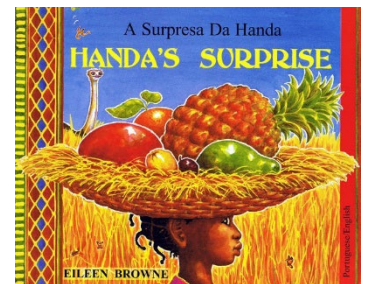
- ✓ Start off with a short brain boost (see next page)
- ✓ Ask and discuss why fruit is healthy for us to eat
- ✓ Read the book *Handa's Surprise*.
- ✓ Discuss with students that Handa lives in an African village and how her life is different from ours and how it is the same.
- ✓ Tell students that today they are going to make a pizza surprise!
- ✓ ***Fruit is colorful and sweet but best of all it's good to eat! Eat fruit every day!***

### Process

- ✓ Have students wash their hands with soap and warm water
- ✓ Demonstrate how to make a fruit pizza
- ✓ Have students make and eat their own fruit pizzas
- ✓ ***Activity Sheet:*** have students make their own fruit baskets
- ✓ ***Fruit is colorful and sweet but best of all it's good to eat! Eat fruit every day!***
- ✓ ***Whole wheat is great to eat!***

### 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!**

**Can you move with me? Repeat to get your heart rate up.**

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

# HANDA'S SURPRISE



In my basket I have...

A large, empty rounded rectangular box with a black outline, intended for drawing a picture of the fruit in the basket.

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A large, empty rounded rectangular box with a black outline, intended for drawing a picture of the fruit in the basket.A large, empty rounded rectangular box with a black outline, intended for drawing a picture of the fruit in the basket.

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# HANDA'S SURPRISE WORDMAT

Handa



Akeyo



banana



mango



guava



orange



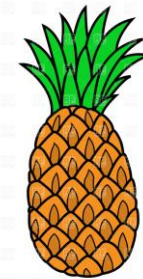
passion fruit



avocado



pineapple



tangerines



# HANDA'S SURPRISE



En mi canasta tengo...

A large, empty rounded rectangular box with a black outline, intended for drawing or writing.

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A large, empty rounded rectangular box with a black outline, intended for drawing or writing.A large, empty rounded rectangular box with a black outline, intended for drawing or writing.

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# Palabras de la sorpresa de Handa

Handa



Akeyo



plátano



guayaba



naranja



mango



maracuyá

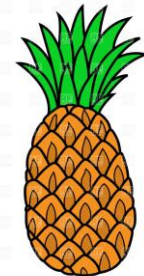


aguacate

piña



mandarinas



Dear Families,

Today your student explored different fruits while reading a story called "Handa's Surprise" written by Eileen Browne. Scan the QR code on the right for a read-aloud of the book to listen at home. They also prepared a fruit pizza on a whole wheat English muffin during class (recipe found below).



Fun Fact: Experts found children are more likely to try foods when they are involved in the preparation. A fruit pizza is a nutritious snack that is easy for children to help choose the ingredients and put it together.



Scan this QR code to watch how to make a similar snack to what we made in class.

## Fruit Pizza

Makes About: 6 servings      Total Recipe Cost: \$8.00 - \$10.00



### Ingredients

- 3 whole wheat English muffins, cut in half
- whipped low-fat cream cheese (8 oz.)
- ½ can pineapple tidbits (20 oz.)
- 2 clementine oranges
- blueberries (1/2 pint or 6 oz.)

*\*Feel free to adjust ingredients depending on allergies and/or what you have at home.*

### Directions

1. Wash blueberries.
2. Peel clementine oranges and divide into sections.
3. Open and drain can of pineapple.
4. Slice English muffins in half for pizza crust.
5. Spread about 1 tablespoon of whipped cream cheese onto half of an English muffin. Add fruit toppings.
6. Eat and enjoy.



Experts recommend children ages 6 to 17 participate in moderate to vigorous physical activity (MVPA) for at least 60 minutes a day. MVPA is any activity that gets your heart pumping. It can be on your feet or in your seat. If possible, try one of these exercises as a family.

- **Follow the leader.** Sit down and have your student follow you as you do upper-body movements like waving arms and shoulder shrugs.
- **Pretend to be animals.** Have your student stomp like an elephant, flap their wings like a bird, or run like a horse. Be creative and let your student pick which animal they would like to be.

Queridas familias:

Hoy su estudiante exploró diferentes frutas mientras leía una historia llamada "La sorpresa de Nandi" escrita por Eileen Browne. Escanear el código QR a la derecha para una lectura en voz alta del libro. También prepararon una pizza de frutas en un panecillo inglés de trigo integral durante la clase (receta que se encuentra a continuación).



Dato curioso: Los expertos descubrieron que es más probable que los niños prueben alimentos cuando participan en la preparación. Una pizza de frutas es un aperitivo nutritivo que es fácil para que los niños ayuden a escoger los ingredientes y prepararla.



Escanee este código QR para ver cómo hacer un aperitivo similar al que hicimos en clase.

## Pizza de Fruta

Rinde de: 6 porciones      Costo total de la receta: \$8.00 - \$10.00

### Ingredientes

- 3 panecillos ingleses integrales, cortados por la mitad
- Queso crema batido bajo en grasa (8 onzas)
- ½ lata de piña en trocitos (20 onzas)
- 2 naranjas clementinas
- 6 onzas de arándanos



*\*Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*

### Instrucciones

1. Lava en los arándanos.
2. Pelen las naranjas clementinas y divídanlas en secciones.
3. Abran y escurran la lata de piña.
4. Rebanen los panecillos ingleses a la mitad para crear la corteza de la pizza.
5. Embarren aproximadamente 1 cucharada de queso crema batido en una de las rebanadas de panecillos ingleses. Agreguen las frutas como ingredientes encima.
6. Coman y disfruten



Los expertos recomiendan que los niños de 6 a 17 años participen en actividades físicas de moderadas a vigorosas (MVPA) por lo menos 60 minutos al día. MVPA es cualquier actividad que hace que su corazón lata rápido. Puede hacer las actividades parado(a), o sentado(a). Si es posible, intenten hacer uno de estos ejercicios juntos en familia.

- **Siga al líder.** Siéntese y haga que su estudiante le siga mientras hace movimientos con la parte superior del cuerpo, como agitar los brazos y encogerse de hombros.
- **Pretendan ser animales.** Haga que su estudiante pisotee como un elefante, agite sus alas como un pájaro o corra como un caballo. Sea creativo y deje que su estudiante escoja qué animal le gustaría ser.