

Healthy Families- Fruit Pizza (2nd)

Materials and Ingredients

- ✓ *The Relatives Came* by Cynthia Rylant
- ✓ clementine oranges, fresh blueberries, pineapple tidbits
- ✓ whipped cream cheese
- ✓ whole wheat English muffins (½ per student)
- ✓ serving containers, plastic spoons, paper plates, plastic knives
- ✓ activity sheets



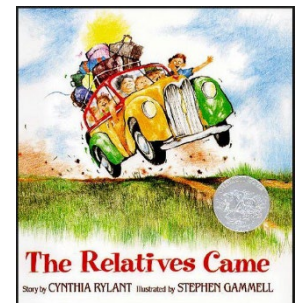
Food Preparation

- ✓ Wash blueberries, peel clementines, divide English muffins carefully
- ✓ Put ingredients in serving containers (plan for 4 groups)
- ✓ Students serve themselves & prepare their own pizzas in their groups



Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Read and discuss the book *the Relatives Came*
- ✓ Discuss the importance of eating together as a family
- ✓ *Focus on fruit! Eat fruit together with your family!*
- ✓ *Fruit is colorful and sweet, but best of all it's good to eat!*



Process

- ✓ Have students wash their hands with soap and warm water
- ✓ Demonstrate how to make a fruit pizza
- ✓ Students will get into groups, & eat together as a classroom family
- ✓ Have students practice good table manners as they pass, make and eat their fruit pizza creations
- ✓ Students draw pictures of their family eating together
- ✓ *Focus on fruit! Eat fruit together with your family!*
- ✓ *Fruit is colorful and sweet but best of all it's good 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!

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 a picture of you and your family enjoying a meal together.
Label each person and write a few sentences about your picture.

Las Familias

Nombre: _____ Fecha: _____

Haz un dibujo en la que tú estés con tu familia disfrutando de una comida juntos. Pon nombre a cada persona y escribe unas oraciones acerca del dibujo.



Families who eat together are healthier together!

Fun Fact: Eating as a family has been linked to positive child development and an increase in self-esteem and communication skills. Whether your family is large or small, it is valuable to try to share meals together when you can and with whom you can.



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

Fruit Pizza

Makes About: 6 servings

Total Recipe Cost: \$10.80 - \$11.00

Ingredients

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

Directions

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

Try using other fruits of your choice and invent your own pizza recipe.



One way to remove stress in the kitchen is to make one-dish meals like casseroles. They can be made in a single pot, skillet, or baking dish. One-dish meals are also a great way to use up leftovers and prevent food waste. Visit the QR code for a meal prep guide.



Movement is about having fun and developing new skills. It can look different for everybody. As the weather gets colder and the days get shorter, outdoor activity can become difficult. Follow the QR code for an indoor activity that you can do on your feet or in your seat.



¡Las familias que comen juntas son más saludables juntas!

Dato curioso: comer en familia se ha relacionado con un desarrollo infantil positivo y un aumento de la autoestima y las habilidades de comunicación. Ya sea que su familia sea grande o pequeña, es importante compartir las comidas cuando sea posible.



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

Pizza de Frutas

Rinde: 6 porciones

Costo Total: \$10.80 - \$11.00

Ingredientes

- 3 panecillos Ingleses integrales (English Muffins) cortados por la mitad
- queso crema batido bajo en grasa (8 oz.)
- ½ lata de piña en trocitos (20 oz.)
- 2 mandarinas o naranjas
- arándanos (2 tazas)

Instrucciones

1. Todos se lavan las manos.
2. Lavar los arándanos.
3. Pelar las mandarinas y dividir en secciones.
4. Abrir y escurrir la lata de piña.
5. Cortar los panecillos por la mitad para usar como base de la pizza.
6. Untar una cucharada de queso crema en cada mitad del panecillo.
7. Añadir fruta al gusto.
8. ¡A comer y disfrutar!

También puede usar otras frutas de su elección para inventar su propia receta de Pizza de Frutas.



Una forma de quitar el estrés en la cocina es hacer comidas de un solo plato, como guisos. Se pueden hacer en una sola olla, sartén o fuente para hornear. Las comidas de un solo plato también son una excelente manera de usar la comida sobrante y evitar el desperdicio de alimentos. Visite el código QR para obtener una guía de preparación de comidas.



(Video en inglés)

El movimiento se trata de divertirse y desarrollar nuevas habilidades. Puede verse diferente para todos. A medida que el clima se vuelve más frío y los días se acortan, la actividad al aire libre puede volverse difícil. Siga el código QR para hacer una actividad adentro que puede realizar de pie o en su asiento.