

## Chinese Tangrams; Crunchy Veggie Salad (2<sup>nd</sup> Grade)

### Materials and Ingredients

- ✓ *Grandfather Tang's Story* by Ann Tompert
- ✓ shredded cabbage, cucumber & mandarin oranges
- ✓ Chow Mein noodles
- ✓ cutting board, teacher knife, bowls, can opener, peeler
- ✓ big paper plates, chopsticks, plastic forks & knives, gloves

### Food Preparation

- ✓ Wash cucumber
- ✓ Peel and cut cucumber into strips  
*Students will cut up snow peas, water chestnuts & cucumber*
- ✓ Have ingredients and materials ready to pass out
- ✓ Use juice from Mandarin Orange can as your dressing

### Introduction

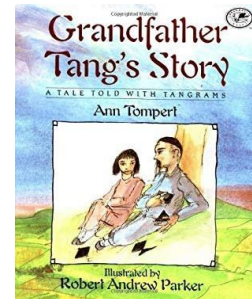
- ✓ Start off with a short brain boost (see next page)
- ✓ Show students where China is on the world map & discuss how different countries have different foods, dress, etc.
- ✓ Discuss with students why it is good to “*Be brave and try eating new foods*”; today students will try Chinese vegetables
- ✓ ***Make half your plate fruits & veggies by eating them at every meal!***
- ✓ Optional: Read the book *Grandfather Tang's Story*.

### Process

- ✓ Students wash their hands with soap & warm water
- ✓ Students use **plastic gloves**, plates & plastic knives to cut up cucumbers, water chestnuts & snow peas
- ✓ Add all ingredients to salad, serve & eat with chopsticks.
- ✓ ***Grow healthy & strong by eating fruits & veggies at every meal!***
- ✓ Optional: Activity sheet: use tangram puzzles to make animals

### 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!**

### **Move like an animal!**

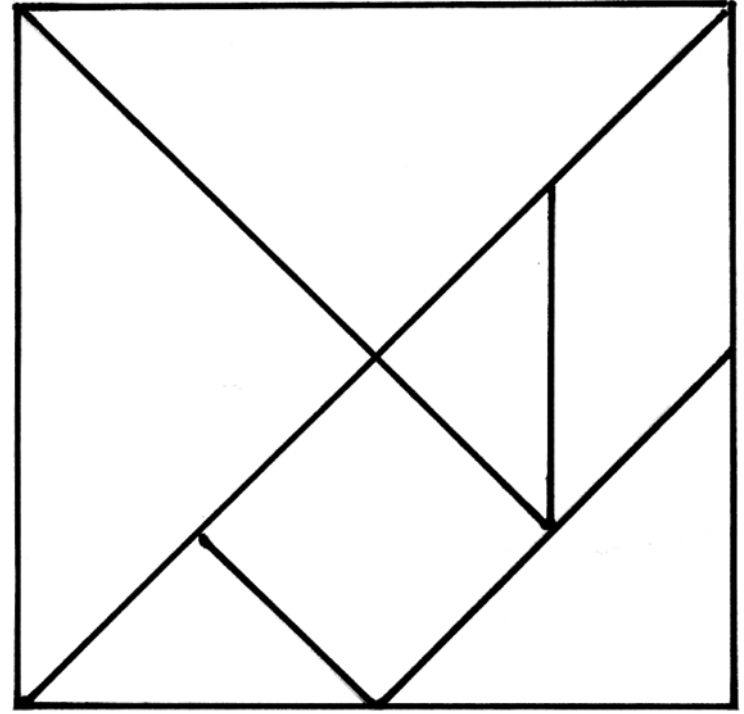
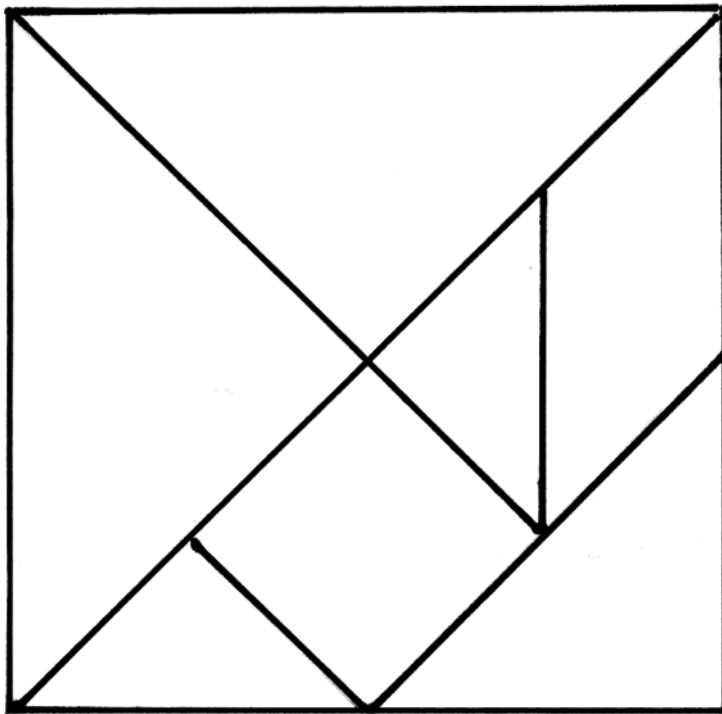
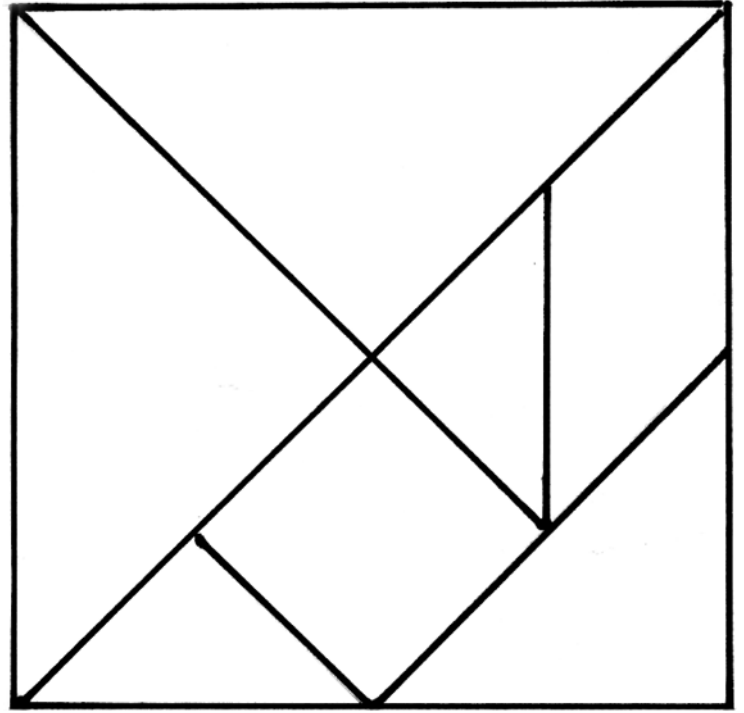
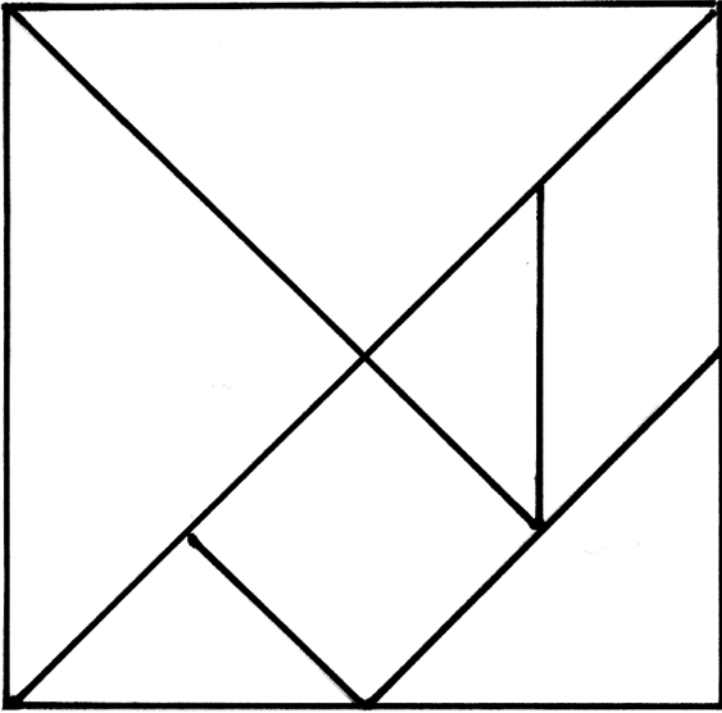
*Students pretend they are different animals, staying in place.*

*Teacher calls out instructions.*

- ♥ Run like a fox
- ♥ Hop like a rabbit
- ♥ Stretch like a dog (hands & feet on floor, straight legs, make an upside down V)
- ♥ Climb like a squirrel (knees high, arms high)
- ♥ Jump and flap your wings like a hawk (jumping jacks)
- ♥ Act like a turtle (sit down on your knees, put your forehead on the ground in front of you, stretch your arms out in front of you....breathe)


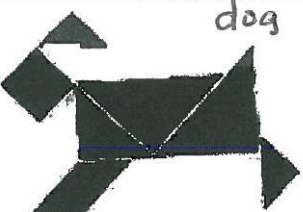
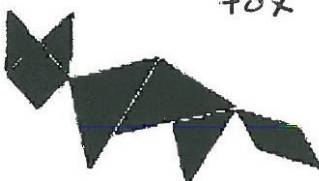


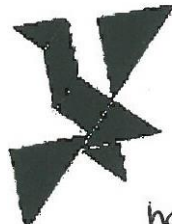



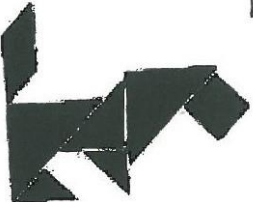
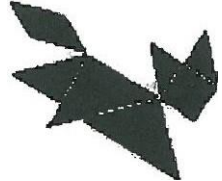
# Chinese Tangram (2nd Grade)

Note: Teacher cut into onesquare per student



# Grandfather Tang's Animal Puzzles

Use your tangram pieces to create the animals below.

 <p>crocodile</p>	 <p>dog</p>	 <p>fox</p>
 <p>goldfish</p>	 <p>goose</p>	 <p>hawk</p>
 <p>rabbit</p>	 <p>squirrel</p>	 <p>turtle</p>
 <p>lion</p>		<p>Tangram Puzzles</p>



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

Dear Families,

Today your student explored the importance of eating many kinds of vegetables while preparing the crunchy veggie salad. They talked about how cultures have different foods and learned the value of trying new foods.

**Fun Fact:** Experts found children are more likely to try foods when they are involved in the preparation. If possible, have your student help put the salad together.

## Crunchy Vegetable Salad

Makes About: 10-12 servings

Total Recipe Cost: \$17.00 - \$19.00

### Ingredients

- 1 bag shredded cabbage (16 oz.)
- 1 cucumber
- 1 bag snow peas (6 oz.)
- 1 can sliced water chestnuts, drained (8 oz.)
- 2 cans mandarin oranges (11 oz.)
- 1 bag Chow Mein noodles (6 oz.)
- 2 tablespoons sesame seeds, optional
- 1/3 cup sliced almonds, optional

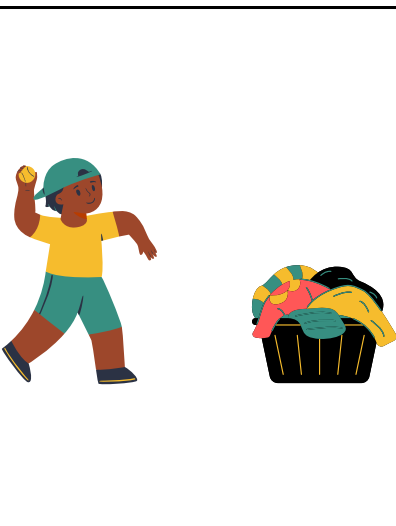
### Directions

1. Wash and peel cucumber.
2. Cut cucumber, snow peas, and water chestnuts into small pieces.
3. Add vegetables into a bowl along with cabbage and mandarin oranges.
4. Pour vinegar and oil over the salad and mix.
5. Mix Chow Mein noodles into the salad right before serving.
6. Eat and enjoy!

Dressing (choose one option)

- Light dressing
- ¼ cup oil + ¼ cup vinegar

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



Experts recommend children ages 6 through 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.

**"Sock it to me".** Hold open an empty bag or laundry bin while your child tries to throw rolled-up socks inside. Try changing the size of the bag's opening or the distance of the bin to keep the game interesting.

**Dance party.** Turn on your favorite music and move your body. Try the following dance moves: robot, superhero, grasshopper, and touchdown. Once completed, ask your student how many other dances they can create.



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

Queridas familias:

Hoy su estudiante exploró la importancia de comer muchos tipos de verduras mientras prepara la ensalada vegetariana crujiente. Hablaron sobre cómo diferentes culturas tienen diferentes alimentos y aprendieron el valor de probar nuevos alimentos.

Dato curioso: Los expertos descubrieron que es más probable que los niños prueben alimentos cuando participan en la preparación. Si es posible, pídale a su estudiante que ayude a preparar la ensalada.

## Ensalada de verduras crujientes

Rinde de: 10-12 porciones

### Ingredients

- 1 bolsa de repollo rallado (16 onzas)
- 1 pepino
- 1 bolsa de guisantes de nieve (6 onzas)
- 1 lata de castañas de agua en rodajas, escurridas (8 onzas)
- 2 latas de mandarinas (11 onzas)
- 1 bolsa de fideos Chow Mein (6 onzas)
- 2 cucharadas de semillas de ajonjolí, opcional
- 1/3 taza de almendras rebanadas, opcional

Aderezo (elegir una opción)

- Aderezo ligero
- 1/4 de taza aceite + 1/4 de taza vinagre

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

Costo total de la receta: \$17.00 - \$19.00

### Instrucciones

1. Laven y pelen el pepino.
2. Corten el pepino, los guisantes y las castañas de agua en trozos pequeños.
3. Agregue los vegetales en un tazón junto con el repollo y las mandarinas.
4. Vaciar el vinagre y el aceite sobre la ensalada y mezclar.
5. Mezclar los fideos Chow Mein en la ensalada justo antes de servir.
6. Comer y disfrutar.



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.

- **"Calcetines Adentro"**. Mantenga abierta una bolsa vacía o un canasto de la ropa mientras su hijo intenta lanzar calcetines enrollados dentro. Trate de cambiar el tamaño de la abertura de la bolsa, o la distancia de la canasta para mantener el juego interesante.
- **Fiesta de baile**. Enciendan su música favorita y muevan su cuerpo. Intenten los siguientes movimientos de baile: robot, superhéroe, saltamontes y tocar tierra. Una vez completado, pregúntele a su estudiante cuántos otros bailes pueden crear.