

MyPlate: Colorado Wildlife (5th Grade)

This is a longer lesson; it can be split into two parts and taught over two days.



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ☒ **taste** a “MyPlate” salad recipe.
- ☒ **express ways** they can **make half their plate fruits and vegetables.**
- ☒ **explain** the **health benefits** of eating lots of fruits and vegetables every day.
- ☒ **identify** that MyPlate has 5 food groups and that different foods fit in the different groups and contribute to overall health.

MATERIALS AND INGREDIENTS

Bin	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> - can opener - 2 medium bowls - 1 mixing spoon - chef knife (teacher only) - cutting board (teacher only)	- activity sheet copies (1 for every 2 students) - text copies (1 for every 2 students) - answer sheets copies (teacher only) - napkins*	- MyPlate poster - romaine lettuce, cut, bagged, pre-washed - seedless grapes (1 lb.) - plain yogurt, low-fat (8 oz) - 6” whole wheat tortilla (1/2 per student) (fajita style) - 2 -cans chicken (10 - 12 oz) - family letter/recipe copies*
<u>In Paper Goods Bin</u> - small paper plates* - plastic forks*		

*one per student

Reinforcing Colorado Comprehensive Health Standards

Fifth Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating.

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies of activity sheets "*Food Groups for _____*", and "*MyPlate for _____*", back-to-back, one for every two students. Students will work in pairs on this activity.
- Make copies of animal texts. There are six different texts (2 texts per page) and each pair of students will work with one of the texts. Depending on class size make about 2 copies of each text.
- Have copy of "What Do Our Pets Eat?" ready to display on overhead device.

Work area:

- Students will work in pairs at their desks.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Open and drain canned chicken.
- Wash grapes and cut them in half.
- Have salad ingredients (chicken, grapes, and yogurt) ready to mix together.
- Have bowl and mixing spoon ready for making salad in.
- Cut tortillas depending on size delivered, sixths, fourths, or halves.
- **Important:** Make sure tortillas pieces are the right size for the small amount of salad students will get.
- Have tortillas, lettuce, paper plates, plastic forks, and napkins ready for eating salad.

Other-prep:

- Display MyPlate poster on the board.
- Have answer sheets for Animal MyPlates (teacher only) available for reference.

INTRODUCTION WITH STUDENTS

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

My Plate Move- Repeat to get your heart going!

Do the MyPlate move! Teacher, pick a food picture and shout out!



(Example- Broccoli-Vegetable Group- Jog in Place)

- ♥ Vegetable group=jog in place
- ♥ Fruit group=crouch down, jump up
- ♥ Protein group=knee highs
- ♥ Grains group=jump on one foot
- ♥ Dairy group=jumping jacks

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Ask students to tell you what food does for our bodies and why we need it.
- Tell students that we have a picture that shows us what foods our body needs to grow and be strong and healthy. It's called MyPlate.
- Show students the MyPlate poster. Tell students that all of the healthy foods are divided into food groups. Go over each of the groups with the students and the foods that go in each group.
 - ✓ **Grains Group:** Foods from this group give our bodies energy.
(bread, tortillas, rice, cereal, noodles, oatmeal, popcorn, crackers)
 - ✓ **Vegetable Group:** Foods from this group give have important vitamins.
(lettuce, tomatoes, bell peppers, cucumbers, carrots, spinach)
 - ✓ **Fruit Group:** Foods from this group give have important vitamins. (apples, oranges, bananas, strawberries, watermelon, blueberries, pears)
 - ✓ **Protein Group:** Foods from this group are good for our muscles.
(eggs, meat, fish, nuts, beans)
 - ✓ **Dairy Group:** Foods from this group are good for our bones.
(milk, cheese, yogurt, tofu, soy milk)
- **Refer to the Key Behavior on the board and tell students that “making half their plate fruits and vegetables” means to eat lots of different fruits and vegetables every day. Doing this is good for their growing bodies and will help keep them healthy and strong.**
- If students ask where food items such as candy and soda fit in MyPlate, explain that MyPlate shows foods that fit into a healthy diet and that should be eaten every day. Candy and sodas aren't necessary for a daily healthy diet. **Tip:** Refer to the **Food Group Information Sheet** at the end of the lesson for information on which foods belong in which food groups.
- Tell students that today they are going to create food guide systems for Colorado wildlife, compare them with the human food guide system MyPlate, and then eat a snack that includes all five of the food groups.

PROCESS

- Step 1: Display "What Do Our Pets Eat?" for students to read together. Have the "Rabbit, Snake, and Dog MyPlates (teacher only) ready for reference.
- Step 2: On chart paper, the board, or overhead projector draw a blank circle. Label it "Rabbit MyPlate". **Important:** Make the circle small enough so two other circles can fit on the same page or board.

- Step 3: Make a Rabbit MyPlate on the board: (refer to teacher guide)
- ✓ Ask students if rabbits eat any foods from the grains group, protein group or dairy group (no).
 - ✓ Ask if any of the foods are from the vegetable group and fruit group.
 - ✓ Note that all foods in the list are either vegetables or fruits; grass and timothy hay would be considered vegetables.
 - ✓ Draw a line down the middle of the blank circle and write vegetables in the left section and fruits in the right section.
 - ✓ Put the different foods the rabbit eats in their correct food groups.
- Step 4: Have the students help you make a MyPlate for the snake and the dog as well, using their food lists. (refer to teacher guide).
- Step 5: Read about herbivores, carnivores and omnivores with students and have them answer the questions from the activity sheet.
- Step 6: Divide students into pairs and tell students that each pair is going to make a “MyPlate” for a wild animal of Colorado. Pass out one Colorado wild animal text to each pair of students.
- Step 7: Also pass out the two activity sheets that go with the animal text: "Food Groups for _____" and "MyPlate for _____".
- Step 8: Have students read their animal texts, and work on the two activity sheets.
Tip: Some animals’ plates will be more difficult to create than others. The carnivores will be the simplest, then herbivores, and the omnivores the most complex. Refer to the teacher guides to help you help the students.
- Step 9: As students finish have them wash their hands with soap and warm water. Students who finish early may volunteer to help with the snack.
- Step 10: Go over and make the MyPlate Chicken Salad Wrap recipe. Ask students where each ingredient in the salad fits in MyPlate. The tortillas are whole wheat tortillas. Whole wheat is healthy to eat.
- Step 11: Demonstrate how to make the wrap.
- ✓ Put a few pieces of lettuce on top of tortilla.
 - ✓ Spoon a tablespoon of chicken salad on top of lettuce.
 - ✓ Roll up in tortilla.
 - ✓ Model taking a taste.
- Step 12: Pass out snack to each student (have students help). Encourage them to try this new food.
- Tip:** Serving a small amount of a new food is less overwhelming for students. Encourage them to try but also give them the option to say “no thank you” if they are not ready to try.
- Step 12: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned. Ask and discuss the questions in the box **Make Health Happen.**

Step 13: Remind students to take their recipes home to share with their families.

Make Health Happen

- ☒ How could you figure out if you are eating enough fruits and vegetables to fill half your plate?
- ☒ If you know you are not eating enough foods from one of the food groups what could you do?
- ☒ Once you know what healthy foods you need to eat more of, how can you make sure you eat them?

BACKGROUND INFORMATION

- It is important to establish healthy eating habits during childhood years since these habits may carry into adulthood. The “MyPlate” Food Guidance System is a graphic symbol developed by the United States Department of Agriculture and the United States Department of Health and Human Services to help consumers implement the 2020-2025 Dietary Guidelines for Americans. MyPlate emphasizes the need for a more individualized approach to improving diet and lifestyle.
- The Dietary Guidelines include several important key recommendations to encourage consumers to follow a healthy eating pattern at an appropriate age and calorie level. The focus should be on nutrient density, variety and amount. Calories from added sugars and solid fats need to be limited, along with a reduction in sodium intake. Cultural and personal preferences are important when making shifts to healthier food and beverage choices. Finally, everyone has a role in helping to create and support a healthy eating pattern. To receive on-line personalized recommendations on the kinds and amounts of food to eat each day, go to ChooseMyPlate.gov.
- Healthy eating pattern includes a variety of vegetables (dark green, red, orange, and legumes), fruit (with a focus on whole fruit), grains (at least half should be whole grains), fat-free or low-fat dairy, variety of protein foods (seafood, lean meats, legumes, nuts, and soy products). We need to limit saturated and Trans fats, added sugars, and sodium.
- In this lesson, your students will learn that there are five major food groups and what foods go in each of the groups. All the food groups work together to provide the essential nutrients our bodies need to grow and function properly. Since no one group or food can provide all the nutrients our bodies need, it is important to eat foods from each group and eat a variety of foods within each group.
- **Food Groups:** The orange section of MyPlate represents the **Grain Group**. Foods that are made from grains such as wheat, rice, oats, cornmeal and barley belong in this group. For example, bread, pasta, oatmeal, breakfast cereals, tortillas, and grits all belong in the grain group. This group provides complex carbohydrates (giving us energy), fiber, vitamins (especially B vitamins) and minerals. It is highly recommended to eat 100% whole grains from this group rather than refined grains. Look for the word “whole” in the first ingredient on food labels. We recommend, *“Make at least half your grains whole grains”*.
- The **Vegetable Group** of MyPlate is green and the **Fruit Group** is red. The Vegetable and Fruit Groups provide important vitamins (such as vitamin A, C and folate), minerals (such as potassium, magnesium, iron) and fiber. In addition, phytochemicals from fruits and vegetables can help reduce the risk of cancer, heart disease and other chronic diseases. Try to make half your plate fruits and vegetables to increase fiber and a variety of nutrients in your diet. We recommend, *“Vary your veggies”* and *“Focus on whole fruit”*.

- The **Protein Group** is purple and includes poultry, fish, dry beans, eggs, nuts and seeds. It is called the protein group due to the high protein content of the food items in this group. Protein not only rebuilds cells in organs, muscles, tendons, ligaments, hair and nails, but it also contributes to the formation of enzymes, antibodies and hormones. Increase the amount and variety of fish and seafood in place of some meat and poultry. We recommend, *"Vary your protein routine"*, which refers to primarily selecting a wide variety of protein foods to include lower fat meats, eggs, fish, beans, legumes, nuts, and seeds.
- The **Dairy Group** includes fat-free and 1% milk, cheese, soy milk, tofu, and other dairy products. In addition to having lots of calcium, milk and dairy products provide other essential nutrients, all necessary for good teeth and bone health and development. These include phosphorus, magnesium, potassium, B-complex vitamins, protein, and added Vitamin A and D in milk. The Dietary Guidelines (2015-2020) recommends that children aged 4-8 years consume 2 ½ cups of dairy foods per day, and children aged 9-18 years consume 3 cups daily. We recommend, *"To keep your bones strong, calcium can't be wrong!"*
- **Oils:** Oils include fats that are liquid at room temperature and are obtained from many different plants, such as canola, corn, olive, soybean and sunflowers, and oils from fish. Some foods are naturally high in oils, like nuts, olives, fish like salmon and tuna, and avocados. Other foods made using oil include mayonnaise, salad dressings, and soft margarine. Use oils sparingly and to replace solid fats, like butter or lard, where possible.
- **Salt:** Most Americans consume too much salt. Most comes from salt added during food production and processing. Reduce daily sodium intake to less than 2,300mg and further reduce intake to 1,500mg for persons with hypertension, pre-hypertension, or chronic kidney disease. Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower sodium.
- **Added Sugars:** Added sugars include sugars that are added to foods and beverages to sweeten it, and usually only contribute calories without any essential nutrients. Naturally occurring sugars in fruits or milk are not added sugars. Added sugars should be limited to less than 10% of total calories per day. Drink water instead of sugar-sweetened beverages.
- **Physical Activity:** Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. Youth ages 6 to 17 years need at least 60 minutes of activity per day including aerobic, muscle and bone strengthening activities. Adults should aim for at least 150 minutes of moderate intensity physical activity per week and perform muscle strengthening exercises at least 2 days per week.

What Do Our Pets Eat?

How would you create MyPlate pictures for the following animals?

Note: Foods at the beginning of the lists are eaten in larger amounts, and foods toward the end of the list are eaten in smaller amounts.

A Pet Rabbit's Diet

Example of a diet: Timothy hay (a kind of grass); plenty of fresh vegetables like dandelion, carrots and their tops, spinach, broccoli, papaya, pears, peaches, apples, pineapple, and strawberries.

A Pet Garter Snake's Diet

Example of a diet: Earthworms, small fish, slugs, insects and frogs.

A Pet Dog's Diet

Example of a diet: Turkey, chicken, poultry meal (ground chicken and turkey), ground yellow corn, rice, barley flour, potatoes, carrots, apples, milk powder, egg powder.

Herbivores, Carnivores, and Omnivores

Animals are divided into three categories according to the types of things that they eat.

Herbivores: Plant-eaters (includes vegetables, fruits, nuts and grains)

Carnivores: Meat-eaters (animals that eat bugs and other animals)

Omnivores: Plant- and meat-eaters

1. Are you an herbivore, a carnivore or an omnivore?
2. Is a pet rabbit an herbivore, a carnivore or an omnivore?
3. What about a pet snake? A pet dog?
4. Can you think of other animals that are herbivores, carnivores or omnivores?

¿Qué comen nuestras mascotas?

¿Cómo crearías imágenes de MyPlate para los siguientes animales?

Nota: Las comidas al principio de las listas se comen en cantidades mayores, y las comidas al fin de las listas se comen en cantidades menores.

La dieta de un conejito

Ejemplo de su dieta: Heno (un tipo de hierba seca); muchas verduras frescas como diente de león (una planta), zanahorias con sus tallos y hojas, espinacas, brócoli, papayas, peras, duraznos, manzanas, piñas, y fresas.

La dieta de una culebra "Garter"

Ejemplo de su dieta: Lombrices, pececitos, caracoles, insectos y ranas.

La dieta de un perro

Ejemplo de su dieta: Pavo, pollo (entero y molido) harina de maíz amarillo, arroz, harina de cebada, papas, zanahorias, manzanas, leche en polvo, huevos en polvo y grasa de carne.

Herbívoros, carnívoros, y omnívoros

Los animales se dividen en tres grupos, según el tipo de comidas que comen.

Herbívoros: Comen plantas (como verduras, frutas, nueces y cereales)

Carnívoros: Comen carne

Omnívoros: Comen plantas y carne

1. ¿Eres tú un herbívoro, un carnívoro o un omnívoro?
2. ¿Es un conejito un herbívoro, un carnívoro o un omnívoro?
3. ¿Qué piensas de una culebra? ¿Un perro?
4. ¿Puedes pensar en otros animales que son herbívoros, carnívoros o omnívoros?

MyPlate: Colorado Wildlife #1

Food Groups For _____

Your Colorado Animal

1. Put the **specific** foods that your animal eats into the following food groups:

GRAINS

VEGETABLES

FRUITS

Dairy

Protein

2. My animal eats mostly from the _____ food group.
List any other groups that it eats from:

3. My animal is a(n) **herbivore**, **carnivore**, **omnivore** (circle one) because..

MiPlato: Fauna de Colorado #1

Grupos de Alimentos de _____

Tu Animal de Colorado

1. Escribe las comidas **específicas** que come tu animal en los grupos siguientes:

GRUPO DE PROTEINAS

GRUPO DE LACTEOS

GRUPO DE FRUTAS

GRUPO DE VERDURAS

GRUPO DE GRANOS

2. Mi animal come principalmente del grupo de _____.
Escribe todos los otros grupos del cual come tu animal:

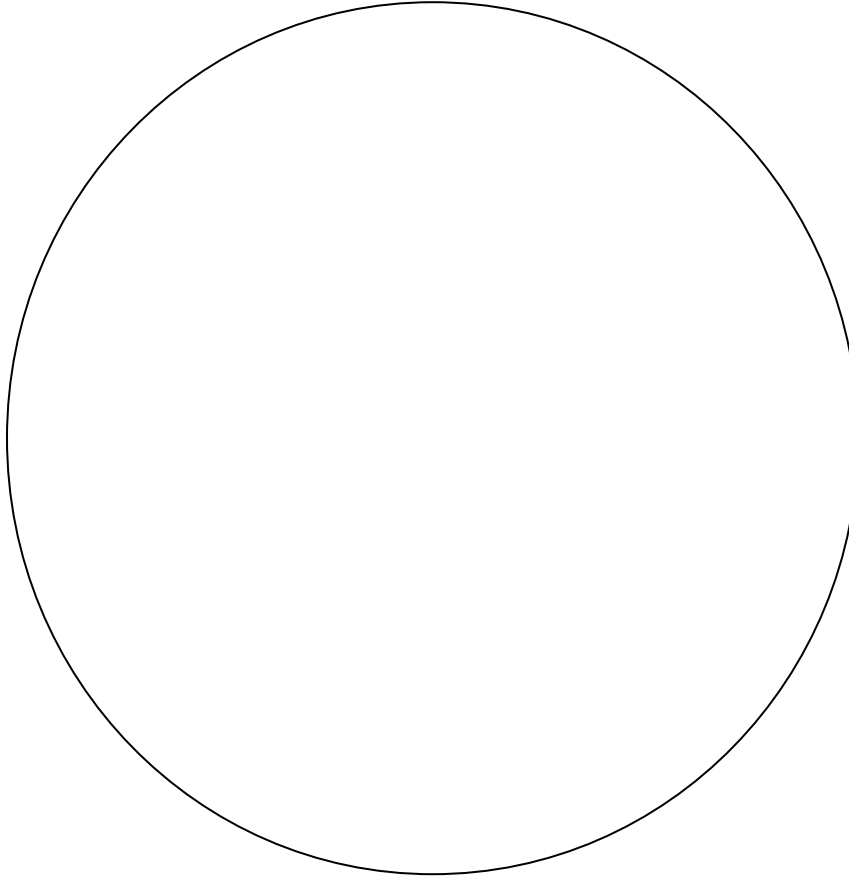
3. Mi animal es un **herbívoro**, un **carnívoro**, un **omnívoro** (encierra uno) porque:

MyPlate: Colorado Wildlife #2

MyPlate for _____

Your Colorado Animal

1. Transfer your animal's food groups and diet to the animal MyPlate below. Make sections for the food groups, label them, and fill in the names of the specific foods that fit into each group. You may also draw the foods if you have time.



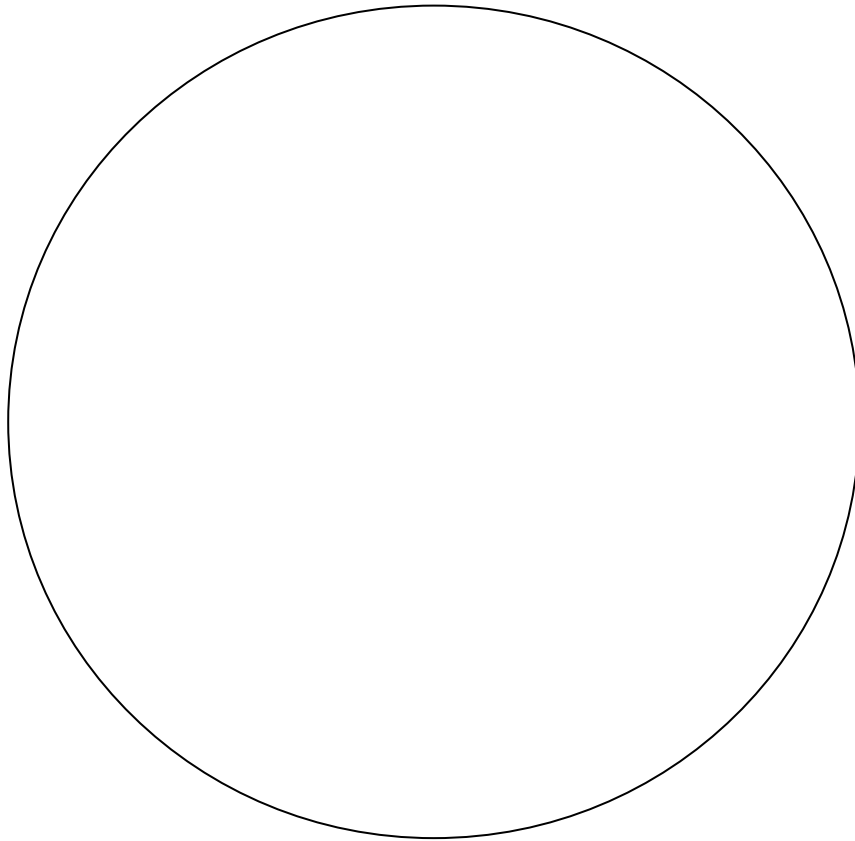
2. Could you survive on your animal's MyPlate? Why or Why not?
3. What else would you need to eat in order to be healthy?

MiPlato: Fauna de Colorado #2

MiPlato de _____

Tu Animal de Colorado

1. Escribe los grupos de alimentos y la dieta de tu animal en éste plato.
Haz las líneas para cada grupo de alimentos, nombra los grupos, y
escribe los nombres de las comidas que come tu animal en cada grupo.
Puedes dibujar las comidas si tienes tiempo.



2. ¿Pudieras sobrevivir con la dieta de tu animal?

3. ¿Qué otra comida tienes que comer para estar saludable?



Bighorn Sheep

The Bighorn sheep is Colorado's official state animal. It is found only in the Rocky Mountains, usually above timberline (where trees stop growing) in rocky areas and in canyons. The male weighs up to 300 pounds, and the female is slightly smaller. Bighorn sheep have great balance and can move easily on

rocks and cliffs. They were named for their huge curling horns, which, unlike antlers, do not fall off. A male's horns can get as heavy as 50 pounds! When they compete for mates, the rams (males) sometimes run toward each other at speeds of up to 55 miles per hour, and knock their horns together, which makes a loud clacking sound. To protect their brains, bighorns have double-layered skulls with an inch of spongy material between the layers.

The bighorn sheep eats grasses, sedges (similar to grass), and other plant material. They also eat small amounts of dirt in order to get the minerals that they need, like salt. Their predators (animals that eat them) include mountain lions and birds of prey, like eagles.



Mule Deer



Mule deer live all over Colorado, including on the grassy plains, in aspen and pine forests, and on mountains above timberline (where trees stop growing). The males (called bucks) can get up to 400 pounds and have antlers that look like branches. The females (called does) weigh up to 180 pounds. Mule deer have long ears that look kind of like a mule's ears.

Mule deer eat a variety of vegetable matter. In the summer they eat fresh green leaves, twigs, lower branches of trees, and different kinds of grasses. They especially like the leaves of mountain mahogany and chokecherry trees, as well as blackberry and raspberry vines, grapes, mistletoe, mushrooms, and ferns. They also eat sagebrush and other herbs that grow in the forest. Apples are sometimes treats. Mule deer are such careful eaters that they are able to pick and eat the fruit of a cactus! In the winter the deer must eat things like twigs and bark from Douglas fir, cedar, aspen, willow, dogwood, and juniper trees. Because it is hard for mule deer to find enough food in the winter, they sometimes starve--especially the babies, which are called fawns.

Mule deer predators (animals that eat them) include bobcats, mountain lions, golden eagles, coyotes, and bears.



El Bighorn Americano

El Bighorn Americano (Cabra de Montaña) es el animal de Colorado. Se encuentra solamente en las Montañas Rocosas, usualmente se encuentra más alto del límite de los árboles (donde los árboles no puede sobrevivir), en terrenos rocosos y en cañones. El macho puede pesar 300 libras, y las hembras pesan un poco menos. Los Bighorns tienen balance excelente y pueden moverse con facilidad en rocas y peñascos. Los nombraron por sus cuernos gigantes y curvados que, a diferencia de las astas, no se mudan. ¡Los cuernos de un macho pueden pesar 50 libras! Los carneros (machos) compiten por las hembras para aparearse, y corren de cabeza uno contra el otro a velocidades hasta 55 millas por hora, chocándose ruidosamente con los cuernos. Para proteger los cerebros, los bighorns tienen una calavera de dos capas, con una pulgada de material esponjada entre las capas.

Los bighorns comen varios pasto y otras comidas de planta. También comen un poco de tierra para obtener los minerales que necesitan, como sal. Sus predadores (animales que los comen) incluyen los leones de montaña y aves de rapiña, como las águilas.



El Venado (Ciervo)



Los venados (ciervos) viven por todas partes de Colorado, incluso en las praderas, los bosques de coníferas y de álamos, y se encuentran más alto del límite de los árboles (donde los árboles no puede sobrevivir). Los machos (llamados gamos) pueden pesar hasta 400 libras y tienen astas que parecen ramas. Las hembras (gamas) pesan hasta 180 libras. Los venados mulas tienen orejas largas que parecen las orejas de una mula.

El venado come una variedad de comida de origen planta. En el verano come hojas tiernas, palitos, ramas bajas y varios pastos. Especialmente le gusta comer las hojas de; árbol caoba y del cerezo silvestre, además las parras de mora y frambuesa, uvas, muérdago, hongos y helechos. También come salvia y otras yerbas que crecen en el bosque. A veces tiene el placer de comer manzanas. El venado es tan cuidadoso en comer ¡que puede agarrar y comer la fruta de un cacto! En el invierno el venado tiene que comer cosas duras como palitos y la corteza de los árboles como el abeto, cedro, álamo temblón, sauce, cornejo y otros árboles. Porque se les hace difícil encontrar suficiente comida durante el invierno, a veces se mueren de hambre--especialmente los bebés, que se llaman cervatos.

Los predadores de los venados (los animales que los comen) incluyen los gatos monteses, leones de montaña, águilas reales, coyotes y osos.

Mountain Lion



Mountain lions may live anywhere in Colorado where there is brushy plant cover or forest, but they prefer rocky canyons and the foothills of the Rockies. The largest cats in Colorado are around six feet long. Males weigh up to 210 pounds, and females can be as heavy as 140 pounds.

You may have heard some of the other names for mountain lions: cougar, puma, panther, and catamount.

The mountain lion is a great hunter. Because it doesn't have large lungs, it can't run very fast for long distances, so it is good at hiding and then pouncing on its prey unexpectedly. Mountain lions mostly eat deer. They also will eat elk, bighorn sheep, porcupine, and smaller mammals (including pet dogs and cats). Adults eat about one deer per week. The mountain lion will stuff itself with the dead animal--sometimes eating as much as 20 to 30 pounds in one sitting! Then the cat will cover the leftovers with pine needles and branches while it rests and digests for several days.



Bald Eagle

Bald eagles are large birds of prey; some with a wing span of more than three feet. They often live near streams, rivers, lakes, and reservoirs, and sometimes in drier areas like grasslands near prairie dog towns. Because the bald eagle is our national symbol, many of us recognize its dark feathers, white head, yellow beak, and large talons (claws).

Bald eagles have one mate for life. Many eagle pairs come to Colorado in the fall and stay through the winter. Some stay all year long. Eagle pairs make giant nests in trees, often near water. The nests can get as high as six feet and as wide as ten feet! While bald eagles once were an endangered species, they now are doing much better.

Eagles mostly eat fish, but carrion (dead animals) and small mammals like rabbits and prairie dogs can also be part of their diet.



León de Montaña

Los leones de montaña pueden vivir en cualquier parte de Colorado donde hay chaparral o bosque, pero prefieren estar en los cañones rocosos y al pie de las Montañas Rocosas. Los felinos más grandes de Colorado miden 6 pies de largo. Los machos pesan hasta 210 libras y las hembras pueden pesar 140 libras. Es posible que hayas oído otros nombres para el león de montaña: puma, pantera, guazuará y cougar en inglés.

El león de montaña es un gran cazador. No tiene pulmones grandes y no puede correr rápidamente por largas distancias, pero si puede esconderse, acechar (acercarse silenciosamente) y asaltar a su presa. Los leones de montaña principalmente comen venados. También comen antílopes, cabras (bighorn americanos), puercoespines, y mamíferos más pequeños (incluso las mascotas como perros y gatos). Los adultos comen por los menos un venado a la semana. El león de montaña se llena después de la caza, a veces se come de 20 a 30 libras a la vez. Después de comer, el felino cubre los desperdicios con pinos y ramas mientras que descansa y hace la digestión por muchos días.



El Águila Calva

Las águilas calvas son grandes aves de rapiña, algunas con una extensión de alas de más de tres pies. A menudo viven en las praderas cerca de las "ciudades" de los perrillos de la pradera. Como nuestro símbolo nacional, muchas personas reconocen su plumaje oscuro, cabeza blanca, pico amarillo y garras largas.

Las águilas calvas conservan la misma pareja por toda la vida. Muchas parejas de águilas calvas vienen a Colorado en el otoño y pasan el invierno aquí. Otras permanecen en Colorado todo el año. Las águilas suelen hacer sus nidos gigantes en árboles, cerca de agua. Su nido es uno de los mayores que existen, ¡a veces mide seis pies de altura y diez pies de ancho! Las águilas calvas estuvieron amenazadas por mucho tiempo, pero ya no están en peligro.

Las águilas principalmente comen peces, pero su dieta también incluye carroña (animales muertos), y mamíferos pequeños como conejos y perrillos de la pradera.



Black Bear



Black bears live in the woods and brushy areas in the middle and western parts of Colorado, including in the foothills and the mountains. They are Colorado's largest wild animal, with males weighing up to 350 pounds and females weighing up to 215 pounds. On their hind legs they can be between four to six feet tall!

Since black bears are so big, they need to eat a lot, so it's a good thing that they're not picky! They will eat just about anything, including carrion (dead animals), fruit (like blueberries and raspberries), starchy roots, nuts, honey (bees, honey comb, and wax, too), young deer and elk, birds, eggs, and insects. About 90% of their diet comes from plants (which means that they eat mostly fruits and vegetables). Bears are not threatened by any other animals except humans.

The black bear hibernates in the winter, going to sleep in its den (in a cave, a hollow tree, or a riverbank). During this time the bear doesn't get up to find food or even to go to the bathroom! Its heart beats more slowly, and it doesn't use much energy. But in order to get ready for hibernation, the bear has to gain a lot of weight in the fall. It gains up to 30% of its normal body weight in fat! To do this it has to eat about 20,000 calories per day in the fall, which is around ten times as much as a person eats per day!

Striped Skunk



The striped skunk is happy living in many different habitats in Colorado. Usually skunks are around two to three feet long and weigh six to twelve pounds. The skunk's black fur and white stripes down the back help to warn animals away. If they don't stay away, they will end up getting sprayed. A skunk's awful-smelling spray can travel up to twelve feet! It also causes temporary blindness and interferes with breathing so the skunk has a chance to escape danger. Interestingly, skunks do not spray each other, even if they are fighting.

Striped skunks borrow dens from other animals like foxes or raccoons. Sometimes they will dig their own. When the sun goes down striped skunks come out of their dens to forage for food. Their diet is made up mostly of animals like grasshoppers, beetles, snakes, frogs, lizards, mice, birds that nest on the ground, bird eggs, and earthworms. About twenty percent of what skunks eat includes roots, mushrooms, grains, fruit (like berries), and vegetables.

Because of their spray, skunks don't have many predators. The spray, though, does not bother the great horned owl, and so it hunts skunks at night. Many skunks are killed by cars.



El Oso Negro



Los osos negros viven en los bosques y en el chaparral en el centro y al oeste de Colorado, incluso en las montañas y al pie de las montañas. Es el animal salvaje más grande de Colorado. Los machos pesan hasta 350 libras y las hembras hasta 215 libras. Parados en sus patas traseras ¡alcanzan entre cuatro y seis pies de altura!

Por ser tan grandes, los osos negros tienen que comer mucho. Qué suerte que comen casi de todo. Comen carroña (animales muertos), fruta (como bayas), nueces, miel, venados y antas jóvenes, aves, huevos e insectos. Aproximadamente 90% de su dieta viene de plantas (significa que comen por la mayor parte frutas y verduras). Los osos no se sienten amenazados por otros animales, a excepción de los seres humanos.

El oso negro hiberna en el invierno, durmiéndose en su guarida (una cueva, el hueco de un árbol, o a la orilla de un río). Durante este tiempo, el oso no se levanta para buscar comida, ni para hacer sus otras necesidades. Su corazón late más lentamente, y no usa mucha energía. Pero para prepararse para la hibernación el oso tiene que subir mucho de peso en el otoño. ¡Sube hasta 30% de su peso normal en reserva de grasa! Para subir tanto, tiene que comer aproximadamente 20,000 calorías al día en el otoño, ¡que equivale diez veces la cantidad que come una persona al día!



El Zorrillo Rayado

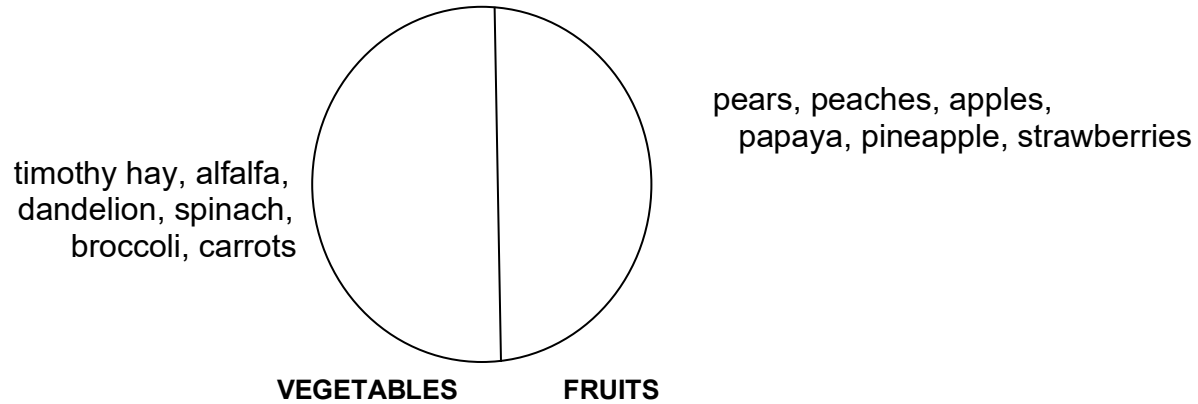
El zorrillo rayado está a gusto en varios hábitats de Colorado. Ellos normalmente miden dos o tres pies y pesan de 6 a 12 libras. El pelaje negro con rayas blancas en el lomo sirve de advertencia a otros animales. Si no se alejan del zorrillo, este les disparará un chorro de líquido ardiente y maloroso en su cara. El líquido, que puede viajar hasta 12 pies, puede dejar a su víctima ciega y sin aliento por un breve período de tiempo, dándole una oportunidad al zorrillo de escaparse. Los zorrillos nunca se disparan uno al otro, incluso cuando se pelean.

Los zorrillos usan las madrigueras abandonadas de otros animales como zorros o mapaches. A menudo escarban una para ellos mismos. Al oscurecer, salen los zorrillos en busca de comida. Se alimentan de otros animales como saltamontes, escarabajos, serpientes, ranas, lagartijas, ratones, aves que anidan en la tierra, huevos y lombrices. Aproximadamente 20% de lo que comen los zorrillos es de origen planta, como raíces, hongos, cereales, frutas (como bayas) y verduras.

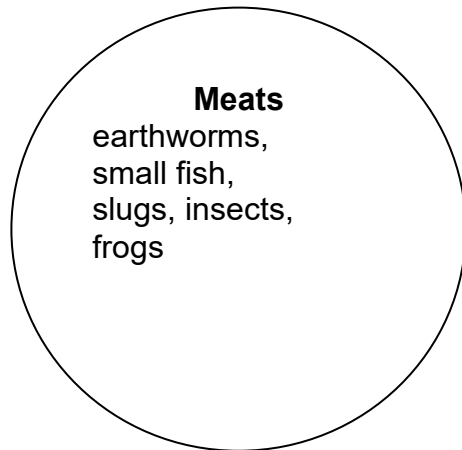
Los zorrillos no tienen muchos predadores, por su defensa natural del rocío. Sin embargo, el líquido no afecta al búho orejón, que caza a los zorrillos de noche. El predador más peligroso para el zorrillo es el carro.

Rabbit, Snake, and Dog MyPlates

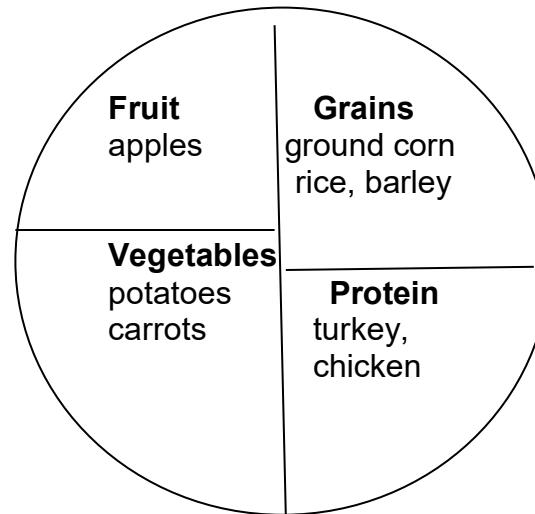
(teacher only)



Rabbit MyPlate (herbivore)

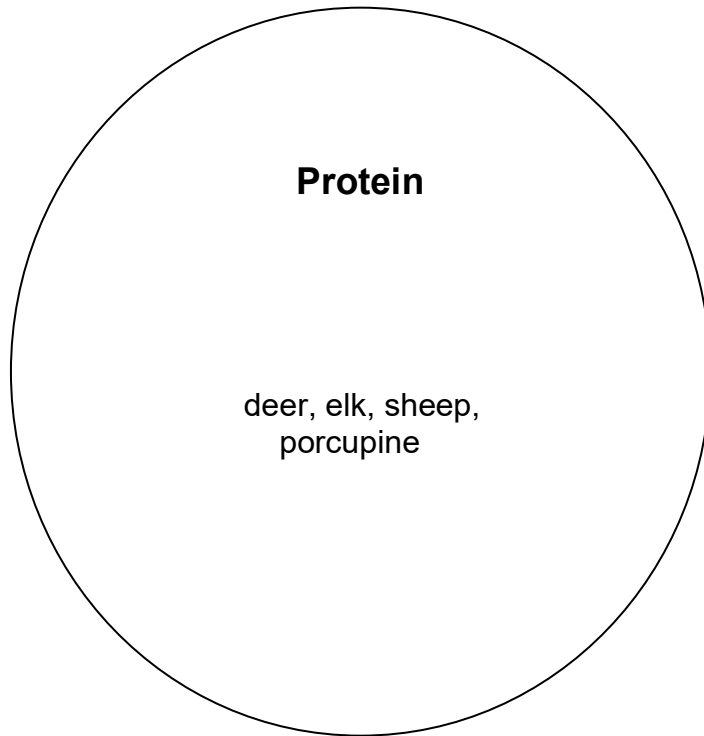


Snake MyPlate (carnivore)

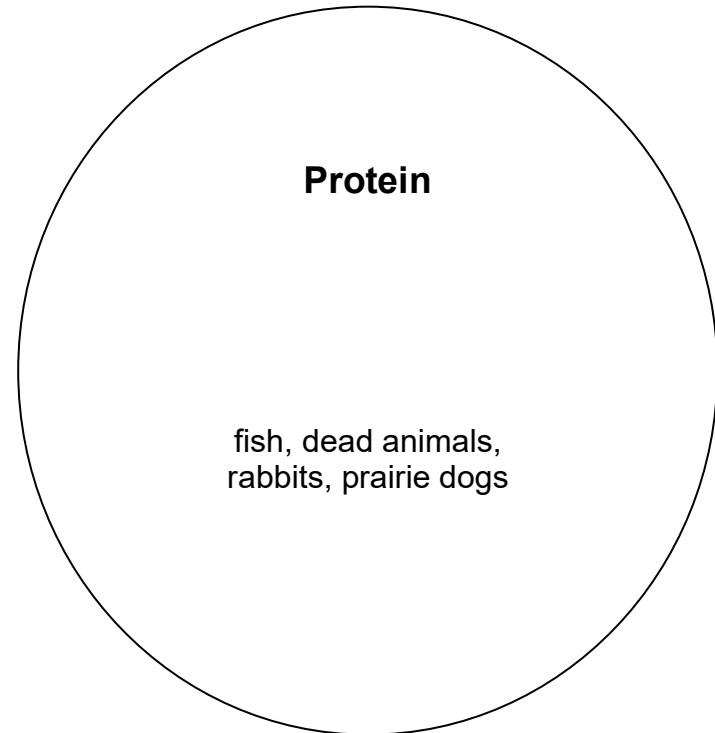


Dog MyPlate (omnivore)

Carnivores (teacher only)

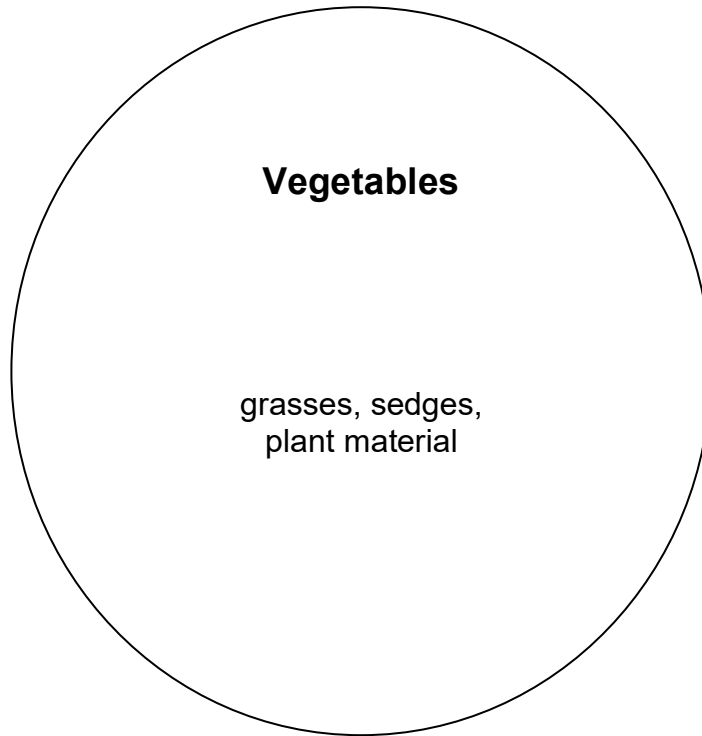


Mountain Lion MyPlate

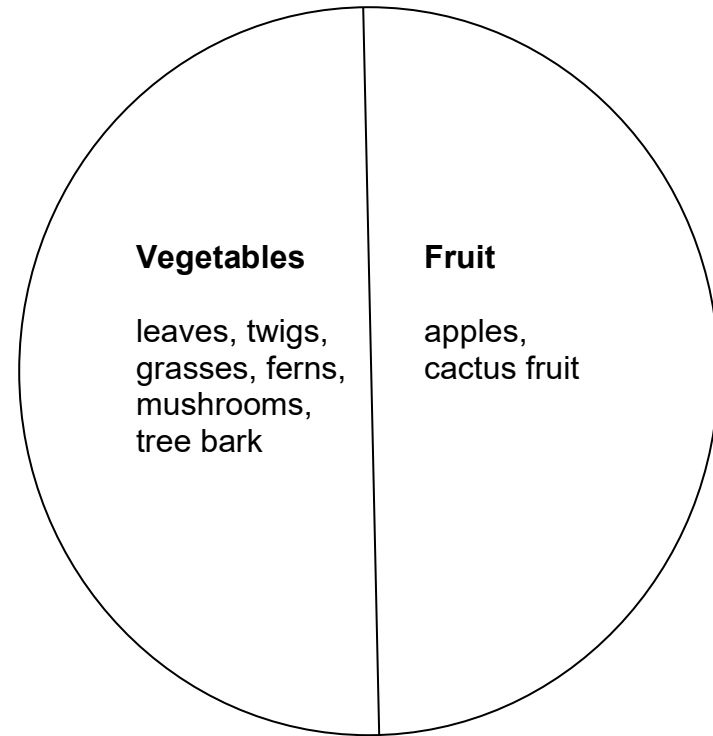


Bald Eagle MyPlate

Herbivores (teacher only)



Bighorn Sheep MyPlate

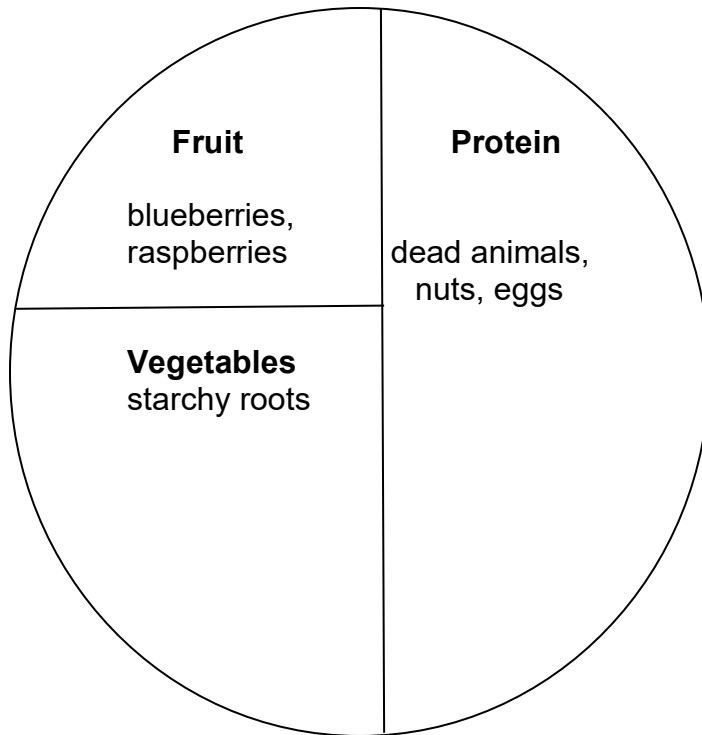


Mule Deer MyPlate

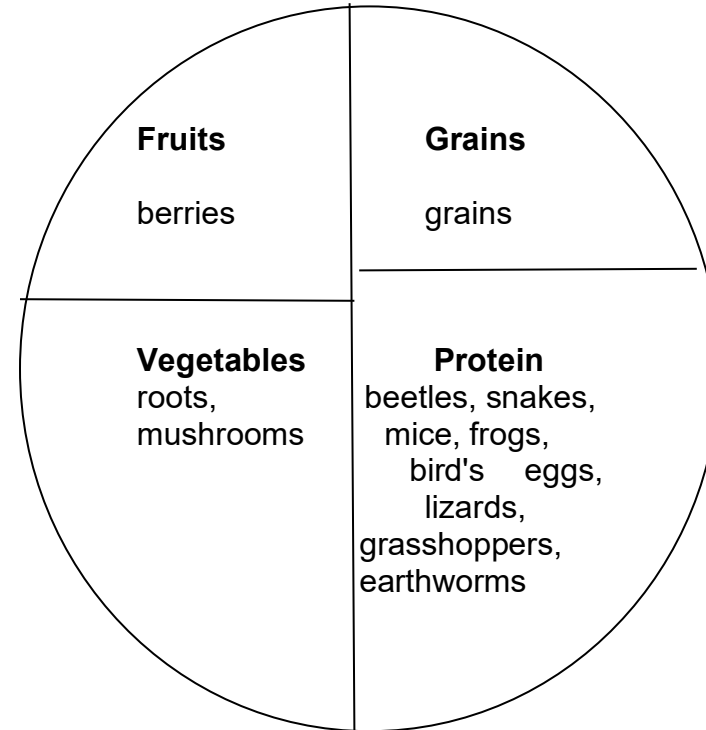
Omnivores

(teacher only)

Black Bear MyPlate



Striped Skunk MyPlate





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

Dear Families,

Today, your student investigated how eating foods from the five groups of MyPlate will help them grow into a strong, healthy body. Your student made and tasted the MyPlate chicken salad wrap (recipe found below) in class. Each month, your student will bring a new recipe home from the School Wellness Program. We encourage you to use what you have on hand to prepare the recipe as a whole family.

Help your student feel empowered by supporting them to make healthy choices. MyPlate is a great resource for fun, new ideas for the whole family. Visit www.choosemyplate.gov for more information.



In fifth grade, your student can help you read the recipe, open the can of chicken or tuna, and cut the grapes.

MyPlate Chicken Salad Wrap

Makes About: 6 - 8 servings Total Recipe Cost: \$12.50 - \$13.50

Ingredients

- 2 cans chicken or tuna fish (10 oz.)
- 1 cup low-fat plain yogurt
- 2 cups red grapes
- romaine lettuce
- whole wheat tortillas

Directions

1. Open and drain canned chicken or tuna.
2. Wash and cut grapes in half or in quarters.
3. Put chicken or tuna and yogurt into a bowl and mix well.
4. Add cut-up grapes to the bowl and mix.
5. Place a piece of lettuce leaf onto tortilla.
6. Put chicken mixture on the lettuce and roll. Eat and enjoy!



(Select language)

MyPlate suggests making half your plate fruits and vegetables. We understand that reaching this goal can be hard with rising food prices. Learn more about food assistance options by calling the bilingual, statewide, and toll-free food resource hotline at (855) 855-4626. You can also scan the QR code found on the left for Hunger Free Colorado's Food Finder page.



2-Step Chicken Recipe

Double one recipe and eat it for two meals. This is just one idea to reduce kitchen stress and save time. If your family struggles to eat leftovers, try different ways of repurposing them into a new meal. For example, double the 2-step chicken recipe (QR code on left) and use the leftovers for the chicken salad wrap.

Carta Familiar:

Noviembre



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

Queridas familias,

Hoy, su estudiante investigó cómo comer alimentos de los cinco grupos de MiPlato le ayudará a desarrollar un cuerpo fuerte y saludable. Su estudiante hizo y probó el enrollado de ensalada de pollo de MiPlato en clase (la receta se encuentra a continuación). Cada mes su estudiante llevará a casa una nueva receta del Programa de Bienestar Escolar (School Wellness Program). Los animamos a utilizar lo que ya tengan en casa para preparar las recetas en familia.

Ayude a su estudiante a sentirse seguro en sí mismo(a), apoyándolo(a) para que tomen decisiones saludables. MiPlato es un gran recurso para la diversión y nuevas ideas para toda la familia. Visite www.choosemyplate.gov para obtener más información.



En quinto grado, su estudiante puede ayudarlo a leer la receta, abrir una lata de pollo o atún y cortar las uvas.

Enrollados de Ensalada de Pollo de MiPlato

Rinde: 6 - 8 porciones

Costo Total: \$12.50 - 13.50

Ingredientes

- 2 latas de pollo o atún (10 oz.)
- 1 taza de yogurt bajo en grasa
- 2 tazas de uvas rojas
- lechuga romana
- tortillas integrales

Instrucciones

1. Abrir y escurrir las latas de pollo o atún.
2. Lavar y cortar las uvas en mitades o en cuartos.
3. Colocar el pollo o atún y el yogurt en un tazón y mezclar.
4. Añadir las uvas cortadas al tazón y mezclar.
5. Poner un trozo de hoja de lechuga en una tortilla.
6. Agregar la mezcla de pollo sobre la lechuga y enrollar la tortilla. ¡A comer y disfrutar!



(Seleccione español)

MiPlato sugiere que la mitad de su plato sean frutas y vegetales. Entendemos que alcanzar este objetivo puede ser difícil con el aumento de los precios de los alimentos. Obtenga más información sobre las opciones de asistencia alimentaria, llamando a la línea directa bilingüe estatal y gratuita de recursos alimentarios al (855) 855-4626. También puede escanear el código QR que se encuentra a la izquierda de la página de buscador de alimentos de Hunger Free Colorado.



Receta de Pollo en dos pasos

Duplique una receta y cómlala en dos comidas. Esta es solo una idea para reducir el estrés en la cocina y ahorrar tiempo. Si a su familia no le gusta comer las sobras del día anterior, pruebe diferentes formas de reutilizarlas en una nueva comida. Por ejemplo, duplique la receta de pollo de 2 pasos (código QR a la izquierda) y use las sobras para la envoltura de ensalada de pollo.