

Healthy Families- Good Manners (3rd Grade)

Materials and Ingredients

- ✓ Various Poems about Manners (attached)
- ✓ green bell pepper, olives, pineapple, tomato sauce
- ✓ grated cheese, whole wheat English muffins (1/2 per student)
- ✓ plates, serving containers, plastic spoons for serving
- ✓ cutting board, teacher knife, bowls, can opener
- ✓ activity sheet copies



Food Preparation

- ✓ Wash and cut up green pepper into small pieces
- ✓ Divide English muffins carefully in half
- ✓ Put pizza ingredients in serving containers (plan for 4 groups)
- ✓ Students will make and eat their pizzas for a *Healthy Classroom Family Party*

Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Discuss the importance of eating together as a family
- ✓ Discuss what it means to practice “*good table manners*”
- ✓ Read different poems together with students and discuss
- ✓ *Eat healthy foods together with friends & family!*



Process

- ✓ Have a *Healthy Classroom Family Party* and practice good table manners
- ✓ Divide students into 4 groups; students will pass ingredients, and make and eat their pizza creations while practicing good table manners
- ✓ Students wash hands with soap and warm water and join their groups to start the party
- ✓ Discuss the different healthy foods that go into the pizzas with students
- ✓ Students make their own poems about manners and eating together as a family
- ✓ *Eat healthy foods together with friends & family!*

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!

WITH HIS MOUTH FULL OF FOOD **by, Shel Silverstein**

Milford Dupree, though he knew it was rude,
Talked with his mouth full of food.
He never would burp or walk out in the nude,
But he talked with his mouth full of food.
His mother said, "Milford, it's crude and it's lewd
To talk with your mouth full of food.
Why, even the milk cow who moo'd as she chewed
Never talked with her mouth full of food.
And the cuckoo would never have ever cuckoo'd
If he coo'd with his mouth full of food."
His dad said, "Get married or go get tattooed,
But don't talk with your mouth full of food.
And if it was a crime, you would surely get sued.
If you talked with your mouth full of food.
Why just like an animal you should be zoo'd
As you talk with your mouth full of food.
Cause you know we're all put in a terrible mood
When you talk with your mouth full of food."
They pleaded and begged. He just giggled and chewed.
He laughed with his mouth full of food.
And all they advised him he simply poo-poo'd
He poo-poo'd with his mouth full of food.
So they sent for the gluer to have his mouth glued
Cause he talked with his mouth full of food.
And now instead of "Good morning", he says,
"Gnu Murnood. I wun tuk win mny marf furu foog."

From the book Where the Sidewalk Ends, by Shel Silverstein, copyright 1974.

Buenos Modales

Bien sentado

Únete a la movida

Escucha con atención

No juegues con la comida

Obedece a tus padres

Si eres bueno, ¡te unes a la movida!

Mantén la boca cerrada

O no discutas con adultos

Di por favor y pide permiso

Agradece, ¡así da gusto!!!

Los niños buenos comparten

Es bueno tener amigos

Si eres bien educado, te quieren en todas partes!

*Hecho por, Catia Chávez y Susana Cestino
Read*

Various Other Poems about Good Manners

*Jessica, Jessica (insert the appropriate child's name)
Strong and able
Keep your elbows
Off the table!*

*We say, "Thank you."
We say, "Please."
We don't interrupt or tease.
We don't argue. We don't fuss.
We listen when folks talk to us.
We share our toys and take our turn.
Good manners aren't too hard to learn.
It's really easy, when you find.
Good manners means
JUST BEING KIND!*

*Today I pledge to be kind,
to use the nicest words I can find.
Today I pledge to try to share,
to wait my turn and to be fair.*

(sung to the tune of "Three Blind Mice"):

*3 Nice Mice
3 Nice Mice
See how nice they are
See how nice they are
They're always polite when they nibble their cheese
They never forget to say "thank you" and "please"
They cover their noses whenever they sneeze
ahhh ahhh ahhh-choo (pretend sneeze)
3 nice mice 3 nice mice*

My Dog Has Got No Manners

Child:

My dog has got no manners.
I think he's very rude.
He always whines at dinnertime
while we are eating food.

And when he's feeling thirsty
and wants to take a drink,
he takes it from the toilet
instead of from the sink.

He never wears a pair of pants.
He doesn't wear a shirt.
But worse, he will not shower
to wash away the dirt.

He's not polite to strangers.
He bites them on the rear.
And when I'm on the telephone,
he barks so I can't hear.

When I complained to Mommy,
she said,

Mom:

"I thought you knew:
the reason that his manners stink—
he learns by watching you."

Adapted from the poem by Bruce Lansky in [*Rolling in the Aisles*](#), published by Meadowbrook Press.

Manners

Name: _____ Date: _____

Write a poem or a rap about manners. Add a healthy message.

Buenos Modales:

Nombre: _____ Fecha: _____

Escribe un poema o canción (de tipo “rap”) sobre los buenos modales en la mesa. Añade un mensaje saludable.



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.

Tip: You are a role model to your student. When you eat fruits and vegetables or make time to be physically active, your student will see this, and will be more likely to develop those healthy habits, too.



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

English Muffin Pizza

Makes About: 6 servings Total Recipe Cost: \$9.40 - \$10.00

Ingredients

- 3 whole wheat English muffins
- 1/4 can pizza sauce (15 oz.)
- 1/4 green bell pepper
- sliced olives (4 oz.)
- 1/4 can pineapple tidbits (20 oz.)
- 1/2 cup mozzarella cheese



Directions

1. Everyone washes their hands.
2. Wash green bell pepper and cut into small pieces.
3. Open can of pineapple and drain.
4. Slice English muffins in half for pizza crust.
5. Spread about 1 tablespoon of pizza sauce onto 1 half of a muffin.
6. Top with pineapple, green pepper, and olives.
7. Spread about 1 tablespoon of shredded mozzarella cheese on top.
8. With an adult helper, warm up your pizza in a microwave or eat it cold.
9. Eat and enjoy!



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 this 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 intentar compartir las comidas con quienes puedan y cuando puedan.

Consejo: Usted es un modelo a seguir para su estudiante. Cuando Ud. come frutas y verduras o aparta tiempo para estar físicamente activo, su estudiante lo ve, y será más probable que también desarrolle esos hábitos saludables.



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

Pizza de panecillo inglés

Rinde: 6 porciones

Costo Total: \$9.40 - \$10.00

Ingredientes

- Panecillos Ingleses (English Muffins) de grano entero cortados por la mitad
- 1/4 lata de salsa de pizza (15 oz.)
- 1/4 pimienta verde
- aceitunas picadas (4 oz.)
- 1/4 lata de piña en trocitos (20 oz.)
- 1/2 taza de queso mozzarella



Instrucciones

1. Lavarse bien las manos.
2. Lavar el pimienta verde y cortar en trocitos.
3. Abrir la lata de piña y escurrir.
4. Cortar los panecillos por la mitad para usar como masa de pizza.
5. Untar 1 cucharada de salsa de pizza sobre una mitad del panecillo.
6. Añadir la piña, el pimienta verde y aceitunas por encima.
7. Colocar encima una cucharada de queso mozzarella.
8. Con la ayuda de un adulto, caliente la pizza en el microondas o comer fría.
9. ¡A comer y disfrutar!



(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.