

Healthy Families – Fruit Pizza (2nd Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare** and **taste** a fruit pizza recipe.
- express ways** they can **eat healthy food at home with their family.**
- explain** the **health benefits** of eating healthy foods with their family.
- identify** that pineapple, blueberries, and clementines are fruit and fit in the fruit group and English muffins fit in the grain group of MyPlate.

MATERIALS AND INGREDIENTS

Bins	Copies/Supplies	Book/Food/Materials
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - can opener <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - plastic spoons for serving - paper plates* - plastic knife* 	<ul style="list-style-type: none"> - activity sheet copies* - family letter/recipe copies* - napkins* 	<ul style="list-style-type: none"> - book: "The Relatives Came" by Cynthia Rylant - 8 Clementine oranges (seasonal) - fresh blueberries, small container - 2 tubs low-fat whipped cream cheese (8 oz.) - 2 cans pineapple tidbits (20 oz.) - whole wheat English muffins (1/2 per student) - 20 serving containers

*one per student

SET-UP

Copies:

- Make copies of recipe (each student) and Families activity sheet (each student).

Work area:

- Students will work in four groups. Have workspace ready for four groups.
- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Open canned pineapple and drain. Wash blueberries. Peel oranges and break into sections (students can peel oranges too).
- Divide each of the fruits into 4 serving containers and add spoons.
- Divide cream cheese into 4 serving containers and add spoons. **Note:** Use cream cheese sparingly, you may not need to use all of it. Students will only need enough for a thin layer.
- Divide English muffins in half by using a plastic knife to separate each muffin.
- Divide the halved English muffins into 4 serving containers.
- Have paper plates, napkins and plastic knives ready for each student.

Other prep:

- Have the book "The Relatives Came" ready to read to the class.

INTRODUCTION WITH STUDENTS



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!

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

- What are your favorite meals to eat with your family?
- **Refer to Key Behavior on the board and tell students that it is healthy for them to eat together as a family.**
- Ask students what they do when they eat together as a family.
 - ✓ What meal do you most often eat together?
 - ✓ What do you talk about when you are eating together?
 - ✓ Who cooks the meal?
 - ✓ Why is it important to eat together as a family?
- Tell students that many families enjoy doing things together and sharing meals is a healthy thing to do together as a family.

- Read and discuss the story “The Relatives Came”.
 - ✓ What does this family enjoy doing together?
 - ✓ Where would you go if you were traveling to visit relatives?
 - ✓ What kinds of food would you put in an ice chest that might be healthier?
- Tell students that the classroom community is sometimes like a family and that today they will make a meal together and eat it family style, which means set the table and sit around the table together to eat.
- Remind students that eating a variety of fruits is healthy for our bodies and that today they will make and eat their own delicious fruit pizzas.

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Divide the class into four groups.
- Step 3: Explain that they will eat their snack, "family style". They will pass the food and serve themselves and use good table manners! Remind students that it is polite to say "**no thank you**" if you do not like a food, but it is not polite to say that you think a food is "**gross**" or "**nasty**".
- Step 4: Tell students that table manners are different in different countries.
 - ✓ In **Gambia**, children look down while eating and do not talk.
 - ✓ In **India**, people eat with their fingers, always using their right hand.
 - ✓ In **North Korea and Japan**, people use chopsticks to eat and slurping noodles is accepted.
 - ✓ In **Mauritania**, people lick their fingers clean.
- Step 5: Review good manners with student. In the United States Children:
 - Say “please” and “thank you”
 - Say “excuse me” to get someone’s attention
 - Wait until everyone has served themselves before eating
 - Talk quietly and be good listeners
- Step 6: Pass out recipe and go over together as a class. Ask students where each ingredient fits on MyPlate.
- Step 7: Show students the whole wheat muffins. Ask them to tell you what they know whole wheat and whole grains. Share with them that whole wheat foods such as bread, cereal and crackers are healthy and give them energy! **“Whole Wheat is Great to Eat!”**
- Step 8: Pass out materials and ingredients to each group so they can make their "Fruit Pizzas" together as a classroom family.
- Step 9: **Let’s Eat, Let’s Talk.** While students eat ask them what they learned by having students explain why it is healthy to eat together with their family. Ask and discuss the questions in the box **Make Health Happen.**

Step 10: Pass out the activity sheet for students to complete.

Step 11: Remind and encourage students to take their recipes home to make and eat together with their family.

Make Health Happen

- Our classroom is a family. How is this fruit pizza snack healthy for us to eat together?
- What are some steps you could take to make this snack at home with your family?
- Could you make this at home for your family meal?

REINFORCING STANDARDS

Comprehensive Health

- **GR.2-S.2-GLE.1** Identify eating and drinking behaviors that contribute to maintaining good health.

Physical Education

- **GR.2-S.1-GLE.1** Demonstrate the elements of movement in combination with a variety of locomotor skills.

Reading, Writing and Communicating

- **GR.2-S.1-GLE.1** Discussions contribute and expand on the ideas of self and others.
- **GR.2-S.1-GLE.2** New information can be learned and better dialogue created by listening actively.
- **GR.2-S.2-GLE. 1** Fluent reading depends on specific skills and approaches to understanding strategies when reading literary text.
- **GR.2-S.2-GLE.2** Fluent reading depends on specific skills and approaches to understanding strategies when reading informational text.
- **GR.2-S.2-GLE.3** Decoding words with accuracy depends on knowledge of complex spelling patterns and morphology.
- **GR.2-S.3-GLE.2** Exploring the writing process helps to plan and draft a variety of simple informational texts.
- **GR.2- S.3-GLE.3** Appropriate spelling, capitalization, grammar, and punctuation are used and applied when writing.

BACKGROUND INFORMATION

- Strong families are important for the mental and physical health of children. Children will appreciate food more if the meals are shared with important people in their lives. Family meals offer an opportunity to share conversations, discuss daily events and common values, and appreciate favorite recipes and customs. It is also an opportunity for parents and children to model healthy eating habits. Research has shown that children who share at least one meal a day with their families eat healthier and are less likely to use drugs and alcohol when they reach adolescence.
- The habit of eating meals while watching television may have negative effects on family life since it could eliminate the opportunity for developing a sense of family and community.
- Over the course of the nutrition lessons, students prepare and eat food together in the classroom. Hopefully, this lesson will provide a chance for your students to appreciate and evaluate the importance of appropriate manners in the classroom, lunchroom, and at home when they eat.
- Students build up their confidence when they are given the opportunity to prepare food. They also acquire a better understanding of ingredients that go into food.
- Preparing food helps students to make healthy choices and gives them an opportunity to change behavior.
- Most children like fruit. Fruit is nutritious and delicious. It is a healthy addition to any meal as well as an excellent snack food or dessert due to its sweet taste and refreshing juiciness. Fruit supplies energy in the form of carbohydrates, plus vitamins, fiber, and some minerals. It is also low in calories due to the high water content and little or no fat content.
- The main contribution fruit makes to our diet is vitamins, especially vitamin C and beta-carotene. Certain fruits provide some minerals, for example: potassium in bananas, pears and oranges; iron in berries and dried fruits; and small amounts of calcium and magnesium. Fruit also contributes soluble and insoluble fiber.
- Since fruit is packed with nutrients, eating a variety of fruits helps ensure you are getting adequate amounts of vitamins, minerals and fiber. Research also shows a high intake of fruits and vegetables can help prevent diseases such as some cancers and heart disease.
- Each fruit is unique in what it has to offer nutritionally, thus it is important to eat a variety of fruit.
- The Dietary Guidelines for Americans (2015-2020) recommend that half of the grains we eat should be whole grains. Whole grains provide complex carbohydrates, fiber, and B vitamins. Whole wheat breads made with whole wheat flour are more nutritious than breads made with refined wheat flour. Adults should aim for 6 oz. of total grains per day, of which 3 oz. should be whole grains. Children should aim for 3-5 oz. of total grains per day, of which 1 ½ - 2 ½ oz. should be whole grains.

Dear Family,

Today my class talked about how sharing meals together as a family is healthy for me. I learned that eating fruit is good for me. We also made and tasted this yummy fruit pizza recipe. Maybe we can try this recipe together at home.

Parent Tip: Did you know that one of the best ways to get your children to eat healthy foods is to involve them in the kitchen? Try involving your children in all the steps for making this fruit pizza snack.

Fruit Pizza

Makes: 6 servings

Total Cost: \$4.02

Serving Cost: \$0.67

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 pint)

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 tablespoonful of whipped cream cheese onto half of an English muffin.
6. Add fruit toppings.
7. Eat and enjoy!
8. If you like this, try using other fruits of your choice and invent your own fruit pizza recipe!

Nutrition Facts	
Serving Size 1 Fruit Pizza (150g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 300mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 6g	
Vitamin A 4%	Vitamin C 30%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Eat healthy foods together as a family!
This recipe is a delicious way to get both fruit
and whole grains together!

Querida familia,

Hoy mi clase hablo de que compartir comidas juntos en familia es saludable para mí. Aprendí que comer frutas con yogur es bueno para mí. También hicimos y probamos este bocadillo delicioso de frutas y yogur. Tal vez podamos probar esta receta juntos en casa.

Consejo para padres: ¿Sabía que una de las mejores maneras de conseguir que su niños coman saludable es involucrándolos en la cocina? Involucre a su hijo en los pasos para preparar esta pizza de frutas.

Pizza de Frutas

Rinde: 6 porciones

Costo Total: \$4.02

Costo por Porción: \$0.67

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 *clementina*



Arándanos (2 tazas)

Instrucciones

1. Lavar los arándanos
2. Pelar las mandarinas y dividir en secciones.
3. Abrir y escurrir la lata de piña.
4. Cortar los panecillos por la mitad para usar como base de la pizza.
5. Untar una cucharada de queso crema en cada mitad del panecillo.
6. Añadir fruta a gusto.
7. ¡A comer y disfrutar!
8. ¡También puede usar otras frutas para inventar su propia receta de Pizza de Frutas!

¡Coma alimentos saludables juntos en familia! ¡Esta receta es una deliciosa manera de comer frutas y granos integrales juntos!

Nutrition Facts	
Serving Size 1 Fruit Pizza (150g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 300mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 6g	
Vitamin A 4%	• Vitamin C 30%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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.
