

## Healthy Families – Fruit Pizza (2<sup>nd</sup> 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
<b><u>In Kitchen Bin</u></b> - can opener  <b><u>In Paper Goods Bin</u></b> - plastic spoons for serving - paper plates* - plastic knife*	- activity sheet copies* - napkins*	- 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 - family letter/recipe copies*

\*one per student

## Reinforcing Colorado Comprehensive Health Standards

Second 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 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 ingredients (pineapple, blueberries, oranges, cream cheese, English muffins) into 4 serving containers each. Add a serving spoon or fork to each. Each of the 4 groups will get a set of ingredients.
  - **Note:** Divide English muffins in half by using a plastic knife to separate each.
  - **Note:** Use cream cheese sparingly, you may not need to use all of it. Students will only need enough for a thin layer.
    - Plan to have students work in small groups to make their pizzas.
    - They will use plastic knives and paper plates to cut the fruit and spread the cream cheese.
- Have materials for each of the 4 groups; bowls, mixing spoon, paper plates, plastic knives, napkins and forks ready to pass out to each group for making and eating their pizzas.
- **Optional:** Cover the four tables with butcher-block paper for a festive classroom party.
- Have students help in the preparation for the “Classroom Family Party”.

#### 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!

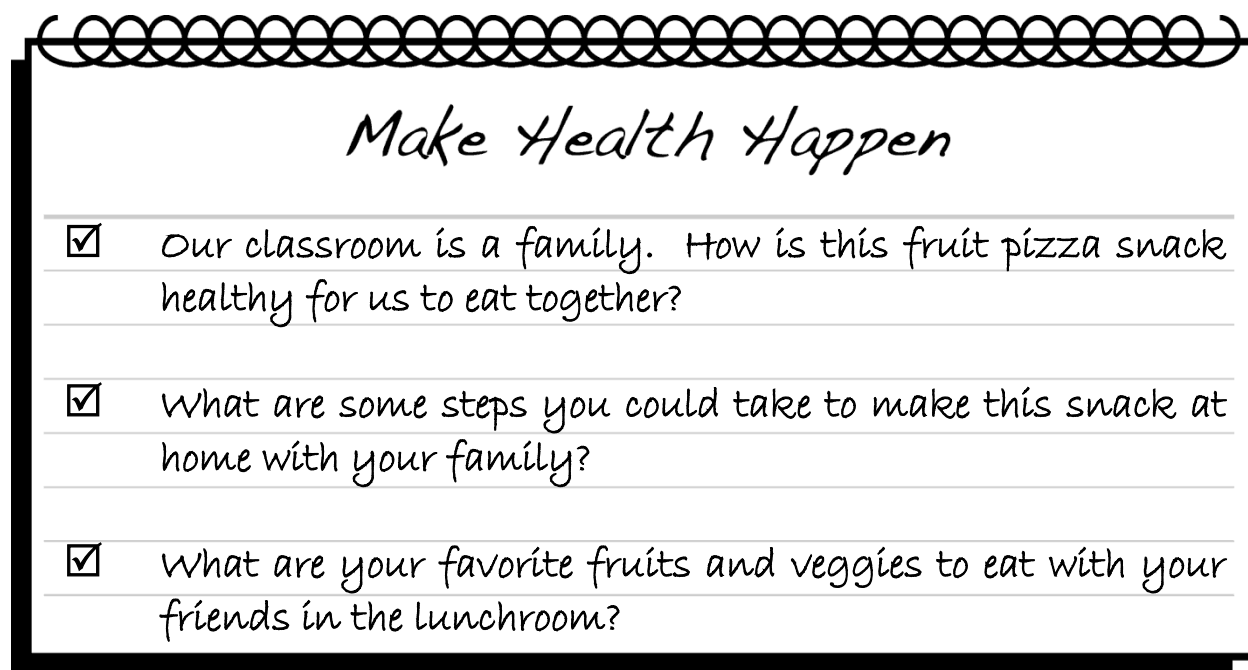
Now that our minds are ready to go, let's get started on our nutrition lesson.

- 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. Today they will celebrate being a classroom family and make and eat a fruit snack together.**
- 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 like a family and that today they will make a fruit snack together and eat it family style, which means setting the table and sitting around the table together to eat.
- Remind students that eating a variety of fruits is healthy for our bodies, they are full of vitamins and minerals that help our bodies grow and they are delicious and sweet to eat!

## 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?
- What are your favorite fruits and veggies to eat with your friends in the lunchroom?

## 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.
- Just a small taste of a new food helps a child feel brave and good about trying something new. However, it is never helpful to force a child to taste a food they are not ready to try. When trying a new food, children may not be very polite when expressing their feelings for these foods. Explaining the polite way to say "no thank you" helps children feel in control and hopefully they will try the new food in time.
- Over the course of the nutrition lessons, students prepare and eat food together in the classroom as a classroom family. 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.
- Fruits and vegetables are packed with nutrients, eating a variety of fruits and vegetables 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.

# 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.

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# 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.

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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.