

Healthy Families: “Let’s Eat!” (1st Grade) Crunchy Veggie Slaw



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare** and **taste** a variety of vegetables in a “Crunchy Veggie Slaw”.
- express ways** they can **share the “Crunchy Veggie Slaw” recipe with their family.**
- explain** the **health benefits** of eating together as a family.
- identify** where different foods fit in MyPlate.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife(teacher only) - 4 bowls - 4 mixing spoons <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - plastic forks* - plastic knives* - gloves (2 per student) 	<ul style="list-style-type: none"> - activity sheet copies* - family letter/recipe copies* - napkins* 	<ul style="list-style-type: none"> - book: “Let’s Eat!” by Ana Zamorano - 1 bag of shredded cabbage mix (16 oz) - 1 bag of snap peas (6 oz) - 2 granny smith apples - dried cranberries (4 oz) - sunflower seeds (8 oz) - poppy seed dressing - plastic coated paper plates* - 16 serving containers

*one per student

*** Nut Allergy Warning***

Nuts may be present in sunflower seeds. Do not expose any students with a nut or peanut allergy to the sunflower seeds.

SET-UP

Copies:

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

Work area:

- Students will be divided into four groups.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Divide cabbage evenly into 4 bowls. Add mixing spoons to bowls.
- Divide dried cranberries and sunflower seeds evenly into 4 serving containers.
- Wash and cut apples into slices (one per student) for students to cut into pieces. Divide into 4 serving containers.
- Divide snap peas evenly into 4 containers for students to cut up into pieces.
- Have materials for each of the 4 groups; paper plates, plastic knives, gloves, napkins and forks ready to pass out to each group for making and eating their salads family style.
- Have salad dressing ready to add to each of the salads.

Other prep:

- Have the book "Let's Eat!" 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.

- 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?
- **Refer to Key Behavior on the board and tell students that it is healthy for them to eat together with their families every day.**
- Read the story "Let's Eat!" Involve students in a conversation about the family presented in the book. Ask the following questions:
 - ✓ What is the book about?

- ✓ What is important to the family in the book?
 - ✓ How big is the family?
 - ✓ Where does the family eat?
- Tell students that the classroom community is sometimes like a family and that today they will make a healthy salad as a classroom family and eat together family-style. Eating *family-style* means to sit together, pass food around and serve yourselves. Practicing good manners is an important part of eating family-style!
 - Explain that today they are going to prepare a “Crunchy Veggie Slaw” which is a special salad made out of different fruits and vegetables.
 - Remind students that eating different healthy foods is important for good health and today’s “Crunchy Veggie Slaw” has vegetables, fruits and even seeds!

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Divide the class into four groups.
- Step 3: Pass out recipe and read together. Tell students that coleslaw is a cabbage salad and today’s recipe is called “Crunchy Veggie Slaw”. Show students ingredients. Ask them where each of the ingredients in the recipe belongs on MyPlate.
- ✓ Cranberries and apples fit in the fruit group.
 - ✓ Cabbage and snap peas fit in the vegetables group.
 - ✓ Sunflower seeds fit in the protein group.
- Step 4: Before passing out salad ingredients show them how to make their own salads as a group by following the recipe. Explain how they will wear their gloves and cut up the apples and snap peas into small pieces. They will then mix all the ingredients in the bowl with the cabbage. Tell them you will add the salad dressing and then they can toss the salad.
- Step 5: Explain that they will eat their salad, "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 6: Review good manners with students:
- 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 7: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned today by having them explain why it is healthy to eat meals together. Ask and discuss the questions in the box **Make Health Happen.**

Step 8: Pass out the worksheet to students. Explain the worksheet. Use the pictures in the book "Let's Eat" to give students ideas on how to draw their own family. Remind students to label each family member in their picture.

Step 9: Remind students to take their recipe home to share with their families.

The worksheet is titled "Make Health Happen" in a cursive font. It is enclosed in a decorative border of overlapping circles. Below the title, there are three reflection questions, each preceded by a checkmark in a box. The questions are: "What did you like about the salad and eating together as a classroom family?", "What healthy foods do you like to eat with your family?", and "Talk about ways you can share today's salad recipe with your family." Each question is followed by a horizontal line for writing.

REINFORCING STANDARDS

Comprehensive Health

- **GR.1-S.2-GLE.1** Eating a variety of foods from the different food groups is vital to promote good health.
- **GR.1-S.3-GLE.1** Demonstrate how to express emotions in healthy ways.

Physical Activity

- **GR.1-S.1-GLE.1** Demonstrate basic locomotor and non-locomotor skills, and rhythmic and cross-lateral movements.
- **GR.1-S.1-GLE.2** Establish a beginning movement vocabulary.
- **GR.1-S.3-GLE.2** Follow the rules of an activity.

Reading, Writing and Communicating

- **GR.1-S.1-GLE.1** Multiple strategies develop and expand oral vocabulary.
- **GR.1-S.1-GLE.2** Verbal and nonverbal language is used to express and receive information.
- **GR.1-S.2-GLE.1** Comprehending and fluently reading a variety of literary texts are the beginning traits of readers.
- **GR.1-S.2-GLE.2** Comprehending and fluently reading a variety of informational texts are the beginning traits of readers.
- **GR.1-S.2-GLE.3** Decoding words require the application of alphabetic principles, letter sounds, and letter combinations.

Reading, Writing and Communicating (cont.)

- **GR.1-S.3-GLE.1** Exploring the writing process develops ideas for writing texts that carry meaning.
- **GR.1-S.3-GLE.2** Appropriate spelling, conventions, and grammar are applied when writing.

Social Studies

- **GR.1-S.1-GLE.2** Family and cultural traditions in the United States in the past.

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.
- Eating a variety of foods helps children stay healthy and grow strong. Different foods offer different unique nutritional value, thus variety is important.

Dear Family,

Today I made this healthy "Crunchy Veggie Slaw" and my class celebrated by eating together. Next time we eat together as a family I can help you in the kitchen and set the table.

Parent Tip: Young children can help in the kitchen. Have them wash fruits and vegetables, open packages, measure, pour and stir ingredients.

Crunchy Veggie Slaw




Makes: 10-12 servings

Total Cost: \$8.46

Serving Cost: \$0.77



Ingredients

-  1 bag shredded cabbage (16 oz)
-  1 bag snap peas (6 oz)
-  2 granny smith apples
-  1 cup dried cranberries
-  1 cup sunflower seeds
-  ½ cup poppy seed salad dressing

Cabbage is a nutrition packed power house! It is high in fiber, vitamin C, & K. Cabbage can protect against some forms of cancer.

Directions

1. Wash apples and cut into small pieces
2. Cut snap peas into small pieces
3. Add cabbage, snap peas, apples, sunflower seeds, and dried cranberries to a bowl.
4. Add salad dressing and toss.
5. Eat and enjoy!

**Eat healthy foods together as a family!!
Families who eat together are healthy together.**

Querida Familia,

Hoy en clase hice esta "ensalada vegetariana crujiente de repollo" y celebramos comiendo juntos. La próxima vez que comamos juntos en familia, yo puedo ayudar en la cocina y poner la mesa.

Consejo para padres: Los niños pequeños pueden ayudar en la cocina. Haga que laven las frutas y verduras, abran los paquetes, midan, viertan y revuelvan los ingredientes.

Ensalada Vegetariana Crujiente de Repollo

Rinde: 10-12 porciones

Costo Total: \$8.46

Costo por Porción: \$0.77



Ingredientes



1 bolsa de repollo(16 oz)



1 bolsa de guisantes (6 oz)



2 manzanas granny smith



1 taza de arándanos secos



1 taza de semillas de girasol



½ taza de aderezo para ensaladas semilla de amapola (poppy seed)

¡El repollo es una fuente alta de nutrición!
Tiene un alto contenido en fibra, vitamina C y K.
El repollo puede proteger contra algunas formas de cáncer.

Instrucciones

1. Lavar las manzanas y partirlas en pedazos pequeños
2. Cortar los guisantes en pedazos pequeños
3. Agregar el repollo, guisantes, manzanas, semillas de girasol y los arándanos secos a un tazón.
4. Agregar el aderezo y menear.
5. ¡Comer y disfrutar!

¡Coman alimentos saludables juntos en familia!
Las familias que comen juntas son saludables juntos.

Families

Name: _____ Date: _____

Draw and write about you and your family enjoying a meal together. Label each family member.

Las Familias

Nombre: _____ Fecha: _____

Haz un dibujo y escribe sobre ti y tu familia disfrutando de una comida juntos. Pon nombre a cada persona.
