

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* - napkins* 	<ul style="list-style-type: none"> - book: “Let’s Eat!” by Ana Zamorano - 1 bag of shredded cabbage mix (16 oz) - 1 cucumber - 2 granny smith apples - dried cranberries (4 oz) - poppy seed dressing - plastic coated paper plates* - 16 serving containers - family Letters*

*one per student

Reinforcing Colorado Comprehensive Health Standards

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

First Grade, Standard 3. Social Emotional Wellness. 2. Identify parents, guardians, and other trusted adults as resources for information about health. 4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

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 sheet (each student).

Work area:

- Students will make and taste their recipe in four groups.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Wash and cut apples and cucumber into slices.
 - Divide ingredients (cabbage, apples, cucumber, and cranberries) into 4 serving containers each. Add a serving spoon to each. Each of the 4 groups will get a set of ingredients.
 - Plan to have students work in their groups to make their salad.
 - They will use plastic gloves, knives and paper plates to cut the apples and cucumber into small pieces then add to bowl and mix the rest of ingredients together.
 - Teacher will add salad dressing.
 - Have materials for each of the 4 groups; bowls, mixing spoon, 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.
- 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 “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 and today we are going to make and eat a healthy veggie slaw and eat together as a classroom family.**
- Read the story “Let’s Eat!” Involve students in a conversation about the family presented in the book.
 - ✓ 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 of different fruits and vegetables.
- Remind students that eating different healthy foods is important for good health.

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Divide the class into four groups.
- Step 3: Go over the recipe 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 cucumber fit in the vegetables 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 cucumbers 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.

Make Health Happen

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?

Talk about ways you can share today's salad recipe with your family.

BACKGROUND INFORMATION

- Strong families are important for the mental and physical health of children. Children appreciate food more if meals are shared with the important people in their lives. Meals that are shared together offer an opportunity to laugh, connect, as well as discuss daily events and common values. It also provides an opportunity for parents to model healthy eating habits. Research shows that eating together can build children's confidence and self-esteem.
- 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.
- 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.
- Children need to eat fruits and vegetables each day to stay healthy. Eating fruits and vegetables every day increases the likelihood of getting adequate amounts of vitamin C, beta-carotene, and fiber, in addition to other valuable vitamins, minerals, and phytochemicals, all of which can help reduce the risk of cancer, heart disease, and other chronic diseases.

Families

Name: _____ Date: _____

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

Las Familias

Nombre: _____ Fecha: _____

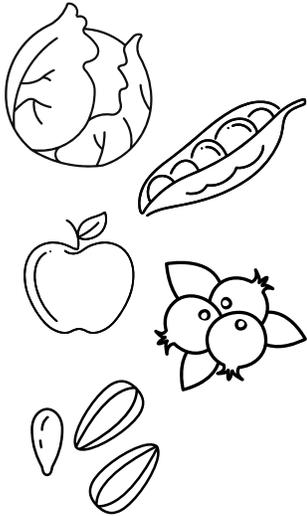
Haz un dibujo y escribe sobre ti y tu familia disfrutando de una comida juntos. Pon nombre a cada persona.



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

Families who eat together are healthier together.

Eating as a family has been linked to an increase in self-esteem and confidence in children. Plus, children who eat with their family are more likely to choose and taste fruits and vegetables.



Crunchy Veggie Slaw

Makes About: 10 - 12 servings

Total Recipe Cost: \$12.80 - \$13.90

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 lite or low-fat poppy seed salad dressing

Directions

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



Nutritious meals can be prepared in many ways. Follow the QR code to find easy recipes with ingredients you might already have in your kitchen.



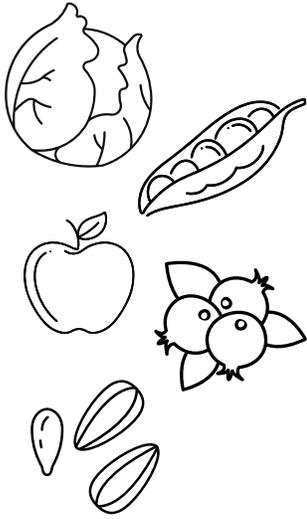
We are all unique. We have different abilities, skills, and preferences. As you are able, try to honor these differences by introducing your student to a variety of activities. What do they like to do? Some ideas might include playing soccer or dancing. Try to make it a fun and positive experience for you and your student.



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

Las familias que comen juntas son más saludables juntas.

Comer en familia se ha relacionado con un aumento del autoestima y la confianza en los niños. Además, es más probable que los niños que comen con su familia elijan y prueben frutas y verduras.



Ensalada Vegetariana Crujiente de Repollo

Rinde: 10-12 porciones

Costo Total: \$12.80 - 13.90

Ingredientes

- 1 bolsa de repollo rallado (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 de semilla de amapola (poppy seed)

Directions

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



Las comidas nutritivas se pueden preparar de muchas maneras. Escaneé el código QR para encontrar recetas fáciles con ingredientes que quizás ya tenga en su cocina.



Todos somos únicos. Tenemos diferentes habilidades, destrezas y preferencias. Si es posible, intente honrar estas diferencias cuando presente a su estudiante una variedad de actividades. ¿Qué le gusta hacer? Algunas ideas pueden incluir caminar o bailar. Intente que sea una experiencia divertida y positiva para su estudiante.