

Healthy Families- ¡A Comer! (Kindergarten)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ☑ **prepare food** and **taste** a fruit yogurt recipe.
- ☑ **express ways** they can **eat foods from the fruit group**.
- ☑ **explain** the **health benefits** of eating fruit and eating together as a family.
- ☑ **identify** that yogurt fits in the dairy group of MyPlate and that oranges, pineapple and blueberries are fruit and they fit in the fruit group of MyPlate.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> - can opener <u>In Paper Goods Bin</u> - plastic spoons* + 20	- activity sheet(s) copies* - family letter/recipe copies* - butcher block paper - crayons/markers - napkins*	- book: <u>Let's Eat! ¡A Comer!</u> by Pat Mora - 1 small container fresh blueberries - 2 cans of mandarin oranges (11 oz) - 2 cans of pineapple (tidbits) (20 oz) - 1 plain yogurt (low-fat) (32 oz) - 1 box low-sugar cereal (<5 grams sugar per serving) (10-12 oz)*** - 20 serving containers - portion cups*

*one per student

*** Nut Allergy Warning***

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

SET-UP

Copies:

- Make copies of recipe (each student) and 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:

- Drain cans of pineapple and mandarin oranges.
- Wash blueberries.
- Divide each of the ingredients (mandarin oranges, blueberries, pineapple, yogurt, and cereal) into 5 serving containers to equal 20 serving containers. Add a serving spoon to each. **IMPORTANT:** There is only enough for a taste of each fruit. Make sure students only take small spoonfuls so there is enough for each student to taste each fruit.
- Each group will get oranges, blueberries, pineapples, yogurt and cereal.
- **Note:** Students may not be used to plain yogurt. Make sure to tell students to only use 2 spoons of yogurt by following the recipe, the fruit will be the sweetener for the snack.
- Have portion cups, plastic spoons, and napkins ready to pass out to students.
- Have four large pieces of butcher-block paper ready to use as tablecloths.
- Cover the four tables with butcher-block paper and put the serving containers of food, portion cups, plastic spoons, and napkins at each workspace prior to beginning the lesson. If there is not enough time before class, get tables ready while students are washing their hands after the introduction. Have students help in the preparation for the "Classroom Family Party".

Other-prep:

- Have book, Let's Eat! ¡A Comer! ready to read to the class.
- Display the MyPlate poster on the board.

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?
 - ✓ Do you practice good table manners when you eat together?
- **Refer to Key Behavior on the board and tell students that it is healthy for them to eat together with their families every day.**
- Tell students that the classroom community is like a family and that today they will make a healthy fruit snack 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!
- Remind students that eating different fruit is healthy!
- Ask student to name some of their favorite fruit to eat. Tell them that fruits are full of vitamins and minerals which our bodies need and best of all they are delicious!
- Read the book, Let's Eat! ¡A Comer! to the class and discuss.
 - What is important to the family in the book? What about you and your family?
 - What food does the family eat for dinner? What about you and your family?

PROCESS

- Step 1: Have students wash their hands with soap and warm water and divide the class into four groups.
- Step 2: While students are washing hands, if you have not already done so, cover the four workspaces with butcher-block paper. Put the four containers of food at each work area, along with the portion cups, plastic spoons and napkins for each student.
- Step 3: As the students finish washing their hands, have them set their tables.
- Step 4: Go over the recipe for the fruit/yogurt snack with students. Have students put 2 spoons of each ingredient except the blueberries are one spoon. This will ensure there is enough for each student.
- Step 5: Tell students that fruit is naturally sweet and healthy. Explain that today's snack has plain yogurt to make the snack creamy and plain cereal to make the snack crunchy. Explain that the yogurt and cereal don't have extra sugar in them. **The fruit is enough to make the snack sweet and delicious! IMRORTANT:** Remind students to take small spoonfuls.
- Step 6: Review good manners to practice during the classroom family party:
- 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: Have students start passing and serving themselves.

Step 8: **Let's Eat, Let's Talk.** While students eat ask them what they learned by having them explain what eating foods from the fruit group does for our bodies. Help them feel empowered to eat foods from the fruit group every day by asking them the questions in the box **Make Health Happen.**

Step 9: Pass out the activity sheet to each student. Have them draw a picture of their healthy "fruit and yogurt" snack and write about it

Step 10: Have students take their fruit and yogurt recipes home to share with their families.

Make Health Happen

What did you think of today's snack?

What are some of your favorite fruits?

Do you like to eat fruit in the lunchroom and for breakfast?

REINFORCING STANDARDS

Comprehensive Health

- **GR.K-S.2-GLE.1** Identify the major food groups and the benefits of eating a variety of foods.
- **GR.K-S.3.GLE.1** Exhibit understanding that one's actions impact others.

Physical Education

- **GR.K-S.1-GLE.1** Demonstrate body and spatial awareness through movement.
- **GR.K-S.1-GLE.1** Locate the major parts of the body.
- **GR.K-S.3-GLE.2** Demonstrate the ability to follow directions.

Reading, Writing and Communicating

- **GR.K-S.1-GLE.1** Oral communication skills are built within a language-rich environment.

- **GR.K-S.1-GLE.2** Communication relies on effective verbal and nonverbal skills.
- **GR.K-S.2-GLE.1** A concept of print to read and a solid comprehension of literary texts are the building blocks for reading.
- **GR.K-S.2-GLE.2** A concept of print to read and a solid comprehension of informational texts are the building blocks for reading.
- **GR.K-S.3-GLE.2** Appropriate mechanics and conventions are used to create simple texts.

Social Studies

- **GR.K-S.4-GLE.1** Participate in making decisions using democratic traditions.
- **GR.K-S.4-GLE.2** Civic participation takes place in multiple groups

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.
- Some children are "picky eaters" and are not very willing to try new foods or re-taste foods they do not think they like. Studies show that a person needs to taste or be exposed to a new food many times before deciding they like the food. Exposure includes tasting, seeing, touching, smelling, and reading about the food. Children need repeated exposure to foods to help them feel comfortable eating these foods. 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.
- Pineapple and Blueberries contain high levels of Vitamin C, as well as dietary fiber and manganese. Fiber helps to keep your heart healthy and your cholesterol down, and manganese helps convert fats into energy. A cup of blueberries contains only 80 calories and has a very high number of important antioxidants which work to prevent cancer, heart disease, and age-related conditions such as Alzheimer's.

Dear Family,

Today I learned that fruit is healthy and tastes great with yogurt. I made this recipe by myself and ate it with my classroom family! This recipe is made with plain yogurt and low-sugar cereal to help me eat less added sugar. Let's add these foods to our shopping list.






Parent Tip: Watch out for hidden sugar in foods. Less than 10% of your total calories should come from added sugars. Added sugars can be found in many processed foods and drinks.

Fruit and Yogurt Snack



Makes: 1 serving
Serving Cost: \$0.61

Ingredients

-  blueberries (1 spoonful)
-  pineapple (2 spoonfuls)
-  mandarin oranges (2 spoonfuls)
-  yogurt low fat plain (2 spoonfuls)
-  low- sugar cereal (2 spoonfuls)

Directions

1. Put blueberries, pineapple and mandarin oranges in a bowl.
2. Top with yogurt and cereal.
3. Eat and enjoy!

Added Sugars are Everywhere!

vanilla yogurt (1 cup) – 32 grams sugar
cookies/pastries (1 cup) – 50 grams sugar
sugary cereals (1 cup) – 15 grams sugar

**Kids should limit added sugar to
25-30 grams per day, many processed foods,
such as cereals, have added sugar!**

**Choose foods that have less than 2g of sugar per
serving. Use the nutrition facts label to
help you make healthy choices.**

**Make sure choose fruits canned in
juice and not syrup!**

Delicious uses for Plain Yogurt

- ❖ Plain yogurt can be used to substitute for sour cream in any recipe!
- ❖ Try using plain yogurt instead of mayonnaise on your sandwich.

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

Focus on Fruit, eat it every day!

Querida Familia,

Hoy aprendí que la fruta es sana y sabe muy bien con el yogur. ¡Yo mismo(a) hice esta receta y la comí con mi familia del salón de clases! Esta receta está hecha con yogur natural y cereales bajos en azúcar para ayudarme a comer menos azúcar agregada! Agreguemos estos alimentos a nuestra lista de compras.

Consejo para padres: Tenga cuidado con el azúcar escondido en los alimentos. Menos del 10% de sus calorías totales deben provenir de azúcares agregados. Azúcares agregados se pueden encontrar en muchos alimentos y bebidas procesadas.

Bocadillo de Frutas y Yogur

Rinde: 1 porción

Costo por Porción: \$0.61

Ingredientes



arándanos (blueberries) (1 cucharada)



piña (2 cucharadas)



mandarinas (2 cucharadas)



yogur bajo en grasa (2 cucharadas)



Cereales baja en azúcar (2 cucharadas)

Instrucciones

1. Poner los arándanos, la piña y las mandarinas en un tazón.
2. Cubrir con yogur y cereales.
3. ¡A comer y disfrutar!



¡Los azúcares agregados están en todas partes!

yogur de vainilla (1 taza) – 32 gramos de azúcar
galletas/panecillos (1 taza) – 50 gramos de azúcar
Cereales azucarados (1 taza) – 15 gramos de azúcar

Los niños deben de limitar la azúcar agregada a 25-30 gramos por día, muchas comidas procesadas, como cereales, tienen azúcar.

Escoja comidas que tengan menos de 2g de azúcar por porción. Use la etiqueta nutricional para ayudarlo a tomar decisiones saludables.

¡Asegúrese de usar frutas enlatadas en jugo y no en almíbar!

Usos deliciosos para el yogur

- ❖ ¡El yogur se puede usar para substituir la crema agria en cualquier receta!
- ❖ Trate de usar yogur natural en lugar de mayonesa en su sándwich.

¡Come alimentos saludables juntos en familia! Las familias que comen juntas se mantienen saludables juntas.

¡Enfócate en la fruta, cómela todos los días!

Fruit and Yogurt Snack

Name: _____ Date: _____

Draw a picture of you and your classroom family eating your fruit and yogurt snack and write about it.

Bocadillo de Frutas y Yogur

Nombre: _____ Fecha: _____

Haz un dibujo de ti y tu familia del salón de clases comiendo el bocadillo de fruta y yogur y escribe sobre eso.
