

# 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
<b><u>In Kitchen Bin</u></b> - can opener  <b><u>In Paper Goods Bin</u></b> - plastic spoons* + 20	- activity sheet(s) copies* - 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) - 2 plain yogurt (low-fat) (6 oz) - 4 boxes oat cereal (1 oz)( $<5$ grams sugar per serving) - 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.**

## Reinforcing Colorado Comprehensive Health Standards

Kindergarten, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating.

Kindergarten, Standard 3. Social Emotional Wellness. Utilize knowledge and skills to enhance mental, emotion, 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 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 4 serving containers to equal 20 serving containers (1 per group). Add a serving spoon to each. Each of the 4 groups will get a set of ingredients.

#### IMPORTANT:

- **Fruit:** 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.
- **Yogurt:** Students may not be used to plain yogurt. Make sure to tell students to only use 1-2 spoons of yogurt by following the recipe, the fruit will be the sweetener for the snack.
- Have portion cups, plastic spoons, and napkins and ingredients ready to pass out to each group.
- **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 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 and today we are going to make and eat a healthy fruit snack together as a classroom family. *Fruit is colorful and sweet but best of all it's good to eat!***
- Tell students that "*our classroom*" is a family and that today they will 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 is important to you and your family?
  - What food does the family eat for dinner?
    - What is a favorite food you and your family like to eat?

## 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, start getting the four work areas ready for the classroom party. Pass out ingredients, portion cups, plastic spoons and napkins to each group. Have students help.

- 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. Remind them to only take 1 to 2 spoons of each ingredient. 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!**
- The yogurt is plain and sour. Students will only need one or two small spoons of yogurt.**
- 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

☒

Why is eating together as a family important?

☒

Were any fruits you tasted today delicious?

☒

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

## 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.

## 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.

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## **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.

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

Dear Families,

Today, your student explored how fruit is part of an overall healthy diet. Fruit is packed with fiber as well as vitamins and minerals. It is essential for proper growth and development. In class, your student made a snack with fruit, plain yogurt, and low-sugar cereal. They also studied how sugar can "sneak" its way into our foods.

### Nutrition Facts

servings per container	
<b>Serving size</b>	(106g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	2%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	1%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	5%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 180mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Tangerines, (mandarin oranges), canned, juice pack, Yogurt, plain, low fat, Pineapple, canned, juice pack, drained, Blueberries, raw, Cereals ready-to-eat

### Fruit & Yogurt Snack

Makes About: 1 serving

Total Recipe Cost: \$1.20 - \$1.50

#### Ingredients

- blueberries (1 tablespoon)
- canned pineapple (2 tablespoons)
- canned mandarin oranges (2 tablespoons)
- yogurt, low-fat, plain(2 tablespoons)
- cereal, low-sugar (2 tablespoons)

#### Directions

1. Everyone washes their hands.
2. Place blueberries, pineapple, and oranges in a bowl.
3. Top with yogurt and cereal.
4. Eat and enjoy!

**Make sure to choose fruits canned in juice and not syrup.**



Look at the nutrition label: **Includes 0g of Added Sugars.** The snack contains natural sugars from the fruit and yogurt but has no additional sugars.

Sometimes when foods are processed or prepared, manufacturers will add sugar into the products - "additional sugars". As a consumer, we can use the label found on packaged foods to see if extra sugar was included during this process.



Scan the QR to explore more of the nutrition label.



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 walking or dancing. Try to make it a fun and positive experience for your student.





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

Queridas familias,

Su estudiante explora en clase como la fruta es parte de una dieta promedio. La fruta está llena de fibra, así como de vitaminas y minerales. Es esencial para un correcto crecimiento y desarrollo. En clase, su estudiante preparó un bocadillo con fruta, yogurt natural y cereal bajo en azúcar. También estudiaron cómo el azúcar puede "colarse" en nuestros alimentos.

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### Bocadillo de Frutas y Yogurt

Rinde: 1 porción

Costo Total: \$1.20 - \$1.50

#### Ingredientes

- arándanos (blueberries) (1 cucharada)
- piña en lata (2 cucharadas)
- mandarinas en lata (2 cucharadas)
- yogurt bajo en grasa (2 cucharadas)
- cereales baja en azúcar (2 cucharadas)

#### Instrucciones

1. Todos se lavan las manos.
2. Poner los arándanos, la piña y las mandarinas en un tazón.
3. Cubrir con yogurt y cereales.
4. ¡A comer y disfrutar!

**Asegúrese de usar frutas enlatadas en jugo y no en almíbar.**



Mira la etiqueta nutricional: **Incluye 0g de Azúcares Agregados.**

El bocadillo contiene azúcares naturales de la fruta y del yogurt, pero no tiene azúcares adicionales.

A veces, cuando los alimentos se procesan o preparan, los fabricantes agregan azúcar a los productos: "azúcares adicionales". Como consumidor, podemos usar la etiqueta que se encuentra en los alimentos envasados para ver si se incluyó azúcar adicional durante este proceso.

Escanea el QR para saber más sobre la etiqueta nutricional.



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.