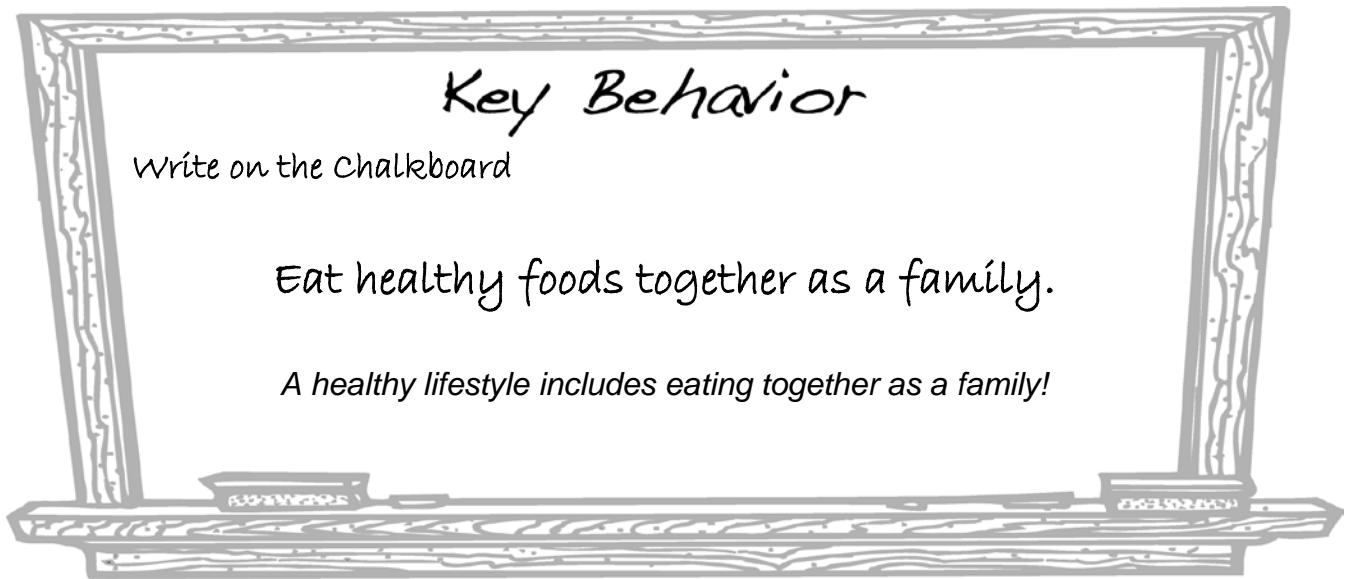


Healthy Families – Good Manners (3rd Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare** and **taste** a whole wheat pizza snack.
- express ways** they can ***eat healthy foods together with thier family.***
- explain** the ***health benefits*** of eating healthy foods with their family.
- identify** that the different ingredients in the pizza recipe fit in the different food groups of 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) - can opener <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - plastic spoons for serving - small paper plates* 	<ul style="list-style-type: none"> - activity sheet copies* - family letter/recipe copies* - napkins* 	<ul style="list-style-type: none"> - 1 large green bell pepper - grated mozzarella cheese (16 oz) - whole wheat English muffins (1/2 per student) - pineapple tidbits (20 oz) - pizza sauce (15 oz) - sliced olives (4 oz) - 24 serving containers

*one per student

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 materials and ingredients.

Food-prep:

- Wash green bell pepper and cut into very small pieces.
- Open cans of olives, pizza sauce and pineapple chunks.
- Drain pineapple.
- Use a knife to gently divide the muffins in half, as they break easily.
- Divide muffins, pizza sauce, olives, pineapple, green bell pepper and grated mozzarella cheese each into four serving containers each, for the four groups.
- Put serving spoons in each container.
- Have paper plates, napkins and plastic knives ready for each student.

Other-prep:

- Look over the various “Manners” poems you want to use and have ready to read together with students.

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 sometimes like a family and that today they will make a healthy 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!
- Show the poems you have chosen to read to class on the overhead and read aloud. Have students read aloud with you as you read them again.
- Go over the meanings of the poems with the students. **Note:** The Shel Silverstein poem takes a few tries to read and understand. Have students follow along silently the first time and make sure they understand the different lines.
- Discuss manners with students.
 - ✓ Why do we need manners?
 - ✓ When and where do we use manners?
 - ✓ What manners do you use at school and at home?
 - ✓ How and where did you learn your good manners?
- Explain to students that manners are the ways (actions and words) that show respect for others. People with good manners make others feel good and want to be with them. Tell students that manners don't come naturally. Usually parents, teachers, and other grown-ups teach appropriate manners to children. Having good manners requires practice.
- Tell students that table manners are different in different countries.
 - ✓ In **Australia**, people stay at the table until everyone has finished.
 - ✓ In **Gambia**, children look down while eating and do not talk to their elders. Eating and drinking at the same time is not acceptable so drinks are usually served after a meal.
 - ✓ 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.
- Tell students that during the today's "Classroom Family Party" 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**" or stick your tongue out, if you don't like something.

PROCESS

- Step 1: Have students wash their hands with soap and warm water to get ready for their "Healthy Family Party".
- Step 2: Go over the "English Muffin Pizza" recipe with students. Ask students to explain why they think the English muffin pizza is healthy.
- ✓ The whole wheat English muffin belongs to the grains group and it provides us with the energy we need to think, work and play.
 - ✓ The mozzarella cheese fits in the dairy group and it provides us with calcium that is good for our teeth and bones.

- ✓ The green bell pepper, olives and tomato sauce fit in the vegetable group and the pineapple fits in the fruit group. They provide vitamins, minerals, and fiber to keep us healthy and strong.

Step 3: Demonstrate how to make an English Muffin Pizza by taking a small spoon of tomato sauce, spreading it on an English muffin and adding the cheese and toppings. Have some fun and make a face on your pizza!

Step 4: Discuss with students how they are going to eat together as a classroom family and practice good manners. Go over the different manners they should follow, such as, saying “please pass” and “thank you”, not eating with their mouth full, waiting their turn, only taking a little of everything to ensure there will be enough food for everyone, and having polite conversation.

Step 5: Pass out the containers of food to each group along with plates, plastic knives, and napkins to each student.

Step 6: **Let’s Eat, Let’s Talk.** While students eat together and practice good table manners have them talk about ways they can eat healthy foods together with their family. Have them discuss the questions in the box **Make Health Happen.**

Step 7: Pass out the activity sheet to the students. Remind them of the poems you read together to help inspire them to write their own poem or rap about manners. Challenge them to add a health message to their rap or poem.

Step 8: Pass out recipes for students to take home and share with their family.

Make Health Happen

- Our classroom is a family. How is this English muffin 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 some other vegetables or fruits you could put on this pizza?

REINFORCING STANDARDS

Comprehensive Health

- **GR.3-S.2-GLE.1** Demonstrate the ability to make and communicate appropriate food choices.
- **GR.3.S.3-GLE.1** Utilize knowledge and skills to treat self and others with care and respect.

Reading, Writing and Communicating

- **GR.3-S.1-GLE.1** Oral communication is used both informally and formally.
- **GR.3-S.1-GLE.2** Successful group activities need the cooperation of everyone.
- **GR.3-S.2-GLE.1** Strategies are needed to make meaning of various types of literary genres.
- **GR.3-S.2-GLE.3** Increasing word understanding, word use, and word relationships increases vocabulary.
- **GR.3-S.3-GLE.1** A writing process is used to plan, draft, and write a variety of literary genres
- **GR.3- S.3-GLE.3** Appropriate spelling, capitalization, grammar, and punctuation are used and applied when writing.

Social Studies

- **GR.3.S.4-GLE.1** Respecting the views and rights of others is a key component of a democratic society.

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.
- Manners vary from culture to culture. However, the basic principles of manners are the same throughout many cultures. Manners are the ways that show how people respect and treat each other. Manners don't come naturally. Children (students) need to be taught appropriate manners. Having good manners requires practice. It is important for students to learn and practice good manners.
- MyPlate recommends that we eat 3-6 servings of grains (half of which should be whole grains) each day to stay healthy. The wheat products, often consumed as breads, provide complex carbohydrates, fiber, and B vitamins. Whole wheat breads made with whole wheat flour are more nutritious than breads made with refined wheat flour. Whole wheat bread offers more fiber and nutrients.
- Pizza is very popular around the world and in the United States. Pizza can be healthy when topped with a variety of vegetables and fruits.
- Eating a variety of vegetables and fruits helps children stay healthy and grow strong. Each vegetable and each fruit is unique in what it has to offer nutritionally, thus variety is important. Adding vegetables and fruits to pizza is one way to increase consumption of this important food source.
- 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.

Dear Family,

Today my class talked about how sharing meals together as a family is healthy for me. We practiced using good table manners and made and tasted this yummy English muffin pizza snack. Maybe we can try this recipe together at home.

Parent Tip: Eat together as a family and be a role model. There's no power like parent power! Eat well and move more to care for yourself and your family.

English Muffin Pizza

Makes: 6 servings

Total Cost: \$3.61

Serving Cost: \$0.60



Ingredients

whole wheat English muffins cut in half

1/4 can pizza sauce (15 oz.)

1/4 green bell pepper

sliced olives (4 oz.)

1/4 can pineapple tidbits (20 oz.)

1/2 cup mozzarella cheese

Directions

1. Wash green bell pepper and cut into small pieces.
2. Open can of pineapple and drain.
3. Slice English muffins in half for pizza crust.
4. Spread about 1 tablespoon of pizza sauce onto half of an English muffin.
5. Add pineapple, green pepper, and olives on top.
6. Spread about 1 tablespoon of shredded mozzarella cheese on top.
7. With an adult helper warm up your pizza in a microwave or eat it cold.
8. Eat and enjoy!

Nutrition Facts

Serving Size 1 Pizza (94g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 6g

Vitamin A 8% • Vitamin C 25%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Eat healthy foods together as a family!
**This recipe is a delicious way to get vegetables, fruit
and whole grains together!**

Querida Familia,

Hoy mi clase habló de que compartir las comidas en familia es saludable para mí. Practicamos los buenos modales en la mesa, hicimos y probamos esta deliciosa pizza de panecillo inglés. Tal vez podamos probar esta receta juntos en casa.

Consejo para padres: Coma en familia y sea un modelo a seguir. ¡No hay poder como el poder de los padres! Coma bien y manténgase activo para cuidar de usted y de su familia.

Pizza de panecillo inglés

Rinde: 6 porciones

Costo Total: \$3.61

Costo por Porción: \$0.60



Ingredientes

Panecillos Ingleses (*English Muffins*) de grano entero cortados por la mitad

1/4 lata de salsa de pizza (15 oz.)

1/4 pimiento verde

aceitunas picadas (4 oz.)

1/4 lata de piña en trocitos (20 oz.)

1/2 taza de queso mozzarella

Instrucciones

1. Lavar el pimiento verde y cortar en trocitos.
2. Abrir la lata de piña y escurrir.
3. Cortar los panecillos por la mitad para usar como masa de pizza.
4. Untar 1 cucharada de salsa de pizza sobre una mitad del panecillo.
5. Añadir la piña, el pimiento verde y olivas a por encima.
6. Colocar encima una cucharada de queso mozzarella.
7. Con la ayuda de un adulto, caliente la pizza en el microondas o comer fría.
8. ¡A comer y disfrutar!

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

¡Coma alimentos saludables en familia! ¡Esta receta es una deliciosa manera de obtener verduras, frutas, y granos enteros juntos!

Manners

Name: _____ Date: _____

Write a poem or a rap about manners. Add a healthy message.

Buenos Modales:

Nombre: _____ Fecha: _____

Escribe un poema o canción (de tipo “rap”) sobre los buenos modales en la mesa. Añade un mensaje saludable.

WITH HIS MOUTH FULL OF FOOD
by, Shel Silverstein

Milford Dupree, though he knew it was rude,
Talked with his mouth full of food.
He never would burp or walk out in the nude,
But he talked with his mouth full of food.
His mother said, "Milford, it's crude and it's lewd
To talk with your mouth full of food.
Why, even the milk cow who moo'd as she chewed
Never talked with her mouth full of food.
And the cuckoo would never have ever cuckoo'd
If he coo'd with his mouth full of food."
His dad said, "Get married or go get tattooed,
But don't talk with your mouth full of food.
And if it was a crime, you would surely get sued.
If you talked with your mouth full of food.
Why just like an animal you should be zoo'd
As you talk with your mouth full of food.
Cause you know we're all put in a terrible mood
When you talk with your mouth full of food."
They pleaded and begged. He just giggled and chewed.
He laughed with his mouth full of food.
And all they advised him he simply poo-poo'd
He poo-poo'd with his mouth full of food.
So they sent for the gluer to have his mouth glued
Cause he talked with his mouth full of food.
And now instead of "Good morning", he says,
"Gnu Murnood. I wun tuk win mny marf furu foog."

From the book Where the Sidewalk Ends, by Shel Silverstein, copyright 1974.

Buenos Modales

Bien sentado

Únete a la movida

Escucha con atención

No juegues con la comida

Obedece a tus padres

Si eres bueno, ¡te unes a la movida!

Mantén la boca cerrada

O no discutas con adultos

Di por favor y pide permiso

Agradece, ¡así da gusto!!!

Los niños buenos comparten

Es bueno tener amigos

Si eres bien educado, te quieren en todas partes!

*Hecho por, Catia Chávez y Susana Cestino
Read*

Various Other Poems about Good Manners

*Jessica, Jessica (insert the appropriate child's name)
Strong and able
Keep your elbows
Off the table!*

*We say, "Thank you."
We say, "Please."
We don't interrupt or tease.
We don't argue. We don't fuss.
We listen when folks talk to us.
We share our toys and take our turn.
Good manners aren't too hard to learn.
It's really easy, when you find.
Good manners means
JUST BEING KIND!*

*Today I pledge to be kind,
to use the nicest words I can find.
Today I pledge to try to share,
to wait my turn and to be fair.*

(sung to the tune of "Three Blind Mice"):

*3 Nice Mice
3 Nice Mice
See how nice they are
See how nice they are
They're always polite when they nibble their cheese
They never forget to say "thank you" and "please"
They cover their noses whenever they sneeze
ahhh ahhh ahhh-choo (pretend sneeze)
3 nice mice 3 nice mice*

My Dog Has Got No Manners

Child:

My dog has got no manners.
I think he's very rude.
He always whines at dinnertime
while we are eating food.

And when he's feeling thirsty
and wants to take a drink,
he takes it from the toilet
instead of from the sink.

He never wears a pair of pants.
He doesn't wear a shirt.
But worse, he will not shower
to wash away the dirt.

He's not polite to strangers.
He bites them on the rear.
And when I'm on the telephone,
he barks so I can't hear.

When I complained to Mommy,
she said,

Mom:

"I thought you knew:
the reason that his manners stink—
he learns by watching you."

Adapted from the poem by Bruce Lansky in [*Rolling in the Aisles*](#), published by Meadowbrook Press.