

## Healthy Families – Good Manners (3<sup>rd</sup> 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 their 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><b><u>In Kitchen Bin</u></b></p> <ul style="list-style-type: none"> <li>- cutting board (teacher only)</li> <li>- chef knife (teacher only)</li> <li>- can opener</li> </ul> <p><b><u>In Paper Goods Bin</u></b></p> <ul style="list-style-type: none"> <li>- plastic spoons for serving</li> <li>- small paper plates*</li> </ul>	<ul style="list-style-type: none"> <li>- activity sheet copies*</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- 1 large green bell pepper</li> <li>- grated mozzarella cheese (16 oz)</li> <li>- whole wheat English muffins (1/2 per student)</li> <li>- pineapple tidbits (20 oz)</li> <li>- pizza sauce (15 oz)</li> <li>- sliced olives (4 oz)</li> <li>- 24 serving containers</li> <li>- family letter/recipe copies*</li> </ul>

\*one per student

## Reinforcing Colorado Comprehensive Health Standards

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

Third Grade, Standard 3. Social and Emotional Wellness. 4. Utilize knowledge and skills to enhance mental, emotional, and social well-being. 2. Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others.

Third Grade, Standard 3. Social and Emotional Wellness. 4. Utilize knowledge and skills to enhance mental, emotional and social well-being. 1. Utilize knowledge and skills to treat self and others with care and respect.

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 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/forks in each container.
- Have ingredients/materials for each of the 4 groups: (*recipe ingredients, bowls, mixing spoon, paper plates, plastic knives, napkins and forks*) ready to pass out to each group for making and eating their pizzas.
- 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:

- 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 students eating together with people important to them can be fun and healthy.**
- 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?

## 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.

## **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**

**B**ien sentado

**Ú**nete a la movida

**E**scucha con atención

**N**o juegues con la comida

**O**bedece a tus padres

**S**i eres bueno, ¡te unes a la movida!

**M**antén la boca cerrada

**O** no discutas con adultos

**D**i por favor y pide permiso

**A**gradece, ¡así da gusto!!!

**L**os niños buenos comparten

**E**s bueno tener amigos

**S**i 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.

# 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.



Families who eat together are healthier together! Fun Fact: eating as a family has been linked to positive child development and an increase in self-esteem and communication skills. Whether your family is large or small, it is valuable to try to share meals together when you can and with whom you can.

**Tip:** You are a role model to your student. When you eat fruits and vegetables or make time to be physically active, your student will see this, and will be more likely to develop those healthy habits, too.



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

### English Muffin Pizza

Makes About: 6 servings      Total Recipe Cost: \$9.40 - \$10.00

#### Ingredients

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



Movement is about having fun and developing new skills! It can look different for everybody. As the weather gets colder and the days get shorter, outdoor activity can become difficult. Follow this QR code for an indoor activity that you can do on your feet or in your seat.



¡Las familias que comen juntas son más saludables juntas! Dato curioso: comer en familia se ha relacionado con un desarrollo infantil positivo y un aumento de la autoestima y las habilidades de comunicación. Ya sea que su familia sea grande o pequeña, es importante intentar compartir las comidas con quienes puedan y cuando puedan.

**Consejo:** Usted es un modelo a seguir para su estudiante. Cuando Ud. come frutas y verduras o aparta tiempo para estar físicamente activo, su estudiante lo ve, y será más probable que también desarrolle esos hábitos saludables.



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

### Pizza de panecillo inglés

Rinde: 6 porciones

Costo Total: \$9.40 - \$10.00

#### Ingredientes

- Panecillos Ingleses (English Muffins) de grano entero cortados por la mitad
- 1/4 lata de salsa de pizza (15 oz.)
- 1/4 pimienta verde
- aceitunas picadas (4 oz.)
- 1/4 lata de piña en trocitos (20 oz.)
- 1/2 taza de queso mozzarella



#### Instrucciones

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



(Video en inglés)

¡El movimiento se trata de divertirse y desarrollar nuevas habilidades! Puede verse diferente para todos. A medida que el clima se vuelve más frío y los días se acortan, la actividad al aire libre puede volverse difícil. Siga el código QR para hacer una actividad adentro que puede realizar de pie o en su asiento.