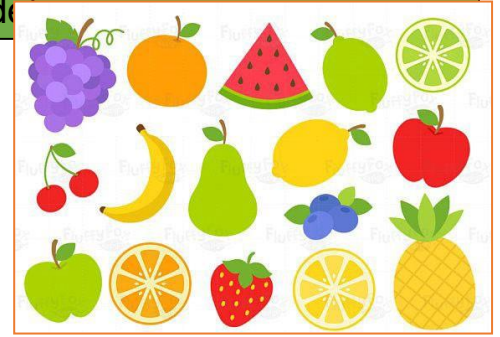


Jazzy Sweet Fruit Salad (4th Grade)

Materials and Ingredients

- ✓ *RUM-A-TUM-TUM* by Angela Shelf Medearis
- ✓ Canned mangos, pineapple, lemon and cilantro
- ✓ bowls, serving containers & can opener
- ✓ portion cups & plastic spoons
- ✓ parent letter/recipe & activity sheet



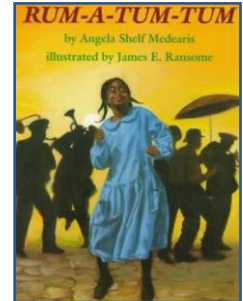
Food Preparation

- ✓ Open and drain cans of fruit
- ✓ Put ingredients in serving containers
- ✓ Students will make their own fruit salad by serving themselves



Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Discuss with students why fruit is important to eat every day
- ✓ Read the book *RUM-A-TUM-TUM*; read the author's note and compare advertising with street cries 100 years ago to TV commercials
- ✓ Discuss how TV commercials try to get us to buy unhealthy foods
- ✓ ***Fruit is colorful and sweet but best of all it's good to eat!***
Focus on fruit!



Process

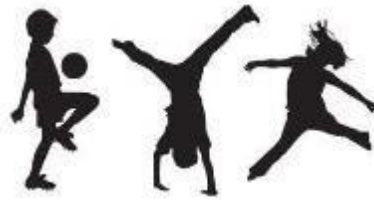
- ✓ Read fruit salad recipe/parent letter with students
- ✓ Discuss why we should watch out for added sugars in our foods
- ✓ Students wash their hands with soap and warm water
- ✓ Students write their own street cries and share with class.
- ✓ ***Focus on fruit! Eat it every day!***



Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





A Let's Wake Up Our Brains! Brain Boost Exercise!

Can you move with me? Repeat to get your heart rate up.

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

Jazzy Fruit Parfait

Name: _____ Date: _____

In New Orleans 100 years ago, life was very different than it is today. They didn't have television. When a street seller wanted to sell something like fruits and vegetables they didn't have commercials to advertise their beautiful and healthy food. Instead, they walked up and down the streets with their fruits and vegetables singing street cries like the ones below hoping someone would come out and buy their food.

"Okra, cucumbers, squash and potatoes, come and sample my plump tomatoes"

"I got strawberries, lady! Two baskets for a quarter! Blackberries, blueberries, come and place your order!"

Today people advertise food on TV and radio. Write an advertisement below for the healthy low-sugar Jazzy Fruit Parfait you made and tasted in class.

Bocadillo de Frutas y yogurt de jazz

Nombre: _____ Fecha: _____

Hace 100 años en New Orleans la vida era diferente a lo que es hoy. Cuando los vendedores querían vender algo como frutas y verduras, no tenían comerciales para promocionar sus productos saludables y bonitos. En lugar de comerciales, ellos caminaban por todas las calles con sus frutas y verduras cantando por las calles (street cries), como los de abajo, esperando que alguien salga y les compre sus productos.

“Quimbombó, calabazas, papas pepinitos, venga y pruebe mis tomates rellenos.”

“¡Tengo fresas señora! ¡Dos canastas por una moneda! ¡Moras, frambuesas y arándanos, venga y compre si algo queda!”

Hoy en día la gente anuncia los alimentos en la televisión y radio. Escriba a continuación un anuncio sobre el bocadillo de frutas y yogurt de jazz saludable y bajo en azúcar que hizo y probó en clase.

Jazzy Fruit Parfait (Teacher Sample Answers)

Name : _____ Date : _____

In New Orleans 100 years ago, life was very different than it is today. They didn't have television. When a street seller wanted to sell something like fruits and vegetables they didn't have commercials to advertise their beautiful and healthy food. Instead, they walked up and down the streets with their fruits and vegetables singing street cries like the ones below hoping someone would come out and buy their food.

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"I got strawberries, lady! Two baskets for a quarter! Blackberries, blueberries, come and place your order!"

Today people advertise food on TV and radio. Write an advertisement below for the healthy low-sugar Jazzy Fruit Parfait you made and tasted in class.

Jazzy Fruit Parfait-

*"Blue, Orange, Yellow, Creamy, Crunchy! Fruit, Yogurt, Cereal!
Give it a try! It's a healthy treat!"*

*"Fruit is colorful and sweet, but best of all it's good to eat!
Try our Jazzy Fruit Parfait for good health and a sweet treat!"*



Scan this QR code to watch how to make a similar snack to what we made in class.

Dear Families,

Today, your student explored how fruit is part of a nutritious diet and learned about jazz, New Orleans, and how street vendors sold fruit 100 years ago. Fruit is packed with fiber as well as many vitamins and minerals that are essential for their 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	
Serving size	(106g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 40mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 180mg	4%

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!

**Feel free to adjust ingredients depending on allergies and/or what you have at home.*

Tip: Try 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". While shopping, 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 physical activities. What do they like to do? Some ideas might include walking or stretching. Try to make it a fun and positive experience for your student.

Carta Familiar



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

Queridas familias:

Hoy, su estudiante exploró cómo la fruta es parte de una dieta nutritiva y aprendió sobre el jazz, la ciudad de Nueva Orleans, y cómo los vendedores ambulantes vendían fruta hace 100 años. La fruta está llena de fibra, así como de vitaminas y minerales. Es esencial para su 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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* 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

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!

* *Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*

Trate de escoger frutas enlatadas en jugo de fruta, no jarabe azucarado.



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". Mientras compramos, podemos usar la etiqueta que se encuentra en los alimentos envasados para ver si le agregaron azúcar adicional. Escanée el QR para explorar más acerca de la etiqueta de nutrición.



Todos somos únicos. Tenemos diferentes habilidades y preferencias. Como usted puede, intente apreciar estas diferencias introduciendo a su estudiante a una variedad de actividades físicas. ¿Qué les gusta hacer? Algunas ideas pueden incluir caminar o estirarse. Trate de que sea una experiencia divertida y positiva para su estudiante.



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