

## Healthy Snacks; Carlos and the Cornfield (5th Grade)

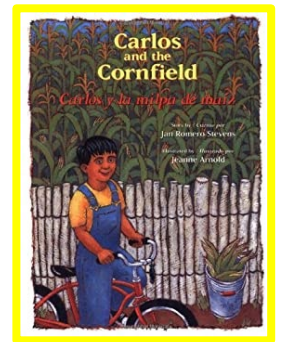
### Materials and Ingredients

- ✓ *Carlos and the Cornfield* by Jan Romero Stevens
- ✓ popcorn crackers, hummus, bell peppers, cucumber
- ✓ cutting board, teacher knife
- ✓ serving containers, paper plates, plastic knives
- ✓ **For Experiment-** baggies, paper towels, popcorn kernels, activity sheets



### Food & Experiment Preparation

- ✓ **Corn Sprouting:** Students will create their own experiments for the corn sprouting. (*i.e.*, try to sprout with wet towel or dry, try to sprout in sun or dark) Have materials ready.
- ✓ Have Healthy Snack ingredients in containers. *Students will serve themselves and cut up their pieces of bell peppers and cucumber.*
- ✓ Have plastic knives, paper plates, ready to pass out.
- ✓ Have book *Carlos and the Cornfield* ready to read to class.

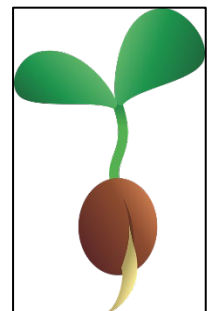


### Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss with students why we should eat whole grains, fruits & veggies every day.
- ✓ ***Eat whole grains, fruits and veggies as a snack to get the vitamins and minerals your bodies need!***
- ✓ Read and discuss the book *Carlos and the Cornfield*.

### Process

- ✓ Brainstorm with students what they think a seed needs to grow (water, sun, soil, light, air, warmth).
- ✓ **Conduct experiment-** Have students write out the steps for their experiment on their activity sheets. (*i.e.*, try to sprout with wet towel or dry, try to sprout in sun or dark)
- ✓ Pass out materials and have them follow the steps they made up.
- ✓ Make sure they write their names on their baggies.
- ✓ Have them make their predictions. Plan to record what happens in a week's time.
- ✓ Students wash their hands with soap & warm water.
- ✓ **Healthy snack-**Go over the ingredients for the healthy snack. popcorn crackers- whole grain, hummus- made from garbanzo beans, bell peppers & cucumbers-vegetables. Play "*Trivia Game*" (attached). *"Can you find seeds in any of the vegetables?"*
- ✓ ***Eat whole grains, fruits and veggies as a snack to get the vitamins and minerals your bodies need!***



### Family Letter

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



## **Let's Wake Up Our Brains! Brain Boost Exercise!**

### **Grow like a Seed!**

Teacher calls out instructions. Students pretend they are seeds.

- ♥ Sit on the ground curled up like a seed in the dirt
- ♥ The seed gets water and grows bigger
- ♥ Your seed coat pops off!
- ♥ Stretch your feet out as your roots grow
- ♥ Reach your hands up as your stem/shoot grows
- ♥ Stand up on your tiptoes and grow towards the sun
- ♥ Stretch your arms up as high as they can go
- ♥ Wave your arms back and forth
- ♥ You are fully grown!
- ♥ You are so excited you run in place!

## **Healthy Popcorn Cracker** Snack Trivia!

Have students raise hands and answer these trivia questions about today's healthy snack.

Variations on game.

- Have students get into groups to answer questions.
- Give students points for getting answers correct.
  - Students with most points get to help pass out snack ingredients.

### 1. Popcorn crackers

- a. What food group do popcorn crackers fit in? (*grain group*)
- b. Are the popcorn crackers a whole grain? (*yes, they are made from all parts of the popcorn seeds*)
- c. What part of the plant are you eating when you eat popcorn? (*seeds*)
- d. What are other ways to eat corn? (*on the cob, in a salad, salsa or chili, popcorn, tortilla, tamales, tortilla chips*)
- e. Does corn fit in another food group? (*vegetable*)
- f. How did Carlos eat corn? (*corn on the cob, tamales, tortilla, cornmeal pancakes*)

### 2. Hummus

- a. What is hummus made of? (*garbanzo beans*)
- b. What food group does hummus fit in? (*both protein and vegetable*)
- c. What part of the plant are you eating when you eat hummus? (*seeds*)
- d. Why does the hummus look like it does? (*the beans are all mashed together, similar to refried beans*)
- e. Have you ever tried hummus before?

### 3. Bell peppers (vegetable)

- a. What food group do bell peppers fit in? (*vegetable group*)
- b. What part of the plant are you eating when you eat bell peppers? (*fruit*)
- c. What makes a bell pepper a fruit? (*the seeds inside*)
- d. Can you name the different colors bell peppers come in? (*yellow, orange, green, red*)

### 4. Cucumbers (vegetable)

- a. What food group do cucumbers fit in? (*vegetable group*)
- b. What part of the plant are you eating when you eat cucumbers? (*fruit*)
- c. What makes a cucumber a fruit? (*the seeds inside*)

## **Bonus Questions**

### 5. Why are bell peppers and cucumbers called fruits but are in the vegetable group of MyPlate?

- a. (*Vegetables with seeds inside them are the fruit of the plant but we eat and cook with them as a vegetable. They are not as sweet and are lower in natural sugar than the fruits that belong in the fruit group of MyPlate like grapes and apples.*)

### 6. When does corn fit in the grain group and when in the vegetable group?

- a. (*fresh cooked corn fits in the vegetable group; corn meal which is ground dried corn makes up many foods like corn tortillas, cornmeal pancakes and cornbread, popcorn is popped corn seeds that are dried and popcorn belongs in the grain group*)

### 7. Why is this snack healthy?

### 8. Can you think of a fruit that would taste good with this snack? (*pineapple, blueberries, etc.*)

# Corn Seed Experiment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Steps for performing my corn seed experiment:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. Write your predictions:

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6. After one week, write what happened:

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## Mi Experimento de la Semilla de Maíz

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

### Pasos para realizar el experimento de la semilla de maíz.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Escribe tus predicciones.

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### Después de una semana escribe lo que pasó.

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# Family Letter: Eating Healthy Snacks

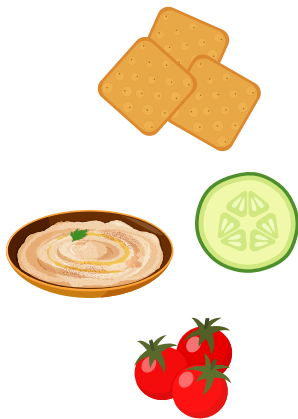


Scan the QR code for helpful tips about healthy snacking.

Dear Families,

Today your student made a nutritious snack with crackers, hummus, and vegetables. They also explored what makes up a satisfying and nutrition-filled snack.

Snacks are an easy way to help your student get the nutrients they need to grow and develop. Snacks can be simple. If possible, try to include protein, whole grains, fruits, and vegetables. Try one of the recipes below for a simple and tasty snack. Feel free to adjust ingredients depending on allergies and/or what you have at home.



### Cracker Snacks

Makes About: 2 servings

Total Recipe Cost: \$2.50 - \$3.50

#### Ingredients

- 10 whole wheat crackers
- 2 tbsp homemade or store-bought hummus
- 5 slices of cucumber, halved
- 5 cherry tomato, halved

#### Directions

1. Top crackers with hummus, cucumber, and tomato.
2. Eat and enjoy.



### Three-ingredient Bean Dip

Makes About: 1 serving

Total Recipe Cost: \$0.40 - \$0.60

#### Ingredients

- 1/3 cup beans, canned or cooked
- 1 teaspoon yogurt, non-fat, plain
- 1 tablespoon salsa

#### Directions

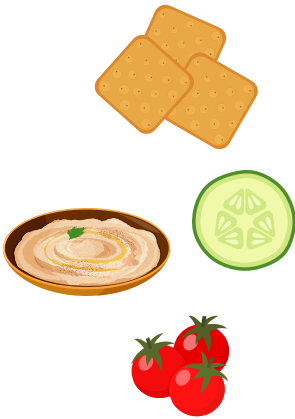
1. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers.
2. Add yogurt and salsa. Seal bag and mash again.
3. Open bag or cut off corner of bag and squeeze out dip. Eat with veggies, tortilla chips, pita bread, or whole-wheat crackers.



Escanee el código QR para obtener consejos útiles sobre refrigerios nutritivos.

Hoy su estudiante hizo una merienda nutritiva con galletas de palomitas de maíz, hummus y vegetales. También exploraron en qué consiste una merienda satisfactoria y llena de nutrición.

Las meriendas son una manera fácil de ayudar a su estudiante a obtener los nutrientes que necesita para crecer y desarrollarse. Los bocadillos pueden ser simples. Si es posible, intente incluir proteínas, cereales integrales, frutas y verduras. Pruebe una de las recetas a continuación para una merienda simple y sabrosa. Ajuste los ingredientes según las alergias y/o lo que tenga en casa.



### Bocadillos de galleta

Rinde: 2 porciones

Costo Total: \$2.50 - \$3.50

#### Ingredientes

- 10 galletas de trigo integral
- 2 cucharadas de hummus casero o comprado en la tienda
- 5 rodajas de pepino, en mitades
- 5 tomates cereza, cortados a la mitad

#### Instrucciones

1. Cubran las galletas con hummus, pepino y tomate.
2. Coman y disfruten.



### Salsa de frijoles de tres ingredientes

Rinde: 1 porcion

Costo Total: \$2.50 - \$3.50

#### Ingredientes

- 1/3 taza de frijoles, enlatados o cocidos
- 1 cucharadita de yogurt, sin grasa, natural
- 1 cucharada de salsa

#### Instrucciones

1. Coloquen los frijoles en una bolsa de plástico pequeña con cierre. Saquen el aire extra y sellen. Aplasten los frijoles con los dedos.
2. Agreguen yogurt y salsa. Sellen la bolsa y vuelvan a aplastar.
3. Abran la bolsa o corten una esquina de la bolsa y expriman la salsa. Coman con verduras, totopos de tortilla, pan de pita o galletas integrales.