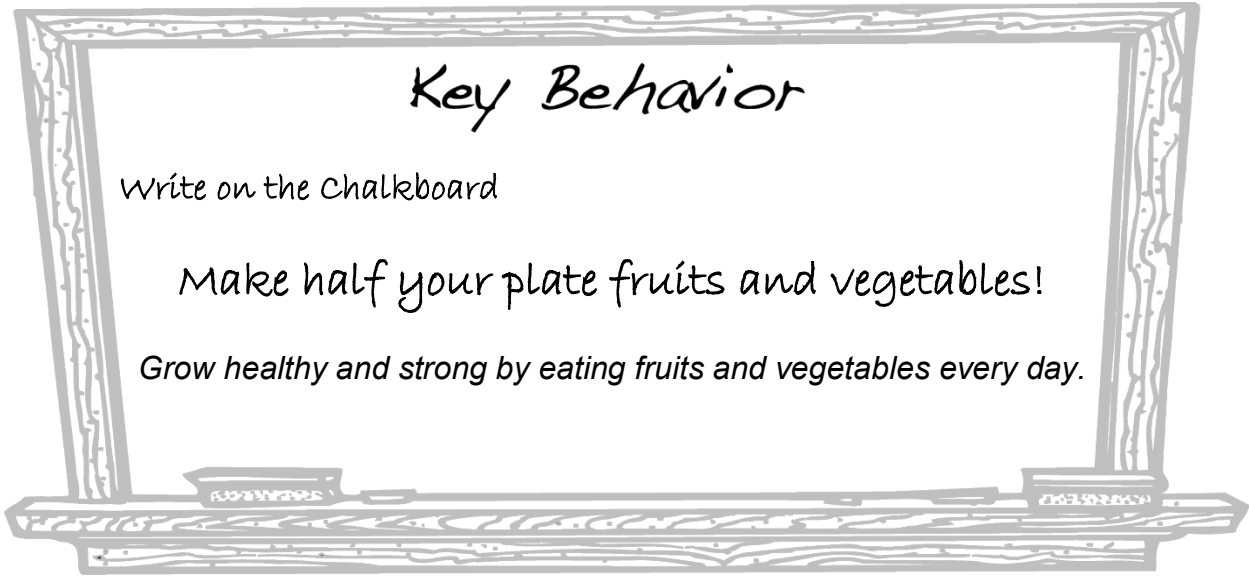


Tangrams: Crunchy Veggie Salad (2nd Grade)

This is a longer lesson; it can be split into two parts and taught over two days.



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare** and **taste** a Chinese vegetable salad.
- express ways** they can **eat more fruits and vegetables every day.**
- explain** the **health benefits** of eating fruits and vegetables.
- identify** that cabbage, cucumber, snow peas and water chestnuts fit in the vegetable food group and mandarin oranges fit in the fruit group 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) - 2 large bowls - mixing spoon - can opener - peeler <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - plastic knives* - plastic gloves (2 per student) 	<ul style="list-style-type: none"> - Tangram sheet copies (1 for every 4 students) - Tangram puzzle copies* - scissors* - recipe copies* - world map (optional) - napkins* 	<ul style="list-style-type: none"> - book: "Grandfather Tang's Story" by Ann Tompert - 1 bag of shredded cabbage (16 oz.) - 1 cucumber - 1 bag of snow peas (6 oz.) - water chestnuts, sliced (8 oz.) - 2 cans mandarin oranges (11 oz.) - Chow Mein noodles (6 oz.) - <u>seasoned</u> rice vinegar** - oil** - plastic coated paper plates* - chopsticks* (one set per student)

*one per student

****Note:** Oil & vinegar will be delivered as a shared item. Look for them in the delivery area.

SET-UP

Copies:

- Make copies of recipe (each student), Tangram sheet (one square for each student; there are four squares per sheet), and Tangram puzzle sheet (each student).

Work area:

- Students will work individually at their desks.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Open and drain can of water chestnuts. Students can cut these into small pieces.
- Wash, peel and cut cucumber into pieces for students to cut into small pieces.
- Have snow peas ready for students to cut into small pieces.
- Open and drain mandarin oranges.
- Have large bowls, mixing spoon, measuring cups, shredded cabbage, mandarin oranges, oil, seasoned rice vinegar and Chow Mein noodles ready to use. **Note: Oil and vinegar will be delivered as a shared item. Look for them in the delivery area.**
- **Tip:** Make the salad in two large bowls for easier mixing.
- Students will use plastic knives, large coated paper plates, and plastic gloves for cutting the vegetables. Have them save the large paper plates for eating the salad after they cut up the vegetables.
- Have napkins and chopsticks ready for eating the salad.

Other-prep:

- Have MyPlate poster ready to show students.
- Have world map available to show students where China is located.
- Have scissors ready to pass to students.
- Have the book "Grandfather Tang's Story" ready to read to the class.

INTRODUCTION WITH STUDENTS

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



Move like an animal!

Teacher calls out instructions. Students pretend they are different animals, staying in place.

- ♥ Run like a fox
- ♥ Hop like a rabbit
- ♥ Stretch like a dog (hands & feet on floor, straight legs, make an upside down V)
- ♥ Climb like a squirrel (knees high, arms high)
- ♥ Jump and flap your wings like a hawk (jumping jacks)
- ♥ Act like a turtle (sit down on your knees, put your forehead on the ground in front of you, stretch your arms out in front of you....breathe)

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Why do we need to eat fruits and vegetables every day?
- What are some of your favorite fruits and vegetables?

- **Refer to the Key Behavior and tell students that eating fruits and vegetables every day is important for our bodies. “Make half your plate fruits and vegetables”, means to put fruits and vegetables on your plate at every meal and eat them!**
- Tell students that they are going to learn about China today. There are many different countries in the world and in other countries people speak different languages, live in different kinds of houses, dress differently, and eat different kinds of foods.
- “Chinese” refers to the people who live in China, a big country across the ocean from us. Point out China on the map.
- Ask students if they have ever eaten Chinese food before. Have them name some Chinese foods they like.
- Tell students that today they are going to make a Crunchy vegetable salad with some vegetables that came from China and eat the salad with chopsticks. This salad may have some new foods that students have not tried before. It even has a fruit in it too!
- Show students the book “Grandfather Tang’s Story”. Explain that this book is about Chinese puzzles called Tangrams. Read the book “Grandfather Tang’s Story”.
- Tell students after they make and eat their “Crunchy Vegetable Salad” they will get to make their own Tangram puzzles.

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Go over the recipe with students. Show each ingredient in the salad to students and name them. Ask students where all the ingredients in the salad fit in MyPlate. Have them point out the lone fruit in the salad.
- Step 3: Ask students which of the vegetables they have tried before and which are new. Remind students the MyPlate teaches us “to make half our plates fruits and vegetables”. Discuss what this means with students.
- Step 4: Discuss the benefits of eating fruits and vegetables. Fruits and vegetables are rich in vitamins, minerals, and fiber. They keep us healthy and help keep us from getting sick.
- Step 5: Pass out vegetables along with the large coated paper plates, plastic knives, and plastic gloves to students and have them start cutting.
- Step 6: Collect the cut-up vegetables in a large bowl. Have students keep their plates for eating their salads.
- Step 7: Call on volunteers to help make the salad dressing and salad.
- ✓ **Salad Dressing:** In small bowl measure $\frac{1}{4}$ cup of seasoned rice vinegar and $\frac{1}{4}$ cup of oil.
 - ✓ **Salad:** In large bowl add the vegetables, mandarin oranges and chow mein noodles. Add the salad dressing and toss the salad well. **Note:** You may want to use two bowls.

- Step 8: Pass out napkins, plates and chopsticks to students. Serve small amounts of salad (1 tablespoon) to students.
- Step 9: **Teacher Demo:** Demonstrate how to use chopsticks to pick up the food. Remind students that it is perfectly okay to hold the plate close to the mouth. **Tip:** Encourage students to try using the chopsticks, but have forks ready to pass out if students find them necessary.
- Step 10: **Let's Eat, Let's Talk.** As students eat ask them what they learned by having them explain why it is important to make half their plate fruits and vegetables. Have students come up with ways to make half their plates fruits and vegetables. Ask and discuss the questions in the box **Make Health Happen.**
- Step 11: Pass out one square of Tangram and scissors to students along with the puzzle sheet. Have them cut the square out then cut the seven pieces separately. Demonstrate how to cut on the lines carefully and neatly. Have students use the puzzle sheet to make the different animals.
- Step 12: Pass out recipe and have students take home to share with their family.

Make Health Happen

How can you make half your plate fruits and vegetables?

What steps could you take to make today's salad recipe at home and share these vegetables with your family?

Next time you are asked to try a new fruit or vegetable what are you going to do? Do you ever see new foods in the lunchroom? Try something new in the lunchroom!

REINFORCING STANDARDS

Comprehensive Health

- **GR.2-S.2-GLE.1** Identify eating and drinking behaviors that contribute to maintaining good health.

Physical Education

- **GR.2-S.1-GLE.1** Demonstrate the elements of movement in combination with a variety of locomotor skills.

Reading, Writing and Communicating

- **GR.2-S.1-GLE.1** Discussions contribute and expand on the ideas of self and others.
- **GR.2-S.1-GLE.2** New information can be learned and better dialogue created by listening actively.
- **GR.2-S.2-GLE. 1** Fluent reading depends on specific skills and approaches to understanding strategies when reading literary text.
- **GR.2-S.2-GLE.2** Fluent reading depends on specific skills and approaches to understanding strategies when reading informational text.
- **GR.2-S.2-GLE.3** Decoding words with accuracy depends on knowledge of complex spelling patterns and morphology.

Mathematics

- **GR.2-S.4.GLE-1** Shapes can be described by their attributes and used to represent part/whole relationships.

Social Studies

- **GR.2-S.1-GLE.2** People have influenced the history of neighborhoods and communities.

BACKGROUND INFORMATION

- Eating a variety of vegetables helps us maintain our health by providing important vitamins, minerals, and fiber our bodies need. Chinese vegetables contain important anti-oxidant vitamins (A & C) that have been associated with helping prevent chronic diseases such as heart disease and some cancers.
- Chinese (Napa) cabbage, also called pe-tsai, looks like a paler version of a tightly closed head of Romaine lettuce. Chinese Napa cabbage is higher in calcium than other types of cabbage. It is also a good source of vitamin C and provides folate, potassium and fiber. It tastes delicious in salads and slaws. It can also be cooked similarly to other varieties of cabbage but it cooks more quickly.
- Water chestnuts look like chestnuts, but they are not nuts. Its crisp white flesh has a mild sweet flavor and a crunchy texture. They can be a surprising addition to a fruit salad! Water chestnuts provide some carbohydrates and are a good source of fiber, riboflavin and vitamin B₆.
- Snow Peas are an excellent source of vitamin C and a good source of iron and manganese.
- Cucumbers are exceptionally high in water (98% of its weight). Cucumbers are usually well suited for salads, sandwiches, and snacks.
- Tangram is known as an ancient Chinese puzzle. It is composed of seven pieces (5 different sizes of triangles, one square, and one parallelogram) that can fit back into a square. Using all seven pieces and not allowing any to overlap, people can create many interesting figures such as animals, people, buildings and many abstract designs. An ancient legend from over 1,000 years ago, talks about a man named "Tan" who dropped a square tile on the ground and it broke into 7 pieces. As he tried to fit them back together, he saw he could make various shapes with those pieces and with his imagination, he created figures of animals and people and so on. Over the years, Tan's game spread and gained popularity in Asia and Europe. Playing tangram offers an exciting challenge to you and your students because it is believed that it can develop mathematical skills (shape concepts and spatial relationships), intellectual skills (problem solving and visual memories), and fine motor coordination as well.

Dear Family,

Today I learned about vegetables and our class made and tasted a Crunchy Vegetable Salad. I learned I could try new vegetables. If we make this at home, I could help.



Parent Tip: When trying new foods, it's best to suggest, but not force, your child to take a bite. Give lots of praise for trying new foods.

Scan this QR code to watch a video on how to make the healthy snack we made in class.

Crunchy Vegetable Salad

Makes: 8-10 servings

Total Cost: \$10.43

Serving Cost: \$1.30



Ingredients

- 1 bag shredded cabbage (16 oz.)
- 1 cucumber
- 1 bag snow peas (6 oz.)
- 1 can sliced water chestnuts, drained (8 oz.)
- 2 cans mandarin oranges (11 oz.)
- 1 bag Chow Mein noodles (6 oz.)
- 2 tablespoons sesame seeds (optional)
- 1/3 cup sliced almonds (optional)

Dressing

Seasoned rice vinegar can be found in the Asian section at any major grocery store

- ¼ cup oil
- ¼ cup seasoned rice vinegar

Directions

1. Wash and peel cucumber.
2. Cut cucumber, snow peas, and water chestnuts into small pieces.
3. Put cut-up vegetables into a bowl, along with shredded cabbage and mandarin oranges.
4. Pour seasoned rice vinegar and oil over the salad, mix.
5. Mix chow mein noodles into the salad right before serving.
6. Eat and enjoy!

Nutrition Facts	
Serving Size 2 cup (175g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 3g	
Vitamin A 20%	• Vitamin C 70%
Calcium 4%	• Iron 8%
*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	

Include fruits and vegetables with every meal!

Querida Familia,

Hoy aprendí sobre las verduras y nuestra clase hizo y probó una "ensalada vegetariana crujiente de repollo". Aprendí que puedo probar nuevas verduras. Si hacemos esta receta en casa, yo puedo lavar el pepino y mezclar la ensalada.



Consejo para Padres: Los niños aprenden a que les gusten comidas nuevas que ven y prueban más de una vez. Pídale a su niño que pruebe alimentos nuevos más de una vez. Al probar comidas nuevas, es mejor sugerir, pero no obligar a que su niño pruebe un bocado. Deles muchos elogios por probar alimentos nuevos.

Escanee este código QR para ver un video sobre cómo preparar el refrigerio saludable que preparamos en clase.

Ensalada Vegetariana Crujiente de Repollo

Rinde: 8-10 porciones

Costo total: \$10.43

Costo por porción: \$1.30



Ingredientes

- 1 bolsa de repollo rallado (16 oz)
- 1 pepino
- 1 bolsa de guisantes (snow peas) (6 oz)
- 1 lata de castañas de agua rebanadas, escurridas (8 oz)
- 2 latas de mandarinas (11 oz)
- 1 bolsa de fideos crujientes Chow Mein (6 oz)
- 2 cucharadas de semillas de sésamo (opcional)
- 1/3 taza de almendras rebanadas (opcional)

Aderezo:

el vinagre de arroz sazonado se puede encontrar en cualquier tienda de abarrotes grande en la sección asiática.

- 1/4 taza de aceite
- 1/4 taza de vinagre de arroz sazonado

Instrucciones

1. Lavar y pelar el pepino.
2. Cortar el pepino, los guisantes y castañas en trozos pequeños.
3. Colocar todas las verduras cortadas en un tazón, junto al repollo rallado y las mandarinas.
4. Agregar el vinagre de arroz y el aceite sobre la ensalada y mezclar.
5. Mezclar los fideos chow mein en la ensalada antes de servir.
6. ¡A comer y disfrutar!

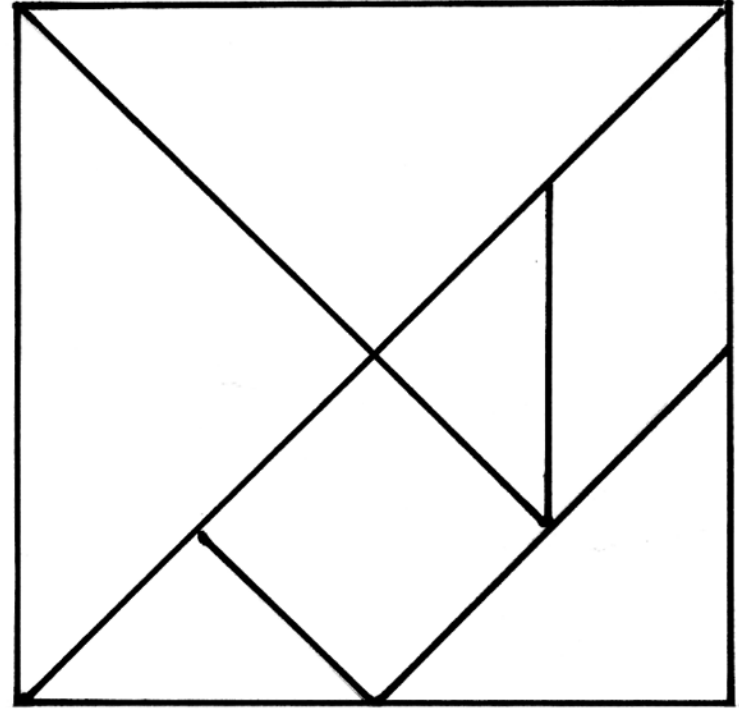
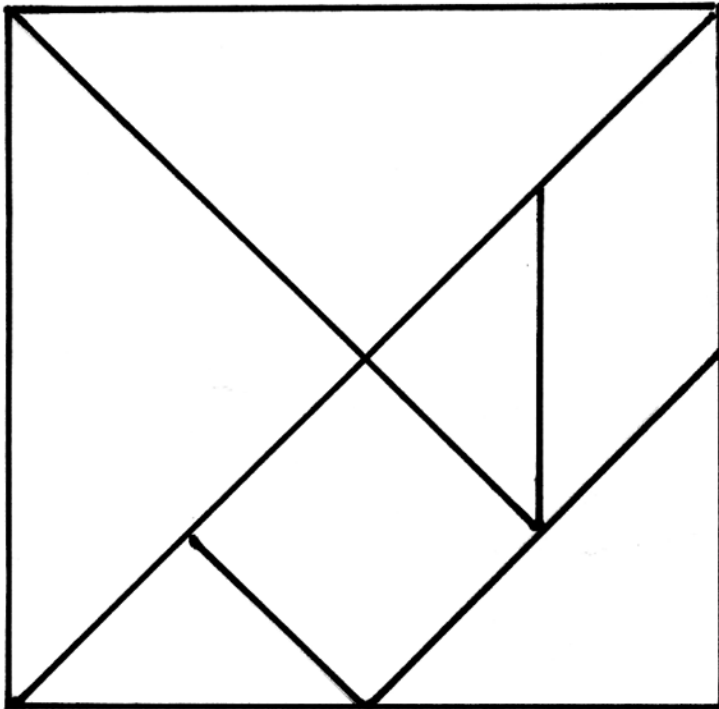
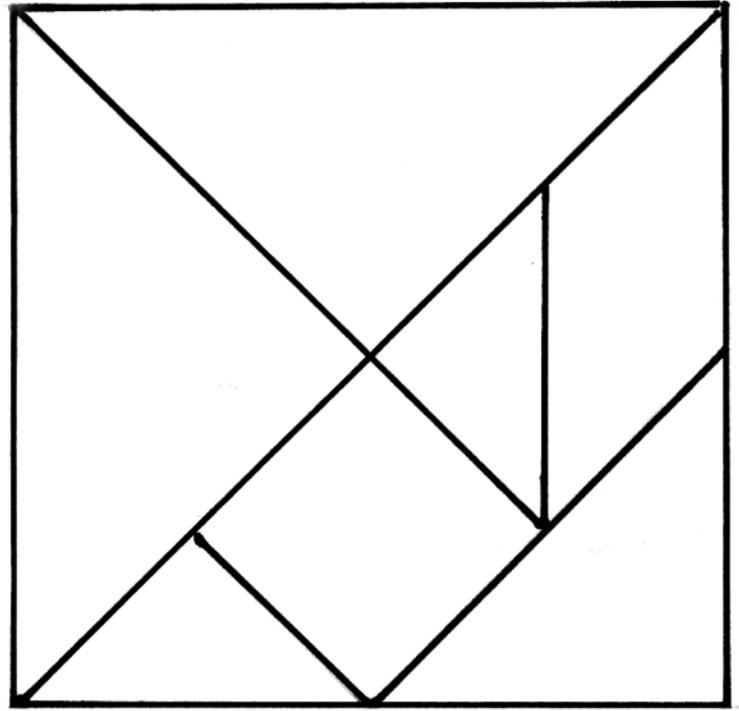
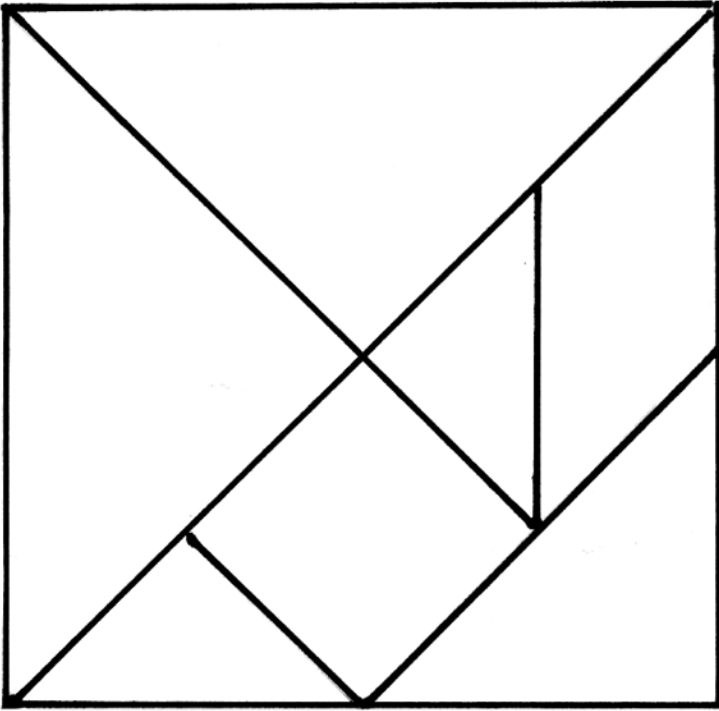
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Sugars 6g	
Protein 3g	
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¡Incluya frutas y verduras en cada comida!


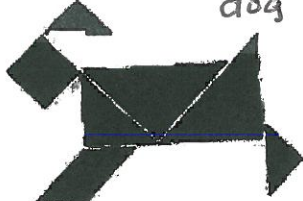
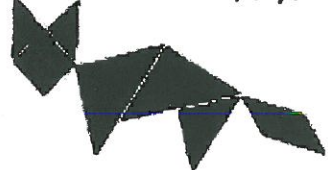
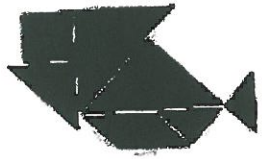

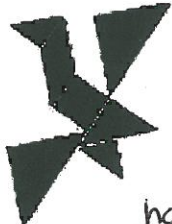


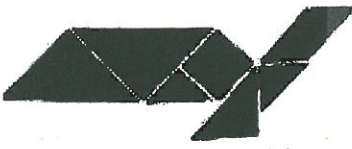

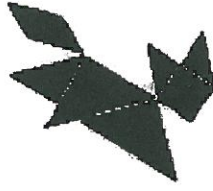
Chinese Tangram (2nd Grade)

Note: Teacher cut into one square per student



Grandfather Tang's Animal Puzzles

Use your tangram pieces to create the animals below.

<p>crocodile</p> 	<p>dog</p> 	<p>fox</p> 
<p>gold fish</p> 	<p>goose</p> 	<p>hawk</p> 
<p>rabbit</p> 	<p>squirrel</p> 	<p>turtle</p> 
<p>lion</p> 	<p>fox</p> 	<p>Tangram Puzzles</p>