

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
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife (teacher only) - 2 large bowls - mixing spoon - can opener - peeler 	<ul style="list-style-type: none"> - Tangram sheet copies (1 for every 4 students) - Tangram puzzle copies* - scissors* - 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 bag of snow peas or snap peas (6 oz) - 1 large cucumber - 2 cans mandarin oranges (11 oz) - 1 can water chestnuts - 2 pkgs ramen noodles (3 oz) - sesame ginger dressing - plastic coated paper plates* - chopsticks (one set per student) - family letter/recipe copies*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - plastic knives* - plastic gloves (2 per student) 		

*one per student

Reinforcing Colorado Comprehensive Health Standards

Second Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention and, health maintenance

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 Tangram sheet (one square for each student; there are four squares per sheet), and Tangram puzzle sheet (each student). **Note:** Read aloud and tangrams can be done at a different time or an optional activity.

Work area:

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

Food-prep:

- Open and drain cans of mandarin oranges. **Note:** Save a small amount of the mandarin orange juice to add to the salad to sweeten the flavor.
- Open and drain can of water chestnuts. Plain to have students cut into smaller pieces.
- Wash, peel (optional) and cut cucumber lengthwise for students to cut into smaller pieces.
- Have snow peas/snap peas ready for students to cut into smaller pieces.
- Have plastic coated paper plates, gloves, and plastic knives ready for cutting food.
- Leave noodles in packages and break into pieces by lightly pounding package.

Throw out seasoning packet. This is not used in the recipe.

- Have 2 bowls and mixing spoon ready for making salad.
- Have dressing, cabbage, mandarin oranges with a bit of the juice, and ramen noodles ready to add to salad.
- **Tip:** Make the salad in two large bowls for easier mixing.
- Have napkins, knives, forks, and chopsticks ready to pass out.

Other-prep:

- Have MyPlate poster ready to show students.
- Have world map available to show students where China is located.
- Have scissors, tangrams, and puzzle sheets ready to pass out 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 on the board and tell students that trying new foods is healthy. "Trying something new can be scary but one small taste makes your world a bigger place!"**
- 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 vegetable and the one fruit that goes in the salad to students and name them. Ask students which they have tried before and which they will be brave and try for the first time today.

Note: Students may never have heard, seen, or tasted water chestnuts. They are from Asian countries and are not nuts. They are crunchy and juicy and have lots of vitamins, minerals and fiber and are good for us to eat!

- 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 mix the salad ingredients.
- Salad:** In large bowl add the mandarin oranges with small amount of juice and ramen noodles (lightly pound noodles to break-up while still in package and discard the seasoning packet) to the cut-up vegetables. 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 and good for their health to try new 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

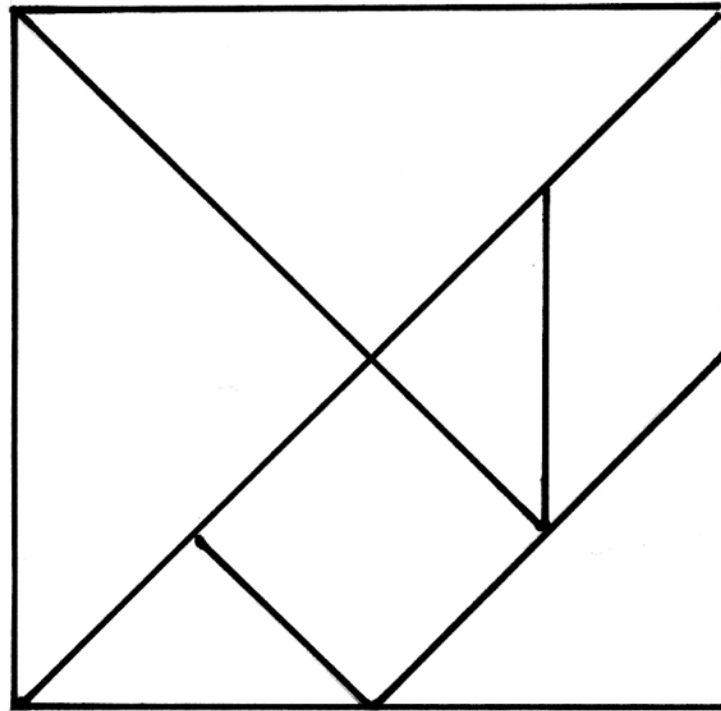
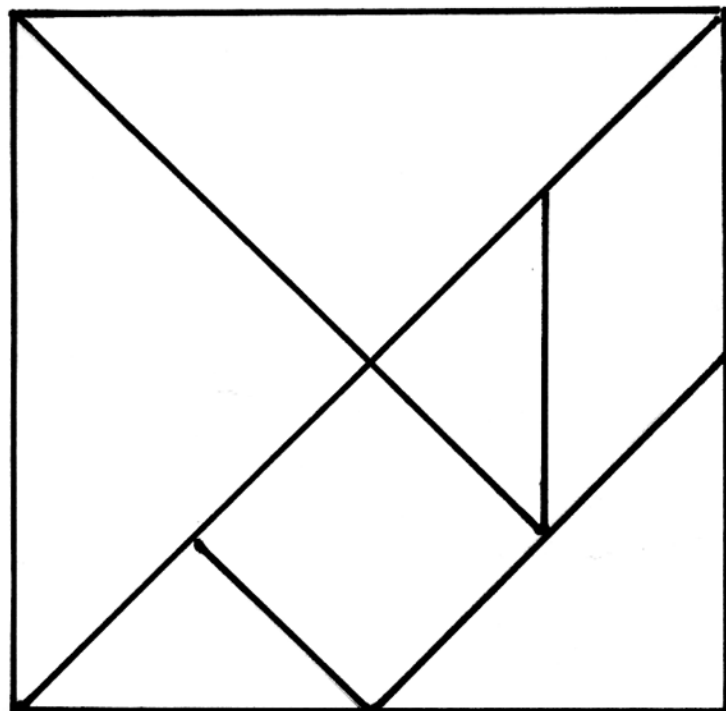
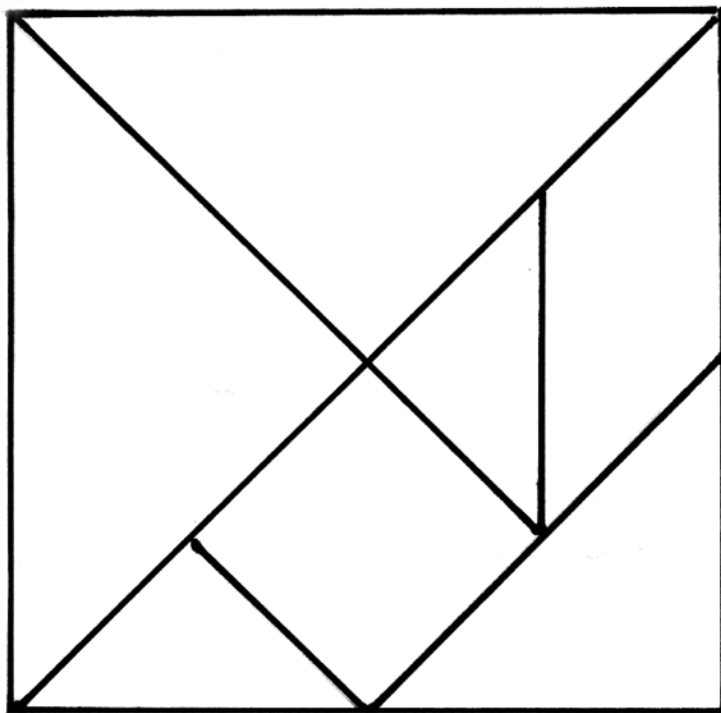
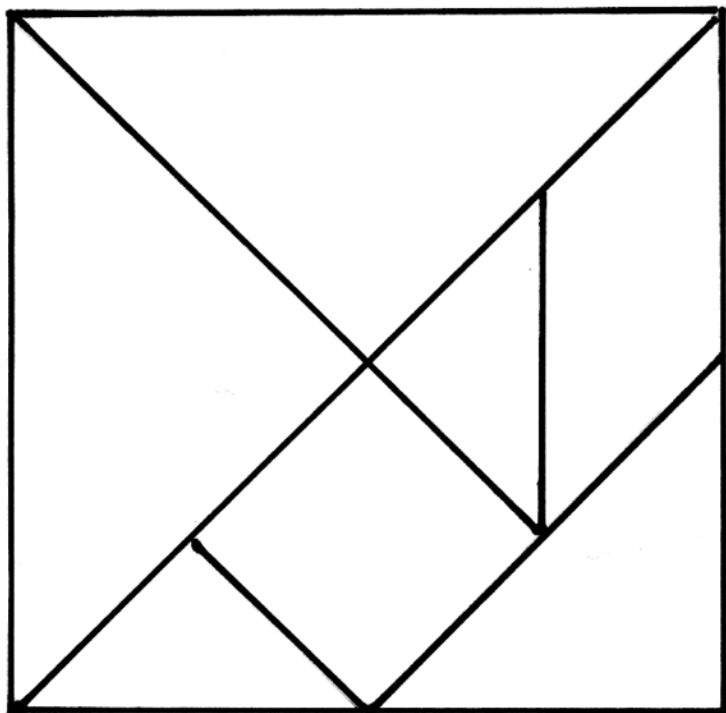
- ☒ Why is it important to try new fruits and vegetables?
- ☒ What steps could you take to make today's salad recipe at home and share these vegetables with your family?
- ☒ Next time you are asked to try a new fruit or vegetable what are you going to do? Do you ever see new foods in the lunchroom? Try something new in the lunchroom!

BACKGROUND INFORMATION

- A diet rich in vegetables provides many health benefits. Vegetables help reduce blood cholesterol levels, may lower risk of heart disease, and prevent chronic diseases such as heart disease and even some forms of cancer.
- What are the health benefits of the ingredients found in the crunchy vegetable salad?
 - **Cabbage** is a good source of vitamin C and provides folate, potassium, and fiber. **Snow Peas** are an excellent source of vitamin C, iron, and manganese. **Cucumbers** contain potassium and fiber. **Mandarin Oranges** are a good source of vitamin C, vitamin A, and fiber. **Water Chestnuts** have high amounts of fiber, potassium, manganese, copper, vitamin B6 and riboflavin.
- Chopsticks are an important part of Asian culture. It is believed that the first chopsticks were developed around 5,000 years ago in China. It is likely that people would retrieve the food from the fire using sticks or branches broken from trees. Chopsticks became the utensil of choice. By 500 A.D., chopsticks had spread from China to present-day Vietnam, Korea, and Japan. Chopsticks are not used everywhere in Asia. In India, Indonesia, Malaysia, the Philippines, Thailand, and Central Asia most people have traditionally eaten with their hands.
- It has been said that using chopsticks improves memory, increases finger dexterity and can be useful in learning and improving skills such as handwriting or working on arts and crafts.

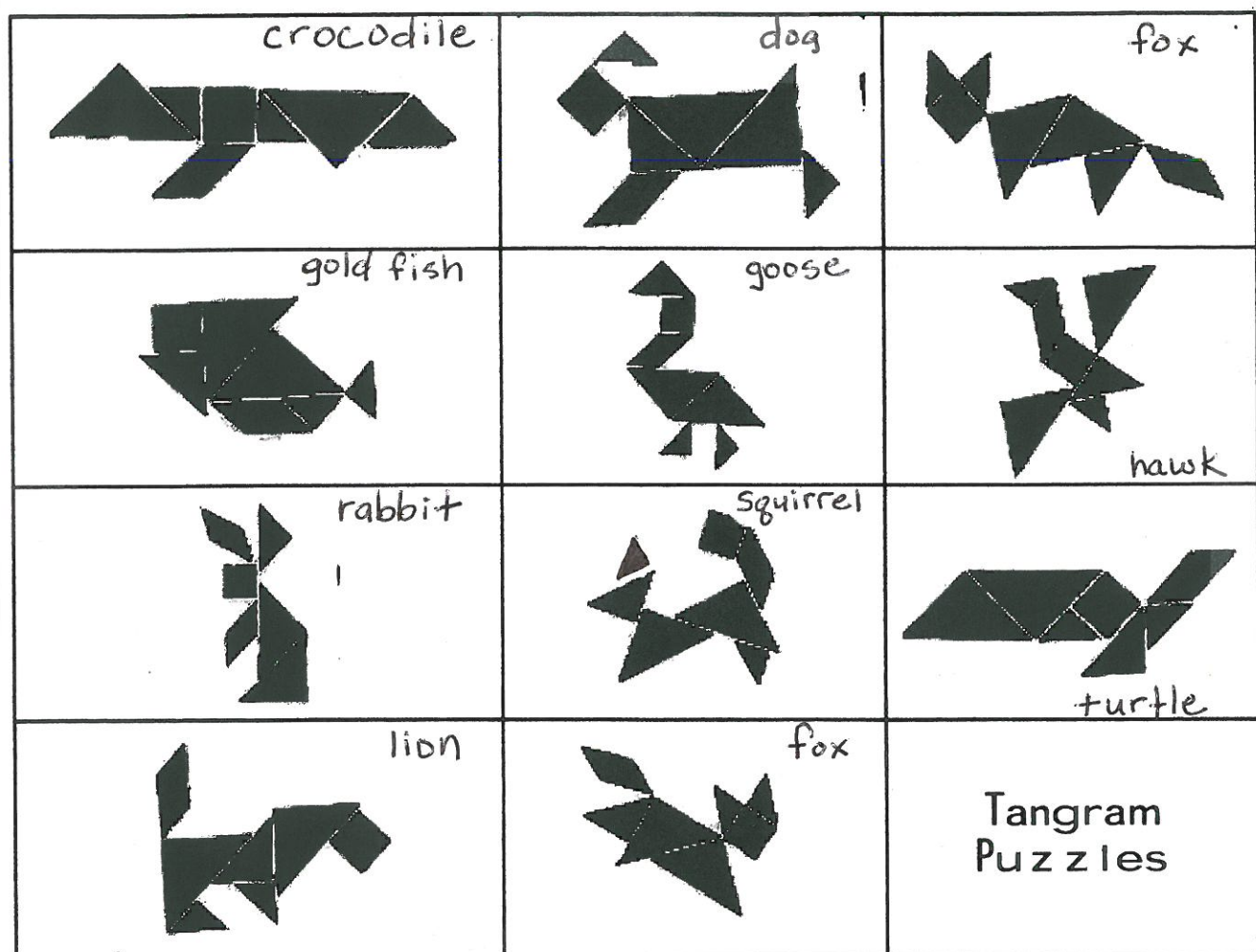
Chinese Tangram (2nd Grade)

Note: Teacher cut into one square per student



Grandfather Tang's Animal Puzzles

Use your tangram pieces to create the animals below.



Family Letter



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

Dear Families,

Today your student explored the importance of eating many kinds of vegetables while preparing the crunchy veggie salad. They talked about how cultures have different foods and learned the value of trying new foods.

Fun Fact: Experts found children are more likely to try foods when they are involved in the preparation. If possible, have your student help put the salad together.

Crunchy Vegetable Salad

Makes About: 10-12 servings

Total Recipe Cost: \$17.00 - \$19.00

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 (choose one option)

- Light dressing
- 1/4 cup oil + 1/4 cup vinegar

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

Directions

1. Wash and peel cucumber.
2. Cut cucumber, snow peas, and water chestnuts into small pieces.
3. Add vegetables into a bowl along with cabbage and mandarin oranges.
4. Pour vinegar and oil over the salad and mix.
5. Mix Chow Mein noodles into the salad right before serving.
6. Eat and enjoy!



Experts recommend children ages 6 through 17 participate in moderate to vigorous physical activity (MVPA) for at least 60 minutes a day. MVPA is any activity that gets your heart pumping. It can be on your feet or in your seat. If possible, try one of these exercises as a family.

"Sock it to me". Hold open an empty bag or laundry bin while your child tries to throw rolled-up socks inside. Try changing the size of the bag's opening or the distance of the bin to keep the game interesting.

Dance party. Turn on your favorite music and move your body. Try the following dance moves: robot, superhero, grasshopper, and touchdown. Once completed, ask your student how many other dances they can create.



Escanée el código QR para ver cómo hacer un aperitivo similar al que hicimos en clase.

Queridas familias:

Hoy su estudiante exploró la importancia de comer muchos tipos de verduras mientras prepara la ensalada vegetariana crujiente. Hablaron sobre cómo diferentes culturas tienen diferentes alimentos y aprendieron el valor de probar nuevos alimentos.

Dato curioso: Los expertos descubrieron que es más probable que los niños prueben alimentos cuando participan en la preparación. Si es posible, pídale a su estudiante que ayude a preparar la ensalada.

Ensalada de verduras crujientes

Rinde de: 10-12 porciones

Ingredients

- 1 bolsa de repollo rallado (16 onzas)
- 1 pepino
- 1 bolsa de guisantes de nieve (6 onzas)
- 1 lata de castañas de agua en rodajas, escurridas (8 onzas)
- 2 latas de mandarinas (11 onzas)
- 1 bolsa de fideos Chow Mein (6 onzas)
- 2 cucharadas de semillas de ajonjolí, opcional
- 1/3 taza de almendras rebanadas, opcional

Aderezo (elegir una opción)

- Aderezo ligero
- ¼ de taza aceite + ¼ de taza vinagre

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

Costo total de la receta: \$17.00 - \$19.00

Instrucciones

1. Laven y pelen el pepino.
2. Corten el pepino, los guisantes y las castañas de agua en trozos pequeños.
3. Agregue los vegetales en un tazón junto con el repollo y las mandarinas.
4. Vaciar el vinagre y el aceite sobre la ensalada y mezclar.
5. Mezclar los fideos Chow Mein en la ensalada justo antes de servir.
6. Comer y disfrutar.



Los expertos recomiendan que los niños de 6 a 17 años participen en actividades físicas de moderadas a vigorosas (MVPA) por lo menos 60 minutos al día. MVPA es cualquier actividad que hace que su corazón lata rápido. Puede hacer las actividades parado(a), o sentado(a). Si es posible, intenten hacer uno de estos ejercicios juntos en familia.

- **"Calcetines Adentro".** Mantenga abierta una bolsa vacía o un canasto de la ropa mientras su hijo intenta lanzar calcetines enrollados dentro. Trate de cambiar el tamaño de la abertura de la bolsa, o la distancia de la canasta para mantener el juego interesante.
- **Fiesta de baile.** Enciendan su música favorita y muevan su cuerpo. Intenten los siguientes movimientos de baile: robot, superhéroe, saltamontes y tocar tierra. Una vez completado, pregúntele a su estudiante cuántos otros bailes pueden crear.