

Jazzy Sweet Fruit Parfait (4th Grade)



NUTRITION OBJECTIVES CHECK LIST

- prepare** and **taste** a fruit parfait.
- express ways** they can **eat fruit every day**.
- explain** the **health benefits** of eating fruit.
- identify** that yogurt fits in the dairy group of MyPlate and that oranges, pineapple and blueberries are fruit and they fit in the fruit group of MyPlate.

MATERIALS AND INGREDIENTS

Bin	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> - can opener - small bowls <u>In Paper Goods Bin</u> - spoons* + 10	- recipe copies* - activity sheet copies* - napkins*	- book: “RUM-A-TUM-TUM”, by Angela Shelf Medearis 1 pint of fresh blueberries - 2 cans of mandarin oranges (11 oz) - 2 cans of pineapple (tidbits) (20 oz) - 1 plain yogurt (low-fat) (32 oz) - 1 box low-sugar cereal (<5 grams sugar per serving) (10-12 oz)*** - 10 serving containers - portion cups*

one per student*

*** Nut Allergy Warning***

Nuts may be present in cereal. Do not expose any students with a nut or peanut allergy to the cereal.

SET-UP

Copies:

- Make copies of recipe (each student) and copy of activity sheet (each student).

Work area:

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

Food-prep:

- Drain cans of pineapple and mandarin oranges.
- Wash blueberries.
- Divide each of the ingredients (mandarin oranges, blueberries, pineapple, yogurt, and cereal) into 2 serving containers to equal 10 serving containers. Add a spoon to each. **IMPORTANT:** There is only enough for a taste of each fruit. Make sure students only take small spoonfuls so there is enough for each student to taste each fruit.
- Plan to set up 2 fruit parfait stations for students to make their parfaits.
- Have portion cups, plastic spoons, and napkins ready at stations.

Other-prep:

- Have book, “**RUM-A-TUM-TUM**” ready to read to the class. **Important:** Plan to read the author’s note at the back of the book to help with the discussion of how fruits and vegetables were advertised before TV and radio.

INTRODUCTION WITH STUDENTS



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)

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

- Ask students why it is important to eat fruit.
- Ask them to think about when and how they eat fruit.
 - ✓ Do you eat it at home?
 - ✓ Do you eat it at school?
 - ✓ Do you eat fruit every day?
 - ✓ Why would it be important to for you to think about what foods you eat?
- **Refer to the Key Behavior on the board and tell students that today’s health message is to “focus on fruit” which you can do by eating healthy fruit at home and in the lunchroom.**
- Read the story “**RUM-A-TUM-TUM**” to students.

- Read the Author’s Note at the back of the book to help them understand how 100 years ago there was no TV or radio so in New Orleans people sold/advertised fruits and vegetables in the streets by singing street cries.

Example of a street cry from 100 years ago

“I got strawberries, lady!
Two baskets for a quarter!
Blackberries, blueberries,
Come and place your order!”

- Have students think about how things are advertised today. Many food companies use catchy phrases or slogans to advertise their foods.
- Discuss with students how commercials for unhealthy foods are aimed at kids.
 - ✓ Ask students how they feel when they see a fun commercial on TV trying to sell them something unhealthy.
 - ✓ Have them give suggestions on ways to avoid the influence of those commercials.
- Tell students that today they are going to make a healthy fruit parfait that is low in sugar and come up with their own way to advertise it.

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Ask students to think about how fruit tastes. We all know that fruit is sweet. It is sweet tasting because whole fruit has natural sugar in it.
- Step 3: Tell students there are a lot of foods with added sugars in them. That means that sugar is put in the food and is not there naturally like it is in whole fruit. Food with added sugar is something we all need to watch out for, as it is not good for our bodies to eat lots of sugar.

Foods with added sugar are not every day foods.

- Step 4: Ask student to think of foods that have added sugars in them.

Examples of food with added sugar:

- soda
- candy
- cookies
- vanilla yogurt
- cereal

- Step 5: Tell students that today they are going to make a Fruit Parfait with lots of fruit to make it sweet, plain yogurt to make it creamy and low-sugar cereal to make it crunchy. It is a healthy and delicious snack without much added sugar! **IMRORTANT**: Remind students to take small spoonfuls.

- Step 6: Go over the recipe for the Fruit Parfait with students.

Fruit Parfait

- 2 spoons of mandarin oranges
- 2 spoons of pineapple
- 1 spoon of blueberries
- 2 spoons of plain yogurt
- 2 spoons of low-sugar cereal

Step 7: Pass out the activity sheet. Brainstorm with students on ways to convince people to buy something.

- ✓ Describe how it looks, smells or tastes. (fresh, tasty, creamy, crunchy)
- ✓ How much does it cost?
- ✓ Is it healthy?

Tip: If there is not enough time for students to make up their own advertisements make some up as a class. Make sure to include health as a reason to buy the Jazzy Fruit Parfait. **For ideas see Teacher Sample Sheet.**

Step 8: Have students write their own catchy advertisement for the Jazzy Fruit Parfait. While they are writing call up small groups to make their parfaits. Have students share their advertisements with the class.

Step 11: **Let's Eat, Let's Talk.** While student eat ask them what they learned. **Empower students to feel they can eat more fruit by helping them verbalize ways to do so. Ask and discuss the questions in Make Health Happen.**

Step 12: Tell students to take their recipes home to share with their families.

Make Health Happen

Today you made up advertisements for healthy fruit. How are you influenced by food advertisements on TV?

What can you do to try to choose healthy foods over some of the unhealthy foods advertised?

REINFORCING STANDARDS

Comprehensive Health

- **GR.3-S.2-GLE.1** Demonstrate the ability to make and communicate appropriate food choices.

Reading, Writing and Communicating

- **GR.3-S.1-GLE.1** Oral communication is used both informally and formally.
- **GR.3-S.1-GLE.2** Successful group activities need the cooperation of everyone.
- **GR.3-S.2-GLE.1** Strategies are needed to make meaning of various types of literary genres.
- **GR.3-S.2-GLE.2** Comprehension strategies are necessary when reading informational or persuasive text.
- **GR.3-S.2-GLE.3** Increasing word understanding, word use, and word relationships increases vocabulary.
- **GR.3-S.3-GLE.1** A writing process is used to plan, draft, and write a variety of literary genres
- **GR.3-S.3-GLE.3** Appropriate spelling, capitalization, grammar, and punctuation are used and applied when writing.

Social Studies

- **GR.3-S.1-GLE.2** People in the past influence the development and interaction of different communities or regions.
- **GR.3-S.3-GLE.1** Describe producers and consumers and how goods and services are exchanged.

BACKGROUND INFORMATION

- February is Black History Month. In this month we honor African American people whose great achievements and accomplishments have influenced U.S. history. We also learn about the African American culture that enriches people's lives.
- One way African American people have contributed greatly to our lives is through their music. Jazz, which is a combination of blues and ragtime, can be slow and sad or lively and happy. It is unpredictable and complicated using many rhythms, instruments and vocals. Most African American music is based on the slave experience and their spiritual beliefs. Gospel, ragtime, blues, jazz, funk, rock and roll, rap and hip-hop are all examples of music with strong African American roots.
- Other music that got started in Louisiana is Cajun and Creole. It came from the French settlers and was greatly influenced by the African slaves in the area. Zydeco is also an offshoot of this music.
- Fruits provide essential vitamins, minerals, and fiber. Fruit is a good source of vitamin C for cuts and bruises, vitamin A for skin and eyes, potassium for healthy heart and blood pressure, and fiber to help keep our intestines healthy. Fruit is nature's fast food; it is quick and easy to eat while being sweet and healthy.

Dear Family,

Today I learned that fruit is healthy and a great way to get the vitamins and minerals my body needs. Fruit tastes sweet and is much better for my body than added sugar. This recipe is made with fruit, plain yogurt and low-sugar cereal to help me eat more healthy fruit and less added sugar. Let's add these foods to our shopping list.



Parent Tip: Watch out for hidden sugar in foods. Less than 10% of your total calories should come from added sugars. Added sugars can be found in many processed foods and drinks.

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

Jazzy Fruit Parfait

Makes: 1 serving

Serving Cost: \$0.61

Ingredients



blueberries (1 spoonful)



pineapple (2 spoonfuls)



mandarin oranges (2 spoonfuls)



yogurt low fat plain (2 spoonfuls)



low- sugar cereal (2 spoonfuls)



Added Sugars are Everywhere!

vanilla yogurt (1 cup) – 32 grams sugar
cookies/pastries (1 cup) – 50 grams sugar
sugary cereals (1 cup) – 15 grams sugar

Kids should limit added sugar to 25-30 grams per day, many processed foods, such as cereals, have added sugar!

Choose foods that have less than 5g of sugar per serving. Use the nutrition facts label to help you make healthy choices. Make sure to look for fruits canned in juice and not syrup!

Make sure to choose fruits canned in juice and not syrup!

Directions

1. Put blueberries, pineapple and mandarin oranges in a bowl.
2. Top with yogurt and cereal.
3. Eat and enjoy!

Delicious uses for Plain Yogurt

- ❖ Plain yogurt can be used to substitute for sour cream in any recipe!
- ❖ Try using plain yogurt instead of mayonnaise on your sandwich.

Fruit is colorful and sweet, but best of all it's good to eat!

Focus on Fruit, eat it every day.

Querida Familia,

Hoy aprendí que la fruta es sana y que es una buena forma de obtener vitaminas y minerales que mi cuerpo necesita. La fruta sabe dulce y es mucho mejor para mi cuerpo que el azúcar agregado. Esta receta está hecha con fruta, yogur natural y cereales bajos en azúcar para ayudarme a comer más fruta y menos azúcar agregada. Agreguemos estos alimentos a nuestra lista de compras.



Consejo para padres: Tenga cuidado con el azúcar escondido en los alimentos. Menos del 10% de sus calorías totales deben provenir de azúcares agregados. Azúcares agregados se pueden encontrar en muchos alimentos y bebidas procesadas.

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

Bocadillo de Frutas y Yogur

Rinde: 1 porción

Costo por Porción: \$0.61



Ingredientes



arándanos (blueberries) (1 cucharada)



piña (2 cucharadas)



mandarinas (2 cucharadas)



yogur bajo en grasa (2 cucharadas)



Cereales baja en azúcar (2 cucharadas)

Instrucciones

Poner los arándanos y la piña en un tazón.

Cubrir con yogur y cereales.

¡A comer y disfrutar!

¡Los azúcares agregados están en todas partes!

yogur de vainilla (1 taza) – 32 gramos de azúcar
galletas/panecillos (1 taza) – 50 gramos de azúcar
cereales azucarados (1 taza) – 15 gramos de azúcar

Los niños deben de limitar la azúcar agregada a 25-30 gramos por día, muchas comidas procesadas, como cereales, tienen azúcar.

Escoja comidas que tengan menos de 5g de azúcar por porción. Use la etiqueta nutricional para ayudarlo a tomar decisiones saludables.

¡Asegúrate de buscar frutas enlatadas en jugo y no en almíbar!

¡Asegúrese de usar frutas enlatadas en jugo y no en almíbar!

Usos deliciosos para el yogur

- ❖ ¡El yogur se puede usar para substituir la crema agria en cualquier receta!
- ❖ Trate de usar yogur natural en lugar de mayonesa en su sándwich.

¡La fruta es colorida y dulce, pero lo mejor de todo es que es buena para comer!

Concéntrese en la fruta, cómlalo todos los días.

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 : _____

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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!”