

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> <ul style="list-style-type: none"> - can opener - small bowls 	<ul style="list-style-type: none"> - activity sheet copies* - napkins* 	<ul style="list-style-type: none"> - book: "RUM-A-TUM-TUM", by Angela Shelf Medearis - 6 oz. fresh blueberries - 2 cans mandarin oranges (15 oz) - 2 cans of pineapple (tidbits) (20 oz) - 2 plain yogurt (low-fat) (5-6 oz) - 4 sm. box low-sugar cereal (1 oz.) *** - 10 serving containers - portion cups* - family letter copies*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - spoons* + 10 		

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.

Reinforcing Colorado Comprehensive Health Standards

Fourth Grade, Standard 2. Physical and Personal Wellness.3. Apply knowledge and skills related to health promotion, disease prevention and health maintenance.

Fourth Grade, Standard 2. Physical and Personal Wellness.1. Apply knowledge and skills to engage in lifelong healthy eating.2. Describe the connection between food intake and physical health.

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 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 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 students 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 foods are aimed at kids.
 - ✓ Ask students how they feel when they see a fun commercial on TV trying to sell them something.
 - ✓ Often the foods that commercials are selling to children are foods that have lots of added sugar and are not a healthy choice.
 - ✓ 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! **IMPORTANT**: 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 healthy.

- ✓ 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?

BACKGROUND INFORMATION

- 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.
- February is Black History Month. In this month we honor African American people whose great achievements, accomplishments and sacrifices 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.

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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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!"

Family Letter



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.



Escanee 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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servings per container	
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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%

* 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 ingredients 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. Escanee 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.