

Healthy Families- ¡A Comer! (Kinder)

Materials and Ingredients

- ✓ *Let's Eat! ¡A Comer!* by Pat Mora
- ✓ mandarin oranges, fresh blueberries, pineapple tidbits
- ✓ plain low-fat yogurt, low-sugar cereal
- ✓ can opener, butcher block paper for tablecloths
- ✓ serving containers, portion cups, plastic spoons
- ✓ activity sheets

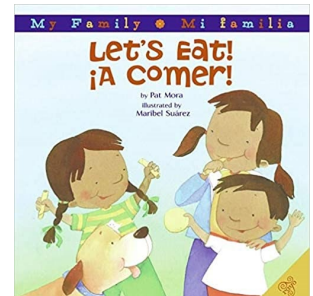


Food Preparation

- ✓ Wash blueberries, open & drain oranges & pineapple
- ✓ Divide ingredients into serving containers (plan for 4 groups)
- ✓ Students serve themselves & prepare their own fruit & yogurt snack in groups while using good table manners (*classroom family manners party*)

Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Read and discuss the book *Let's Eat! ¡A Comer!*
- ✓ Discuss the importance of eating together as a family.
- ✓ ***Focus on fruit! Eat fruit together with your family!***
Fruit is colorful and sweet, but best of all it's good to eat!



Process

- ✓ Have students wash their hands with soap and warm water
- ✓ Demonstrate how to make a fruit & yogurt snack
Note: Make sure students know to take small spoons of each ingredient so there is enough to go around
- ✓ **Note:** The yogurt is plain & a bit sour, have students take small spoons
- ✓ Students will get into groups, & eat together practicing good table manners
- ✓ Students draw pictures of themselves eating their healthy snack
- ✓ ***Focus on fruit! Eat fruit together with your family!***
Fruit is colorful and sweet but best of all it's good to eat!



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!

Hokey Pokey- Keep it going with different body parts!

Get in circle. Teacher calls out instructions.

- ♥ You put your right hand in
- ♥ You take your right hand out
- ♥ You put your right hand in
- ♥ And you shake it all about
- ♥ You do the Hokey Pokey and you turn yourself around
- ♥ "Family" is what it's all about!

Fruit and Yogurt Snack

Name: _____ Date: _____

Draw a picture of you and your classroom family eating your fruit and yogurt snack and write about it.

Bocadillo de Frutas y Yogur

Nombre: _____ Fecha: _____

Haz un dibujo de ti y tu familia del salón de clases comiendo el bocadillo de fruta y yogur y escribe sobre eso.



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

Dear Families,

Today, your student explored how fruit is part of an overall healthy diet. Fruit is packed with fiber as well as vitamins and minerals. It is essential for proper 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%

* 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

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!

Make sure 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". As a consumer, 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 activities. What do they like to do? Some ideas might include walking or dancing. Try to make it a fun and positive experience for your student.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase.

Queridas familias,

Su estudiante exploró en clase cómo la fruta es parte de una dieta promedio. La fruta está llena de fibra, así como de vitaminas y minerales. Es esencial para un correcto 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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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!

Asegúrese de usar frutas enlatadas en jugo y no en almíbar.



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". Como consumidor, podemos usar la etiqueta que se encuentra en los alimentos envasados para ver si se incluyó azúcar adicional durante este proceso.

Escanea el QR para saber más sobre la etiqueta nutricional.



Todos somos únicos. Tenemos diferentes habilidades, destrezas y preferencias. Si es posible, intente honrar estas diferencias cuando presente a su estudiante una variedad de actividades. ¿Qué le gusta hacer? Algunas ideas pueden incluir caminar o bailar. Intente que sea una experiencia divertida y positiva para su estudiante.