

Crunchy Vegetable Salad; Lunar New Year (Kinder)

Materials and Ingredients

- ✓ Chelsea's Chinese New Year by Lisa Bullard
- ✓ shredded cabbage, cucumber & mandarin oranges & ramen noodles
- ✓ cutting board, teacher knife, bowls, can opener, peeler
- ✓ big paper plates, chopsticks, plastic forks & knives, gloves
- ✓ activity sheet copies
- ✓ Wash cucumber
- ✓ Peel and cut cucumber into strips
Students will cut up cucumber
- ✓ Have ingredients and materials ready to pass out
- ✓ Use Mandarin Orange juice in can as dressing!

Introduction

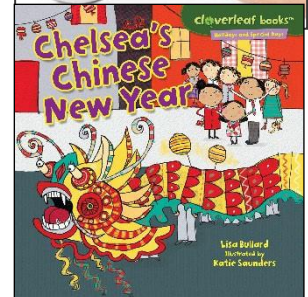
- ✓ Start off with a short brain boost (see next page)
- ✓ Read the book Chelsea's Chinese New Year.
- ✓ Discuss with students why it is good to “*Try eating a new vegetable*”; today students will try a crunchy veggie salad with vegetables from China.
- ✓ *Try new fruits & vegetables!*

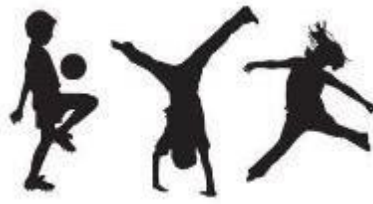
Process

- ✓ Have students wash their hands with soap & warm water
- ✓ Have students use plastic gloves, plates & plastic knives to cut up cucumbers
- ✓ Add all ingredients to salad, serve & eat with chopsticks.
- ✓ *Grow healthy & strong by trying new foods!*

Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





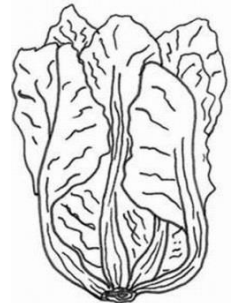
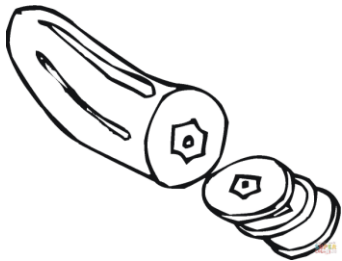
Let's Wake Up Our Brains! Brain Boost Exercise!

Dragon Dance!- Repeat to get your heart rate up!

- ♥ Stomp your dragon feet. (Stomp, stomp, stomp)
- ♥ Reach up your dragon claws. (Reach, reach, reach)
- ♥ Wiggle your dragon tail. (Wiggle, wiggle, wiggle)
- ♥ Flap your dragon wings. (Flap, flap, flap)
- ♥ Jump your dragon feet. (Jump, jump, jump)
- ♥ Roar your dragon roar. (Roar, roar, roar)

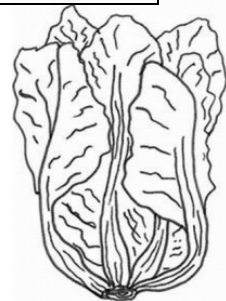
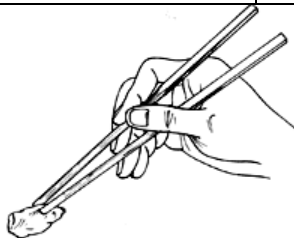
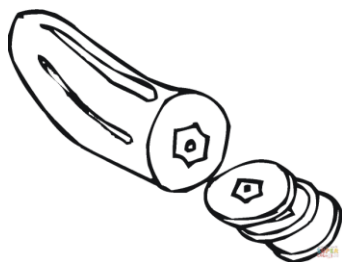
Crunchy Salad- Cut and Paste

Name: _____ Date: _____



Ensalada Vegetariana Crujiente de Repollo – Corta y Pega

Nombre: _____ Fecha: _____



Dear Families,

Today your student explored the importance of eating many kinds of vegetables by making a crunchy veggie salad. They also learned about the Lunar New Year which is a holiday practiced by many Asian cultures. Follow this link or scan the QR code on the right to learn more about this holiday and ways to celebrate as a family:
<https://www.pbs.org/parents/thrive/celebrating-lunar-new-year-with-family-traditions/>



Crunchy Vegetable Salad

Makes About: 10-12 servings

Ingredients

- 1 cabbage, shredded
- 1 cucumber
- 1 bag string beans or snow peas (6 oz)
- 1 can water chestnuts
- 2 cans mandarin oranges, drained (11 oz)
- 2 packages ramen noodles

Dressing (choose one option)

- Light dressing
- ¼ cup oil + ¼ cup vinegar

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

Total Recipe Cost: \$11.00 - \$13.00

Directions

1. Peel cucumber and cut into small pieces.
2. Cut string beans or snow peas into small pieces.
3. Add dressing, vegetables, water chestnuts, cabbage, and mandarin oranges into bowl.
4. Open ramen package and set aside the seasoning packet.
5. Break up ramen noodles and add to salad.
6. Mix, eat, and enjoy.

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



Experts recommend children ages 6 to 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.

Follow the leader. Sit down and have your student follow you as you do upper-body movements like waving arms and shoulder shrugs.

Pretend to be animals. Have your student stomp like an elephant, flap their wings like a bird, or run like a horse. Be creative and let your student pick which animal they would like to be.

Queridas familias:

Hoy su estudiante exploró la importancia de comer muchos tipos de verduras haciendo la ensalada de vegetales crujientes. También aprendieron sobre el Año Nuevo Lunar, que es una fiesta celebrada en muchas culturas asiáticas. Siga este enlace o escanee el código QR a la derecha para aprender más sobre estas fiestas y formas de celebrar en familia:

<https://www.nationalgeographicla.com/historia/2022/02/ano-nuevo-lunar-como-es-la-celebracion-del-evento-que-suele-provocar-la-mayor-migracion-anual-del-mundo>



Ensalada de verduras crujiente

Rinde de: 10-12 porciones

Ingredientes

- 1 repollo rallado
- 1 pepino
- 1 bolsa de ejotes verdes o guisantes de nieve (6 onzas)
- 1 lata de castañas de agua
- 2 latas de mandarinas, escurridas (11 onzas)
- 2 paquetes de fideos ramen

Aderezo (elegir una opción)

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

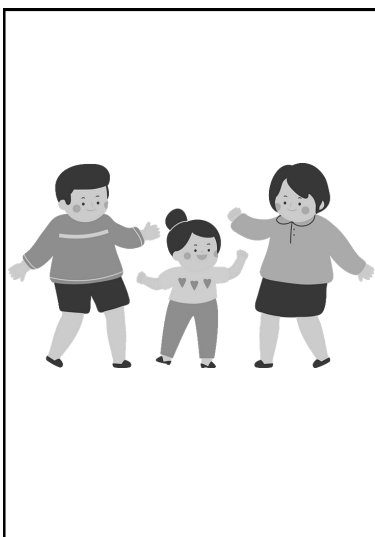
**Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*

Costo total de la receta: \$11.00 - \$13.00

Instrucciones

1. Pelar el pepino y cortarlo en trozos pequeños.
2. Cortar ejotes verdes o guisantes de nieve en trozos pequeños.
3. Agregue el aderezo, las verduras, las castañas de agua, la col y las mandarinas en un tazón.
4. Abra el paquete de ramen y no use el paquete de condimento.
5. Quebrar los fideos ramen y agregar a la ensalada.
6. Mezclar, comer y disfrutar.

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



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.

Siga al líder. Siéntese y haga que su estudiante le siga mientras hace movimientos con la parte superior del cuerpo, como agitar los brazos y encogerse de hombros.

Pretendan ser animales. Haga que su estudiante pisotee como un elefante, agite sus alas como un pájaro o corra como un caballo. Sea creativo y deje que su estudiante escoja qué animal le gustaría ser.