

Lunar New Year (Kindergarten) (Crunchy Veggie Salad)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ☒ **prepare food** and **taste** a vegetable salad.
- ☒ **express** ways they can **try new foods**.
- ☒ **explain** the **health benefits** of trying new fruits and vegetables.
- ☒ **identify** that cabbage, snow peas, water chestnuts and cucumbers are vegetables and fit in the vegetable group of MyPlate. Mandarin oranges fit in the fruit group.

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 - small bowl - mixing spoon - measuring cups - can opener - peeler <u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - plastic forks* - plastic knives* - gloves (2 per student) 	<ul style="list-style-type: none"> - activity sheet copies - MyPlate poster - World Map (optional) - napkins 	<ul style="list-style-type: none"> - book "Dragon Dance" by Joan Holub <u>or</u> "Chelsea's Chinese New Year" by Lisa Bullard - 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*

*one per student

Reinforcing Colorado Comprehensive Health Standards

Kindergarten, 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 social well-being.

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 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 world map available to show students where China is located.
- Have the book "*Chelsea's Chinese New Year*" **or** "*Dragon Dance*" ready to read.
- Display MyPlate poster on a board.

INTRODUCTION WITH STUDENTS

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)



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

- What do you think about trying new foods you have never tasted before?
- What helps you be brave enough to try a new food?
- **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!”**
- Ask students to explain why they think trying new vegetables is healthy. (Vegetables help us stay healthy, they help our bodies grow strong, the more healthy foods you like the better)
- Tell students that today they are going to learn about the Lunar New Year, a holiday celebrated in many Asian countries, make a crunchy vegetable salad, and eat it with chopsticks.
- Remind students that it is important to eat fruits and vegetables every day and that eating this salad is a great way to get some of the vegetables and fruits they need today! Ask students to locate the fruit and vegetable groups on the MyPlate poster.
- Have students set a goal of trying a new fruit or vegetable in the lunchroom.
- Explain that 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.
- Remind them that we have already celebrated the New Year here in the United States but that other countries celebrate it at a different time.
- Explain that China is the biggest country in Asia and is across the ocean from us. Point out China on the map.
- Read the book “*Chelsea’s Chinese New Year*” **or** “*Dragon Dance*” to the class. Explain to students that the book is about the Lunar New Year which is a holiday celebrated in China and other Asian countries.

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: Discuss the benefits of eating vegetables. Vegetables are rich in vitamins, minerals, and fiber. They keep us healthy and help keep us from getting sick. Remind students that we need to eat vegetables every day.
- Step 4: Pass out vegetables along with the large paper plates, plastic knives, and plastic gloves to students and have them start cutting.
- Step 5: Collect the cut-up vegetables in a large bowl. Students can keep their large plates for eating their salads.

- Step 6: Call on volunteers to help make the salad.
- 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 7: Pass out napkins, plates, and chopsticks to students. Serve small amounts of salad (1 tablespoon) to students.
- Step 8: **Teacher Demo:** Demonstrate how to use chopsticks to pick up the food. Remind students that it is okay to hold the plate up with the other hand and bring the plate close to the mouth. **Tip:** Encourage students to use the chopsticks but have forks ready to pass out if students find them necessary.
- Step 9: **Let's Eat, Let's Talk.** While students are eating ask them what they learned by having them explain why it is important to eat vegetables and be willing to try new foods. Ask and discuss the questions in **Make Health Happen.**
- Step 10: Pass out the activity sheet to students or have them take home to do with their parents.
- Step 11: Pass out the recipe and have students take home to share with their families.

Make Health Happen

☒ what did you like about today's Crunchy vegetable salad?

☒ what steps can you take to make this salad at home?

☒ what will you do next time you get a chance to taste a new vegetable?

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.
- Many Asian countries including China, Korea, Vietnam, Malaysia, Taiwan, Thailand, South Korea, Laos, and Singapore celebrate The Lunar New Year, or what is often referred to as the Chinese New Year. Different countries celebrate the holiday in different ways; however, all countries celebrate the holiday together with family.
- In China, it takes many days to prepare for this holiday. On New Year's Eve, loud firecrackers are set off to scare away evil spirits and family members gather to welcome in the coming year with good fortune and prosperity. Children in the family pay their respects to their elders and, in return, they receive red envelopes filled with money for good luck. Series of dinner parties are held, and lion dances are performed in the streets to bands of gongs, drums, and cymbals.
- 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.

Crunchy Veggie Salad- Cut and Paste

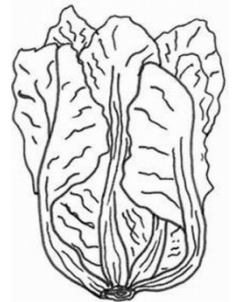
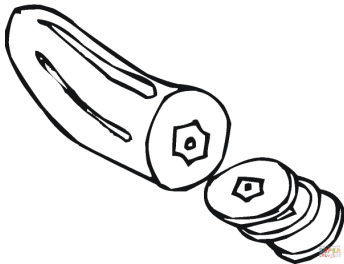
Name: _____ Date: _____

snow peas

cabbage

cucumber

chopsticks



Ensalada Vegetariana Crujiente de Repollo – Corta y Pega

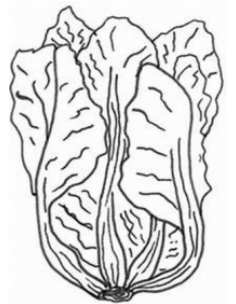
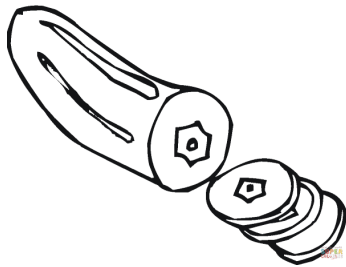
Nombre: _____ Fecha: _____

guisantes

repollo

pepino

palillos chinos



Family Letter

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

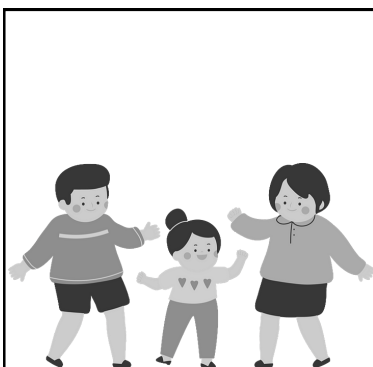
**Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*

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.