

Yum! Mmmm! Que rico!



NUTRITION OBJECTIVES CHECK LIST

- Students **prepare food** and **taste** a salad.
- Students **express ways** they can **eat fruit and veggies after school and on salads.**
- Students **explain** the **health benefits** of eating fruit and veggies.
- Students **identify** that strawberries & blueberries are fruit and belong in the fruit group.

MATERIALS AND INGREDIENTS

| Bins | Teacher Provides | Will be Delivered |
|--|--|--|
| <u>In Kitchen Bin</u> - Can opener - bowls - serving tongs/spoons <u>In Paper Goods Bin</u> - small paper plates* - plastic forks* - napkins* | - activity sheet copies* - recipe copies* | - book: "Yum! MmMm! Que Rico!" retold by Pat Mora - 1 bag baby spinach - 1 can low sodium corn - 1 package freeze dried strawberries - fresh blueberries - Raspberry vinaigrette dressing |

*one per student

SET-UP

Copies:

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

Work area:

- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Wash blueberries, drain and rinse corn, have ingredients ready to add together in a large bowl.
- Have small paper plates, plastic spoons, and napkins ready to pass out to each student.

Other-prep:

- Have book, *Yum! Mmmm! Que Rico!* ready to read to class.

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.

- Explain that today students are going to listen to a book that features haiku poems about different fruits and vegetables from North, Central and South America.
- They will also make and taste a delicious salad made from some of the different foods they will learn about.
- Can you think of some ingredients you like to add to your salad?
- **Refer to the Key Behavior on the board and tell students that salad is a great way to “make ½ your plate fruit and veggies” and to get the nutrients they need every day.**
- Tell students that today's snack is a Sweet Strawberry Salad and it is very good for their bodies.
- Ask students to think of ways in which they can make sure to eat the fruit and veggies their bodies need every day. In the lunchroom? At home?
- Fruit has vitamins A and C and minerals like zinc and magnesium to help our bodies grow. Different cultures will often tell stories about food and how it brings people together.
- Discuss what a haiku poem is with students. A haiku is an unrhymed poem consisting of 17 syllables arranged in 3 lines: 5, 7, and 5.
- “Yum! Mmmm! Que Rico!” shares creative haiku poems about a variety of foods from the Americas. Celebrating the foods native to the Americas through fun poems including blueberries, corn, potatoes, papayas and more!

PROCESS

- Step 1: Have students wash their hands with soap and warm water to get ready for their snack.

- Step 2: Go over the recipe for the “Sweet Strawberry Salad”. Ask them to tell you where all the ingredients fit in MyPlate. What foods were in the story?
- Step 3: Mix together all ingredients except dressing.
- Step 4: Brainstorm with students on how they can describe what is in their salad using their 5 senses.
- Step 6: Pass out the paper plates, plastic spoons, napkins. Serve students the salad (offer salad dressing) and encourage students to describe the different fruits and veggies. Practice using good manners during this time.
- Step 7: **Let’s Eat, Let’s Talk.** While students eat make sure to “eat fruit and vegetables every day. Have them discuss the questions in the box **Make Health Happen.**
- Step 8: Students will write their own haiku poems. Name a favorite food and describe it and then using the worksheet have students make their own poem.
- Step 9: Encourage them to use adjectives appealing to the senses: sight, touch, taste, hearing, and smell.
- Example: **Berries**
 Berries, blue and red
 Sweet or tart, juicy goodness
 Deliciousness, joy.
- Step 10: Pass out recipes and encourage students to share it with their family.

Make Health Happen

What did you like about today’s fruit treat?

Would this be a good after school snack or with dinner?

What are some things you can do to “focus on fruit”?

REINFORCING STANDARDS

Comprehensive Health

- **GR.4-S.2-GLE.1** Demonstrate the ability to set a goal in order to enhance personal nutrition status.
- **GR.4-S.2-GLE.2** Examine the connection between food intake and physical health.

- **GR.4-S.2-GLE.3** Explain that the dimensions of wellness are interrelated and impact personal health.
- **GR.4.S.3-GLE.1** Identify positive behaviors that support healthy relationships

Reading, Writing and Communicating

- **GR.4-S.1-GLE.1** A clear communication plan is necessary to effectively deliver and receive information.
- **GR.4-S.2-GLE.1** Comprehension and fluency matter when reading literary texts in a fluent way.
- **GR.4-S.2-GLE.2** Comprehension and fluency matter when reading informational and persuasive texts in a fluent way.
- **GR.4-S.2-GLE.3** Knowledge of complex orthography (spelling patterns), morphology (word meanings), and word relationships to decode (read) multisyllabic words contributes to better reading skills.
- **GR.4-S.4-GLE.1** Comprehending new information for research is a process undertaken with discipline both alone and within groups.

BACKGROUND INFORMATION

- Manners vary from culture to culture. However, the basic principles of manners are the same throughout many cultures. Manners are the ways that show how people respect and treat each other. Manners don't come naturally. Children (students) need to be taught appropriate manners. Having good manners requires practice. It is important for students to learn and practice good manners.
- Over the course of the nutrition lessons, students have been preparing and eating food together in the classroom. Hopefully, this lesson will provide a chance for your students to appreciate and evaluate the importance of appropriate manners in the classroom, lunchroom, and at home when they eat.
- Pineapples are tropical fruits. They contain significant amounts of vitamin A, B and C. They are very popular around the world.
- Strawberries are highly perishable, but one of the most popular berries. They also contain more vitamin C than other members of the berry family (1 cup of fresh strawberries offer 85 mg. of vitamin C, more than the daily recommendation.) Strawberries are also high in fiber (1 cup provides 4 grams of fiber which is twice as much as a slice of whole wheat bread).
- Cottage cheese is a great source of calcium and protein and it also provides riboflavin, phosphorus, and vitamin B12. Cottage cheese is a great snack served with fruit or vegetables.

HAIKU

By: _____



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Dear Family,

Today I learned that it is good for me to eat fruits and vegetables at every meal. I learned that making half my plate fruits and vegetables will help me get the vitamins and minerals that keep my body growing healthy and strong. We made and tasted a sweet strawberry and spinach salad in class.



Parent Tip: Serve fruits and vegetables at every meal. Having favorite fruits and veggies out for kids to snack on increases the number of fruits and vegetables children eat.

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

Sweet Strawberry and Spinach Salad

Makes: 4-6 servings

Total Cost: \$13.53

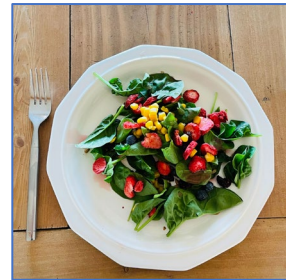
Serving Cost: \$2.70

Ingredients

- 1 bag of baby spinach (7 oz.)
- 1 package of freeze dried or fresh strawberries
- 1 can of low sodium corn
- 1 pint of fresh blueberries
- Raspberry vinaigrette dressing

Directions

1. Wash blueberries.
2. Open and drain corn.
3. Add spinach, blueberries, corn, and strawberries to a bowl.
4. Drizzle with dressing.
5. Optional: add sunflower seeds and dried cranberries.
6. Toss, eat and enjoy!



Strawberries and blueberries are a great source of fiber and vitamin C!

Make half your plate fruits and vegetables!

Haiku:
berries, blue and red
sweet or tart, juicy goodness
deliciousness. joy.

Querida familia,

Hoy aprendí que es bueno comer frutas y verduras en cada comida. Aprendí que es importante que la mitad de mi plato tenga frutas y verduras para darme las vitaminas y minerales necesarias para que mi cuerpo crezca sano y fuerte. En clase probamos una ensalada dulce de fresas y espinacas. Es muy fácil de hacer y puedo ayudar mezclando la ensalada.



Consejo para padres: Sirva frutas y verduras en cada comida. Teniendo frutas y verduras favoritas al alcance de los niños, hará que ellos coman más frutas y verduras.

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

Ensalada dulce de fresas y espinacas

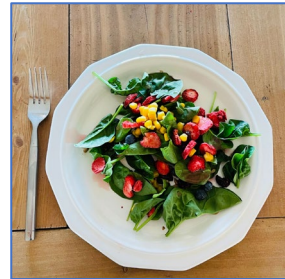
Rinde: 4-6 porciones

Costo total: \$13.53

Costo por porción: \$2.70

Ingredientes

- 1 bolsa de hojas de espinacas “baby”
- 1 paquete de fresas secas o frescas
- 1 lata de maíz bajo en sodio
- 1 cajita de arándanos azules frescos (medio litro)
- Aderezo de vinagre de frambuesas



Instrucciones

1. Lave los arándanos.
2. Abra y escurra el maíz.
3. Agregue las espinacas, los arándanos, el maíz y las fresas a un tazón.
4. Rocíe el aderezo.
5. Opcional: agregue semillas de girasol y arándanos secos.
6. ¡Mezcle, coma y disfruta!

¡Las fresas y los arándanos son una gran fuente de fibra y vitamina C!

¡Prepare la mitad su plato con frutas y verduras!

Haiku:

Naranja, limón,
Manzana, melón, fresa
Todo para mi.