

Nutrition Merry-Go-Round

Ideas for Nutrition Education Activities
in the
New Mexico Child and Adult Care Food Program (CACFP)
and the Summer Food Service Program (SFSP)



New Mexico Children, Youth & Families Department

Community Services

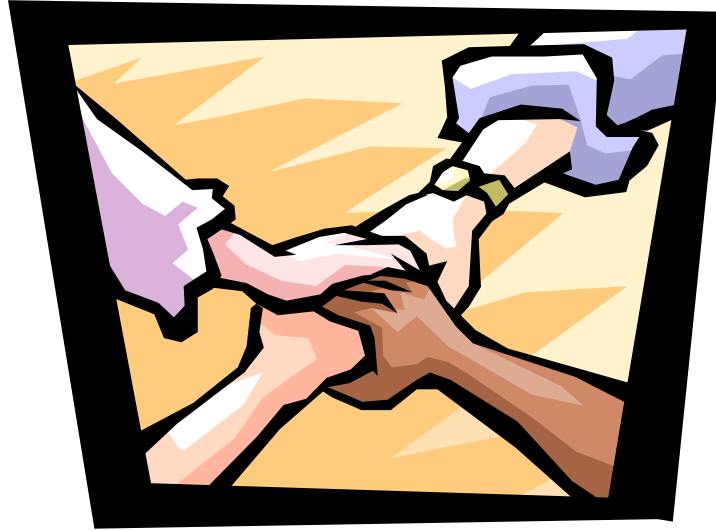
Family Nutrition Bureau

3401 Pan American Freeway NE

Albuquerque, NM 87107

(505) 841-4856 or 1-800-328-2665





Acknowledgments

Special thanks to all of the Family Nutrition Bureau staff who worked so diligently to complete this project:

Teresa Taylor, Nutritionist, Project Leader
Pam Mitchell, NET Section Manager, Project Editor (Revised Edition)
Gabriel Gomez, Health Educator, Project Editor
Eric S. Bornman, Administrative Assistant, Project Designer
and Elizabeth Castillo, Health Program Manager, Project Translation

New Mexico Children, Youth and Families Department
Early Childhood Services
Family Nutrition Bureau
January 2013

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TABLE OF CONTENTS

ACTIVITIES AND GAMES

Introduction.....	1
Concentration Card Game.....	3
Field Trip to Farmer's Market	9
Let's Go Fishing	10
Food Group Scramble Game.....	13
What Am I? Food Riddles.....	14
Food Source Cross Match	15
Freeze Tag	21
Jump & Shop	22
Nutrition Bingo.....	23
Pin the Fork on MyPlate	27
Potato Hop	28
MyPlate Baseball	29
MyPlate Soccer	30
MyPlate Sorting Game.....	31
MyPlate Twister.....	32
Relay Races.....	35
Take a Hike Board Game.....	36
This or That	42
Vitamin Toss.....	44

ART, LITERATURE AND MUSIC

Introduction.....	47
Action Food Songs.....	49
Feed the Hungry Goat	51
5 Little Snowmen Song/Healthy Snack.....	52
Food Group Mobile.....	53
Food Placemat Art.....	54
Foods I Like	55
Fruits & Veggies/More Matters Songs	61
Healthy Food Collage	65
How the Apple Tree Got a Star in It's Heart	67
Hungry Caterpillar	69
K is for Kiwi	70
Let's Make a Watermelon.....	71
Making Applesauce Cinnamon Play Dough.....	72
Making Food Puppets	73
Motive Behind the Message.....	74
Opposites, Rhyming Sequences.....	77
Right to the Core Mobile.....	80
Vegetable Pizza Art.....	81
Stories About Nutrition for Children	82

CELEBRATIONS

Introduction	84
4th of July	
Patriotic Pinwheels	86
Birthday	
Cow Piñata	87
Frosty Birthday-licious Shake	88
Chinese New Year	
Easy Fried Rice	89
Christmas	
Holiday Tortilla Tree	90
Poinsettia Salad	94
Star Biscuits	96
Easter	
Easter Bunny Buns	98
Halloween	
Let's Make a Jack-o-Lantern	100
Monster Mouths	101
Spider	102
Harvest	
Pumpkin Dip	103
Hanukkah, Jewish New Year	
Classic Potato Latkes	104
Mother's Day	
Lady's Parfait	106
St. Patrick's Day	
Leprechaun's Shake	107
Thanksgiving	
Apple Turkeys	108
Valentine's Day	
Pink Milk Shakes	109
Pizza Hearts	110
Guide to Nutritious Food for Classroom Events	111

COOKING

Introduction.....	112
Clean Fun.....	114
Apple Salad Surprise.....	116
Baking Cookies.....	118
Bird Nest Nibble.....	120
Butterfly Bites.....	122
Butterfly Salad.....	123
Cactus Pretzels.....	124
Dinosaur Bones.....	126
Fruit Kabobs.....	128
Fruit Pizza.....	129
Fruity Snack Bread.....	130
Kindness Cookies.....	132
Ladybug Apples.....	134
Ladybug Snack.....	135
Making Orange Juice.....	136
Making Puffy Popovers.....	138
Mr. Peanut Butter Face.....	140
Sculpture Snack.....	141
Peachy Pops.....	142
Preschool Veggie Pizza Pie.....	143
Sailboat Party.....	144
Stone Soup.....	145
Tortilla Crisps.....	146
Tortilla Teepee.....	147
Vegetable Tasting Party.....	148
Cookbooks for Children.....	150

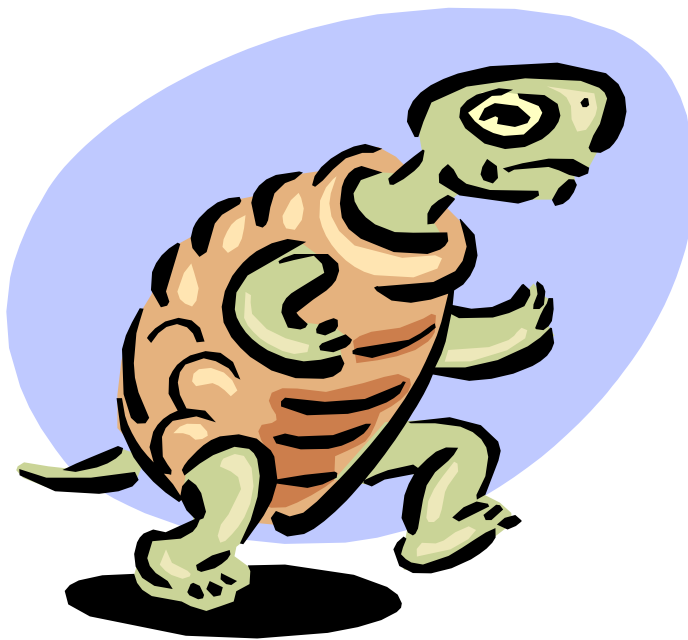
SCIENCE AND NATURE

Introduction.....	152
An Experiment with Dispersion.....	154
Eat and Grow an Avocado.....	155
Fruity Play Dough.....	156
Growing Food from Seeds.....	157
Hedgehog.....	158
Herb Garden.....	159
How Do Vegetables Grow?.....	160
Onion Tears.....	161
Owl Veggie Delight.....	162
Oxidation Mystery.....	163
Pickin' Corn.....	164
Smell-a-rama.....	165
Taste Sensations.....	166
Teddy Bear Picnic.....	168
Thirsty Plant.....	169

<u>Web Resources for Nutrition Education.....</u>	170
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ACTIVITIES AND GAMES

Active activities and games make learning about food and nutrition fun! They bridge the gap between eating healthy and feeling healthy. Incorporating physical activity is part of a child's basic foundation for a long, healthy life. Helping children have an active lifestyle and encouraging healthy eating habits early, will have a positive impact on their physical, nutritional, intellectual and emotional development. Movement and a healthy diet strengthens large motor skills, supplies children with energy, helps to keep their weight in balance, and aids in lowering their chances of future health problems. Choose only developmentally appropriate activities and games. Remember: Active play is the "work" of childhood.



ACTIVITIES AND GAMES

Activity: Concentration Card Game

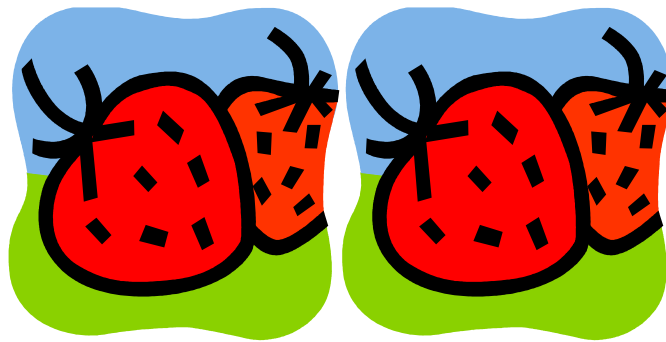
Learning Objective(s): Children will be able to identify different foods after this activity.

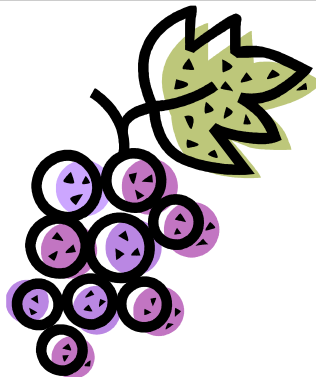
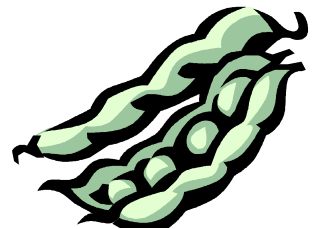
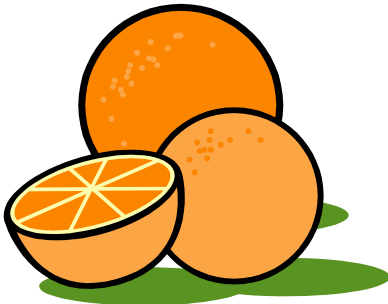
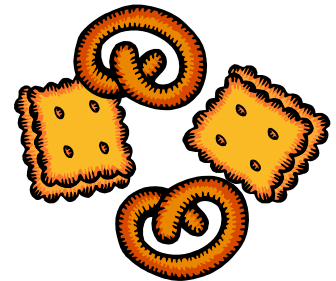
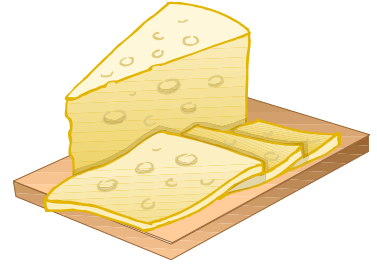
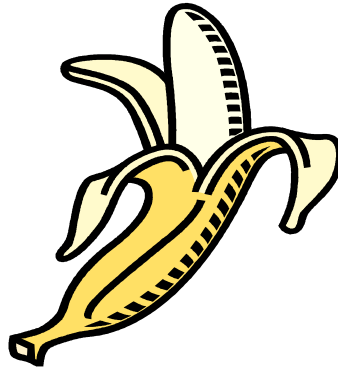
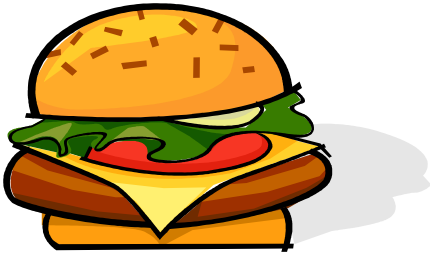
Materials Needed:

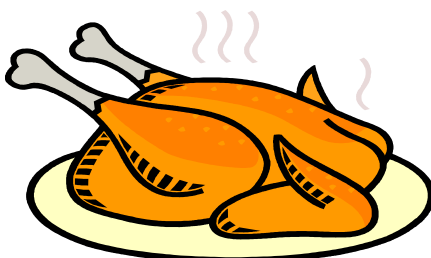
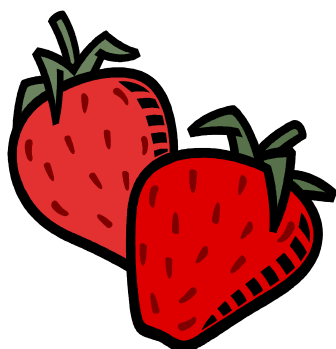
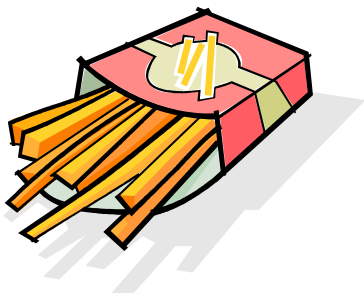
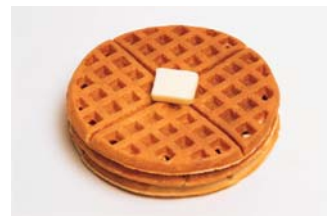
2 sets of food cards, attached

Activity Directions:

1. Place pairs of cards face down on floor or table in rows.
2. To begin, the first child should turn over two cards, looking for a match, and keep going until he/she select a pair that doesn't match.
3. Game continues until all cards are matched.
4. Child with the most pairs of cards wins.







ACTIVITIES AND GAMES

Activity: Field Trip to Farmer's Market

Learning Objective(s): Children will be able to identify a healthy snack after this activity.

Materials Needed:

MyPlate and Healthy Eating
for Preschoolers Posters
A Local Farmer's Market
Water Bottles
Napkins



Preparation: Display the MyPlate and Healthy Eating posters and discuss with children, foods that are healthy to eat (especially fruits and vegetables) and foods that are not as healthy to eat for snack. Then, have children give you examples. Follow your center protocol for field trips (permission slips, cost, dress, etc). Either have children bring a water bottle or provide water for them.

Activity Directions:

1. Children will either walk or be transported to the market. If walking, have each child select a partner.
2. Once there, they will be able to choose their own "healthy snack".
3. The chosen snack can be eaten at a nearby park or back at the center.
4. Discuss selections.
 - a. What did you like about it?
 - b. Did you try something, "NEW?"
 - c. How did it taste?

Note: Some fruit markets/grocery stores will allow each child to select one piece of fruit "free of charge." They may issue a "free fruit" card. You would probably have to pre-arrange this with the manager. Contact your local market(s) for details.

ACTIVITIES AND GAMES

Activity: Let's Go Fishing

Learning Objective(s): Children will be able to build a healthy meal using MyPlate after this activity.

Materials Needed:

Fishing pole (or a homemade pole works well),

-Use string with strong magnet attached as the "hook"

Paper clips

Box-lined with blue paper, if possible

Fish pattern, attached, and copied several times

Food pictures, as many as you'd like from different food groups

MyPlate and Healthy Eating for Preschoolers posters

Various small prizes (optional)

-Such as stamps, stickers, pencils, etc.,



Preparation:

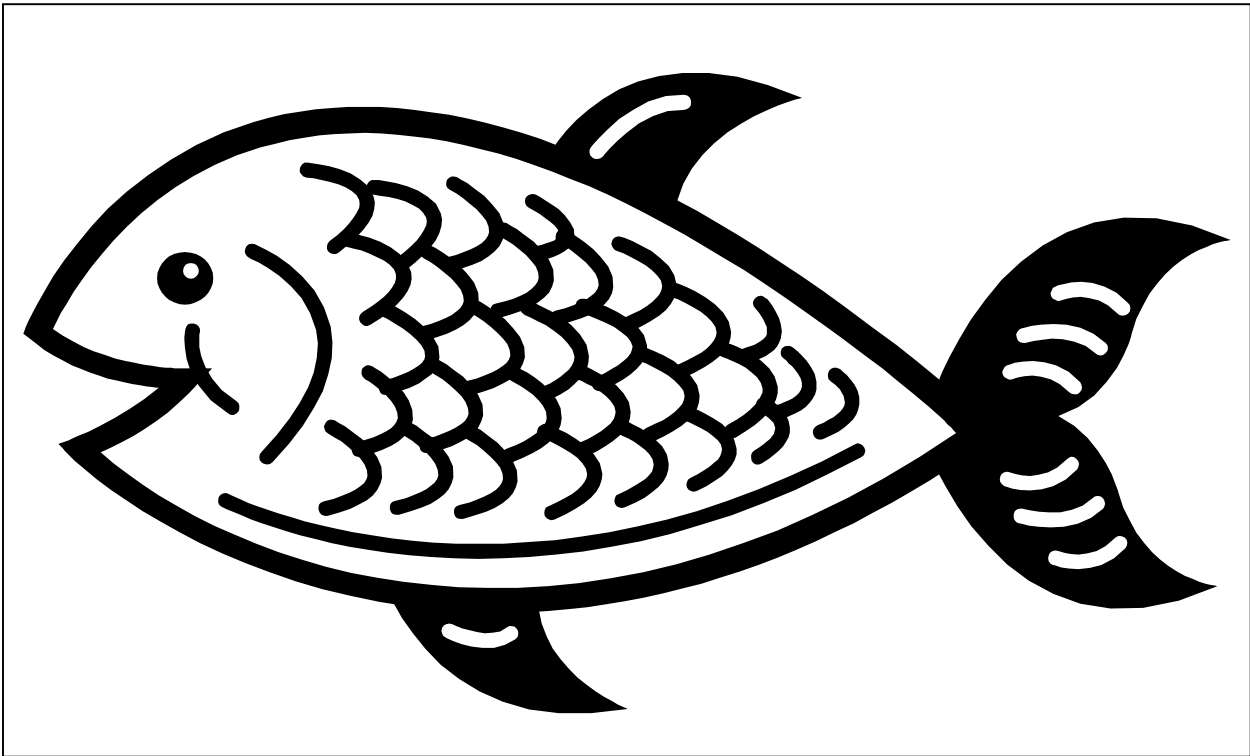
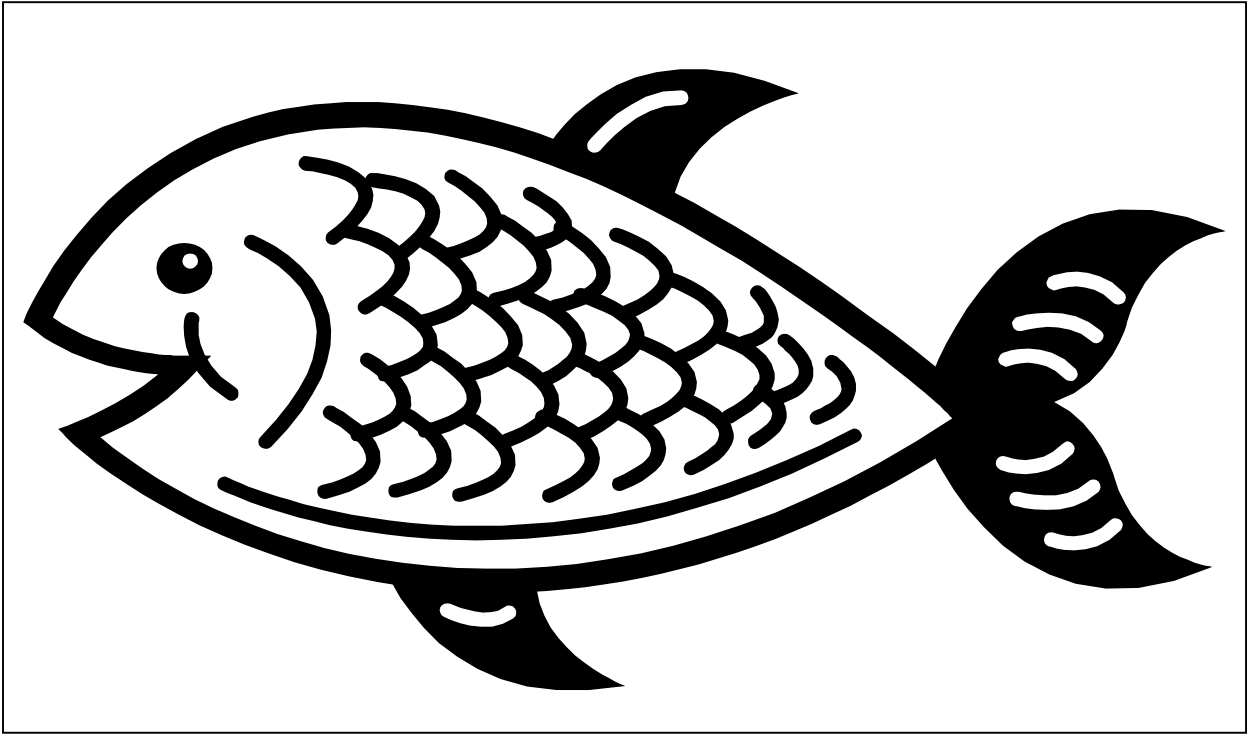
Attach one picture of each food to back of a fish pattern.

Clip two to four paperclips to the fish pattern. (This is how the fish are "caught" when you fish with a magnet!)

Place completed food/fish in box decorated as "pond" or just scatter on ground.

Activity Directions:

1. Have each child try to catch a fish in the pond.
2. When he reels it in, the teacher will ask him to identify the food on the back of the fish and name which section of the MyPlate it belongs in. The teacher might also ask:
 - a. Have you ever tasted this food? Describe taste and texture.
 - b. Where does this food come from?
 - c. What nutrients does this food offer?
 - d. What is your favorite food and why?
3. The child can receive a small, non-food prize!



ACTIVITIES AND GAMES

Activity: Food Group Scramble Game

Learning Objective(s): Children will be able to identify a variety of foods after this activity.

Materials Needed:

MyPlate and Healthy Eating for Preschoolers Posters

Food Models or Pictures, at least two from each group

Directions:

1. Pass out models or pictures of foods to each child. (Try to have a few more fruits, vegetables, milk food, grains, and meats than "other" foods.)
2. Have children group themselves under the food group poster that their first picture is from. Leader should talk briefly about the food groups, balancing meals, food and play and the importance of variety.
Have each child talk about his/her food item:
 - a. Have you ever tasted it?
 - b. What nutrients does it have?
 - c. Would you consider this a healthy food? Why or why not?
3. If you have enough pictures of food, give out a new set of food pictures. Blow whistle and have children re-group into new groups of five, -- hopefully, each child will have the opportunity to be in a different food group.
4. Leaders should check groups to see if they are correctly formed.
5. Repeat step 2.



ACTIVITIES AND GAMES

Activity: Food Riddles: What am I?

Learning Objective(s): Children will be able to identify and classify food into groups after this activity.

Materials Needed:

Pictures of food in a box

Masking Tape

MyPlate and Healthy Eating for Preschoolers Posters



Preparation:

Gather children and divide into pairs.

Activity Directions:

1. This game is played like twenty questions.
2. The person in charge of the activity allows one child from each pair to pick a food from the box.
3. The child tapes the food picture on the other child's back, without letting the child see what the food is. Then the child gives "hints" until the child with the food picture on his back guesses the name of the food.
4. For example:
I am in the dairy group. I'm white. People drink me from a glass, cup or carton. You put me on cereal. What am I? (Milk)

I am in the fruit group. I'm shiny and smooth to touch. I'm crunchy to bite into. I grow on a tree. What am I? (Apple)
5. After each round, children can switch roles.
6. The game ends when all the foods have been identified.

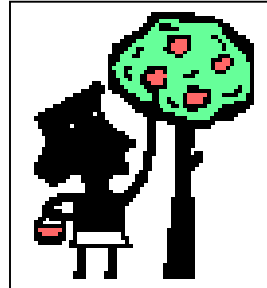
ACTIVITIES AND GAMES

Activity: Food Source Cross Match

Learning Objective(s): Children will be able to identify the origin of different foods after this activity.

Materials Needed:

Food Source Cross Match Handout
Cardboard
Markers
Yarn or Shoelaces



Preparation:

1. Mount the Food Source Cross Match Sheet on Cardboard (Laminate if possible)
2. Punch holes next to each food source and food item
3. Put a piece of yarn or shoelace through each hole on left and secure. If yarn is used, wrap tape around tips or put glue on tip to make it easier for children to insert through hole.

Activity Directions:

1. This is an individual activity.
2. Meet with the group to talk about where food comes from: milk from a cow, egg from a chicken, bread from wheat, apples from trees, etc. See if the children can think of others.
3. Children practice matching the food source with the food item by putting yarn through the correct hole.
4. The teacher checks their work and discusses the matches as a group.

Extra Activity:

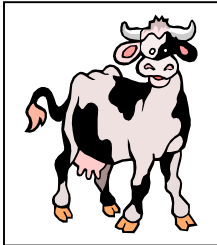
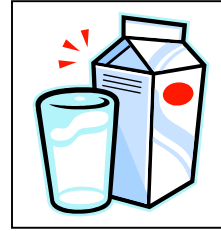
Make cheese or cottage cheese out of milk and/or grind wheat into flour for bread or tortillas.

Food Source Cross Match



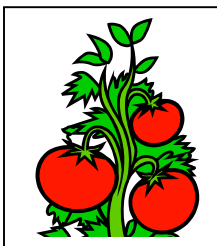
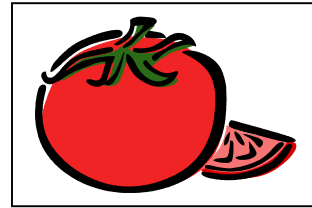
Wheat

Milk



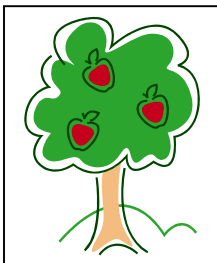
Cow

Tomato



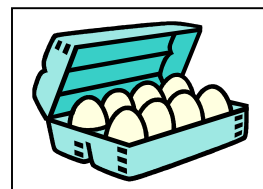
Tomato
Plant

Bread



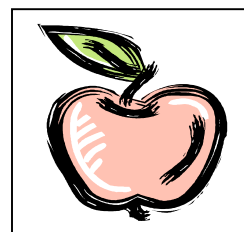
Apple
Tree

Eggs



Chicken

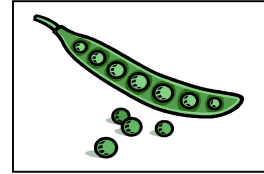
Apple



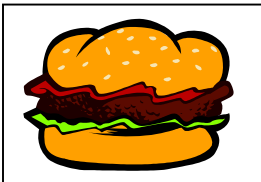
Food Source Cross Match



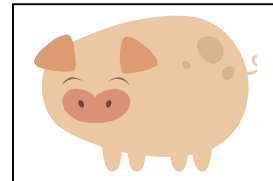
Corn



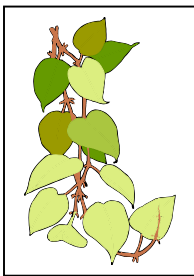
Peas



Hamburger



Pig



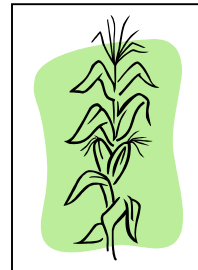
Plant
Or Vine



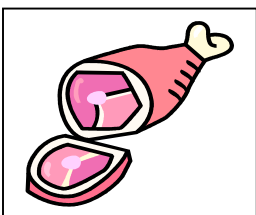
Peanuts



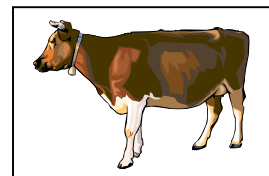
Peanut Butter



Stalk



Ham



Cow

ACTIVITIES AND GAMES

Activity: Freeze Tag

Learning Objective(s): Children will be able to identify junk foods as items to eat in moderation, while focusing on healthy foods after this activity.

Materials Needed:

MyPlate Poster
Construction paper
Colored markers
String

Preparation:

Mark one sheet of paper with the words "JUNK FOOD PERSON" and another sheet with the words "HEALTH NUT PERSON". Attach string to the sheets so that they can be worn around the neck.

Activity Directions:

1. Rules for the normal freeze tag game will apply.
2. Discuss the location of each food group of MyPlate with the children. Encourage them to talk about different "junk foods".
3. Select a child to act as JUNK FOOD PERSON. The Nutrition Educator will act as HEALTH NUT PERSON.
4. JUNK FOOD PERSON will "freeze" children. HEALTH NUT PERSON will "unfreeze" children after they tell her/him the name of a healthier food.



JUMP & SHOP

In **Jump & Shop** children get plenty of physical activity pretending to jump around like kangaroos shopping for nutritious foods.

GOALS FOR CHILDREN • Practice identifying nutritious foods
• Practice stability • Practice jumping

EQUIPMENT

- One small paper 'gift' bag per child
- Length of thin, gift-wrap ribbon to thread through small slits on the bag
- Several sets of fruit and vegetable food cards. See how to make food cards in the activity **Healthy Food Hunting**.

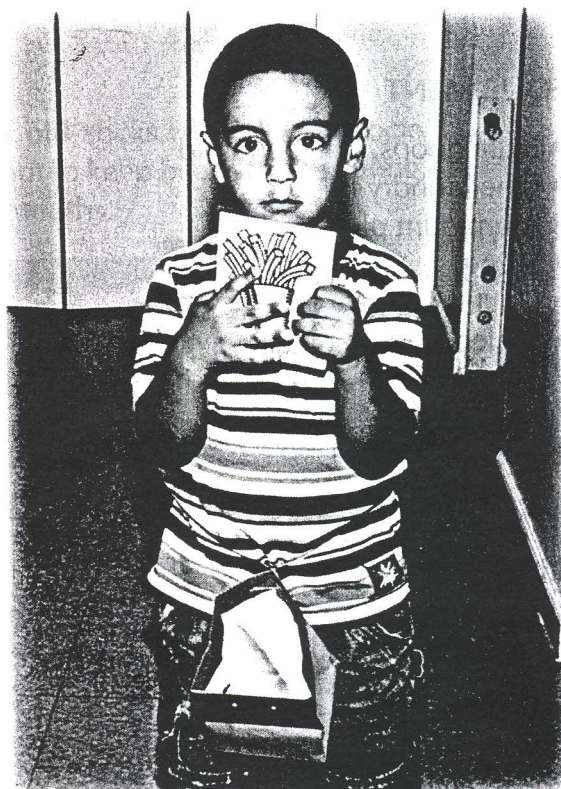
INSTRUCTIONS

Make 'pouches' from small, sturdy, gift bags. Thread ribbons through small slits in the bags to make 'belts.' Tie the bags around the children's waists. Keep the bags in front, like kangaroos' pouches.

Spend a few minutes showing children the fruit and vegetable cards, one at a time. Talk about the importance of eating healthy food.

Play lively music as children jump around 'shopping' for healthy food cards and put them in their pouches. Follow the activity with a snack featuring one of the healthy fruits or vegetables from the activity.

Refer to **Bubble Wrap Jumping** and **On/Off** to learn jumping cues.



He knows this is not the healthiest choice!

Easier: Children who tire after several jumps might walk and pick up food cards for the rest of the activity. Hold the hand of a highly distractable child and guide him or her to find, gather and hand the food card to you.

Harder: Jumping continuously during this activity is very demanding. There is no need to make this activity harder.

Variety: Distribute food cards of both nutritious and not so nutritious foods. Ask the children to jump and shop only for foods that keep us healthy. School-aged children can play a variation of **Hoop Scotch** in which children toss and retrieve food cards instead of beanbags.

ACTIVITIES AND GAMES

Activity: Nutrition Bingo

Learning Objective(s):

1. Sections of MyPlate - Children will become more familiar with a variety of foods.
2. Fiber - Children will be able to name at least one high fiber food.
3. Healthy Snacks - Children will recognize healthy snacks.

Materials Needed:

Play cards - Cardboard cards divided in 25 squares with names and pictures of food in the squares. (See examples attached.)

Markers - checkers, large buttons, or dried beans.

(Make sure the marker is appropriate for the age of child you are working with and that it does not represent a choking risk.)

Index cards with food name and/or pictures, taken from the playing cards.

Box, from which to draw index cards.

Preparation:

Prepare BINGO cards.

Prepare index cards with food names.



Activity Directions:

1. Distribute game cards.
2. Leader slowly draws out cards and reads the food name (and for younger children shows the picture).
3. Children cover the appropriate food squares on the card with markers. When a child gets 5 squares in a row covered they yell "BINGO"! (Have child read out the foods and groups that made the BINGO and award child with small prize).

				
		FOOD GROUP BINGO		

Sample Nutrition BINGO Cards:

If there are interested, cooperative, older children, let them help develop the cards.

1)

Dairy	Meat	Fruit	Vegetable	Grains
Chocolate Milk	Beef	Strawberry	Carrot	Bread
Yogurt	Chicken	Peach	Tomato	Tortilla
Cottage Cheese	Beans	FREE SPACE	Squash	Oatmeal
Milk	Fish	Apple	Potato	Rice
Cheddar Cheese	Peanut Butter	Banana	Green Beans	Spaghetti

2)

F	I	B	E	R
Apple	Kidney Beans	Prunes	Strawberries	All-Bran
Whole Wheat	Cauliflower	Fresh Corn	Sunflower Seeds	Raisins
Broccoli	Oatmeal	FREE SPACE	Whole Wheat Bread	Pinto Beans
Shredded Wheat	Peanuts	Celery	Carrot	Fresh Peach
Lima Beans	Brown Rice	Apricots	Wheat Germ	Corn Flakes

3)

S	N	A	C	K
Cheese	Strawberries	Yogurt	Orange	Carrots
Apple	Peanut Butter	Low Sugar Cereal	Pear	Burrito
Milk	Bagel	FREE SPACE	Celery	Raisins
Broccoli	Peach	Crackers	Grahams	Granola Bar
Sandwich	Vegetable Soup	Pretzels	Watermelon	Banana

ACTIVITIES AND GAMES

Activity: Pin the Fork on MyPlate

Learning Objective(s): Children will be able to identify food sections on MyPlate after this activity.

Materials Needed:

MyPlate poster

Cardboard "fork", with "sticky tack" (removable stick-on clay) on one side

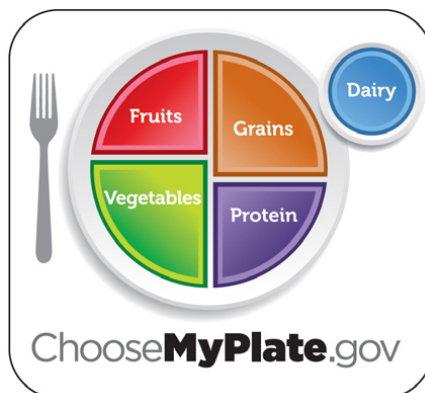
Blindfold

Preparation:

Hang poster on wall

Activity Directions:

1. Briefly discuss the MyPlate poster, including serving sizes needed from each food group. Remind them that "other" is not really a food group, and they should try to avoid foods from this group.
2. Blindfold children one at a time.
3. Have them take turns "pinning" a fork on the MyPlate.
4. Whatever food section they land in, they have to tell how many servings they need each day from that group.
5. If the child lands in the "other" section, the answer is, "As little as possible!"
6. Children answering correctly get a prize.



ACTIVITIES AND GAMES

Activity: Potato Hop

Learning Objective(s): Children will be able to tell three facts about potatoes after this activity.

Materials Needed:

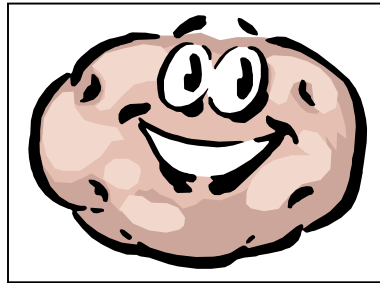
Brown construction paper

Tape

Scissors

Marker pen

Radio



Activity Directions:

Discuss the facts about potatoes with children.

1. They are a yummy, nutritious vegetable.
2. They are considered a "starchy" vegetable.
3. They are called a tuber and grow under the ground.
4. They are high in Vitamin C.
5. If eaten without butter, sour cream, or cheese, they are low in calories.
6. The skin of a potato can vary in color: yellow, red, dark orange or shades of brown.
7. Each types of potato tastes a little different.
8. If washed, the skin on a potato can be eaten as well! This offers nutrients such as iron, potassium, niacin and fiber.

Cut 10 large brown potato shapes from construction paper. Label each one with a number, 1 - 10 and tape to floor in a row or circular pattern. Have children hop from potato to potato while playing music. Stop the music periodically, choose a number and have the child standing on that number answer a question about potatoes.

Extended Activities:

1. Have the children wash and bake one medium potato per child. Play the game while they cook. Have each child garnish his potato with toppings such as butter, plain yogurt, shredded cheese, broccoli or diced ham. Serve for snack or lunch.
2. Display four or five different types of potatoes, cook them after this activity and conduct a taste testing so that children can taste the differences among the Russet, Red, Yukon Gold, Purple and Fingerling potatoes.

ACTIVITIES AND GAMES

Activity: MyPlate Baseball

Learning Objective(s): Children will be able to identify the food components after this activity.

Materials Needed:

2 My Plate Posters
Healthy Eating for
Preschoolers Poster
Food pictures
Baseball equipment
Tape



Preparation:

Have the facilitator explain how the My Plate ties into our daily diet. Have the facilitator explain the rules about scoring procedure to the children.

Activity Directions:

1. Display the My Plate Posters where everyone can see them.
2. Place food pictures beside the posters. Make sure you have at least two food pictures for each food group. For example, there should be at least two of the protein group (chicken or beef) for each My Plate poster.
3. Play baseball as you normally would but use the MyPlate poster as the scoreboard. As a point is scored, the individual that scored must place a food picture in the correct location on the MyPlate.
4. First team to build a healthy plate of food (all components) on the My Plate poster wins.

ACTIVITIES AND GAMES

Activity: MyPlate Soccer

Learning Objective(s): Children will be able to build a healthy meal on the MyPlate poster after this activity.

Materials Needed:

Soccer ball equipment
MyPlate and Healthy Eating for Preschoolers posters
Food pictures

Preparation:

Display MyPlate and Healthy Eating for Preschoolers posters
Food pictures (possibly from magazines or grocery ads)



Activity Directions:

1. Have children play soccer as they normally would but have the MyPlate as the official score board.
2. As a team scores a goal, have a member of that team place a food picture on the MyPlate in its correct location.
3. Each goal is worth 2 points and the extra point is worth 1 point. An extra point is attempted after each goal without interference from a goalkeeper. For example, if a team scores a goal and the extra point, then that team would be granted three points and thus three opportunities to fill up MyPlate.
4. Start from one side of MyPlate and work your way left or right. First team to fill up MyPlate with the food pictures wins.

ACTIVITIES AND GAMES

Activity: MyPlate Sorting Game

Learning Objective(s): Children will be able to classify foods into food groups after this activity.

Materials Needed:

MyPlate and Healthy Eating for Preschoolers posters

Pictures of foods

Large jar

Construction paper in the MyPlate colors (red, green, orange, purple, and blue)

Stapler or tape

Preparation

The teacher will locate pictures of foods and place them in a large jar.

The teacher will explain the activity to the children.

Teacher will staple or children can tape two pieces of construction paper together to create five pockets in which the food pictures will be placed.

Activity Directions:

1. Introduce and discuss the MyPlate and Healthy Eating for Preschoolers posters.
2. Children will take turns and draw food pictures out of the jar and place the food pictures in the appropriate pocket.
3. Discussion and questions, such as:
 - a. Do you like this food? Why or why not?
 - b. Have you ever tasted this food?
 - c. How does it taste or feel in your mouth?
 - d. What is your favorite food and why?

ACTIVITIES AND GAMES

Activity: MyPlate Twister

Learning Objective(s): Children will experience the MyPlate components of eating right (variety of foods), exercising and having fun during this activity.

Materials Needed:

MyPlate Poster (s)
Vinyl tablecloth, fabric backed
Magazines or a second MyPlate poster, from which to cut out pictures of various foods reflecting 6 sections on poster

Scissors
Glue
Clear contact paper
Masking tape
Cardboard square, 7" x 7"
Brass screw post for food section spin card
Food section spin card pattern, attached

Preparation:

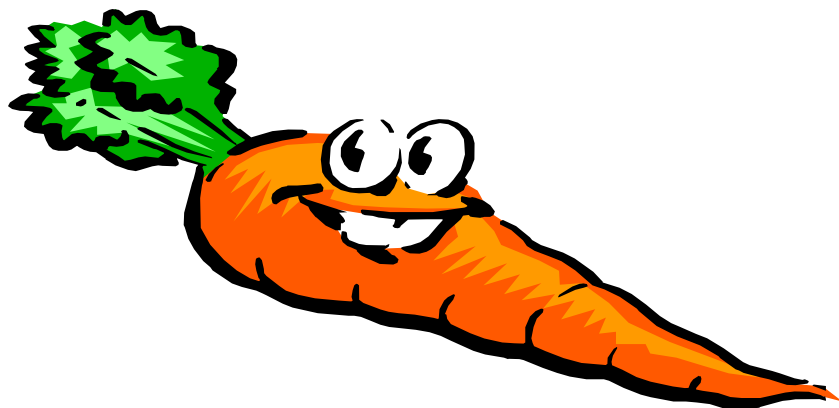
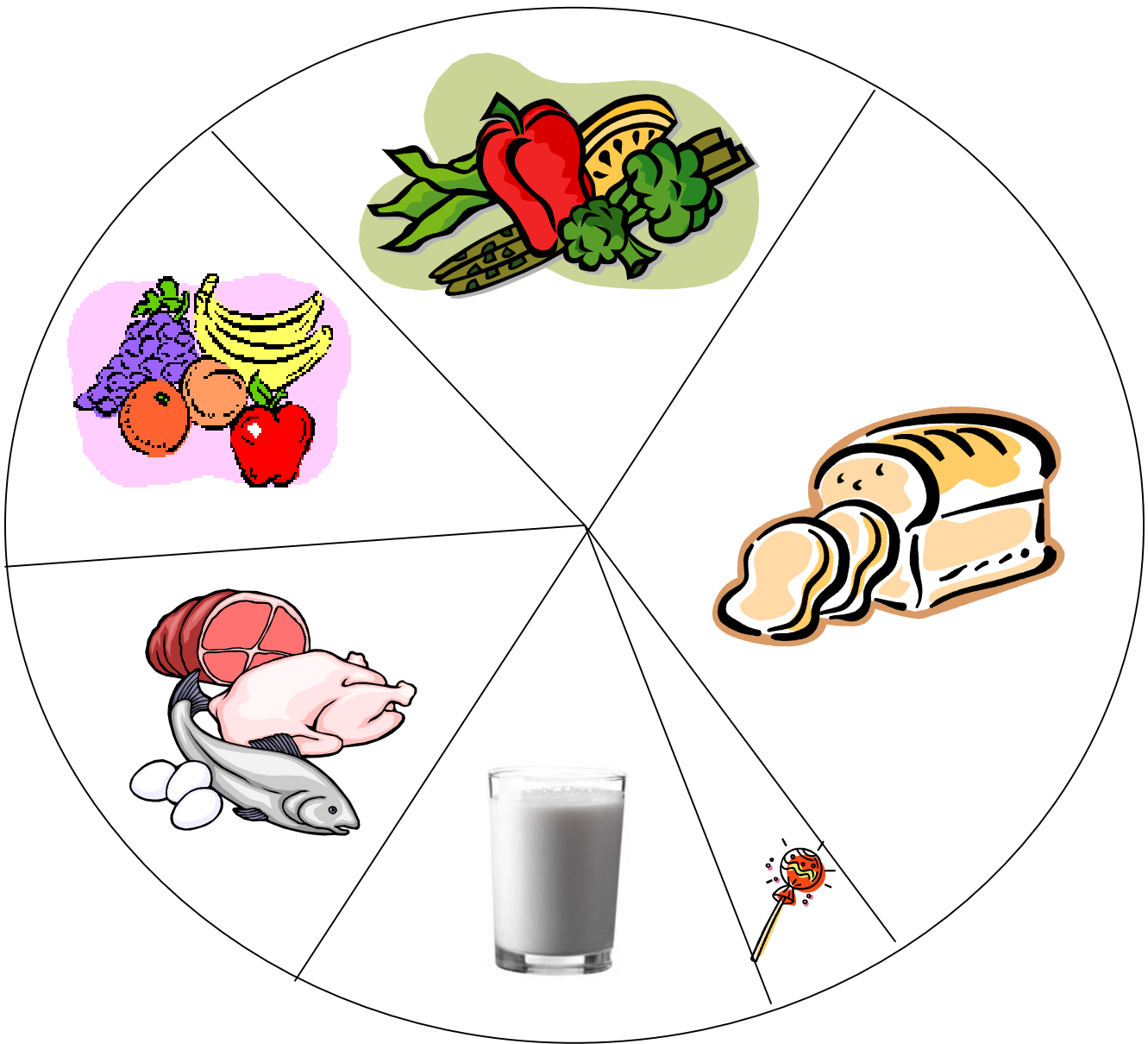
Laminate food pictures to make 8 $\frac{1}{2}$ " x 11" rectangles. Spread out tablecloth on floor. Using masking tape, attach food pictures to tablecloth, mixing up groups, such as a picture of bread, a picture of meat, or a picture of fruit.

Color in the food pictures on the food section spinner card pattern, cut out pattern and glue or tape to cardboard square, 7"x 7". Color and laminate the carrot. Puncture the carrot and center of food section spinner card with brass screw post, attaching the carrot. Bend or open ends of brass screw post behind cardboard.

Activity Directions:

1. Divide the children into groups of four. Children should be grouped with other children of similar age and size.
2. Start the game with the youngest group of children.
3. One child stands on each side of the play mat or tablecloth.
4. Another child is chosen to be a spinner.
5. Have the other children gather around the mat to watch.
6. The spinner spins the carrot (arrow) and calls out the food section on which the carrot lands. The player next to the food section, places his right foot on the food from the appropriate food group. Play continues to the right.
7. The order in which the children place their hands and feet on the board is as follows:
 - a. First Spinning Round: Right Foot
 - b. Second Spinning Round: Left Hand
 - c. Third Spinning Round: Left Foot
 - d. Fourth Spinning Round: Right Hand
8. Only feet and hands can touch the playing surface. When a child loses his or her balance and falls or lets any other part of his/her body touch the playing surface he /she is out. The last player in the group to remain standing is the winner!

Food Group Spinner



ACTIVITIES AND GAMES

Activity: Relay Races

Learning Objective(s): Children will be able to classify food into the five MyPlate sections after this activity.

Materials Needed:

3 X 5 index cards

12 containers (2 sets of 6 receptacles)

Glue

Pencils or Markers

MyPlate Poster



Preparation:

Food Cards- Draw or paste food pictures with names on 3 X 5 index cards. Make sure all food categories are represented.

Receptacles for food cards:

- Write the names of the MyPlate categories on each set of receptacles and draw or paste on pictures of appropriate foods.
- Oatmeal boxes, cereal boxes, file folders, large envelopes, or paper or cloth bags make great receptacles.

Activity Directions:

1. Separate children into 2-4 equal teams.
2. Give each child a food card.
3. Give a brief introduction to the MyPlate categories and explain the rules of the game.
4. At the signaled start of the game, the first member of each team runs to their team's receptacle, drops the card into the correct receptacle, and returns back to their team tagging the second player who starts his or her run.
5. The relay finishes and the scoring when all players from all teams have completed the run.
6. Scoring:
 - a. Speed: 1st team to finish receives 5 points; 2nd team to finish receives 4 points; 3rd team to finish receives 3 points and 4th team to finish receives 2 points.
 - b. Correct Categorizing of Foods: Each team receives 1 point for each card that is placed in the correct receptacle.
7. The team with the most points wins. Consider giving a small, non-food prize for the winning team.

ACTIVITIES AND GAMES

Activity: Take a Hike Board Game

Learning Objective(s): Children will learn more about the importance of eating a variety of foods after this activity.

Materials Needed:

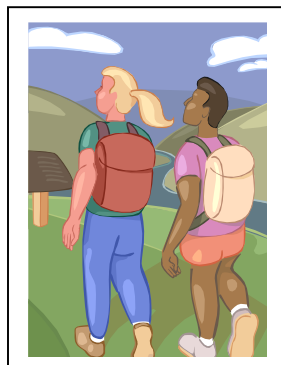
Game Board & Game Pieces (next two pages)

Dice

Scissors, tape, and 4 plastic bottle caps

Preparation:

Cut out Game Pieces and tape each one onto any plastic bottle cap



Activity Directions:

1. Discuss "fats & oils" and where they are found on the MyPlate. Review the information on "FDA Specifications for Health Claims and Descriptive Terms". Talk about higher fat foods and lower fat food choices. Depending on the age of the children, talk about "saturated" and "unsaturated" fats.

Game Directions:

1. Children can play on 4 teams or as individuals.
2. Ask the children what they might pack for lunch if they were going to the park. Write down their answers to compare what they might think was a better choice at the end of the game.
3. Children roll one die, move your Game Piece that number of spaces.
4. As you take your hike, you will land either on a high saturated fat or a low saturated fat food.
 - a. Landing on a low saturated fat food will sometimes move you ahead faster as you ride rapids down the mountain.
 - b. Landing on a high saturated fat food will either make you climb a steep mountain or go back along the trail.
 - c. Both will put you on the low saturated fat food you should have packed for lunch. Compare it to what they said they would pack before the start of the game.
5. The first to finish the hike is the winner.

FDA Specifications for Health Claims and Descriptive Terms

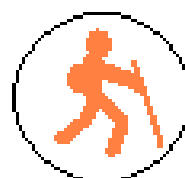
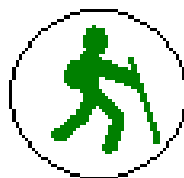
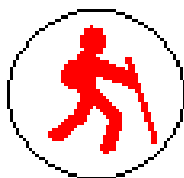
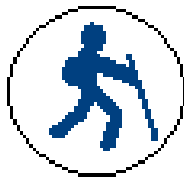
<i>Claim</i>	<i>Requirements that must be met before using the claim in food labeling</i>
Fat-Free	Less than 0.5 grams of fat per serving, with no added fat or oil
Low fat	3 grams or less of fat per serving
Less fat	25% or less fat than the comparison food
Saturated Fat Free	Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving
Cholesterol-Free	Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving
Low Cholesterol	20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving
Reduced Calorie	At least 25% fewer calories per serving than the comparison food
Low Calorie	40 calories or less per serving
Extra Lean	Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood
Lean	Less than 10 grams of fat, 4.5 g of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood
Light (fat)	50% or less of the fat than in the comparison food (ex: 50% less fat than our regular cheese)
Light (calories)	1/3 fewer calories than the comparison food
High-Fiber	5 grams or more fiber per serving
Sugar-Free	Less than 0.5 grams of sugar per serving
Sodium-Free or Salt-Free	Less than 5 mg of sodium per serving
Low Sodium	140 mg or less per serving
Very Low Sodium	35 mg or less per serving
Healthy	A food low in fat, saturated fat, cholesterol and sodium, and contains at least 10% of the Daily Values for vitamin A, vitamin C, iron, calcium, protein or fiber.
"High", "Rich in" or "Excellent Source"	20% or more of the Daily Value for a given nutrient per serving
"Less", "Fewer" or "Reduced"	At least 25% less of a given nutrient or calories than the comparison food
"Low", "Little", "Few", or "Low Source of"	An amount that would allow frequent consumption of the food without exceeding the Daily Value for the nutrient – but can only make the claim as it applies to all similar foods
"Good Source Of", "More", or "Added"	The food provides 10% more of the Daily Value for a given nutrient than the comparison food

TAKE A HIKE

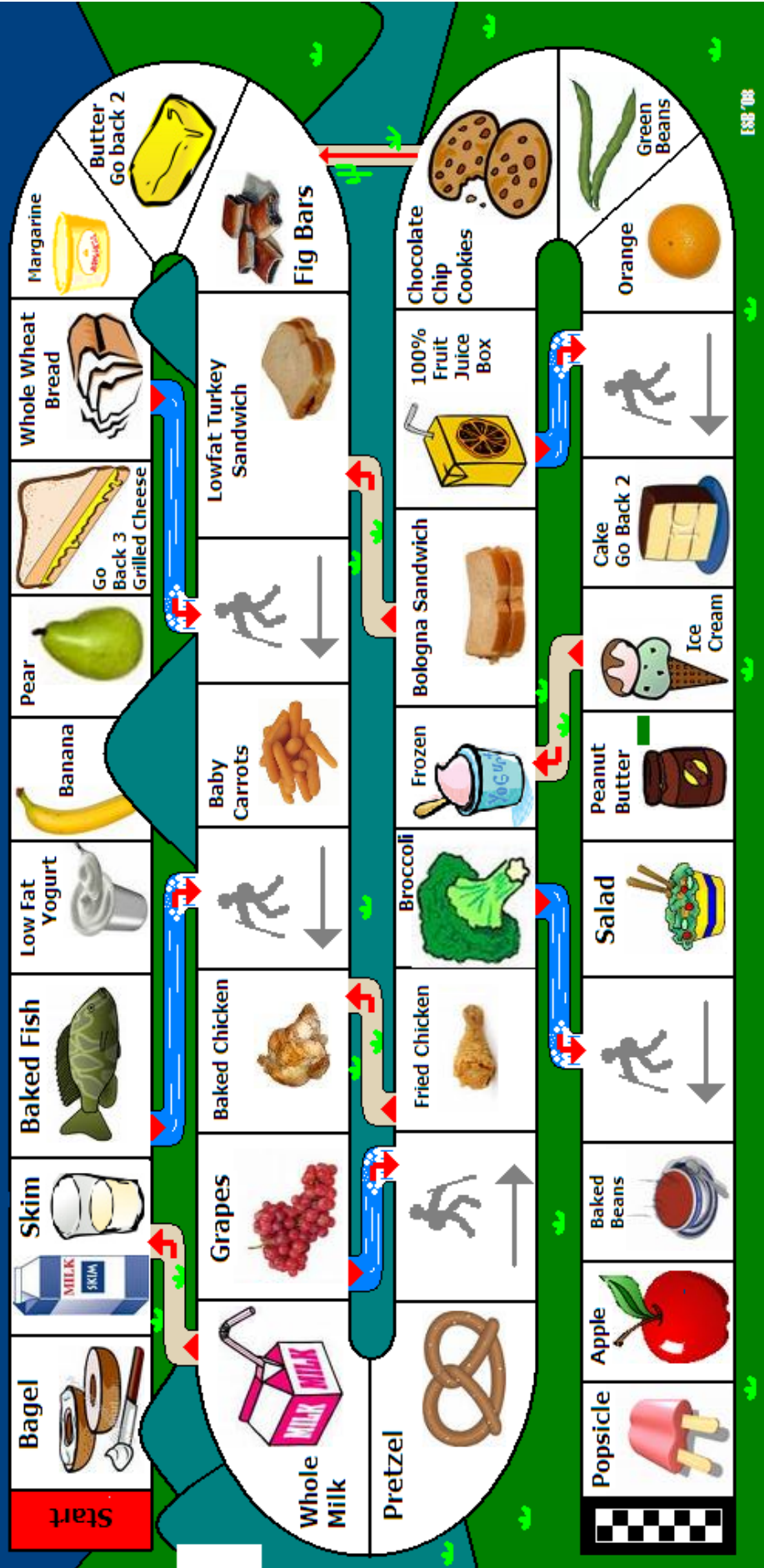
Play this game with your friends, brothers and sisters, or mom and dad.

Your family is going on a hike in the mountains. You packed the lunch. Each block is a food you could have packed.

Game Pieces (cut out each)



Take A Hike



ACTIVITIES AND GAMES

Activity: This or That

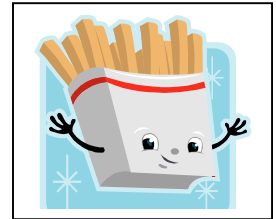
Learning Objective(s): Using a nutrition facts label, children will be able to tell which snack foods are higher in fat after this activity.

Materials Needed:

Plain index cards

"Food Labels" or empty packages of nutritious foods with food labels intact

Nutritive Value of Snack Foods Handout, attached



Activity Directions:

KRISPY KRUNCHIES			
Nutrition Facts			
Serving Size 1 package			
Servings Per Container 1			
Amount Per Serving			
Calories 80		Calories from Fat 35	
% Daily Value*			
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	10g		3%
Dietary Fiber	1g		
Sugars	1g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4
INGREDIENTS: CORN, VEGETABLE OIL, (contains one or more of the following: CANOLA, CORN, OR SUNFLOWER, SOYBEAN) OIL, CHEESES (CHEDDAR, ROMANO FROM COW'S MILK), SALT, BUTTERMILK, GARLIC POWDER, DEXTROSE, SUGAR			

First Session:

1. Have children make 2 sets of food cards depicting snack foods.
2. One side is a picture of the food and on the other is the food label information.

Second Session:

1. Divide into two teams.
2. Have teams take turns displaying (2) food cards and asking the other team "what has more fat grams, This or That?"
3. Each correct response is worth 5 points. The team with the most points wins.

Nutritive Value of Common Snack Foods

FOOD ITEMS	SVG SIZE	CALORIES	GRAMS FAT	MG. CHOL.	MG. SODIUM
Fruits					
Apple	$\frac{1}{2}$ cup	40	.3	0	1
Apricots	10 halves	83	.2	0	3
Banana	1 medium	105	.6	0	1
Cherries, raw	10	49	.7	0	0
Grapes, seedless	$\frac{1}{2}$ cup	47	.05	0	7
Kiwi	1 medium	46	.3	0	4
Nectarine	1 medium	67	.6	0	0
Orange	1 medium	65	.1	0	1
Peach	1 medium	37	.1	0	0
Pear	1 medium	98	.7	0	1
Strawberries	$\frac{1}{2}$ cup	23	.3	0	1
Vegetables					
Broccoli	$\frac{1}{2}$ cup	25	.1	0	22
Carrots	1 medium	31	.1	0	25
Cauliflower	$\frac{1}{2}$ cup	12	.1	0	7
Celery	1 stalk	3	.1	0	35
Peppers	$\frac{1}{2}$ cup	12	.2	0	2
Radishes	10	7	.2	0	11
Tomato	1 medium	24	.3	0	10
Zucchini	$\frac{1}{2}$ cup	9	.1	0	2
Other					
Bread, wheat	1 slice	61	1.	0	129
Crackers, Ritz	4 cks.	70	4.	0	120
Crackers, saltines	4 cks.	52	1.2	0	80
Cheese, cheddar	1 oz.	114	9.3	2.8	174
Cheese, cream	1 oz.	99	9.9	3.1	84
Jelly	1 Tbsp.	49	0	0	3
Peanut Butter	1 Tbsp.	95	8.2	0	3

From: Pyramid Builders. Kansas State Board of Education

ACTIVITIES AND GAMES

Activity: Vitamin Toss

Learning Objective(s): Children will be able to name specific nutrients in foods after this activity.

Example: Vitamin C found in Oranges

Vitamin A found in Broccoli

Iron found in Meat

Calcium found in Milk

Phosphorous and Potassium in Bread

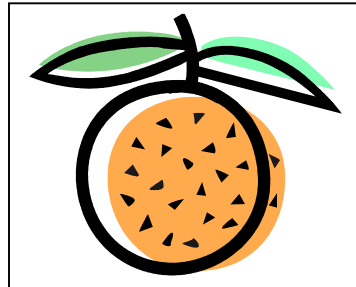
Materials Needed:

Bean Bags

Food Pictures

Shoe Box

"Guide to Good Nutrition" informational handout



Preparation:

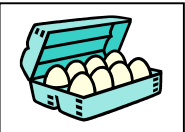





Glue food pictures on beanbags.

Cover shoebox decorated with a face with a wide-open mouth.

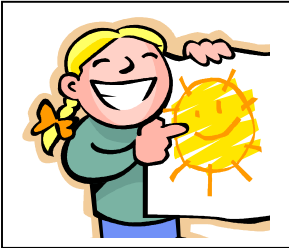
Activity Directions:

1. Review "Guide to Good Nutrition" informational handout.
2. Each child gets to toss a bean bag into the open mouth after the contestant gives the following information:
 - a. Name the food
 - b. Name at least one nutrient in the food
 - c. Win a toss and get a prize!

Guide to Good Nutrition

	A/Beta Carotene	B6	B12	C	D	E	Folic Acid	K	Niacin
Where Found	A: liver, egg yolks, milk Beta Carotene*: dk green leafy veggies, yellow and orange veggies and fruits *Converts to A in the body	Meats, poultry, fish, nuts, Fruits and veggies	Meats, milk products, eggs, liver and fish 	Citrus fruit, green peppers, strawberries, raw cabbage, green leafy veggies	Liver, butter, fish, egg yolks, fortified milk. Also produced when skin is exposed to sunlight	Nuts, seeds, whole grains, vegetable and fish-liver oils 	Green leafy veggies, liver 	Leafy veggies, corn and soybean oils, liver, cereals, dairy products, meats, fruits	Grains, meats and nuts 
Estab. Benefit	Prevents night blindness and exophthalmia (a common cause of blindness in 3 rd world countries)	Helps prevent anemia, skin lesions, nerve damage	Helps prevent pernicious anemia	Prevents scurvy, loose teeth; fights hemorrhage	Prevents rickets (bone malformation)	Helps prevent retro-lental fibroplasia (an eye disorder in premature infants), anemia	Helps protect against cervical dysplasia (precancerous changes in cells of the uterine cervix)	Helps prevent hemorrhage	Prevents pellagra (disease of the digestive and nervous systems)
Possible Benefit	May reduce the risk of breast, lung, colon, prostate and cervical cancers, heart disease and stroke; may retard macular degeneration (a common cause of blindness among the elderly)	May protect against neural tube defects in fetuses	May protect against heart disease and nerve damage. Possibly prevents neural tube defects in fetuses during the first six weeks of pregnancy	May help reduce the risk of cancer and heart disease; retards macular degeneration in the eyes of the elderly	May help prevent osteoporosis and kidney disease 	May reduce risk of angina and heart attack; may slow macular degeneration; may prevent spinal-cord damage in patients with cystic fibrosis	May help protect against heart disease, nerve damage, neural-tube defects	Possible role in cancer prevention 	Possible cancer inhibitor

ART, LITERATURE AND MUSIC



Art is a form of creative self-expression. Children explore, discover and design in their own special, imaginative way. Art can be as simple as coloring a picture of a favorite food with crayons or as advanced as sketching and painting a bowl of fruit. Any activity needs to be age appropriate. Art enhances small motor skills, eye-hand coordination and self-esteem. It creates a sense of achievement in children.

Literature reveals a world of wonder for children. It teaches them to listen, learn, comprehend and form images in their minds, thus expanding upon their imagination. Literature enhances language and communication skills. There are many food-related books available at local libraries.



Music provides children opportunities for creative self-expression. Children respond to music! Quiet, comforting music can help them relax, whereas a lively march can invite them to parade around the room and sing. Music enhances cognitive and language development and learning. It encourages children to move or dance, thus helping with physical coordination and motor development. It transforms any activity into a fun activity!

Using Art, Literature and/or Music to teach children about healthy food and healthy food choices is a great way to expand their knowledge and understanding about how the choices they make can improve their health.



ART, LITERATURE AND MUSIC

Activity: Action Food Songs

Learning Objective(s): Children will be able to identify one reason why they need food after singing any of the songs on the song sheet after this activity.

Materials Needed:

"Action Food Songs" handout, attached.

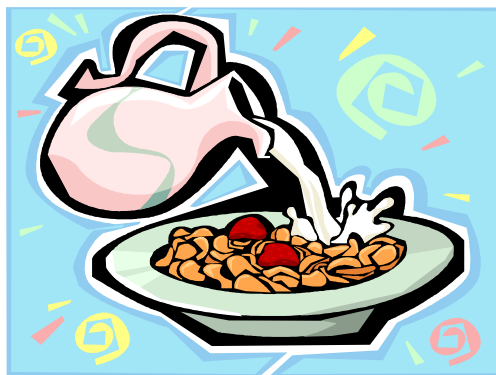
"MyPlate" poster or "Read It Before You Eat It" Team Nutrition poster

Preparation:

Choose one of the songs from the Action Food Songs handout.

Directions:

1. Gather children into a circle area.
2. Teach them a song.
3. Sing together.
4. Follow this activity with a discussion of healthy foods, using one of the posters. The discussion can be about healthy choices or about recognizing appropriate servings sizes.
5. Finally, serve a healthy snack!



Action Food Songs Handout

Good Food Song

(Tune: *Row, Row, Row Your Boat*)

Drink, drink, drink your milk,
Morning, noon and night;
It will make your bones so strong,
And increase your might.

Eat, eat, eat your bread,
Every single day;
It will give you energy,
For your work and play.

Eat, eat, eat your protein,
At least twice a day;
Fish, eggs, beans, meat and nuts,
To grow in every way.

Breakfast

(Tune: *Are Your Sleeping?*)

Eat your breakfast, eat your breakfast,
Every day, every day;
It will make you happy,
It will give you energy,
Every day, every day.

The Farmer Milks the Cow

(Tune: *The Farmer in the Dell*)

The farmer milks the cow,
(pretend to milk)
The trucks take the milk,
(pretend to drive)
The factory bottles the milk,
(squirt milk in bottles)
To the grocery store it goes,
(carry to store)
We all drink the milk,
(pretend to drink)
Milk will make strong bones.
(stand tall and strong)

The Farmer Plants His Seeds

(Tune: *The Farmer in the Dell*)

The farmer plants his seeds,
(make a hole and insert seed)
The farmer hoes the weeds,
(hoeing)
The farmer milks his cows,
(milking)
The farmer feeds his animals,
(feeding)
The farmer picks his fruit,
(picking)
The farmer eats his food.
(eating)

Herman Likes Good Things to Eat

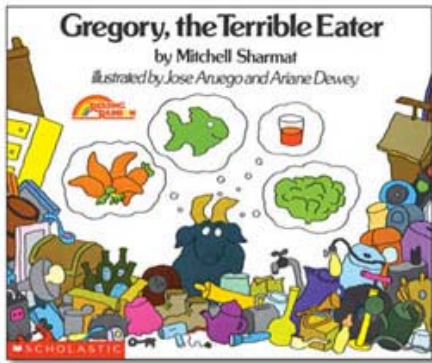
(Tune: *Yankee Doodle*)

Oh! Herman likes good things to eat
(children make motions of eating)
And knows how he can grow them.
He plows his garden, gets good seeds;
(extend hands and arms from chest to imitate plowing motions)
And starts right in to sow them.
(move arms and hands as if broadcasting seeds)
Herman, Herman, keep it up
Make your garden flourish
With good carrots, yellow corn
(children bend with right hand to floor and move it slowly upward, then bring hand and arm high above head as if looking at a stalk of corn)
And other foods that nourish.
(children fling both arms wide)

ART, LITERATURE AND MUSIC

Activity: Feed the Hungry Goat

Learning Objective(s): Children will be able to differentiate between healthy and non-healthy food after this activity.



Materials Needed:

- ❖ Book: "Gregory, the Terrible Eater", available at your local library or favorite bookstore
 - ❖ Plastic models of healthy and non-healthy foods or pictures from magazines
 - ❖ Construction paper
 - ❖ Crayons
 - ❖ Scissors
- ❖ Glue sticks
 - ❖ Brown paper sacks, 1 per child
 - ❖ Carrots, baby
 - ❖ Yogurt, vanilla
 - ❖ MyPlate Poster (optional)

Activity Directions:

1. Teacher will read the book, "Gregory, the Terrible Eater"
2. Teacher and children will discuss the story. Ask the children if Gregory had gotten some good advice for his eating habits. Ask the students if their parents have ever tried this approach to entice them to eat foods that they dislike?
3. Children will draw and color a picture of a goat, some healthy foods and some non-healthy foods on construction paper.
4. Children will cut out their colored pictures.
5. Children will glue the goat on the front of a brown paper sack.
6. Next, they will decide which foods to feed the hungry goat, by dropping them in their sack.
7. Discuss which foods make the goat happy and which ones make him grumpy!
8. Enjoy a healthy snack of baby carrots and vanilla yogurt.



ART, LITERATURE AND MUSIC

Activity: 5 Little Snowmen Song/Healthy Snack

Learning Objective(s): Children will be able to count up to the number 5 and build a healthy snack after this activity.

Materials Needed:

5 Little Snowmen Song
Toaster
Plastic Knives
Pretzels

Whole Wheat Bread
Snowman-shaped Cookie Cutter(s)
Vanilla Yogurt or Cream Cheese
Raisins

Activity Directions:

1. Teach the Little Snowmen song to the children. Sing together.
2. Toast bread.
3. Children will use the cookie cutter to cut a snowman shape in toast.
4. Children will spread vanilla yogurt or cream cheese on toast.
5. Add pretzels for arms and raisins for eyes.
6. Enjoy your healthy snowman snack!

Snowmen Song

Five little snowmen
With buttons from the store,
This one melted,
And then there were four.
Four little snowmen beneath a pine tree,
This one melted,
And then there were three.
Three little snowmen,
Glad that they know you!

This one melted,
And then there were two.
Two little snowmen,
Playing and having fun!
This one melted,
And then there was one.
One little snowman left all alone,
He melted all away,
And then there was none.



ART, LITERATURE AND MUSIC

Activity: Food Group Mobile

Learning Objective(s): Children will be able to identify foods in the food groups after this activity.

Materials Needed:

MyPlate Poster

Large paper plates

Paper Puncher

Crayons, markers or food pictures

Yarn

Scissors

Small, plain index cards

Preparation:

1. Punch 5 holes around bottom edges of paper plates and 1 hole on the top edge.
2. Cut yarn in various lengths (6 to 24 inches).
3. Punch hole on top edge of each index card.

Directions:

1. Discuss MyPlate and food groups.
2. Give each child 5 cards, with holes punched in each.
3. Have children draw and color pictures of foods from different groups.
4. Tie a piece of yarn to card and attach to plate.
5. Attach yarn to top hole for hanging.



ART, LITERATURE AND MUSIC

Activity: Food Placemat Art

Learning Objective(s): Children will be able to select pictures of their favorite foods from magazines to make a placemat after this activity. They will also learn about MyPlate.

Materials Needed:

Construction paper

Glue

Scissors

Magazines or grocery ads

MyPlate Poster

Directions:

1. Show MyPlate poster. Discuss the different food groups with children.
2. Have children cut out their favorite food photos, selected from magazines.
3. Glue them on their choice of color construction paper.
4. Alter the edges of the paper to make an interesting border (such as fringe).
5. Write the name of the child on front or back of placemat.
6. Laminate placemats before use.
7. Placemats can be used daily at meals to support family style meal service.

ART, LITERATURE AND MUSIC

Activity: Foods I Like

Learning Objective(s): Children will be able to identify foods in each of the food groups after this activity.

Materials Needed:

Foods I Like handouts, attached
MyPlate Poster
Crayons

Directions:

1. Discuss with children the food groups on MyPlate.
2. Have children draw a food they like in the empty squares - making sure it is in the same food group. Color the picture.
3. Have children help each other decide where their favorite foods belong. Some foods will be combination foods such as pizza, hamburgers, or lasagna.

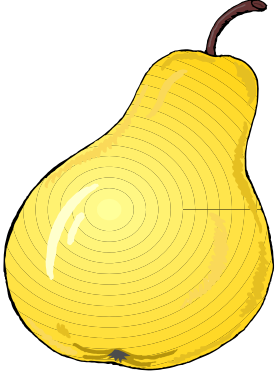
Bonus:

- ❖ The Foods I Like cards could actually be made into a mobile.




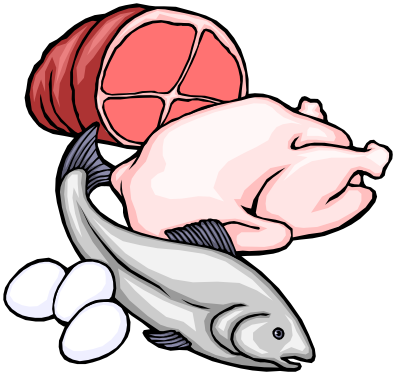
FOODS I LIKE


DIRECTIONS: Foods from the different blocks of MyPlate are pictured in the sets below. Have students draw in the empty square one of their favorite foods that belongs to the same food group as the food in the picture.

Fruit		
-------	---	--

Vegetable		
-----------	---	--

Grains/ Breads		
-------------------	---	--

Meat/ Meat Alternate		
----------------------------	---	--

Milk		
------	--	--

ART, LITERATURE AND MUSIC

Activity: Fruits & Veggies - More Matters Songs

Learning Objective(s): The concept of eating fruits and vegetables every day will be reinforced after singing the Fruits & Veggies - More Matters songs.

Materials Needed:

Fruits & Veggies - More Matters Song page

Directions:

1. Teach Fruits & Veggies - More Matters songs and/or finger plays to children. Sing together.
2. Discuss the benefits of eating fruits and veggies each day.
3. Serve a fruit or veggie as one of the components for snack and talk about the nutrients supplied by that particular food.



Fruits & Veggies - More Matters Songs

Apples and Bananas

(In this song, children are introduced to all the vowel sounds).

I like to eat, eat, eat apples and bananas. (long **E** sound)

I like to eat, eat, eat apples and bananas.

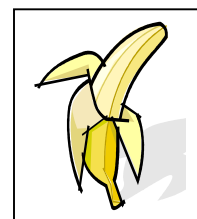
I like to oat, oat, oat apples and bononos. (long **O** sound)

I like to oat, oat, oat apples and bononos.

I like to ate, ate, ate apples and bananas. (long **A** sound)

I like to ate, ate, ate apples and bananas.

(Continue verses with as many vowel sounds as wanted).



Eat Your Veggies

(Sung to the tune of: Row, Row, Row Your Boat)

Eat, eat, eat your veggies,

Every day and night.

Yummy and delicious,

We love every bite!

Eat, eat, eat your _____ (broccoli),

Every day and night.

Yummy and delicious.

We love every bite!

(Children can name specific vegetables for any number of additional verses).



How I'd Like to be a Pear

(Sung to the tune of: Twinkle, Twinkle Little Star)

How I'd like to eat a pear,

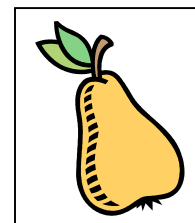
Eat it here or eat it there.

I would even climb a tree,

Then I'd have it just for me.

How I'd like to eat a pear,

Eat it here or eat it there.



Fruits & Veggies – More Matters Songs – continued-

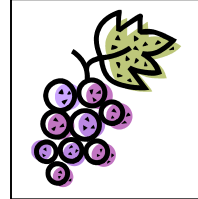
Bananas

I like bananas, coconuts and grapes.

I like bananas, coconuts and grapes.

I like bananas, coconuts and grapes.

That's why they call me Tarzan of the Apes!



Apple Tree

Way up high in the apple tree, (Point up in the air)

Five red apples smiled at me. (Form circle with fingers)

I shook the tree as hard as I could, (Shake hands together)

Down came the apples. (Wiggle fingers downward)

Mmmmmm, were they good! (Rub stomach)

(Continue countdown until no apples are left).

ART, LITERATURE AND MUSIC

Activity: Healthy Food Collage

Learning Objective(s): Children will be able to make a healthy food choice after this activity.

Materials Needed:

Construction paper

Glue

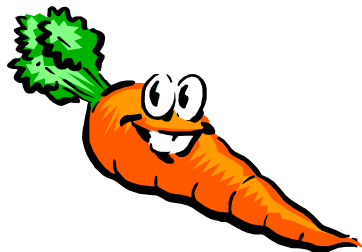
Scissors

Magazines or grocery ads

MyPlate Poster

Directions:

1. Show the MyPlate poster. Discuss the different food groups as well as the "other" food group. Involve the children in the discussion and ask them to give you some examples of "healthy" food choices and some examples of "not-so- healthy" food choices.
2. Have children cut out pictures of some of their favorite healthy foods selected from magazines or grocery ads.
3. Glue these on different colors of construction paper.
4. Discuss making better food choices, such as choosing 100% fruit juice over soda, an apple instead of a candy bar or baby carrots and ranch dip over potato chips.



ART, LITERATURE AND MUSIC

Activity: How the Apple Tree Got a Star In Its Heart

Learning Objective(s): Children will be able to identify an apple seed after this activity.

Materials Needed:

"How the Apple Tree Got a Star In Its Heart" Story

Apple

Knife

Activity Directions:

1. Teacher will read the story to the children.
2. Teacher will demonstrate by slicing an apple horizontally.
3. The sliced apple will then be passed to all the children so they can see the star in the center.
4. Teacher and children will discuss observations, including why apples are a healthy treat.

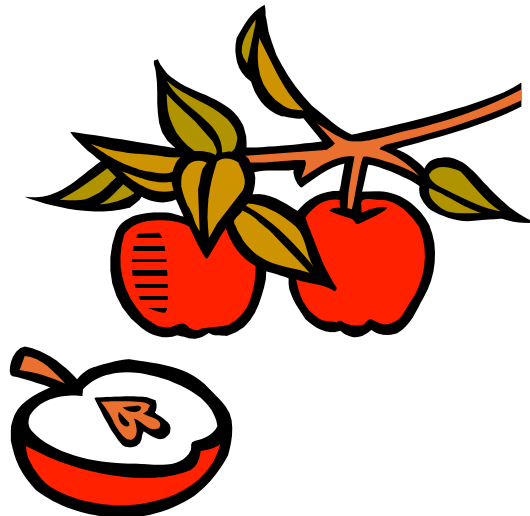


How the Apple Tree Got a Star in its Heart

Once upon a time, a little brown apple seed pushed her way out of the ground and much to her delight discovered she was a little apple tree. She found the world in the daytime, to be a wonderful place. But the nighttime, with its canopy of stars, was the most beautiful of all.

The little apple tree wished for just one of those stars. The Orchard Fairy heard her silent wish and told her to strive for growth and beauty and her wish would come true. The little apple tree did just that. She worked hard to grow straight and tall. And in the spring, she was adorned with pretty pink blossoms. When these blossoms dropped away, she had brown baby seeds that would some day, grow into apple trees like her. The grown-up apple tree was so happy to be able to love and care for her baby seeds, that she forgot all about her wish for a star. But the Orchard Fairy had not forgotten. She told the nurturing apple tree that she had earned her wish and would be rewarded with a crown of stars. The apple tree responded to the Orchard Fairy by saying, "That was a foolish wish of mine. But if you have stars to give away, I ask that you give them to my baby seeds!"

And that is why, to this day, if you cut an apple horizontally through the center, you will find brown baby seeds nestled in a five-pointed star.



ART, LITERATURE AND MUSIC

Activity: Hungry Caterpillar

Learning Objective(s): Children will be able to identify at least three different fruits through listening to the story and tasting them after this activity.

Materials Needed:

Book: "The Hungry Caterpillar" by, Eric Carle

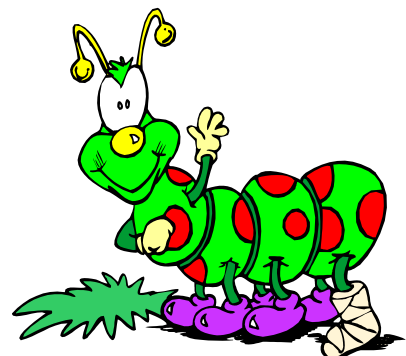
Bowls

Napkins

Fruits, three or more such as: Apples, Peaches, Strawberries, Cantaloupe and/or Watermelon

Directions:

1. Teacher will read the book, " The Hungry Caterpillar," by Eric Carle
2. Teacher and children will discuss the story.
3. Children and teacher will wash their hands.
4. Display different fruit in bowls.
5. Children will choose what fruits they want to sample just like the hungry caterpillar does in the story.
6. The teacher leads a discussion about how the fruits taste, how the children like it, how the fruits are alike and how they are different, and finally, which is their favorite.



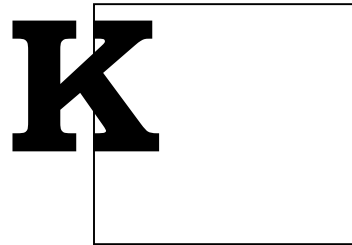
ART, LITERATURE AND MUSIC

Activity: K is for Kiwi

Learning Objective(s): Children will be able recognize a kiwi fruit, identify how it tastes, be able to cut it with a plastic knife and also to recognize the letter K after this activity.

Materials Needed:

Kiwi Fruit, one for every child
Plastic Knives, one for every child
Construction paper, light green and tan
Brown Marker
Scissors
Glue

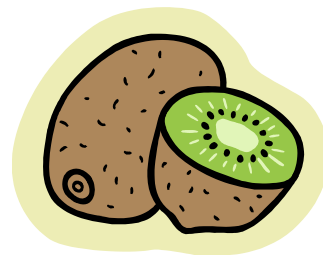


Directions:

1. Have children wash their hands.
2. The teacher will show the children how to slice kiwi fruit with a plastic knife.
3. Everyone will taste the kiwi and discuss how it tastes, whether they like it or not, and why.
4. The children will draw kiwi on light green construction paper and use the brown marker to color in the seeds then cut out the drawn kiwi.
5. The children will then draw a large letter K on the tan construction paper and cut it out.
6. Finally, the children will paste the letter K on the oval-shaped kiwi.

Discussion:

Kiwi can be found in the fruit group.
It is high in vitamin C.
Discuss the sound of letter K in alphabet,
and other foods that begin with letter K.



ART, LITERATURE AND MUSIC

Activity: Let's Make a Watermelon

Learning Objective(s): Children will be able to categorize watermelon as a fruit and practice using their fine motor skills after this activity.

Materials Needed:

MyPlate Poster

Construction paper, white or off-white and black

Crayons or colored pencils

Glue

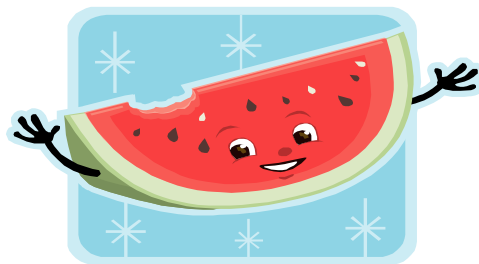
Scissors

Activity Directions:

1. Children will draw a half-circle (watermelon) on construction paper.
2. Children will color the "rind" and the "juicy part" of the watermelon.
3. Children will cut out little watermelon seeds from the black construction paper and glue them onto the "juicy part" of their watermelon.
4. Discuss with children which food group on MyPlate, watermelon belongs in - the fruit/vegetable group. Ask children about the colors and shapes of watermelon also.

Extended Activity:

- ❖ Serve watermelon as a part of a nutritious snack. It's high in Vitamin C!



ART, LITERATURE AND MUSIC

Activity: Making Applesauce Cinnamon Play Dough

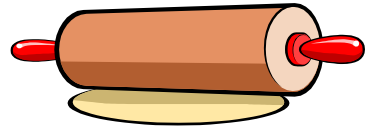
Learning Objective(s): Children will be able to mix ingredients and knead dough after this activity.

Materials Needed:

Recipe for applesauce cinnamon dough, below
Cookie cutters, small sized, various shapes

Recipe:

$\frac{1}{2}$ cup cinnamon
 $\frac{1}{2}$ cup applesauce
1 plastic zip bag



Directions:

1. Pour cinnamon and applesauce into a zip bag.
2. Seal the zip bag and knead until the mixture turns to dough.
3. Roll some dough out to about $\frac{1}{4}$ in thick.
4. Using the small cookie cutters cut out several shapes
5. Make a small hole toward the tope of your cutout before the dough dries so that it can be hung with string or ribbon.
6. Allow your Applesauce Cinnamon Dough creations to air-dry for 12 hours or until hard.
7. Tell the children this dough is not to eat.

Tips & Ideas:

- ❖ Use this recipe to create fragrant tree ornaments, package ties, and air fresheners.



ART, LITERATURE AND MUSIC

Activity: Making Food Puppets

Learning Objective(s): Children will engage in creative play while reinforcing healthy food choices after this activity.

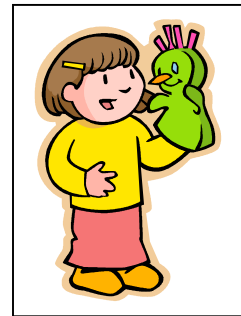
Materials Needed:

MyPlate and Healthy Eating for Preschoolers posters

Brown paper bags

Crayons or markers

Optional: magazines, grocery ads, scissors, and glue



Directions:

1. Discuss the food groups and ideas for healthy snacks (refer to the poster).
2. Have children make paper bag puppets resembling healthy snack food items. Examples: Katy Carrot, Yolanda Yogurt or Sammy Shrimp
3. Have children present a puppet show to other playmates using the puppets. Have the children talk about why their puppet is a healthy food choice.

Variation:

- ❖ Glue food pictures on construction paper or poster board, trim and attach to Popsicle sticks for a different kind of puppet.

ART, LITERATURE AND MUSIC

Activity: Motive Behind the Message

Learning Objective(s): Children will be able to see motives behind food advertising after this activity.

Materials Needed:

Magazines with food ads geared toward children (cereals, soft drinks, candy)

Copies of "Discovering the Motive Behind the Message Handout"

MyPlate and Healthy Eating for Preschoolers Posters

Activity Directions:

1. Lead children in a discussion of why they like certain food products and if these foods are healthy food choices that are found on the MyPlate or Healthy Eating for Preschoolers posters.
2. Children will select a food ad.
3. Discuss each ad and have children complete their handout after reviewing it.
4. Children will report the "motive(s)" behind their ad.

Source:

How to Teach Nutrition to Kids, by Connie Evers, Carrot Press, Tigard, OR, 1995.



DISCOVERING THE MOTIVE BEHIND THE MESSAGE

This worksheet will help you to analyze how advertising and marketing influence the foods you buy (or ask your parents to buy). Use the checklist below to decide which methods are used to promote this product.

Food Advertised:

Describe the advertisement (e.g. magazine ad, TV commercial, name or logo on a product, etc.)

Check the categories below that apply to this food advertisement:

_____ **Popular Characters or Celebrities** (Does the ad feature popular sports figures, celebrities, or animated characters?)

_____ **Constant Exposure** (Is the product marketed in many different ways? Do you often see this product promoted on television, billboards, magazines, clothing, etc?) _____

_____ **Exaggerated Health Benefits** (Do the ads for this product try to make you think that the food is nutritious or a good source of energy?)

_____ **Disguised Ads** (Does this advertisement look like it could be part of the magazine? Is it presented in cartoon, puzzle, or story form so it doesn't look like an ad?)

_____ **Wearable Advertisements** (Is the company name or logo on something you can wear or carry such as s shirt, jacket, backpack, or water bottle?) _____

Do any of these types of advertisement make you more likely to buy the product? Why or why not?

Do you think the claims made by this ad are true? Why or why not?

ART, LITERATURE AND MUSIC

Activity: Opposites, Rhyming Sequences

Learning Objective(s): Children will be able to recite food related rhymes after this activity.

Materials Needed:

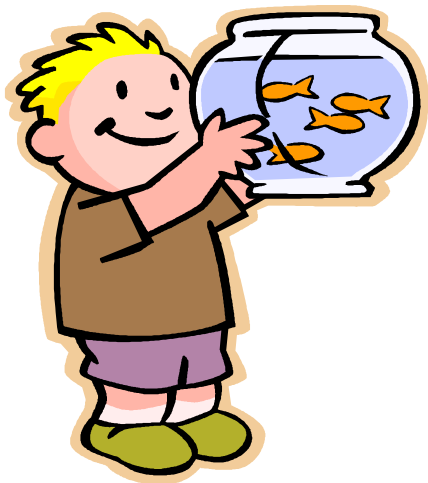
Spanish and English Rhymes: The Chicks/Los Pollitos; Little Fish/Los Pescaditos; Finding an Egg/Hallando un Huevo (attached).

Directions:

1. Teach children rhymes accompanied by appropriate actions.
2. Recite them together.

Bonus:

- ❖ Introduce a "new" food either at a meal or a snack!
- ❖ Following this activity, serve a meal or snack containing one of the food items mentioned in the rhymes.



Little Fish

Little fish move in the water,
Swim, swim, swim.
(Swimming motion with hands).
Fly, fly, fly.
(Flap arms).
Little ones, little ones,
(Thumb and fingers together).
Fly, fly, fly.
(Repeat actions).
Swim, swim, swim.

Finding an Egg

This little boy found an egg;
This one cooked it;
This one peeled it;
This one salted it;
And this little one ate it.

He became thirsty,
And he went to look for water...
He looked and looked...
And here he found it!
And drank and drank and drank...

(Count on the fingers for each “this”
Look for water with the fingers, first at
elbow, then at shoulder. End with a
tickle under the arm).

Los Pescaditos

Los pescaditos andan en el agua,
Nadan, nadan, nadan.
(Haga el gesto de nadar
con las manos).
Vuelan, vuelan, vuelan.
(Se puede aletear los brazos).
Son chiquititos, chiquititos.
(El pulgar y los dedos juntos)
Vuelan, vuelan, vuelan.
(Repita los movimientos).
Nadan, nadan, nadan.

Hallando un Huevo

Este niño halló un huevo;
Este lo cocinó;
Este lo peló;
Este le echó la sal;
Este chaparrito se lo comió.

Le dió sed,
Y se fue a buscar agua...
Buscó y buscó...
¡Y aquí halló!
Y tomó y tomó y tomó...

(Cuenta con los dedos para cada “este”.
Busque agua con los dedos, primero con
el codo, después con el hombro.
Termine haciendo cosquillas debajo del
brazo).

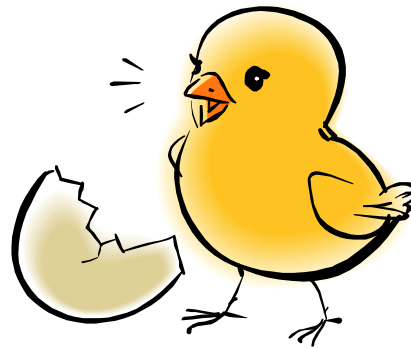


The Chicks

The little chicks say, “peep, peep, peep”
When they are hungry,
(Touch tummy)
When they are cold.
(Touch tummy)
When they are cold.
(Make gesture for being cold)
The hen looks for corn and wheat
(Make pecking motion in hand)
She gives them food,
(Touch the mouth)
And she keeps them warm.
(Make protective gesture with arms)
Huddling under her wings,
They sleep until the next day.
(Hand to head for sleeping gesture)

Los Pollitos

Cuando tienen hambre,
(Toque estómago)
Cuando tienen frío.
(Haga gesto de tener frío)
La gallina busca el maíz y el trigo.
(Con las manos, busque los granos)
Les da la comida,
(Toque la boca)
Y les da abrigo.
(Póngalos debajo de los brazos para protegerlos)
Acurrucaditos bajo las dos alas,
Hasta el otro día duermen los pollitos.
(Haga gesto de dormir)



ART, LITERATURE AND MUSIC

Activity: Right to the Core Mobile

Learning Objective(s): Children will be able to construct a "seedy" mobile after this activity.

Materials Needed:

Apples, one per child/Seeds (save)
Sticks or Dowels, one per child
Construction paper, red, yellow and green
String or Yarn
Paper Puncher
Glue
Knife (teacher use only)



Directions:

1. Have children wash their hands.
2. Rinse apples under cold water.
3. Teacher will cut apples into wedges or slices. Discuss why apples are so good for you, what food group they come from, and the different varieties.
4. Eat your apple! Don't forget to save the seeds!
5. Have children cut out small (approx. 3"x 2") apple shapes from construction paper.
6. Punch a hole towards the top of each paper apple shape.
7. Glue apple seeds onto paper apple shapes.
8. Cut string or yarn in different lengths.
9. Tie through punched hole.
10. Attach to stick or dowel.

Bonus:

- ❖ Try using different varieties of apples: Red Delicious, Washington, Golden and Granny Smith, to name a few. Talk about the different colors, tastes, and textures of the different varieties of apple.

ART, LITERATURE AND MUSIC

Activity: Vegetable Pizza Art

Learning Objective(s): Children will be able to create a paper pizza and identify origins of ingredients after this activity.

Materials Needed:

Pictures of Farms - (depicting wheat fields, vegetables growing, cows grazing)

Brown Paper Bags - Whole Wheat Pizza Crust (8" wavy circle)

Packet of Colored Construction Paper:

Red Construction Paper - Tomato Sauce (6" circle)

White Construction Paper - Mozzarella Cheese (strips)

Yellow and/or Orange Construction Paper - Cheddar Cheese (strips)

Tan or Green Construction Paper - Other healthy toppings (mushrooms, bell peppers, etc.)

Glue

Scissors

Directions:

1. Discuss, "Where does cheese come from?" and "How do mushrooms grow?", etc. involving the pizza ingredients.
2. Place paper pizza ingredients in separate containers on the table.
3. Pass around colored construction paper and let children cut shapes to create their pizza.
4. Proudly display the finished products.

Bonus:

- ❖ Serve a make-your-own pizza at the next meal or snack.



Stories About Nutrition for Children

Look for these books and more at your local library

Title:	Author:	ISBN #:
A Seed is a Promise	Claire Merrill	N/A
Amazing Maisie and the Cold Porridge Brigade	Andro Linklater	0-394-84009-7
Blueberries for Sal	Robert McCloskey	0-14-050169-1
Boss of the Table Manners	Anne De Graaf	0-687-07119-4
Bread, Bread, Bread	Ann Morris	0-688-12275-2
Bread and Jam for Frances	Russell Hoban	0-06-493336-6
Cody Coyote Cooks!	Melissa Stock	1-883672-37-6
Eat Your Peas, Louise!	Pegeen Snow	0-516-23796-9
Eating the Alphabet	Lois Ehlert	0-15-224436-0
Everybody Cooks Rice	Norah Dooley	0-87614-591-8
Good Nutrition is Everybody's Ball Game	Lynnrae & Steven Francis	0-96310581-7
Good Nutrition Round-Up	Lynnrae Francis	0-96387541-8
Good Nutrition Travels Far	Lynnrae Francis	0-96310582-5
Growing Vegetable Soup	Lois Ehlert	0-15-232575-1
Hear Your Heart	Paul Showers	0-06445007-4
How Do Dinosaurs Eat Their Food?	Jane Yolen & Mark Teague	0-439-24102-2
I Love to Eat!	Small World Creations	1-40546-065-2
Manners	Aliki	0-688-09198-9
Mealtime	Brimax Books	0-900195-28-2

Title:	Author:	ISBN #:
Mice and Beans	Pam M. Ryan	0-439-45547-2
More Spaghetti, I Say	Rita G. Gelman	0-590-02372-1
One Hungry Monster Counting Book in Rhyme	Susan O'Keefe	0-590-45576-1
One Little, Two Little, Three Little Pilgrims	B. G. Hennessy	0-439-33673-2
One Lonely Seahorse	Saxton Freyman	0-439-11014-9
Plate Full of Color	Georgia Perez	N/A
Samuel's Sprout	Angelia S. Medearis	0-673-80366-X
Stone Soup	Marcia Brown	0-684-12631-1
The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear	Don & Audrey Wood	0-85953-330-1
The Shape of Good Nutrition	Lynnrae & Steven Francis	0-963875-40-1
The Very Hungry Caterpillar	Eric Carle	0-399-21301-5
Three Stalks of Corn	Leo Politi	0-689-71782-2
What's a Food Groupie?	Mary Kolton	N/A
Where We Get Our Food	Marjorie Pursel	N/A

CELEBRATIONS

Choosing a holiday or seasonal theme for a nutrition education activity makes it more enjoyable, interesting, fun and culturally appropriate! When planning classroom parties, birthdays and center-wide events, always try to reinforce the goal of helping children make healthy food choices by providing positive teaching examples. Remember that party or celebration foods don't have to be empty calories! Be sure to include at least one serving of fruits, vegetables and/or whole grains in your celebration menu.



CELEBRATIONS – 4th OF JULY

Activity: Patriotic Pinwheels

Learning Objective(s): Children will be aware of the importance of the 4th of July celebration and be able to use a plastic knife to spread cream cheese and jelly after this activity.

Materials Needed:

Slice of bread or tortilla

Cream Cheese (white)

Strawberry jam or jelly (red)

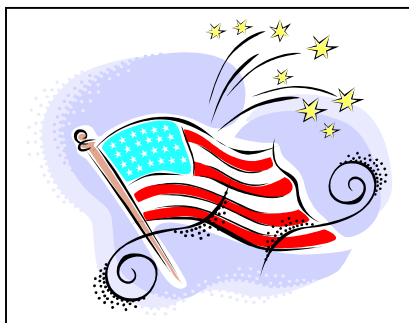
Blueberry jam or preserves (blue)

Fancy toothpick or flag toothpick

Plastic knives

Directions:

1. Discuss the importance and history of the 4th of July celebration with children. Gather information prior to activity from google.com or a book.
2. Have children wash their hands.
3. Trim the crust off bread, if using bread.
4. Then, cut the bread or tortilla into three strips.
5. Spread one strip with cream cheese, another with strawberry jam or jelly and the third with blueberry jam.
6. Next, place the strips one on top of the other with the filling sides up.
7. Finally, roll the strips into a red, white and blue pinwheel and secure it with a fancy toothpick.



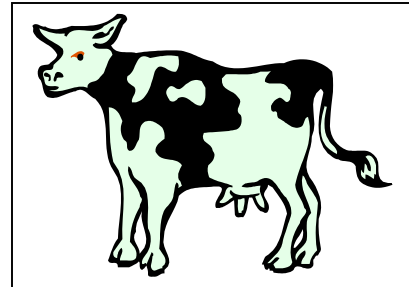
CELEBRATIONS - BIRTHDAY

Activity: Cow Pinata

Learning Objective(s): Children will be able to describe where milk and dairy products come from after this activity.

Materials Needed:

2 White Poster Boards
Small to Medium Cardboard Box
Construction Paper (black, orange, yellow, etc.)
Other Scrap Paper
Markers
Tape
Clear Book Tape
Scissors
Book(s) about Farm Animals (including cows)



Directions:

1. Read the book and show children pictures of cows. Ask and discuss with the children what foods come from cows (such as milk, cheese and yogurt).
2. Divide the class into thirds. Have 1/3 of the children work on covering or coloring the box to resemble the body of the cow.
3. Have the other two groups draw and color a 2-dimensional drawing of a cow on each of the poster boards. At the end, there will be two drawings of a cow - one for the left side of the box and one for the right side of the box.
4. When the drawings are finished, cut out the two sides of the cow. Attach these "sides" of the cow to each side of the box (body) using tape.
5. One of the black spots on the cow will be used as a door and the teacher should cut the opening through the poster board and box.
6. Have children draw a picture of their favorite dairy food. Display the favorite dairy foods by attaching the pictures to string or yarn that is also attached to the cow piñata.
7. Display the cow piñata or use it as part of a birthday celebration by filling it with Cow-themed items such as cheese sticks, Go-Gurts, cow pencils, stickers, erasers, etc.

CELEBRATIONS - BIRTHDAY

Activity: Frosty Birthday-licious Shake

Learning Objective(s): Children will be able to blend a delicious, nutritious shake after this activity.

Materials Needed:

(Serves 4)

1 cup Low-Fat Vanilla Ice Cream or Frozen Yogurt
1 cup Orange Juice
2 Oranges, peeled and frozen
2 teaspoons Orange Zest (optional)

Blender
Measuring Cups
Measuring Spoons
Straws

Directions:

1. Have children wash their hands.
2. Have children add ingredients to blender, under teacher's supervision.
3. Blend ingredients (teacher should operate blender).
4. Pour into cups, add a straw and possibly a decoration, and enjoy.

Bonus:

- ❖ Serve orange shakes with cranberry orange muffins instead of cake!
- ❖ Have all the children make birthday hats to wear.



CELEBRATIONS - CHINESE NEW YEAR

Activity: Easy Fried Rice

Learning Objective(s): Children will be aware of cultural traditions of the Chinese New Year celebration and be able to follow a recipe and "stir fry" after this activity.

Prior Preparation: Cook 4 cups of rice

Materials Needed:

Bowl

Wire Whisk or Fork

Small to medium Fry Pan

Wok w/Lid

Measuring Cups

Measuring Spoons

Large Wooden Spoon or Spatula

4 cups cooked rice

2 to 3 tablespoons soy sauce

$\frac{1}{2}$ cup cooked meat (beef, pork or chicken)

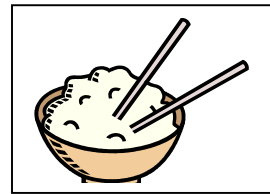
2 chopped green onions or scallions

1 $\frac{1}{4}$ lbs. frozen peas and carrots

2 liquid pasteurized eggs

2 tablespoons vegetable or sesame oil

Yield: about 12-1/2 cup servings



Directions:

1. Discuss the cultural traditions of the Chinese New Year with children. Gather information prior to activity from google.com, book, or an invited guest.
2. Have children wash their hands.
3. Scramble the eggs in the wok using a small amount of oil. Set aside.
4. Stir-fry the meat and vegetables using a small amount of oil. Set aside.
5. Heat two tablespoons of oil in a medium frying pan.
6. Add the cooked rice. Cook until it is heated throughout. Stir frequently. If the rice is too dry, add a little water and cover the pan to steam the rice.
7. Add the other ingredients to the pan with the rice.
8. Stir in the soy sauce.

Bonus:

- ❖ To what food groups do these foods belong?

CELEBRATIONS – CHRISTMAS

Activity: Holiday Tortilla Tree

Learning Objective(s): Children will be aware of cultural traditions of Christmas and be able to practice using their fine motor skills by using a cookie cutter to cut out a tree shape from a tortilla and using a grater to shred cheddar cheese.

Materials Needed:

Recipe for Holiday Tortilla Tree, attached

Directions:

1. Discuss with children the cultural traditions of Christmas. Gather information prior to activity from google.com, book, or an invited guest.
2. Children will wash their hands.
3. Using the recipe for Holiday Tortilla Tree, attached, the children will cut out and decorate a unique Christmas tree from a tortilla.



Recipe for Holiday Tortilla Tree

(Recipe makes about 6 tortilla trees.)

You will need: To preheat oven to 350° F

Grater

Wooden Spoon

Baking Sheet

Oven Mitt

Frying Pan

Tree-shaped Cookie Cutter, large

Plastic Knife and Cutting Board

Spatula

$\frac{1}{2}$ pound Ground Beef (or turkey)

6 Large Flour Tortillas

2 Bell Peppers, seeded and diced (green, yellow)

1 Tomato, diced

$\frac{1}{4}$ cup Black Olives, sliced

$\frac{1}{8}$ cup Green Olives, sliced

6 ounces American or Cheddar Cheese, shredded

3 cups Lettuce, shredded

Taco Sauce

1 package Taco Seasoning Mix

Sour Cream

1. Brown the ground beef in a frying pan over medium heat, stirring with a wooden spoon until the beef is dry and crumbly. Mix the ground beef and taco mix according to the taco mix package instructions. Cook as directed and then set aside. Note: Teacher may want to do this step ahead of time.
2. Cut large flour tortillas into tree shapes with cookie cutters. Save the scraps to give to the birds.
3. Place the tortilla trees on the baking sheet. Bake until crisp. Remove from oven and cool.
4. With a spoon, have the children spread a very thin layer of the taco meat evenly over each tortilla tree. Leave a $\frac{1}{2}$ -inch border of tortilla all the way around each tree.
5. Sprinkle shredded cheese all over tortilla tree.

Recipe for Holiday Tortilla Tree

-continued -

6. Use green bell peppers, tomato and olives to decorate the tortillas like Christmas trees.
7. Bake the trees in the oven for 5 to 7 minutes or until the cheese is melted.
8. Meanwhile, clean a yellow bell pepper and cut in half. Set aside until just before serving.
9. Wear an oven mitt and remove the tortilla trees from the oven. With the spatula, transfer the tortillas from the baking sheet to individual plates.
10. Decorate each tortilla tree with lettuce, sour cream and drizzles of taco sauce.
11. To complete each tree design, cut a freehand designed star for each tree out of the yellow bell pepper, with a knife or kitchen scissors. Note: Teacher may want to do this step. Let child place the star at top of each tortilla tree and serve for a special holiday lunch or dinner!



CELEBRATIONS - CHRISTMAS

Activity: Poinsettia Salad

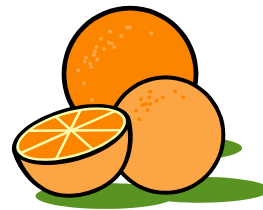
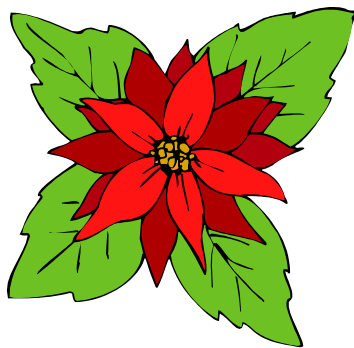
Learning Objective(s): Children will be aware of cultural traditions of Christmas and be able to arrange a colorful and nutritious salad after this activity.

Materials Needed:

Recipe for Poinsettia Salad, attached

Directions:

1. Discuss with children the cultural traditions of Christmas. Gather information prior to activity from google.com, book, or an invited guest.
2. Children will wash their hands.
3. Follow the recipe for Poinsettia Salad, attached. Children will create their own work of art to enjoy!



Recipe for Poinsettia Salad

You will need: Plastic Knives
Cutting Board
Small Cup
Small Bowl
Small plates
Can Opener

Mandarin Oranges, canned
Tomatoes, firm and ripe
Baby Spinach Leaves
Yellow Food Coloring or Mustard
 $\frac{1}{4}$ cup White Ingredient, such as:
Mayonnaise Cream Cheese Sour Cream
Plain Yogurt Salad Dressing

1. Open the cans of mandarin oranges and drain. Pour mandarin oranges into the small bowl. Set aside.
2. Wash and slice tomatoes into wedges. Set aside.
3. Add one drop of yellow food coloring or mustard to the "white ingredient" in the small cup and mix.
4. Place a spoonful of the yellow mixture in the center of a small plate.
5. Arrange mandarin oranges and tomato wedges around the dressing to create the petals of a poinsettia flower with a yellow center (circular pattern).
6. Rinse the baby spinach leaves under cool, fresh running water. Arrange leaves on a paper towel.
7. Tuck a few of these baby spinach leaves between the mandarin oranges and tomato wedges to add some green leaves.
8. Serve as a holiday salad with a meal or for a light lunch.

CELEBRATIONS - CHRISTMAS

Activity: Star Biscuits

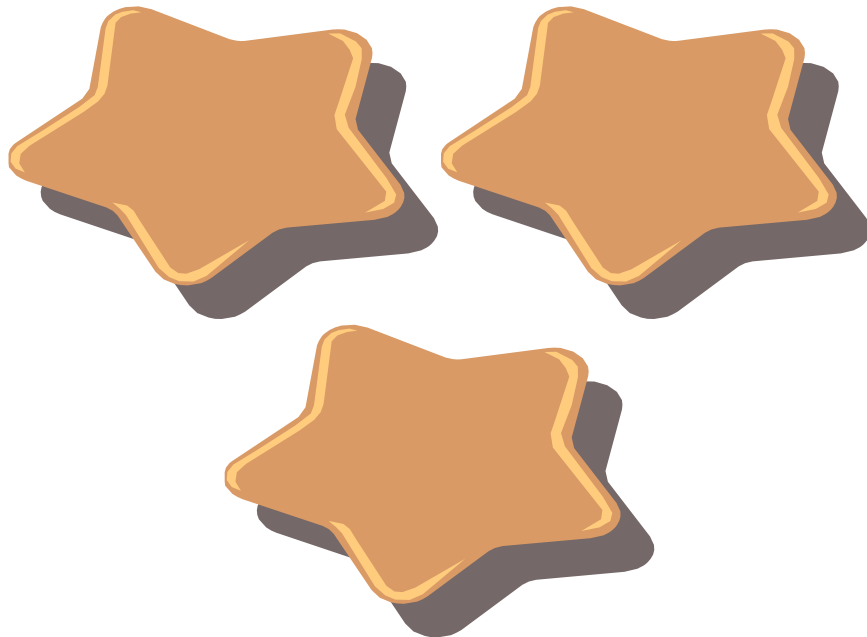
Learning Objective(s): Children will be aware of cultural traditions of Christmas and be able to use a cookie cutter after this activity.

Materials Needed:

Recipe for Star Biscuits, attached

Directions:

1. Discuss with children the cultural traditions of Christmas. Gather information prior to activity from google.com, book, or an invited guest.
2. Children will wash their hands.
3. Follow the recipe for Star Biscuits, attached. Children will cut out and cook delicious, warm star-shaped biscuits to enjoy.



Recipe for Star Biscuits

Serves: 10

You will need: Preheat oven according to package directions
Baking Sheet
Oven Mitt
Wax Paper
Star Cookie Cutter

Recipe for Homemade Biscuit Dough or
1 Can Refrigerator Baking Powder Biscuits
Flour
Honey and/or Jam, optional

1. Pull out a large piece of wax paper and place it on the work surface.
2. Separate the biscuits and place them on the wax paper.
3. Dip the cookie cutter in flour and cut the biscuits into star shapes. If the cookie cutter is slightly larger than biscuits, gently press the dough with the palm of the hand to make biscuits larger.
4. Place the star biscuits on the baking sheet about 2 inches apart. Place the leftover scraps of dough on the baking sheet to bake for additional snacks.
5. Bake the star biscuits according to package directions, usually about 8 minutes. Wear an oven mitt and remove the stars from the oven. Let cool.
6. Place the star-shaped biscuits on a round platter. Serve with honey or jam, if desired.
7. Enjoy warm biscuits for breakfast, lunch or snack.



CELEBRATIONS - EASTER

Activity: Easter Bunny Buns

Learning Objective(s): Children will be aware of cultural traditions of Easter, the grains/breads component on MyPlate and be able to measure and mix ingredients. Older children will be able to read directions to younger children while teachers supervise them.

Materials Needed:

MyPlate poster

Recipe for Easter Bunny Buns, attached

Directions:

1. Discuss the cultural traditions of Easter with the children. Gather information prior to activity from google.com, a book, or an invited guest.
2. Discuss the grains/breads component on MyPlate.
3. Children will wash their hands.
4. Children will help gather ingredients, measure, stir, knead dough and create bunny buns.



Recipe for Easter Bunny Buns

Yields: 16

You will need: Cookie sheets
Mixing bowls - 1 large, 1 small
Pastry brush
Large spoon
Knife
Measuring spoons
Measuring cups
Saran wrap

$\frac{3}{4}$ cup scalded milk

$\frac{1}{2}$ cup granulated sugar

2 teaspoons salt

$\frac{1}{2}$ cup (1 stick) margarine

2 packages yeast

$\frac{1}{2}$ cup warm water

1 egg

2 cups flour (half whole-wheat, half enriched white flour)

1-teaspoon cinnamon

Cloves, allspice, nutmeg and ginger

To Decorate Face of Bunny:

raisins

cherries, dried

coconut

1. Stir together milk, sugar, salt and margarine. Cool to lukewarm.
2. Sprinkle yeast into water; stir. Add yeast to milk mixture.
3. Add egg, flour and spices. Beat until smooth. Stir to make stiff batter.
4. Cover bowl tightly with saran wrap and refrigerate for at least 2 hours.
(Dough can be kept for up to 3 days in refrigerator)

To Make Bunnies:

1. Cut dough into fourths. Cut each fourth into 4 more. Each piece makes 1 bunny (16 in all).
2. Roll into a snake, 10 to 12 inches long, and tie a knot (ends make the ears).
3. Select the best side for the face.
4. Brush with beaten egg to make decorations stick.
5. Use raisins for eyes, a piece of cherry for the nose, coconut for whiskers.
6. Bake at 350° F for 15 to 20 minutes. No more than 8 bunnies to a sheet because they will rise). Brush with butter.

CELEBRATIONS - HALLOWEEN

Activity: Let's Make a Jack-O-Lantern

Learning Objective(s): Children will explore the reasons for Halloween traditions and be able to grate carrots and arrange fruit/vegetables to make a face after this activity.

Materials Needed:

Rice Cakes

Apples

Small Paper Plates

Carrots

Strawberry Cream Cheese

Plastic Knives

Raisins

Grater, hand held

Directions:

1. Discuss the cultural traditions associated with Halloween with the children. Gather information prior to activity from google.com, a book or an invited guest.
2. Teacher will cut apples into slices.
3. Have children wash their hands.
4. Place rice cakes on small paper plates.
5. Children will grate carrots, to be used for hair.
6. Raisins will be used for eyes and nose.
7. Apple slices will be used for the mouth.
8. Children will spread cream cheese onto rice cakes and arrange the fruit/vegetables to create a unique face.



CELEBRATIONS - HALLOWEEN

Activity: Monster Mouths

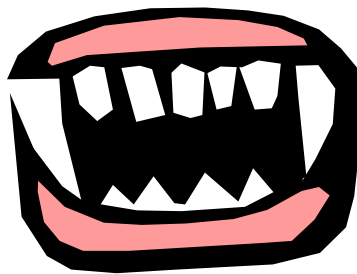
Learning Objective(s): Children will explore the reasons for Halloween traditions and be able to spread peanut butter on apples after this activity.

Materials Needed:

Red apples
Peanut butter
Celery
Apple corer
Paper towels
Plastic knives.

Directions:

1. Discuss the various reasons for Halloween traditions with children. Gather information prior to activity from google.com, a book or an invited guest.
2. Teachers will core apples and cut into wedges.
3. Have children wash their hands.
4. Children will wipe one side of two wedges of apple with a paper towel.
5. Spread peanut butter on these sides.
6. Cut celery into small squares or triangles for teeth and fangs and place on one of the peanut butter coated sides.
7. Place the other peanut butter coated side on top to form a mouth.



CELEBRATIONS - HALLOWEEN

Activity: Spider - Food Project

Learning Objective(s): Children will explore the reasons for Halloween traditions and be able to use a knife to spread after this activity.

Materials Needed:

Processed Cheese Spread

Ritz crackers

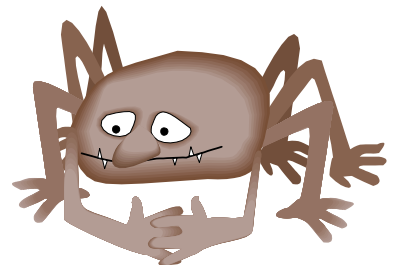
Pretzels

Raisins

Plastic knives

Directions:

1. Discuss the various reasons for Halloween traditions with children. Gather information prior to activity from google.com, a book or an invited guest.
2. Children will wash their hands.
3. Spread cheese between two Ritz crackers.
4. Place pretzels between the crackers for legs.
5. Add raisins for eyes.



CELEBRATIONS – HARVEST

Activity: Pumpkin Dip

Learning Objective(s): Children will be aware of what a "harvest" is and be able to follow simple recipe cards to make a yummy harvest snack after this activity.

Materials Needed:

Recipe for Pumpkin Dip, below

Measuring spoons and cups

Cups, 4 oz.

Spoons, 2 serving and personal

Recipe or 3"x 5" index cards

Pen or marker

Butcher paper or disposable tablecloth

Napkins

Recipe:

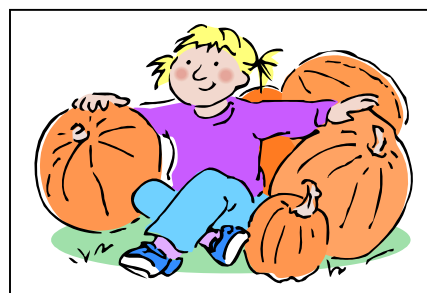
1 tbsp canned pumpkin

1/3 cup lowfat vanilla yogurt

1 tsp. orange juice concentrate

pinch of cinnamon, 1 tsp. maple syrup (optional)

4 graham cracker rectangles for dipping



Mix all ingredients and stir well. Serve warm or cold. Dip graham crackers.

Directions:

1. Discuss with children what a "harvest" is. Gather information prior to activity from google.com, a book or an invited guest.
2. Cover a table with butcher paper or a disposable tablecloth.
3. Set out cups and personal spoons.
4. Arrange ingredients (see recipe) in order on the table accompanied by recipe cards or write directly on butcher paper.
5. Children should be able to move along the table following the recipe step by step to mix their own pumpkin dip in a cup.

CELEBRATIONS - HANUKKAH, JEWISH NEW YEAR

Activity: Classic Potato Latkes

Learning Objective(s): Children will be aware of cultural traditions concerning Hanukkah, the Jewish New Year celebration, and be able to grate potatoes after this activity.

Materials Needed:

Recipe for Classic Potato Latkes, attached

Directions:

1. Discuss with children the cultural traditions of Hanukkah. Gather information prior to activity from google.com, a book or an invited guest.
2. Children will wash their hands.
3. Children will grate potatoes, combine other ingredients, and with adult assistance, form little pancakes, fry and drain.



Recipe for Classic Potato Latkes

Yields: 16

You will need: Grater
Measuring cups
Measuring spoons
Large mixing bowl
Large frying pan
Large spoon
Knife
Paper towels, extra absorbent

Ingredients: 1 $\frac{1}{2}$ pounds potatoes
1 medium onion, chopped or grated
 $\frac{1}{4}$ cup chopped parsley (optional)
1 egg
3 tablespoons all-purpose flour
1-teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{2}$ to 1-cup oil, for frying
Applesauce, for topping
Sour cream, for topping (optional)

1. Grate potatoes and squeeze out as much moisture as you can.
2. Combine with onion, parsley, egg, flour, salt, and pepper.
3. Heat about $\frac{1}{3}$ cup oil in a large frying pan over medium heat, until very hot.
4. Drop about 2 tablespoons mixture into pan to form each pancake.
5. Use the back of a spoon to flatten mixture so that each latke is about 3 inches in diameter. Fry until golden brown and crisp, about 4 minutes per side.
6. Drain on paper towels and keep warm in a 250°F oven. This will have to be done in batches. Use more oil as needed for each batch.
7. Serve very warm, topped with applesauce and/or sour cream.

CELEBRATIONS - MOTHER'S DAY

Activity: Lady's Parfait

Learning Objective(s): Children will be able to follow a printed recipe and create a delightful and nutritious parfait for breakfast on Mother's Day, after this activity.

Materials Needed:

Clear plastic parfait glass or cup

Cornflakes cereal

Vanilla yogurt

Sliced strawberries or other sliced fresh fruits

1- whole strawberry

Directions:

1. Discuss with children what they like to do with or for their "Mom".
2. Have children wash their hands.
3. Each child will layer cereal, yogurt, and strawberries in the clear glass. Repeat the layers until the glass is full.
4. Garnish with a whole strawberry on top.
5. Print recipe for children to take home so they can make this delicious breakfast for Mom on her special day.



CELEBRATIONS – ST. PATRICK'S DAY

Activity: Leprechaun's Shake

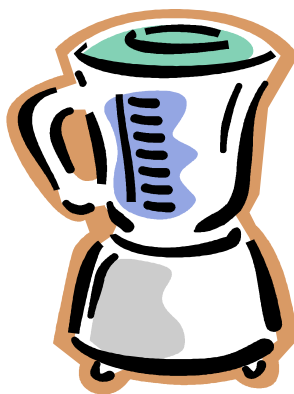
Learning Objective(s): Children will be aware of why St. Patrick's Day is celebrated and be able to measure and mix ingredients after this activity.

Materials Needed:

Blender	Vanilla or plain yogurt
Serving cups, 4 or 6 oz.	Milk, lowfat
Food coloring, green	Frozen bananas
Rubber spatula	Straws

Directions:

1. Discuss the traditions of St. Patrick's Day with children. Gather information prior to activity from google.com, a book or an invited guest.
2. Discuss the origin and benefits of milk (cow and calcium for bones).
3. Add yogurt, frozen bananas, milk and a few drops of green food coloring to a blender. Blend at high speed for 10-20 sec.
4. Pour into cups. Use spatula to scrape out excess mixture from blender.



CELEBRATIONS - THANKSGIVING

Activity: Apple Turkeys

Serve chilled Apple Turkeys for dessert, as an appetizer, or for a fun "gobbley" snack!

Learning Objective(s): Children will be aware of cultural traditions for Thanksgiving and be able to make a nutritious snack after this activity.

Materials Needed:

Apples

Toothpicks (use round, colored, frilly toothpicks, if possible)

Plastic knife

Cheese chunks

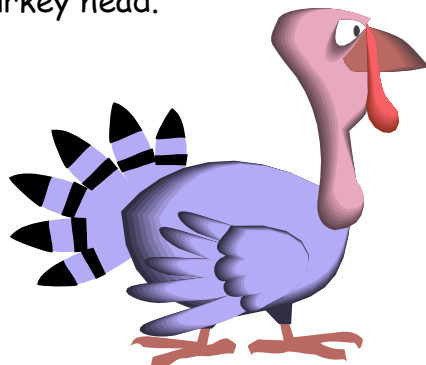
Fruit chunks, such as pineapple, peaches,

Olives

Poster boards (to draw turkey heads)

Directions:

1. Discuss with children the cultural traditions for Thanksgiving, including the first Thanksgiving. Gather information prior to activity from google.com, a book, or an invited guest. Suggestion: *One Little, Two Little, Three Little Pilgrims* by B.G. Hennessy
2. Have the children wash their hands.
3. Place cheese, fruit and olives on toothpicks to make the turkey feathers.
4. Insert the toothpick tail feathers into the back of the apple.
5. Have the children draw and cut out a turkey head shape from the poster board.
6. Finally, make a slit, using the plastic knife, in the front of the apple and insert the turkey head.



CELEBRATIONS – VALENTINE’S DAY

Activity: Pink Milk Shakes

Learning Objective(s): Children will be aware of why Valentine’s Day is celebrated and be able to blend a delicious Valentine shake after this activity.

Materials Needed:

Blender

10 ounces frozen strawberries

4 cups cold milk

Heart-shaped sprinkles

Serving glasses and straws

Directions:

1. Discuss Valentine’s Day traditions with children. Gather information prior to activity from google.com, a book or an invited guest.
2. Discuss the nutritional benefits of milk and fruits with the children.
3. Combine milk and frozen strawberries in a blender.
4. Blend until smooth.
5. Pour into glasses and serve with straws.
6. Garnish with heart shaped sprinkles.



CELEBRATIONS – VALENTINE’S DAY

Activity: Pizza Hearts

Learning Objective(s): Children will be able to name one heart-healthy food and be able to assemble ingredients to make an edible Valentine after this activity.

Materials Needed:

Slices of whole wheat or white bread, toasted

Pizza sauce

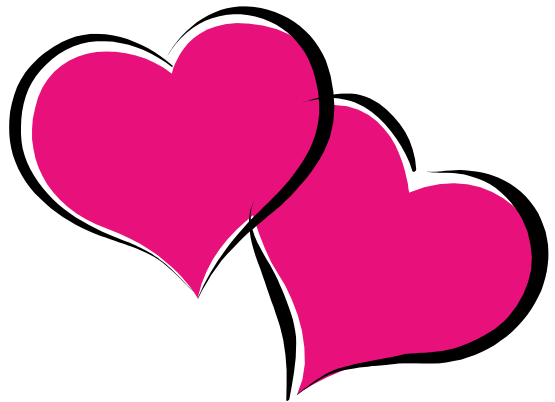
Plastic Spoons

Shredded mozzarella cheese

Heart-shaped cookie cutter

Directions:

1. Discuss heart-healthy food choices with the children (lowfat, high fiber).
2. Have children wash their hands.
3. Cut heart shapes from slices of toasted bread using cookie cutter.
4. Spread pizza sauce on toast using plastic spoons.
5. Sprinkle with cheese.
6. Broil until cheese melts.
7. Enjoy your delicious Valentine treat!



Guide to Nutritious Food for Classroom Events

In planning classroom parties, birthdays and center-wide events, please reinforce the goal of helping children make healthy food choices. Be sure to include colorful fruits and veggies and/or juice in your party menu!

Recommended Party Foods:

- ❖ Fresh fruit or vegetables
- ❖ 100% fruit juice and/or sparkling water
- ❖ Small bags of trail mix
- ❖ Dried fruits, such as raisins, apricots, pears, prunes, dates or apples
- ❖ Fresh fruit or vegetable and cheese tray
- ❖ Fresh fruit and veggie kabobs
- ❖ Yogurt with fresh fruit (i.e., strawberries with vanilla yogurt) and granola or whole grain cereal
- ❖ Low fat yogurt as a dip with veggie sticks such as, carrots
- ❖ Tortilla spread with yogurt and decorated with fresh fruit (pizza)
- ❖ Banana, pumpkin or zucchini bread
- ❖ Whole grain fruity muffins
- ❖ Celery and peanut butter
- ❖ Quesadilla made with low fat cheese
- ❖ Pretzels and peanut butter
- ❖ Finger sandwiches made with whole wheat bread, low fat cheese and lean meats such as, ham or turkey



Classroom party foods can provide positive teaching examples. The more children receive consistent messages about healthy food choices, the healthier their choices will be!

Suggested Birthday Activities:

Your program may wish to acknowledge each child on his/her birthday in a special way, such as:

- ♪ Have the children prepare a snack such as a "birthday shake" made with fresh or frozen fruit, milk and flavoring such as vanilla. Ice can be added.
- ♪ Have the children prepare a creditable snack, such as muffins, fruited bread loaves or fruit pizza on tortillas.
- ♪ Have the children make birthday hats to wear.
- ♪ Have everyone sing, *Happy Birthday* to the birthday child.

COOKING

One of the best ways that children learn about foods and food safety is by helping with simple cooking activities. A special learning time can be created for children by letting them help with some tasks during meal preparation. Involving children with cooking activities is a great way to introduce children to new foods. Participating in cooking activities helps children develop skills they can use for the rest of their lives. By cooking, children can begin to understand the connection between what they eat and their own good health. Being able to assist also enhances their self-esteem. Various skills can be introduced and practiced, such as math (measuring), science (baking), literacy (reading a recipe), and life skills (proper hand washing). Involving children in cooking activities, no matter how small, provides an opportunity to practice an extremely important skill they can use for a lifetime!



COOKING

Activity: Clean Fun

Learning Objective(s): Children will be able to state one reason hand washing is important and be able to demonstrate proper hand washing after this activity.

Materials Needed:

Basin of water or sink

Bar of soap or liquid soap

Paper towels

Activity Directions:

1. Discuss the importance of washing hands - especially before eating and cooking or after going to the bathroom.
2. Teacher will demonstrate how to wash hands.
3. Teacher will sing, Twinkle, Twinkle Little Star, while washing hands. Explain that when you are done singing, (after 20 seconds) your hands are clean.
4. Children will take turns washing hands and singing.
5. Visit www.ScrubClub.org/home.php website for more clean fun!





Sing, "Twinkle, Twinkle, Little Star", while washing your hands. It's easy!

COOKING

Activity: Apple Surprise Salad!

Learning Objective(s): Children will be able to assemble ingredients and follow a simple recipe after this activity.

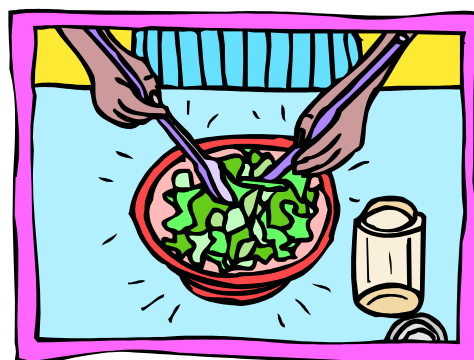
Materials Needed:

Each child will need:

- 2-tablespoons chopped apples
- 1-teaspoon chopped celery
- 1-tablespoon low-fat vanilla yogurt
- Sunflower seeds
- Bowl
- Spoon

Activity Directions:

1. Have children wash their hands.
2. Teacher will arrange materials in order on clean worktable.
3. Teacher may want to chop up apples and celery in advance for children under age 4.
4. Have each child put some chopped apples in his bowl.
5. Then, have each child add some chopped celery.
6. Next, mix in some yogurt.
7. Finally, sprinkle on some sunflower seeds.
8. Enjoy your Apple Surprise Salad!



COOKING

Activity: Baking Whole Grain Cookies

Learning Objective(s): Children will be able to identify at least one whole grain after this activity.

Materials Needed:

Recipe for Oatmeal Cookies, attached
MyPlate Poster

Directions:

1. Have children wash their hands.
2. Prepare recipe according to directions.
3. While children are mixing, pouring, etc., the teacher will show the MyPlate Poster and discuss the benefits of choosing whole grains, like oatmeal and using whole wheat flour in a recipe.



Recipe for Oatmeal Cookies

Yields: 7 1/2 Dozen

You will need: Cookie sheets
1 small mixing bowl
1 large mixing bowl
Large spoon
Small spoon (teaspoon)

Cooling racks
Measuring spoons
Measuring cups



1-1/2 cups unsifted whole wheat flour
1-teaspoon baking soda
1/4 cup granulated sugar
2 teaspoons vanilla extract
2 cups old-fashioned rolled oats

1 teaspoon salt
1-cup applesauce
3/4 cup brown sugar, firmly packed
2 eggs
1-cup raisins, cranberries or
other dried fruit

1. Preheat oven to 350 degrees.
2. Work with a small group of children to help you combine flour, baking soda and salt, in a small mixing bowl. Set aside.
3. Have another group of children help you mix applesauce, sugar, brown sugar and vanilla extract, in a large mixing bowl.
4. Ask a couple of children to beat in eggs, gradually the flour mixture and rolled oats.
5. Allow children to take turns dropping the batter by well-rounded teaspoonfuls onto cookie sheets or forming balls.
6. Bake 8 to 10 minutes. Cool on sheet for 2 minutes before removing to cooling racks.

COOKING

Activity: Bird Nest Nibble

Learning Objective(s): Children will be able to measure and mix ingredients after this activity.

Materials Needed:

Recipe for Bird Nest Nibble, attached

Directions:

1. Have children wash their hands.
2. Prepare recipe according to directions.



Recipe for Bird Nest Nibble

Yield: 12

You will need: Mixing bowl
 Measuring cups
 Measuring spoons
 Muffin pans
 Aluminum foil
 Mixing spoon

4 large shredded wheat biscuits
1/2 cup shredded coconut
2 tablespoons brown sugar
1/4 cup melted margarine
"Fruity Bird's Eggs" - different kinds of fruit such as,
grapes, berries, melon balls, etc.



Directions:

1. Preheat oven to 350°F.
2. Crumble shredded wheat into bowl.
3. Stir in coconut and sugar with spoon.
4. Pour in melted margarine and mix all ingredients well.
5. Line 12 muffin tins with foil.
6. Press nest mixture into bottoms and sides of foil cups.
7. Bake nests in oven for about 10 minutes, or until crisp.
8. Remove nests carefully from cups by gently lifting foil. Peel off foil.
Cool.
9. Fill nests with grapes, berries or melon balls.

COOKING

Activity: Butterfly Bites

Learning Objective(s): Children will be able to spread using a plastic knife and create a beautiful, edible snack after this activity.

Materials Needed:

3 stalks celery

12 large twist pretzels & pretzel pieces

6 tablespoons spreadable cheese or peanut butter

Raisins

Directions:

1. Have children wash their hands.
2. Gather ingredients.
3. Wash celery stalks and cut in half crosswise.
4. Fill each celery piece with 1-tablespoon spreadable cheese or peanut butter.
5. Add pretzel wings.
6. Use pieces of pretzels for antennae and raisins for decorations.
7. Eat your butterfly before it flies away! Serves 6



COOKING

Activity: Butterfly Salad

Learning Objective(s): Children will be able to follow simple steps in a recipe to construct a beautiful, nutritious butterfly salad after this activity.

Materials Needed:

Lettuce leaves

Olives

Baby carrots

Small paper plates

Pear halves, fresh or canned

Plastic spoons

Raisins

Directions:

1. Have children wash their hands.
2. Rinse lettuce leaves under running water, and pat dry.
3. Place a lettuce leaf on a paper plate.
4. Position a baby carrot in the center of the lettuce leaf. This will be the butterfly's body.
5. Add an olive to the top of the carrot.
6. Cut a pear half lengthwise, down the middle to form 2 "wings". Arrange the wings along the sides of the carrot.
7. Decorate these wings with raisins.



COOKING

Activity: Cactus Pretzels

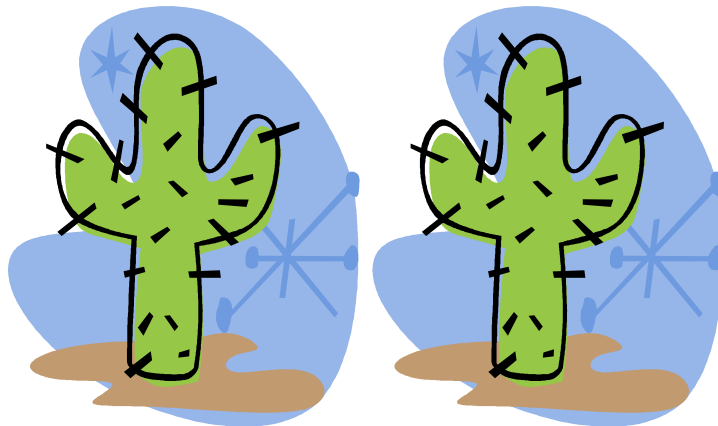
Learning Objective(s): Children will be able to mix, knead and form dough to make soft pretzels after this activity.

Materials Needed:

Recipe for Cactus Pretzels, attached

Directions:

1. Have children wash their hands.
2. Prepare recipe according to directions.



Recipe for Cactus Pretzels

Yield: 2-Dozen

You will need:

Cookie sheet(s)	Breadboard
1 small mixing bowl	Rolling pin
1 medium-sized mixing bowl	Cooling rack
Fork	Measuring spoons
Knife	Measuring cups
Pastry brush	
Spatula	
3/4-cup whole wheat flour	2/3 cup milk
3/4-cup all-purpose flour	1 tsp sugar
2 tsp. baking powder	2 Tbs. butter, softened
Water	
1 tsp. salt	

1. Preheat oven to 400°. Have children grease cookie sheet with shortening.
2. Ask two children to sprinkle the breadboard and rolling pin with flour.
3. Work with a small group of children to help you mix the following ingredients in the medium- sized mixing bowl until they form a soft dough: flours, milk, butter, baking powder, sugar, salt.
4. Ask several children to smooth the dough into a ball on the board. Then have children take turns kneading the dough for three minutes and divide the dough in half.
5. Roll 1/2 the dough into an 8" x 12" rectangle. Cut the rectangle lengthwise into eight 1" strips. Fold each strip in half lengthwise to make it narrower. Pinch the edges to seal.
6. Show children how to twist each strip into a cactus shape. Break strips apart if necessary to form cactus branches. Make sure the branches are pinched securely onto main cactus trunk.
7. Have several children brush the pretzels lightly with water, then sprinkle with small amount of coarse salt (if desired).
8. Bake for 20 to 25 minutes or until golden brown. Lift with spatula to cooling rack.
9. Repeat the procedure with the other half of the dough.

COOKING

Activity: Dinosaur Bones

Learning Objective(s): Children will be able to follow a recipe to mix and mold after this activity.

Materials Needed:

Recipe for Dinosaur Bones, attached

Directions:

1. Have children wash their hands.
2. Prepare recipe according to directions.

"Dinosaurs Lived Long Ago"

(Sung to the tune of, "Mary Had a Little Lamb")

Dinosaurs lived long ago, long ago, long ago.

Dinosaurs lived long ago, and now they are extinct.

Fossil hunters find their bones, find their bones, find their bones.

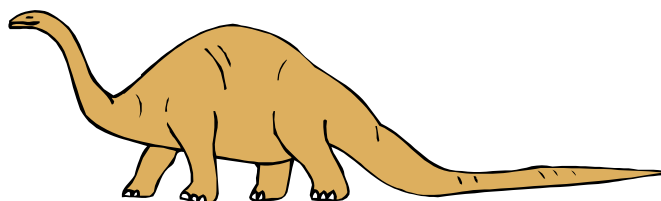
Fossil hunter find their bones, and take them carefully.

Scientists look at the bones, at the Bones, at the Bones.

Scientists look at the bones, to know what they once were.

Dinosaurs are on display, on display, on display.

Dinosaurs are on display, in big museums now.



Recipe for Dinosaur Bones

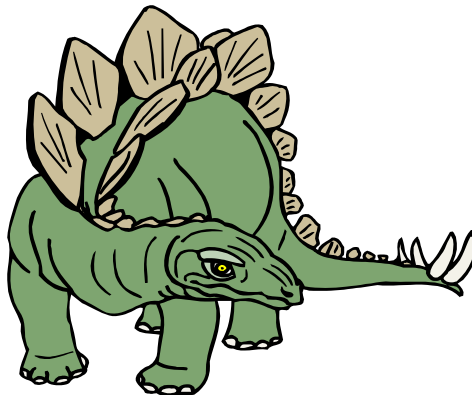
You will need:

- Mixing bowl
- Mixing spoon or fork
- Dry measuring cups
- Measuring spoons
- 1/2-cup peanut butter
- 1/2 cup dry milk
- 1-tablespoon honey
- 2 tablespoons graham cracker crumbs (finely crushed)

Have the children do the following:

1. Gather ingredients.
2. Combine peanut butter and dry milk in a mixing bowl.
3. Add the honey.
4. Take turns stirring very well until mixture thickens into dough.
5. Divide dough into 6 - 8 pieces. Mold each piece into the shape of a dinosaur bone.
6. Sprinkle or roll bones in graham cracker crumbs.

(These bones will harden when refrigerated, but are delicious as is.)



COOKING

Activity: Fruit Kabobs

Learning Objective(s): Using a plastic knife and with assistance from an adult, children will be able to cut up soft fruits into small pieces (squares) and name at least one fruit high in vitamin C.

Materials Needed:

At least five fresh fruits in season such as:

Pineapples, Strawberries, Oranges, Bananas, Apples, Kiwi, Pears

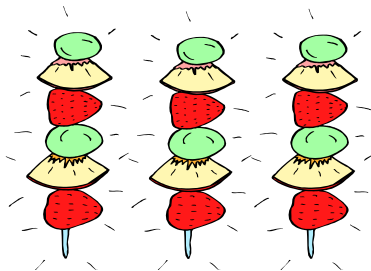
Plastic knives

Toothpicks with blunt ends

Yogurt

Directions:

1. Have children wash their hands.
2. Have children wash whole fruit under running water.
3. Teacher will peel pineapple, orange and cut apples and pears in half.
4. After watching the adult demonstrate, the children will peel a banana and cut it into small squares.
5. Children will use toothpicks to pile up fruit squares. Very young children should not use toothpicks -- use a plastic fork instead.
6. Give each child a small cup of yogurt for dipping fruit kabobs.
7. Discuss why fruit is good for you. Name one fruit that is high in vitamin C. (Orange or strawberry)



COOKING

Activity: Fruit Pizza

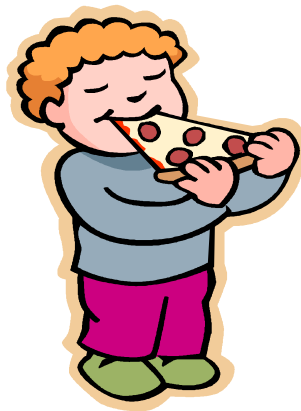
Learning Objective(s): Children will be able to wash, slice and identify colors of fruit after this activity. They will also be able to spread yogurt.

Materials Needed:

Fresh fruit in season such as, bananas, strawberries, kiwi, peaches, or pineapple, flavored "custard style" yogurt, small flour tortillas, paper plates, several small bowls, plastic utensils and napkins.

Directions:

1. Have children wash their hands.
2. Have children wash all fruit under running water.
3. Have children peel and slice fruit (extra supervision required) and place in small bowls.
4. Put everything on a worktable.
5. Pass the flour tortillas, yogurt and fruit assortment.
6. Have children spread tortilla with yogurt.
7. Have children top with the assortment of fresh fruits.
8. Have children sprinkle with powdered sugar (optional).
9. Cut into pizza slices and enjoy!
10. While the children enjoy the fruit pizza, discuss the different colors of the fruit.



COOKING

Activity: Fruity Snack Bread

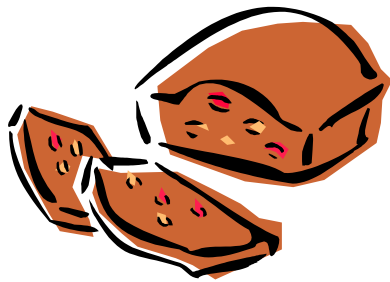
Learning Objective(s): Children will be able to measure ingredients and knead bread dough after this activity.

Materials Needed:

Recipe for Fruity Snack Bread, attached

Directions:

1. Have children wash their hands.
2. Prepare recipe according to directions.



Recipe for Fruity Snack Bread

Yields: 1 - 12" Circle or 10" x 15" rectangle

You will need: 12" pizza pan or	Large spoon
Large baking sheet (10" x 15")	Butter knife
Large mixing bowl	Flour sifter (optional)
Measuring cups	Wire cooling rack
Liquid measuring cup (clear)	
Measuring spoons	

3 cups all-purpose flour (half whole wheat)	1/4 cup butter or margarine
1/4 cup sugar	1/2 cup chopped dates
1 package rapid rise yeast	1/2 cup chopped dried apricots
1/2 cup milk	
1/2 cup water	

1. In large bowl, combine $1 \frac{1}{2}$ cups flour, sugar, un-dissolved yeast and salt.
2. Heat milk, water and butter until very warm (120° to 130° F); stir into dry ingredients.
3. Stir in dates and apricots and enough remaining flour to make dough soft.
4. Have the children knead on lightly floured surface until smooth and elastic, about 5 minutes.
5. Cover and let rest on floured surface 10 minutes.
6. Roll dough to 12-inch circle or 10 x 15 inch rectangle. Place on greased pizza pan or large baking sheet.
7. Cover and let rise in warm, draft-free place until light, about 15 - 20 minutes.
8. Preheat oven to 400°. Bake 15 - 20 minutes for until done. Remove from pan and cool on wire rack.
9. If desired, sift powdered sugar on top.
10. Cut into wedges or strips to serve.

Notes: Dried cherries, cranberries or blueberries can be substituted for apricots. Chopped almonds or toasted pecans can also be added. However, nuts can increase the risk of choking in young children.



COOKING

Activity: Kindness Cookies -- African Cornmeal Cookies

Learning Objective(s): Children will be able to follow a simple recipe, mix ingredients and demonstrate sharing after this activity.

Materials Needed:

Recipe for Kindness Cookies, attached

Directions:

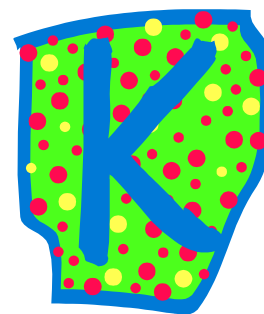
1. Have the children wash their hands.
2. Prepare recipe according to directions.

What do you think?

1. Cookies are fun to eat, but why shouldn't we eat them often?
2. What makes Kindness Cookies better for us than most other cookies?
Does that mean you can eat lots of them every day?
3. Do you know of another cookie with "good for you" ingredients?

Try this!

1. Make Kindness Cookies, adding one of the following:
1/2 cup raisins or other dried fruit, or
1/2 cup chopped nuts, or
1/2 cup grated carrots or zucchini
2. Cut the Kindness Cookies into letter shapes ("K" for kindness) , or heart shapes (to symbolize sharing).



Recipe for Kindness Cookies – African Cornmeal Cookies

African Corn Meal Cookies

from: CDKitchen <http://www.cdkitchen.com>

Makes: 24 cookies

Ingredients:

1 cup corn meal
3/4 cup granulated sugar
1/2 cup margarine
1 cup milk
1/2 teaspoon nutmeg
1 1/2 cup whole wheat flour
1/4 teaspoon salt
2 eggs (reserve 1 white for brushing cookie tops)

Directions:

1. Dampen corn meal with 2 tablespoons water.
2. Sift flour, sugar and salt together and add to corn meal.
3. Cut margarine into dry mixture.
4. Beat eggs lightly and add along with milk to mix.
5. Add nutmeg.
6. Roll dough out to 1/4-inch thickness and cut into 3-inch rounds.
7. Brush with egg white and bake on greased cookie sheet at 350 degrees until golden brown.
8. Remove from the sheet and cool on wire rack. Be kind! Share your cookies.



COOKING

Activity: Ladybug Apples

Learning Objective(s): Children will improve their literacy skills by listening to a story and be able to follow simple directions to create an edible nutritious snack after this activity.

Materials Needed:

Book: "Ladybugs" by Mia Pasada

Apples

Pretzels, stick

Raisins

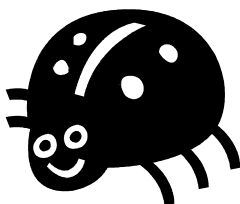
Peanut Butter

Plastic Knives/Sharp Knife

White paper plates

Directions:

1. Teacher(s) will read the book, "Ladybugs" by Mia Pasada.
2. Children will wash their hands and pick up a small paper plate.
3. Teachers will core and cut apples in half using the sharp knife.
4. Teachers will pass out apple halves (one per child).
5. Children will spread peanut butter on the apple halves and place pretzel sticks (3 on each side) on for legs. Turn over apple half and place on paper plate.
6. Children will "dab" peanut butter on the shiny side of the apple and then place raisins on for "spots."



COOKING

Activity: Ladybug Snack

Learning Objective(s): Children will practice the fine motor skills of spreading and sprinkling after this activity.

Materials Needed:

1 lettuce leaf per child

1/2 English muffin per child

1 container strawberry cream cheese

Raisins

Spoons

1 small plate per child

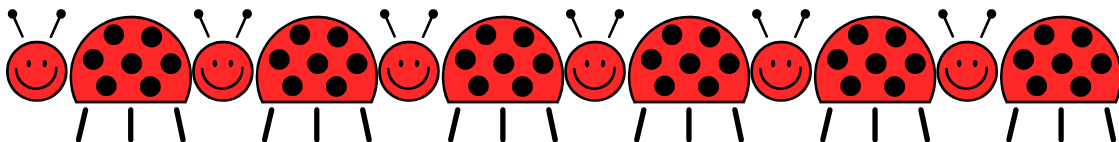
1 plastic knife per child

Directions:

1. Have the children wash their hands.
2. Teacher will wash lettuce under running water and pat dry. Give a piece to each child.
3. Teacher will arrange ingredients on a table and demonstrate.
4. Have children put a piece of lettuce in the center of plate.
5. Have children spread strawberry cream cheese onto muffin carefully covering entire muffin.
6. Have children sprinkle raisins on top of cream cheese being sure to spread them apart.
7. Place muffin in the center of the lettuce leaf.
8. Enjoy!

Tip:

- ❖ To expand the children's knowledge and garner their interest, try reading, "The Grouchy Ladybug," by Eric Carle to them while they enjoy this snack. They will remember much more about the lesson!



COOKING

Activity: Making Orange Juice

Learning Objective(s): Children will be able to tell how juice is made from oranges after this activity.

Materials Needed:

Oranges

Knife

Cutting board

Manual orange juicer

Plastic or paper drinking cups

Directions:

1. Have children wash their hands.
2. Have children wash oranges under running water.
3. Teacher will demonstrate how to use the manual orange juicer.
4. Question: How many oranges do you think it will take to fill up this cup?
5. Children will use the juicer to squeeze the juice from the oranges.
6. Teacher will pour the juice into cups for drinking.
7. Question: How many oranges did it take to fill up the cup? Did this surprise you?
8. Question: What vitamin do oranges contain? Answer: Vitamin C!



COOKING

Activity: Making Puffy Popovers

Learning Objective(s): Children will be able to mix, beat and pour ingredients after this activity.

Materials Needed:

MyPlate Poster

Recipe for Puffy Popovers, attached

Directions:

1. Have children wash their hands.
2. Prepare recipe according to directions.
3. The teacher will explain the activity to the children. He/she could talk about different types of bread, using MyPlate Poster.



Recipe for Puffy Popovers

Yields: 9 or 10 popovers

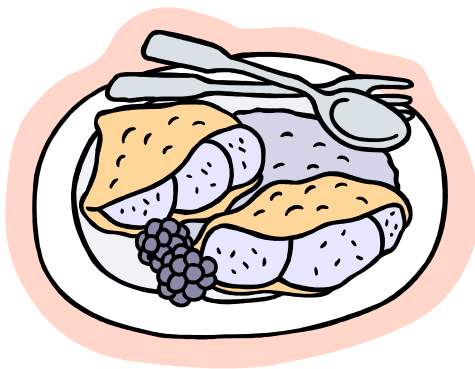
You will need: Popover or muffin pan
Measuring cups including a clear liquid cup
Measuring spoons
Wire whisk or mixer

1 cup milk
1 cup flour, sifted
1/4 teaspoon salt
1 tablespoon butter, melted
2 eggs

1. Preheat oven to 450°. Grease baking cups or pan.
2. Melt butter.

Have the children:

3. Beat milk, flour, salt, and butter together.
4. Add eggs and beat again.
5. Pour batter into greased baking cups or popover pan.
6. Bake for 15 minutes. Lower the heat to 350° and bake for 20 more minutes.



COOKING

Activity: Mr. Peanut Butter Face

Learning Objective(s): Children will be able to use a plastic knife to spread peanut butter and also distinguish colors and shapes after this activity.

Materials Needed:

Bread, whole wheat and/or white

Peanut butter

Plastic knives

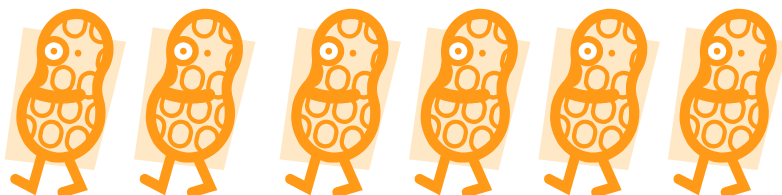
Raisins

Apples

Banana

Directions:

1. Have children wash their hands.
2. Children will demonstrate how to spread peanut butter on bread.
3. Children will use raisins for eyes, a piece of red apple for a nose, and a banana (sliced lengthwise) for the mouth to create Mr. PB Face.
4. Teacher will discuss the different colors and shapes of fruit.
5. Enjoy!



COOKING

Activity: Sculpture Snack

Learning Objective(s): Children will be able to identify at least one food and food group after this activity.

Materials Needed:

MyPlate and Healthy Eating for Preschoolers Posters

Paper Plates

Plastic Knives

Cheese Slicer

Whole Wheat Bread

Apples

Cucumbers

Cheddar Cheese

Eggs, hard cooked, peeled and cooked

Strawberries

Cream Cheese



Activity Directions:

1. Display the MyPlate and Healthy Eating for Preschoolers posters and discuss the food groups.
2. Have children wash their hands.
3. If the children are old enough, divide the class into four groups. With a teacher's assistance, have one group slice apples, second will slice cucumbers, third will slice cheddar cheese, and fourth will slice hard boiled eggs. Place on paper plates.
4. Place materials on worktable in the order they are to be assembled.
5. Teacher guides children on how to construct the snack.
6. Have children begin building their sculpture; bread on bottom, apple and cucumber slices next, cheese and egg slices and for the top, a strawberry.

Optional: You can use the cream cheese between layers to hold the sculpture together.

COOKING

Activity: Peachy Pops

Learning Objective(s): Children will be able to prepare a fruity frozen nutritious treat, following a simple recipe, after this activity.

Materials Needed:

2 peaches

2/3 cup lowfat vanilla yogurt

2 cups orange juice

6 plastic knives

6 paper cups

mixing bowl

aluminum foil

6 plastic spoons



Activity Directions:

1. Have children wash their hands.
2. Have children chop peaches and divide among 6 paper cups.
3. Have children place yogurt in bowl.
4. Slowly pour orange juice into yogurt, stirring until blended.
5. Pour mixture over peaches.
6. Cut aluminum foil to cover tops of cups. Poke spoons through the foil in the center of each cup.
7. Freeze at least 4 hours. Makes 6 pops. When frozen, peel paper cup away from pop and share with family and friends. ENJOY!

Tip:

- ❖ Give the recipe to the children so they can try it at home.

From: USDA Team Nutrition/Power Panther/Eat Smart Grill

www.fns.usda.gov/eatsmartplayhardkids/Grill/peachypops

COOKING

Activity: Preschool Veggie Pizza Pie

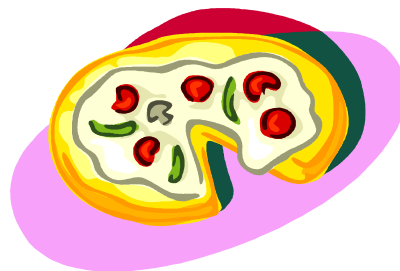
Learning Objective(s): Children will be able to spread with a plastic knife and follow a simple recipe after this activity.

Materials Needed:

- $\frac{1}{2}$ English muffin, per child
- $\frac{1}{2}$ oz. pizza sauce, per child
- $\frac{1}{2}$ oz. mozzarella cheese, per child (grate prior to activity)
- 3 bell pepper slices per child
- 3 olives per child
- Small paper plates
- Plastic spoons
- 2 bowls (1 for pizza sauce and 1 for grated cheese)
- Microwave oven

Directions:

1. Have children wash their hands.
2. Teacher will assemble materials and set-up on work- table (step-by-step) and demonstrate the activity.
3. Place half an English muffin on a paper plate.
4. Spread 2 or 3 spoonfuls of pizza sauce on muffin.
5. Sprinkle on cheese.
6. Top with pepper and olive slices
7. Place in microwave for approximately 25 seconds.
8. Let cool and enjoy!



COOKING

Activity: Sailboat Party

Learning Objective(s): Using a simple recipe, children will be able to create an attractive, healthy snack and tell where the ingredients are found on MyPlate after this activity.

Materials Needed:

MyPlate Poster

Celery, cut into 3-inch lengths

Apples, cored and cut into quarters

Cheese slices, cut in half on the diagonal to create a triangle

Pretzel sticks

Directions:

1. Have children wash their hands.
2. Give each child two pieces of celery.
3. Have each child place a slice of apple in the middle of the two stalks of celery.
4. Place the pretzel stick into the apple quarter, leaving most sticking up. This will form the mast of the sailboat.
5. Attach a cheese slice triangle to the pretzel stick, forming the mast.
6. When sailboats are completed, show a copy of MyPlate and ask the children to point out the groups where the celery, apples, cheese and the pretzel stick are located.
7. Enjoy your sailboat snack!



COOKING

Activity: Stone Soup

Learning Objective(s): Using the book, "Stone Soup," children will work together to create a vegetable and meat soup.

Materials Needed:

The book, "*Stone Soup*" by Marcia Brown

Vegetables, such as onions, potatoes, corn, celery, etc.

Meat, such as beef or pork stew meat

Clean stone, sanitized (boiled for 10 minutes) and air-dried

Cooking pot

Cooking utensils such as peelers, knives, and cutting board

Directions:

Day 1

1. Read the story "*Stone Soup*" and lead a discussion on theme of story.
2. Have children choose the roles of soldiers or farmers to act out in a play. (This is an optional dramatic activity.)
3. Ask each child to bring in his/her favorite vegetable. Ask why this is their favorite vegetable.

Day 2

4. Have children wash their hands.
5. Have children wash and cut-up the vegetables with appropriate supervision.
6. Have children present the play (if applicable) and add the food to the cooking pot with the stone in it.
7. Cook the stone soup as described in the book. Enjoy!



COOKING

Activity: Tortilla Crisps

Learning Objective(s): Children will be able to make and taste a culturally diverse snack after this activity.

Materials Needed:

The book, "Bread, Bread, Bread" by Ann Morris

And the following ingredients:

Flour tortillas	Baking sheet	Cinnamon	Plastic knives
Sugar	Small bowl	Vegetable spray	

Directions:

1. The teacher will read the story of, "Bread, Bread, Bread."
2. Have the children wash their hands.
3. Children will cut tortillas into strips using plastic knives (adult supervision recommended) and place on baking sheet.
4. Children will lightly spray tortilla strips with vegetable spray.
5. Children will combine cinnamon and sugar in bowl or shake top container.
6. Sprinkle mixture onto tortilla strips. Bake in 350° oven for 10 - 12 minutes.
7. Serve tortilla crisps warm.



COOKING

Activity: Tortilla Teepee

Learning Objective(s): Children will be able to name at least two foods from the grains/breads group after this activity.

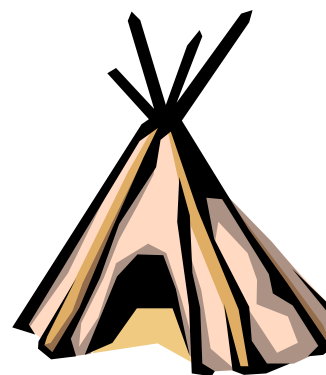
Materials Needed:

Tortillas
Plastic knives
Toothpicks
Pretzels
Peanut butter

Directions:

1. Have children wash their hands.
2. Teacher will demonstrate activity and cut tortilla in half.
3. Children will cut tortilla in half and roll it to make a cone shape. (The cut side forms the top of the Teepee, the rounded side forms the bottom.)
4. They will use stick pretzels for teepee poles and peanut butter to hold them in place.

Tips: Discuss foods in grains/breads group. This activity can also be used to create edible centerpieces. Read a book about the places people live such as, "Where People Live" by Barbara Taylor.



COOKING

Activity: Vegetable Tasting Party

Learning Objective(s): Children will be able to describe the taste of at least one new vegetable after this activity.

Materials Needed:

Variety of vegetables: carrots, celery, cucumbers, zucchini, onions, tomatoes, cauliflower, broccoli, mushrooms, radishes and green peppers

MyPlate and Healthy Eating for Preschoolers posters

"Veggie Sampler" handout, attached

Pencils

Plates

Preparation:

1. Teacher or cook should prepare vegetables for tasting by washing, peeling and cutting.
2. Arrange on plates.














Directions:

1. Gather children and discuss MyPlate and the Vegetable Group.
2. Explain Veggie Sampler handout and how they can use it to evaluate the sample vegetables.
3. In small groups, have children choose vegetables. Ask questions such as; does it taste sweet, salty, bitter or hot? Is it crunchy, crispy, hard or soft? Is it rubbery, dry or wet?
4. Sample, record observations and enjoy.

Variation:

1. Have children involved in washing, peeling and/or cutting vegetables.
2. Try some vegetables that may not be familiar such as jicama, turnips, or sweet peas in the pod.
3. Try this activity with other food groups such as, fruits, meat/meat alternates or different cheeses.

Veggie Sampler

Raw Vegetable	I liked it!	It's O.K.	I didn't like it!
Carrots 			
Celery 			
Cucumbers 			
Zucchini 			
Onions 			
Tomatoes 			
Cauliflower 			
Broccoli 			
Mushrooms 			
Radishes 			
Green Peppers 			

COOKING -- ADDITIONAL RESOURCES

Cookbooks for Children

Title:	Author:	ISBN:
Kid's Cookbook	Sarah & Zach Williamson	0-913589-61-6
Kid's Cooking Without a Stove	Aileen Paul	0-86534-060-9
Kitchen Fun for Kids	Michael Jacobson & Laura Hill	0-8050-1609-0
Pretend Soup and Other Real Recipes	Mollie Katzen & Ann Henderson	0-883672-06-6
The Kid's Cookbook Yum! I Eat It!	Patricia Petrich Rosemary Dalton	0-911954-28-7

And More...

Contact the
Bureau Nutritionists
for more information:

3401 Pan American
Freeway NE
Albuquerque, NM 87107

505-841-4856



SCIENCE AND NATURE

Discovering things on their own gives children a wonderful feeling of success. Simple activities such as planting a carrot seed in soil, watering it and observing its growth or learning about animals and their relationship to the food we eat can broaden a child's understanding of the world in which he/she lives. All children need is some friendly guidance, a few good ideas, and their natural curiosity. The wonders of the natural world begin with observation and lead to conclusions. They inspire and encourage children to think and ask many questions. This process promotes concrete knowledge and deeper understanding. It helps children make connections between themselves and the world in which they live. Teaching children about the food they eat, where it comes from, and the science of how it grows are great ways to teach about nutrition. Try some of these science and nature activities and help the children in your care explore that brand new world!



SCIENCE AND NATURE

Activity: An Experiment with Dispersion

Learning Objective(s): Children will be able to articulate the basic concept of dispersion after this activity.

Materials Needed:

A wide bowl of whole milk (do not use reduced fat milk)

Ground Pepper

Toothpicks

4 - small paper cups to hold small amount of:

Vinegar

Honey

Liquid detergent

Jam

Preparation:

- ❖ Explain to the children what dispersion is: The scattering of two or more different substances that repel each other. In this case, we will see the separation of the pepper when a different substance is introduced on the toothpick. Ask the children what their prediction is: Which substance do they think will repel the pepper? Which do they think is more different from the pepper?

Directions:

1. The child will sprinkle ground pepper on the milk to cover the liquid lightly.
2. Dip a toothpick into one of the substances (e.g. honey, detergent, vinegar or jam).
3. Put the tip of the toothpick into the milk.
4. One of the four liquids will disperse the pepper to make a beautiful design. Was your prediction correct?



SCIENCE AND NATURE

Activity: Eat and Grow an Avocado

Learning Objective(s): Children will be able to identify that an avocado has a seed, try to grow an avocado tree from the seed, and follow a simple recipe after this activity.

Materials Needed:

One or more ripe avocados
Toothpicks
Crackers
Fork, plastic knives, plates
Carrot curls
Cup or jar, filled with water



Preparation:

1. Peel the avocado, remove the seed and set it aside.
2. Slice the avocado and place the slices on crackers. Top each with a carrot curl. Eat and enjoy!
3. Discuss with the children how an avocado grows. Show pictures from the Internet or a book. Talk about the climate needed to grow avocados. Ask the children if they would like to grow an avocado plant.

Directions:

1. Poke toothpicks into the bottom (rounder end) of the avocado seed, near the bottom.
2. Suspend the seed in cup or jar so the rounded half is down in the water and the pointed half is out of the water. Seed should not dry out. Germination takes place in about 30 days.
3. Children can check for progress and record observations on paper while waiting for germination.

SCIENCE AND NATURE

Activity: Fruity Play Dough

Learning Objective(s): Children will be able to mix ingredients and knead dough after this activity.

Materials Needed:

Recipe for fruity play dough
Airtight container or zip bag



Recipe:

2 $\frac{1}{4}$ cups flour
1-cup salt
1 sm pkg or envelope unsweetened powdered drink mix
(use different kinds, if desired)
4 tbsp. cooking oil
1 cup water

Combine flour, salt, and powdered drink mix in a large bowl. Stir in cooking oil and water. Continue stirring until mixture is the consistency of bread dough. Remove dough from bowl and knead on a floured surface 2-3 minutes until firm.

Directions:

Mold different fruity play dough colors/scents into pieces of make-believe fruit. Discuss what your favorite fruit or vegetable is, and why. Just make sure you don't eat them! Store leftover fruity play dough in an airtight container or plastic zip bag.

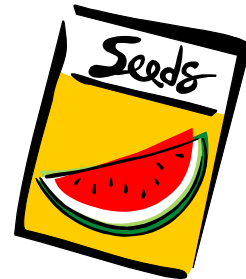
SCIENCE AND NATURE

Activity: Growing Food from Seeds

Learning Objective(s): Children will be able to name at least two things a seed needs to grow after this activity.

Materials Needed:

Seeds (tomato, watermelon, carrots, beans, etc.)
Sweet potato
Cups for planting
Potting soil
Toothpicks
Sponge
Water



Preparation:

Discuss what seeds need in order to grow (sunlight, water, soil, nutrients from the soil, warmth, etc.)

Directions (choose one activity):

1. Children will plant seeds in cups, nurture them and watch them grow into plants. Record your observations daily. In the spring or early summer, plant them outdoors.
2. Children will place toothpicks in a sweet potato to hold it close to top of container, add water, record daily observations and watch it sprout.
3. Children will place seeds on wet sponge. Keep moist and in sunlight. Watch them sprout. Record your observations as you wait for them to sprout!



Extended Activity:

1. Purchase a sprouting kit. (These can be obtained at a health food store or online.) Sprout different types of seeds, beans, and nuts and have a taste testing with fresh sprouts on a salad!

SCIENCE AND NATURE

Activity: Hedgehog

Learning Objective(s): Children will be able to name at least one interesting fact about a hedgehog and follow simple directions to create a nutritious snack after this activity.

Materials Needed:

Biscuit dough

Pretzels

Raisins

Directions:

1. Have a discussion with children about hedgehogs. Use a book or the Internet.
2. Children will wash their hands and each will get some biscuit dough.
3. Place pretzel sticks into the dough for quills and raisins for eyes.
4. Bake according to package directions. Cool on a wire rack.
5. Enjoy!



SCIENCE AND NATURE

Activity: Herb Garden

Learning Objective(s): Children will be able to identify and name their favorite herb and describe how it tastes after this activity.

Materials Needed:

Herb starters from a nursery, such as:

Lemon verbena

Lemon grass

Dill

Mint

Cilantro

Chives

Small clay pots with saucers

Potting soil



Directions:

1. Have the children plant the herb starters in the clay pots, place them in a sunny window and water them.
2. After a few days, or once the plants are established, conduct a taste testing with the herbs. Snip off a few of the leaves and let the children smell the herb. Then prepare a food item using some of the herb. For example, prepare homemade salsa and add cilantro or flavor a potato salad with fresh dill.
3. Ask the children which one is their favorite and why. You may want to let the children taste the food item without the herb added and then again after the herb is added - in this way, they can describe the taste of the herb.

SCIENCE AND NATURE

Activity: How Do My Vegetables Grow?

Learning Objective(s): Children will be able to name at least one vegetable that grows under the ground and one that grows on top of the ground after this activity.

Materials Needed:

Carrot or radish seeds (And a garden spot to plant them in!)

Tomato or bell pepper bedding plant

Water

Popsicle sticks

Garden fertilizer



Directions:

1. Children will plant carrot or radish seeds and the bedding plant in a sunny garden spot. Be sure to mark where your carrot seeds are planted! (Individual children can use Popsicle sticks to mark their seed spot. This might help when recording observations.)
2. Children will water the seeds and bedding plant.
3. Children will watch the seeds grow into carrots or radishes.
4. Children will observe the growth of the bedding plant.
5. Record observations along the way.
6. Eventually, you will be able to enjoy a delicious, home grown vegetable!



SCIENCE AND NATURE

Activity: Onion Tears

Learning Objective(s):

Children will be able to identify at least one thing that will prevent their eyes from tearing when slicing onions after this activity.

Materials Needed:

1 onion

Knife

Cutting board

Safety goggles

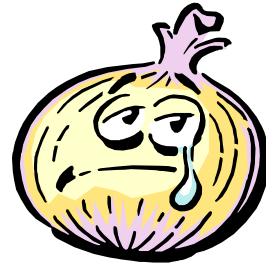
Scuba mask

Cheese

Popsicle sticks

Bowl of water

Sunglasses



Directions:

While the teacher slices an onion on a cutting board, have the children try the following:

1. Put a Popsicle stick between their teeth.
2. Put a piece of cheese between their teeth.
3. Wear sunglasses.
4. Place the onion in the bowl of water while cutting it.
5. Wear safety goggles or the scuba mask.

Did any of these help prevent your eyes from tearing? Which one(s)?

What happened?



When you cut into an onion, a powerful acid sprays up into the air. If your eyes are in the way of the spray (which is likely if you are cutting onions), the acid, while not damaging to your skin, will cause your eyes to sting. Immediately, your lacrimal glands or tear glands, go into overdrive. Your eyes start to tear, and tears continue in excess until they've successfully gotten rid of the irritation.

The items that worked to shield your eyes from the obnoxious spray were the sunglasses (some), the scuba mask, the safety goggles, and cutting the onion under water. That's because these methods kept the acid from spraying or getting to your eyes. Cool, huh?

SCIENCE AND NATURE

Activity: Owl Veggie Delight

Learning Objective(s): Children will be able to tell at least two interesting facts about owls and follow simple directions to make a creative and nutritious snack after this activity.

Materials Needed:

Rice cakes

Cream cheese or Peanut Butter

Mushroom slices

Baby carrots

Plastic knives



Directions for Snack:

1. Each child will spread cream cheese or peanut butter on a rice cake with a plastic knife.
2. Place mushroom slices for eyes and a baby carrot for the beak.

Preparation Directions:

Read a book about owls or do some research on the Internet. Learn about what owls eat, where they live, whether or not they are endangered, and look at a few of the species of owls more in depth.

Bonus:

Is there a field trip that you can take to observe a species of owl in the wild?

SCIENCE AND NATURE

Activity: Oxidation Mystery

Learning Objective(s):

Children will be able to recognize the oxidation of fruit and identify one way to keep this from happening after this activity.

Materials Needed:

Variety of fresh fruits: apples, peaches, plums, pears, bananas or nectarines (one per child)

Orange or lemon juice in bowls

Cutting board

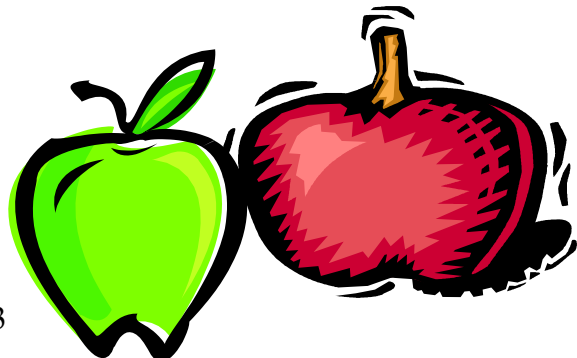
Knife to cut fruit

Preparation:

Explain oxidation to the children: Cut fruit turns brown because of a reaction called oxidation. Oxygen in the air reacts with a natural substance in the fruit and turns the cut surface brown. Mild acids like lemon or orange juice can stop this reaction; tossing cut apple chunks with a little orange or lemon juice will keep the fruit from turning brown. Orange and lemon juices are antioxidants.

Directions:

1. Have everyone wash his or her hands.
2. Cut each child's fruit in half using a cutting board and the knife.
3. Give both halves of one piece of fruit to each child.
4. Have each child dip one half of the fruit into the juice.
5. Discuss fruits, and recommended servings with children while the fruit is left to oxidize. After about 30 minutes, observe the fruit.
6. Ask the children what made the difference in the two halves of their fruit.



SCIENCE AND NATURE

Activity: Pickin' Corn

Learning Objective(s):

Children will be able to identify two unusual food items made with corn after this activity.

Materials Needed:

Corn seeds	Corn syrup
Potting soil	Corn cereal such as Chex
Water	Canned fruit, in heavy syrup
Paper cups	Corn tortillas
Spoon or scoop for soil	Corn oil
Sunny garden spot	

Preparation:

Explain to the children: Corn is a vegetable that is yummy to eat - but did you know all the places you find corn at the grocery store? Corn is processed into lots of food items such as corn syrup (sweet), Corn cereal, corn tortillas, and corn oil. Also, corn syrup is used in most fruits that are canned in syrup. Can you think of other foods that contain corn?

Let's also learn about how corn grows. Show the children the corn seeds. Talk about what a seed needs to grow: sun, soil, water, warmth, and mix in some tender loving care (TLC) for good measure!

Directions for planting:

1. Children will put soil into their paper cups.
2. Then they will push a seed into the soil (about $\frac{1}{2}$ ").
3. They will water the seed that day and every other day, for one week.
4. After about a week, everyone will observe that the plants have grown about half an inch tall. Plant the seedlings in a sunny garden spot and watch them grow!



SCIENCE AND NATURE

Activity: Smell-o-Rama

Learning Objective(s):

Children will be able to identify different food scents using their sense of smell and describe how tasting is related to their sense of smell after this activity.

Materials Needed:

6 small jars with lids (baby food jars work well)

-Covered with paper on the outside to hide the contents.

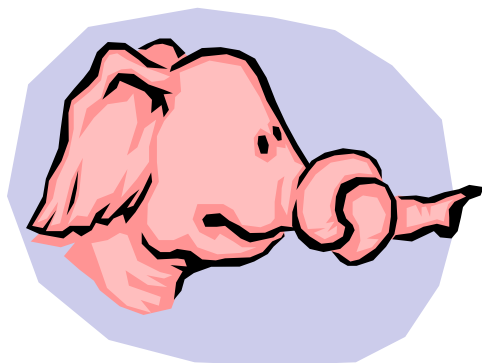
6 foods for smelling: (ie, onion, garlic, orange, tuna, cheese, bell peppers, banana, etc.)

Preparation:

Place the foods in the jars and cap them. Talk about your sense of smell and how it relates to tasting food. Ask the children if they have ever had a cold and not been able to taste. Ask them why they think that happens. Explain that in order to taste, you must also be able to smell.

Directions:

1. Display jars in a discovery area.
2. Children close their eyes and smell the jars one at a time while trying to identify the food.
3. After the smell-o-rama, serve a snack using some of the foods from the activity.
4. Have the children taste the snack first, then have them take a second taste while holding their nose. Ask them if they were able to taste the food when they held their nose.



SCIENCE AND NATURE

Activity: Taste Sensations

Learning Objective(s):

Children will be able to identify the different taste areas of the tongue after this activity.



Materials Needed:

Tongue Map Handout

Cups of Water

Napkins

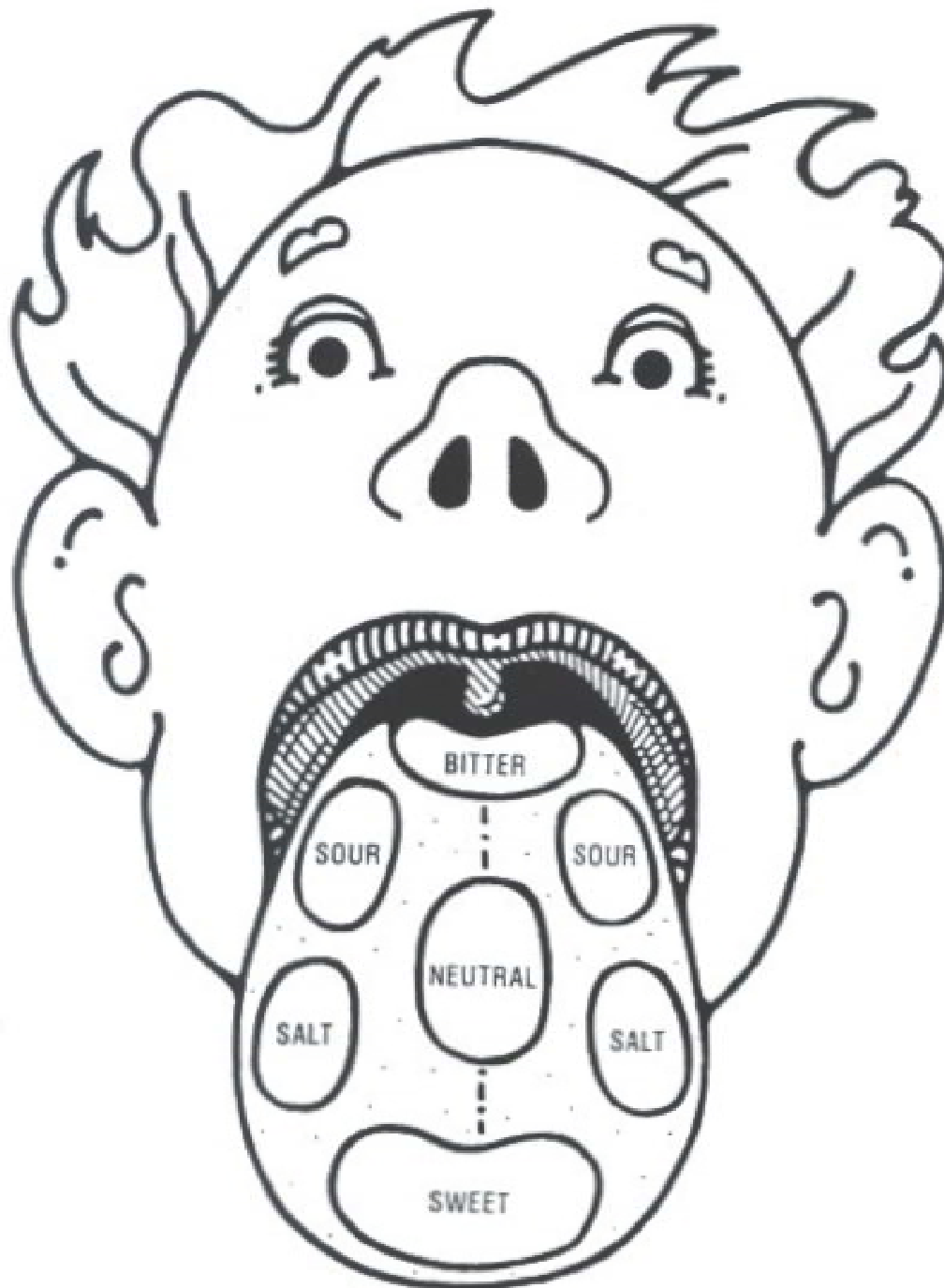
Small samples of bittersweet chocolate, lemon, salted pretzels, and watermelon

Directions:

1. Ask group of children to experiment by placing samples of foods on various parts of their tongue and noting the flavor.
2. Between each sample, children should take a sip of water and blot their tongues with a napkin.
3. Ask children whether they can taste bitter foods on their salty tongue area or sweet flavors on the sour area, etc.



Tongue Map



SCIENCE AND NATURE

Activity: Teddy Bear Picnic

Learning Objective(s):

Children will be able to describe a bear's habitat and diet as well as distinguish tastes of berries after this activity.

Materials Needed:

Blackberries

Raspberries

Honey

Cups and spoons, enough for each child and adult

Blankets

Preparation:

Research a bear's habitat using a book or the Internet. Look up the different species of bears, where they live, whether or not they are endangered, and what they eat. Read a favorite book to the children about a bear, perhaps, *Blueberries for Sal*, by Robert McCloskey.

Directions:

1. Go outside or to a nearby park, packing your blankets, berries and honey. Sit together on blankets and share blackberries, raspberries and honey.
2. Discuss with the children where these foods come from and at least one nutrient they contain. (Honey supplies only calories, blackberries contain potassium, Vitamin C and iron, and raspberries contain Vitamin C and fiber.)



Bonus:

- ❖ Is there a field trip that you can take to observe bears? Suggestion: the Zoo.
- ❖ Consider taking a field trip to a local Farmer's Market to look for locally-grown berries and honey.

SCIENCE AND NATURE

Activity: Thirsty Plant

Learning Objective(s): Children will be able to see that plants absorb water through their roots and moves through tiny tubes in the stem to the leaves and other plant parts after this activity.

Approx. Time Needed: 1 to 2 days

Materials Needed:

Drinking glass or Vase (clear)

Tap water

Red food coloring

Spoon

Scissors

Fresh stalk of celery with leaves (preferably the pale innermost stalk)

Ruler

Magnifying lens

Long-stemmed white carnation

Directions:

1. Explain that the celery stalk is the plant's root.
2. Children will fill the glass about one-fourth full with water.
3. Add 10 drops of food coloring. Stir.
4. Use the scissors to cut across the bottom end of the celery stalk.
5. Stand the stalk in the glass of colored water so that the cut end is underwater.
6. Observe the leaves as often as possible for 2 days. Note: keep the celery stalk for the first experiment in "More Fun Things to Know and Do."
7. Colored water can also be used to change the color of a flower; use the stem of the carnation after cutting and stand it in the glass. Notice the streaks of color that appear in the petals.

Nutrition Education Web Resources

<http://newmexicokids.org>

General contact information regarding the Family Nutrition Bureau is in this website. This website also contains many different resources that can be used in your community.

www.Dole.com

The Dawn of the Nutrition Age - Eat 5 to 9 A Day. This site offers children food facts, music, games and recipes all about fruit and vegetables. There are also links for teachers and parents.

www.ChooseMyPlate.gov/preschoolers.html

This USDA site offers many interesting activities including, the My Plate Blast Off! Game. You can also order the Healthy Eating for Preschoolers mini-poster here.

www.nourishinteractive.com and www.superkidnutrition.com

This site offers fun, active nutrition games and downloadable worksheets for children.

www.mission-nutrition.com

This is a food service, promotional for profit, MyPlate materials order site.

www.ScrubClub.org/home.php

This is a food safety educational site introducing the members of the NEW Scrub Club and their germy villain's gallery. Children can play games, sing songs, and view webisodes while learning about food safety.

www.fsis.usda.gov/thermy

This is a food safety educational site introducing, the little thermometer guy, "Thermy." It stresses the importance of using a thermometer, as well as correct temperatures for various foods.

www.fightbac.org

This is a food safety educational site. Do you FIGHT BAC! BAC Fighters teach others that clean, separate, cook and chill are the first line of defense in fighting foodborne illness at home, work and school.

www.nutritionexplorations.com

This site offers fun and easy ways for kids, parents, educators, and school nutrition staff to teach and learn nutrition.

www.fns.usda.gov/eatsmartplayhardkids.org

USDA's Team Nutrition and Power Panther - This site offers games, recipes, music, and e-cards for children. Find out cool stuff about food and what it can do for you! Explore to learn how to run, throw, think and eat better.

www.nfsmi.org

Visit this site to order recipes and much more.

www.fns.usda.gov/tn/Resources/.gov

Visit this site and click on nutrition education to order MyPlate materials.

www.fns.usda.gov/tn/Resources/buildingblocks.gov

Visit this site to order, Building Blocks for Fun and Healthy Meals - A Menu Planner for the CACFP.

www.nal.usda.gov/childcare/Recipes/childcare.gov

Visit this site to order, Child Care Recipes: Food for Health and Fun.

www.fns.gov/tn/Resources/index.gov

Visit this site to order, Tickle Your Appetite for Child Care

www.foodandhealth.com

Visit this site for many resources regarding good nutrition and health.

<http://outreach.missouri.edu/fnep/fdsafe.htm>

Family Nutrition Education Programs is a website out of Missouri that has general information on keeping food safe. It also contains many of the My Plate information materials. Simply click on Nutrition, then Dietary Guidelines.



