

Food, Fun and Culture

We are excited to present to you Food, Fun and Culture. It is similar to Food, Fun and Reading many of you are already teaching. This has a cultural international flare with different countries highlighted!

Please plan to teach at least 6 of the lesson as a series. Please start by teaching a MyPlate lesson (either Bee-bim Bop! OR Cora Cooks Pancit) FIRST. There are so many wonderful books available, we purchased multiple books for you all before deciding to divide them into MyPlate and the food groups. Because of this, you have options for the MyPlate, Fruits and Grains lessons. Please plan to CHOOSE to teach one of the two books that are available for MyPlate, Fruits and Grains.

In addition to teaching a MyPlate lesson please teach one lesson from each food group.

- MyPlate - Bee-bim Bop! OR Cora Cooks Pancit
- Fruit Group - The First Strawberries OR What can you do with a Paleta?
- Vegetable Group - Gazpacho for Nacho
- Dairy Group - Because Dragons love Milk
- Grains Group - Diary of a Wombat OR Mama Panya's Pancakes
- Protein Group - Rice and Rocks

There are many words in the books that are different languages that may be hard to pronounce. In preparation for teaching the lesson, learn how to pronounce the words. For example to learn how to pronounce Pancit, type "how to pronounce pancit" in search engine. Listen several times until you feel comfortable saying it.



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Thank you to Cathy Merrill, former Utah County Assistant Professor and CBH Supervisor and Utah County Create Better Health ambassadors for their leadership in writing Food, Fun and Culture. Thank you to Rebekah Furniss, Tooele County Family & Consumer Sciences assistant and Sarah Patino, Tooele County CBH ambassador for assistance in writing lessons.

Supplies for Food, Fun and Culture

Each county should have received the following supplies via mail in February (one square box and puff envelope) OR Certain counties (Sanpete, Wayne, Kane, Piute, Beaver, Washington, San Juan, Millard) received most supplies in large zip bag in fall 2020 and a puff envelope in February.

Please check to see that you have all supplies. If you have any questions or are missing supplies or books please contact Darlene Christensen at darlene.Christensen@usu.edu or 435-840-4404.

- **Food Fun and Culture books and lessons:** The First Strawberries, Diary of a Wombat, Rice and Rocks, Cora Cooks Pancit, Bee Bim Bop, Mama Panya's Pancakes, What can you do with a paleta?, Nanette's Baguette, Gazpacho for Nacho, Because dragons love milk
- Plastic strawberry
- Large chopsticks
- Beans Samples for Protein lesson Rice and Rocks
- Two MyPlate paper plates for games
- Inflatable globe ball
- File folder with lessons for Food, Fun and Culture and Handwashing lessons for Food, Fun and Reading and Captain CREATE Grades 1-3
- **Handwashing Education kit** in 2 gallon bag: Glitterbug Powder, Glitterbug Lotion, Blacklight Flashlight, Two Germ Monster plush animals, 2 large hand clappers, hand cookie cutter, plastic gloves for Handi-snack

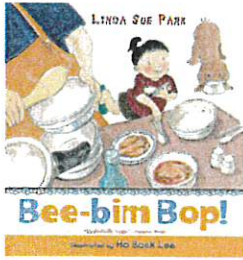
Ambassador Feedback and Pilot Testing

Your Feedback is needed! You are the experts and can be helpful in telling us what works well and what could be changed.

If you are willing to officially review and pilot the Food, Fun and Culture series please e:mail darlene.christensen@usu.edu by March 15, 2021.

Lessons need to be taught and reviews sent by the end of July 2021. Using your feedback, lessons will be finalized and will be ready for 2021 Fall CBH conference.

We do not have additional funds for you to pilot test the lessons. We apologize but want you to know your opinions and feedback are invaluable. Darlene will make a customized duct tape bag for each ambassador who helps pilot and review Food, Fun and Culture.



FOOD, FUN & CULTURE

Bee-bim Bop!

by Linda Sue Park Illustrated by Ho Baek Lee

Country Featured: Korea

Nutrition: MyPlate

Physical Activity: Balancing MyPlate

Snack: MyPlate Bee-bim Bop served with pineapple or mandarin oranges

Lesson Objectives:

Students will learn about MyPlate and different food groups that are important for good nutrition.

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate or MyPlate Food Group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Bee-bim Bop!* By Linda Sue Park, illustrated by Ho Baek Lee
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- OPTIONAL: Dry erase marker to use on MyPlate plate
- Inflatable globe ball (mailed Feb 2021 or given at 2020 4H fall trng)
- Two paper MyPlate plates (mailed Feb 2021 with Food, Fun & Culture books)
- Large chop sticks (mailed Feb 2021 with Food, Fun & Culture books)
- Four baskets or bags (2 for smaller class size)
- Plastic foods models (play food inside clear tall container with blue lid AND Grains play

food in separate flat container) from Captain CREATE kit given at 2019 CBH conference
OR Print food models cards at

https://extension.usu.edu/fscreeate/food_fun_and_reading (under MyPlate lesson- Food Cards for NEAs. You may also have these cards printed and laminated in pencil pouch given at 2018 fall conference with Food, Fun and Reading supplies)

- Bee-bim bop ingredients or prepared recipe

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Instructor Note: Due to the fact bee-bim Bop will need to simmer for 15 minutes, you may need to start the recipe before you read the book and play the game. You could make bee-bim Bop as a demonstration, then read book while checking to see if you need to stir. If you do so, plan on the lesson taking about 10 minutes longer.

Sample Instructor Narrative:

Today we are going to read a book about a family from Korea having dinner together. Korea can be found here on the [globe](#). Show inflated globe and point to Korea. “Bop” is the Korean word for rice, and “bee-bim” is Korean for “mixed up.” So, “bee-bim Bop” means “mixed-up rice.” In Korea and other parts of Asia, many people eat their food with chopsticks. It seems more difficult to us, but they like better than using forks, knives and spoons. Show large set of chopsticks.

There are families all over the world who love each other the same way families do here. Eating meals together is a wonderful way in any culture to enjoy each other’s company. Even small children have ways to help in the kitchen. Listen in the story for ways the mother makes a healthy MyPlate meal, and ways the daughter helps in the kitchen. After I read the story we will talk about MyPlate. Show MyPlate. See how there are 5 sections of the plate? Each of these food groups are important for us to select healthy foods from to eat each day.

Tips for reading to a group of Children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing engagement while reading the book

This book has a beat and rhythm to it. Take advantage of that to make it more fun for the children.

After reading the book:

Sample Instructor Narrative: (in blue)

Do you remember all the different foods that went into bee-bim Bop in the book? Let's talk about them and which food group they belong to in MyPlate. Hold up MyPlate. Optional: Put a check mark in dry erased marker in each Food group as you mention an ingredient in it.

Eggs, skinny strips of meat—Protein group

Garlic, onion, spinach, sprouts, carrots—Vegetables group

Rice—Grains group

There are two other food groups. They are Dairy and Fruits. Even though foods from those groups aren't in the Bee-bim Bop recipe story we just read, we are going to taste a Bee-bim Bop recipe today that has Dairy in it. This recipe is a bit different than a traditional Bee-bim Bop. It calls for mozzarella cheese. Raise your hand if you like cheese. It's good, isn't it? Cheese is in the Dairy group. Point to the Dairy group on MyPlate.

Now we are still missing one last food group. Who can look at MyPlate and find what it is? That's right! It is the Fruits group. What could we do to include fruit in the meal? Allow children to give a few suggestions. Serve fruit with it. Exactly. Cherries, kiwis, clementines, grapes, and watermelon are common fruits in Korea. Two easy and yummy fruits that will go well with Bee Bim Bop are mandarin oranges or pineapple.

We are going to play a fun game now called Balancing MyPlate. After playing the game we will look at different foods and work together to identify which food group they belong in. Are you ready?

Physical Activity: Balancing MyPlate

Supplies Needed: Paper MyPlate plates; variety of plastic food models- at least one for each student (make sure to have some from each food group. No combination foods) OR Food cards from https://extension.usu.edu/fscreate/food_fun_and_reading (under MyPlate lesson- Food Cards for NEAs. You may also have these cards printed and laminated in pencil pouch given at 2018 fall conference with Food, Fun and Reading supplies); 4 baskets or bags

Instructions:

Split class into two teams. (For smaller classes just line up all students). Place one basket full of play foods (one for each child- make sure to include different food groups and no combination foods) at start of each line. Place an empty basket across the room for each line.

To play game: First player on each team will hold paper plate and lean down to grab a plastic food. Place food on plate and carefully walk to the other basket and drop in. Run back to team and hand off paper plate. Continue until all foods are moved from one end to the other.

After all foods have been moved over ask students to gather in a circle or sit back at desks. Show several foods and talk about which food group they go into. As time allows, go through foods. Make sure to cover at least one food for each food group. Place food on MyPlate plate.

Sample Instructor Narrative in blue

The foods in each of these food groups are healthy for us because they give us different nutrients. That's a big word. Can you say that with me? NU-TREE-ENT. Nutrients are found inside of foods and when we eat them, they help our bodies grow and stay healthy. We will talk more about these NU-TREE-ENTS that we get from foods in other lessons. In addition to nutrients, food gives us the energy we need to run, play, think, talk, swim, and do all of the other fun things we do each day.

Healthy Snack: MyPlate Bee Bim Bop

Prepare separate ingredients prior to the lesson.

Vegetables

Mix of vegetables – totaling approximately 4 cups or more

Suggestions: Red & yellow bell peppers; carrots; zucchini; fresh or frozen spinach

Optional – if you can find at a reasonable price – Mung Bean sprouts

Chop all vegetables into fine slices. Place in container or bag.

Rice

Cook 3 cups brown or wild rice. Replace brown or wild rice for a healthier option to white rice.

Cool and place in separate container or bag.

Cheese

Shred 1 cup mozzarella cheese. Place in separate container or bag.

Egg

You will need one egg.

Marinade

Mix together 3 Tbsp low sodium soy sauce (dark or light or a mixture of the two); 1 Tbsp red pepper powder; 1 Tbsp ground sesame and 1 Tbsp sesame oil. Stir. Pour over Bee-bim Bop or serve on the side.

Making MyPlate Bee-bim Bop in front of class

In a large frying pan or pot add vegetables. Cook partially. Stir with chop sticks. Remove from pan temporarily. Add cooked rice. Cover bottom of pan. Add shredded mozzarella cheese and spread over evenly. Place vegetables over cheese evenly – making a pretty pattern. Crack and place one egg in the middle. Place lid on pan or pot. Put the pan or pot on medium heat until it heats through while you are making the marinade. Turn heat down to low for approximately 15 minutes to allow Bee Bim Bop to simmer. **Food Safety Message-** Make sure egg is cooked enough to be food safe. You may need to stir the bee bim bop to do so.

Serve with fruit to complete MyPlate

Bring chunks of pineapple or mandarin oranges to complete MyPlate food groups when giving out snack. Drain well and place on side of Bee-bim Bop sample.

While enjoying the snack review the lesson

While we enjoy our yummy Bee-bim Bop, let's talk about the different ingredients and what food group they belong in. Hold up MyPlate again. Optional: Mark food groups covered in the recipe made today. Point to different food groups on plate when you mention the foods.

Eggs - Protein group

Vegetables—Vegetables group

Rice—Grains group

Mozzarella cheese – Dairy group

Service with mandarin oranges or pineapple – Fruits group

Each day keep MyPlate in mind to help guide you what foods to eat for good health.

OPTIONAL: Purchase chopsticks for each child to eat with or approach a restaurant to see if it would be willing to donate some. Demonstrate how to eat with chopsticks or show a video of it.

Did you notice the little girl set the table with spoons AND chopsticks? I'm going to show you how to use chopsticks, just like the people in Korea, China and Japan do.

<https://www.youtube.com/watch?v=dkJhLx7sbZQ> is a good video on Korean chopsticks



FOOD, FUN & CULTURE

Cora Cooks Pancit

by Dorina K Lazo Gilmore Illustrated by Kristi Valiant

Country Featured: Philippines

Nutrition: MyPlate

Physical Activity: High Speed Handwashing

Snack: Quick & Easy Pancit

Lesson Objectives:

- Children will gain understanding of the MyPlate and how it gives guidelines for foods to eat for health
- Children will learn the importance of handwashing to prevent the spread of infection

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate or MyPlate food group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Cora Cooks Pancit* by Dorina K. Lazo Gilmore, Illustrated by Kristi Valiant
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Inflatable Globe Ball (mailed Feb 2021 or given at 2020 4H fall trng)
- Ingredients to make Pancit for snack

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

Today we are going to read a book about a little girl and her mom. (show the book). Cora is learning to cook Pancit. Although they now live in the United State, Cora's family originally came from the Philippines. The Philippines are a group of islands in the Pacific Ocean. Show inflated globe and point to Philippines. They speak Tagalog (tuh-gol-ugh) and English.

Pancit has many ingredients from different food groups. There are five food groups in MyPlate. Show MyPlate plate or poster. Eating foods from all five food groups helps us be healthy. Let's look at each of the food groups. Point to each section as you discuss it. As I read the book, try to remember the different ingredients used in the recipe. We will then decide in which food group each of the ingredients belong. Not all food groups will be found in Pancit so we will talk about what other foods we can serve with it to make a healthy five food group meal.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to "sit on their pockets".
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

After reading the book:

Sample Instructor Narrative text in blue

Even though Cora was the youngest of her siblings, it was neat to see her be able to help her mom cook Pancit. Do you ever get to help prepare food at home? Allow some answers. As long as you are careful, there are jobs that every family members can help with.

Do you remember all of the yummy ingredients in Pancit? Let's name them and see if we can decide in which food group they belong.

Grains Group – noodles

Vegetables Group - onion, garlic, cabbage, carrots

Protein Group – chicken

There are no ingredients from two food groups. Can anyone tell me which two they are? Allow children to answer Dairy and Fruits. What could be served with Pancit to make it a meal that offers all of the five food groups?

Dairy Group – serve with a glass of milk or even slice small pieces of a soft cheese to top Pancit

Fruits Group – serve with fresh fruit or fruit cocktail in juice

It is important for us to eat healthy options from each of the five food groups each day. This helps keep our body healthy and strong.

Physical Activity: High Speed Handwashing

Instructor Note: With a group, such as in a classroom, using a method such as the Kansas State Extension high-speed handwashing is a fun activity.

Instructions are on the next page in graphic format. A video showing the High Speed Handwashing method can be found at <https://www.youtube.com/embed/n-lyf5eqqik> or search for Kansas State Extension high speed handwashing for similar videos. Go to <https://extension.oregonstate.edu/deschutes/high-speed-hand-washing> for step by step instructions.

Sample Instructor Narrative text in blue

In the book, do you remember how Cora knew the rules in her mother's kitchen? Do you remember what the first rule was? It was washing her hands! Why do you think it is important to wash hands before cooking? Allow children to give a few answers. For our physical activity we will be playing "High Speed Handwashing".

Remember when you are in line and scrubbing that you will also be marching in place to get some physical activity.

If there is not a sink in the classroom, using a 5 gallon jug of water with a catch basin would also work.

Optional: Play a fun Filipino song Tong, Tong, Tong while children scrub hands. It is a song from the Philippines to sing while you scrub your hands. It is a song about a catching a little crab to cook—watch out! They bite!

Tong, Tong, Tong (The Crab - Filipino / Tagalog Children's Song)

Tong tong tong tong, paki-tong key tong

A tasty crab

Looking good and sized just right

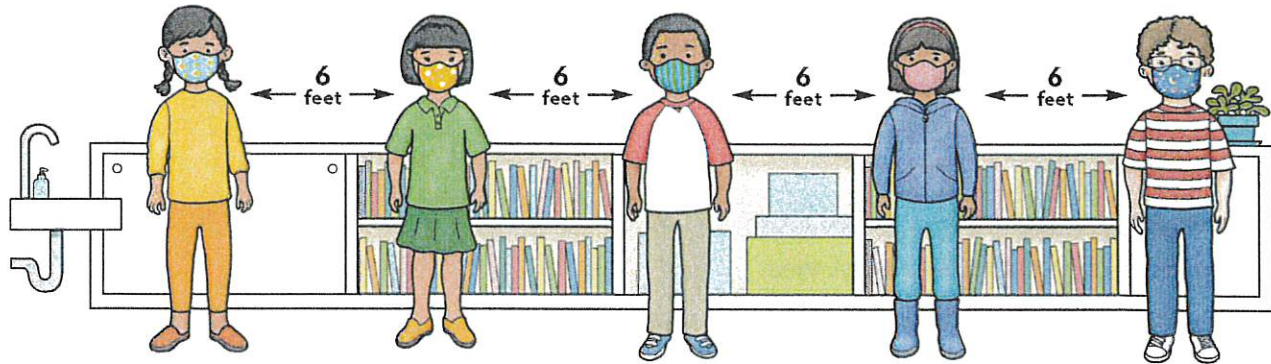
They are hard to catch and claws will grab

So watch out—crabs like to bite!

An example of the song can be found here: https://www.youtube.com/watch?v=UzRb_6d3Ln8

High Speed Hand Washing

Begin by lining up at the sink, six feet away from others



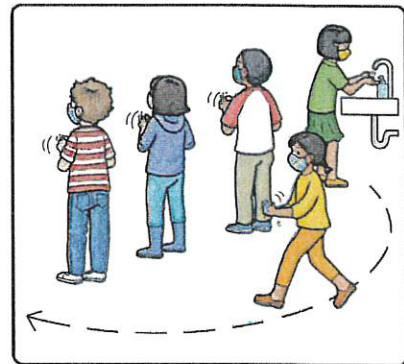
- 1.** Wet your hands, then shake off water.



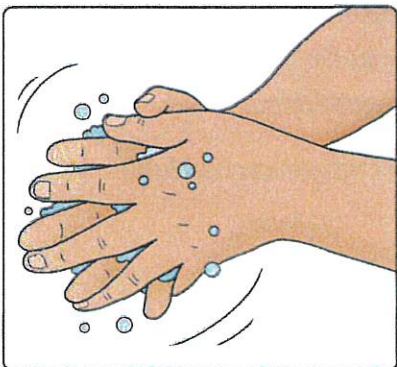
- 2.** Squirt hands with soap.



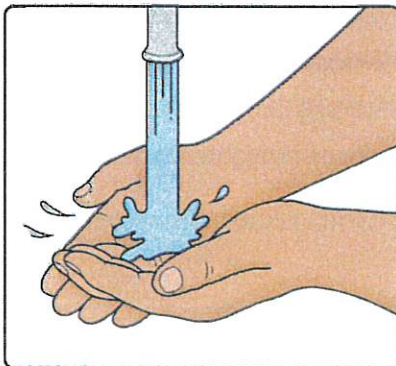
- 3.** Walk to the end of the line. Stay six feet away from others.



- 4.** Scrub hands as you move forward in line. Wash backs of hands, thumbs, nail beds, between fingers, and wrists well.



- 5.** When you get back to the sink, rinse well. Shake extra water off of your hands into the sink.



- 6.** Use a clean paper towel to dry your hands, then throw it in the trash.



Healthy Snack: Quick & Easy Pancit

Yield: 6 servings

Ingredients

- 1 (12 ounce) package dried rice noodles
- 1 teaspoon vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 cups diced cooked chicken breast meat
- 1 small head cabbage, thinly sliced
- 4 carrot, thinly sliced
- ¼ cup soy sauce
- 2 lemons - cut into wedges, for garnish

Directions

Place the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside.

Heat oil in a wok or large skillet over medium heat. Saute onion and garlic until soft. Stir in chicken cabbage, carrots and soy sauce. Cook until cabbage begins to soften. Toss in noodles, and cook until heated through, stirring constantly. Transfer Pancit to a serving dish and garnish with quartered lemons.

While enjoying the snack review the lesson

Did you know people from all over the world come to work in the United States? In this story Cora's grandfather came from The Philippines to work as a cook for a group of Filipino farm workers. He stayed here and now although Cora is learning how to cook Pancit from her mom, she's never been to The Philippines where her grandfather's recipes came from.

Let's look at each ingredient in the Pancit recipe and review in which food group it belongs.

Grains Group – noodles

Vegetables Group - onion, garlic, cabbage, carrots

Protein Group – chicken

There are no ingredients from two food groups. Can anyone tell me which two they are? Allow children to answer Dairy and Fruits. What could be served with Pancit to make it a meal that offers all of the five food groups?

Dairy Group – serve with a glass of milk or even slice small pieces of a soft cheese to top Pancit
Fruits Group – serve with fresh fruit or fruit cocktail in juice

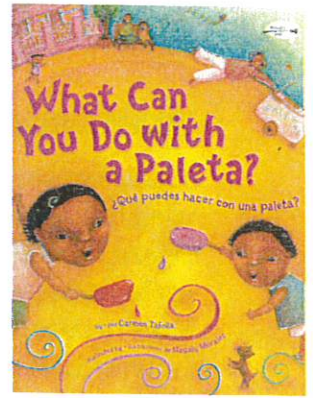
Who can tell me why eating food from each of the food groups of MyPlate is important? Allow children to give responses.

FOOD, FUN & CULTURE

What Can you do with a Paleta?

Written by Carmen Tafolla Illustrated by Magaly Morales

Country Featured: Mexico



Nutrition: MyPlate Fruit Group

Physical Activity: Mexican Hat Dance

Snack: Fruit Paleta or Strawberry Banana Frozen Yogurt in Bag

Lesson Objectives:

- Children will learn about MyPlate and the in particular, the Fruit group in MyPlate
- Children will learn that the fruit group provides Vitamin C which helps fight infection

The lesson should be taught in this order:

- 1) Introduce Food and Nutrition Concept and the Culture Showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate Fruit and Dairy groups
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *What can you do with a Paleta?* Written by Carmen Tafolla. Illustrated by Magaly Morales (mailed Feb 2021 or given at 2020 4H fall trng)
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Inflatable Globe Ball (mailed Feb 2021 or given at 2020 4H fall trng)
- "Icky Sicky" plush doll (in Captain CREATE given at 2019 CBH conference)
- Ingredients for Fruit Paletas or Fruit Frozen Yogurt in a bag
- Ipad mini and speaker (speaker given at 2019 CBH Inservice as part of FFR kit)

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

Today we are going to read a book titled "What can you do with a Paleta?" Our story happens in neighborhood in Mexico. Mexico is a large country to the south of the United States. Show Mexico on inflated globe ball. They speak Spanish there. This book has both English and Spanish languages in it. Both languages say the same thing, the words just sound different. Food does not have a language! This is a book about a favorite fruity dessert in Mexico. It is called a "paleta." Paletas are made with all sorts of yummy fruits. If the frozen treat is made with milk (dairy) and fruit it is called a fruta paleta de Leche. After I finish the book, we are going to talk more about something called MyPlate. (Show My Plate poster or plate). Have you heard of it before? There are five sections. Today we will chat about the fruit section. Point to fruit section.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to "sit on their pockets".
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

The cultural emphasis for this book is pointing out that even though we speak different languages, different foods, or look different, children all over the world have families, neighborhoods, and friends.

After reading the book:

Sample teacher narrative:

Wasn't that a fun book? Even though we speak different languages, eat different foods, and may look different, children all over the world have families, neighborhoods, and friends. She found all sorts of fun things to do with a paleta while she went around the neighborhood, didn't she?

Paletas are made with different yummy fruits that are colorful. What are some of your favorite fruits? Allow children to list some. Fruits are a great source for vitamins. Have you ever had a cough or sore throat and had to stay home from school? Maybe you felt a little like this? Show icky sick doll. Many fruits have a nutrient called Vitamin C. It helps keep you healthy and prevents infection like a cold or the flu. Fruits are also a good source of other vitamins and minerals that are important to help grow strong and play hard. The fruits group is part of something called MyPlate. Point to MyPlate. The five food groups in MyPlate are: Grains, Protein, Vegetables, Fruits and Dairy. The fruits group is red. It covers 1/4 of the plate.

Paletas are made with water or milk. If they are made with milk they are called paletas de Leche. Both water and milk are good for our body. Even though water is not mentioned in MyPlate, it is very important. It is especially important to drink water or eat foods with water in them, especially in the summertime or during physical activities.

Physical Activity: Mexican Hat Dance

To do the Mexican Hat Dance you will need to count to four and follow a basic rhythm. Start by standing with your feet together and your arms relaxed at your sides. You can use different music but the traditional Mexican Hat Dance song is easiest.

To find the music only go to https://www.youtube.com/watch?v=_g8CEOpVSZU or search youtube for Mexican Song Dance and look for Songs for Kids video. Play on iplad mini. Use speaker if needed to increase sound.

For an example of preschool age children doing the dance search Mexican hat dance for young kids. There are several videos with young children to give you an idea of how the dance goes.

Step One

Fold your left arm across your stomach and set your right elbow on your left hand so that your right hand is palm opened to the audience. Move your right hand back and forth as you put your right heel out in front.

Step Two

Reverse step one, so that your right arm rests across the stomach with your left elbow on your right hand. Again, wave your left hand back and forth as your left heel goes out in front of you.

Step Three

Repeat step one.

Step Four

On count 4, clap twice very quickly. You then repeat these four steps seven times. If you are using traditional Mexican Hat Dance music, you will hear the music change after you have completed seven steps of what is described above. At the music changes, clap four times and then raise your arms up in the air, exclaiming "olé!".

Healthy Snack:

Strawberry Banana Frozen Yogurt or Frozen Paleta de Leche

Strawberry Banana Frozen Yogurt

Ingredients:

- 1-2 strawberries
- ½ banana
- 2 Tbsp milk
- ½ cup low-fat vanilla yogurt
- 2 sandwich bags
- 2 quart freezer bags
- 2 Tbsp rock salt
- 2 cups ice
- Oven mitts or newspaper and tape

Directions:

Cut the strawberries and bananas into small pieces. In sandwich size bag place yogurt, milk and fruit. Seal bag carefully letting any air out. Place inside another sandwich bag and seal. Squish bag until ingredients are mixed. Place sandwich bag inside quart freezer bag. Carefully slide half of the ice inside. Sprinkle rock salt in. Add other half of ice. Push out extra air and seal well. Place inside second quart bag. Seal well. Use oven mitts to hold cold bags or wrap bag with newspaper and tape all around bag. Shake vigorously for 3-5 minutes until solid.

Fruit Paletas

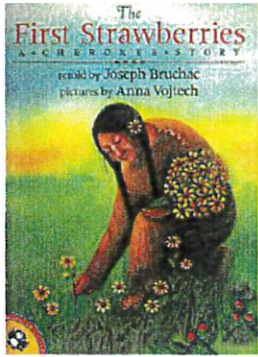
- 3 cups ripe fresh fruit (strawberries, pineapple, mango, watermelon, cantaloupe, etc.; roughly chopped)
- 1/4 - 1/2 cup sugar (depending on the fruit combination you may be able to eliminate sugar completely)
- 1/3 cup water or whole milk for paleta de leche
- 3 Tbsp lime juice

Place roughly one half of the fruit in the blender with sugar (optional), water and lime juice. Blend well. Dice the other half of the fruit. Spoon diced fruit into ice pop molds, then add the blended mixture. Place the molds into the freezer and allow at least 6 hours to firm up completely.



While enjoying the snack review the lesson

Isn't this a yummy treat? It is also a healthy treat. Paletas are made with many different fruits. Many fruits have Vitamin C which can help us from feeling like this! Show icky sick doll. Let's talk more about some fruits that are your favorite. Ask kids to list fruits.



FOOD, FUN & CULTURE

The First Strawberries

Retold by Joseph Bruchac

Illustrated by Anna Wojtech

Country Featured: America

Culture: Native American

Nutrition: MyPlate Fruit Group

Physical Activity: Raven Goes to His Child

Snack: Strawberry Orange Sunshine treat

Lesson Objectives:

- Children will learn about the Fruit group in MyPlate.
- Children will learn it is important to eat a rainbow of color – meaning different colors of fruits for different health benefits.
- Children will learn it is important to eat when hungry to prevent anger or grumpiness

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate fruit group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *The First Strawberries* book Retold by Joseph Bruchac and Illustrated by Anna Wojtech (mailed Feb 2021 or given at 2020 fall 4H trng)
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Plastic strawberry (mailed Feb 2021 or given at 2020 fall 4H trng)
- 11 x 17" laminated poster Eat a Rainbow of Colors (in FFR kit)
- Inflatable Globe Ball (Mailed Feb 2021 or given at 2020 4H fall trng)
- Color Match Fruit Photo Cards (in Captain CREATE supplemental kit (in large clear bag

given at 2019 winter regional training)

- Clear pocket display chart and hanging magnets —in Captain CREATE supplemental kit (in large clear bag given at 2019 winter regional training)
- Ingredients for Strawberry Orange Sunshine Treat

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative in blue text:

Who likes strawberries?? I love to EAT strawberries. The story we are reading today is titled *The First Strawberries—A Cherokee Story*. It is a legend about the creation of the world. The Cherokee are a tribe of Native Americans. They lived here before it became the United States. Show inflated globe ball and show United States.

As I read the book I want you to see if you can remember which fruits were created as the man and woman walked. Also – what physical activity or exercise did the man and wife do? After reading the book we will also talk about the fruit group in MyPlate. Show MyPlate. MyPlate gives us healthy guidelines for eating.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

Encourage the children notice the pictures, particularly at the second page. The man is working on a fishing line, and the woman is cooking corn for dinner—there is no fruit.

After reading the book:

Sample teacher narrative in blue text:

Towards the beginning of the book the wife and husband argued. Have you ever argued with

someone? It doesn't feel good, does it? The husband was angry because he wanted dinner and his wife only had flowers. Do you ever get angry or grumpy when you are hungry? It is important to listen to your body and fill it with healthy foods when you are hungry. How did the Sun try to help them be happy again? Allow children to give some answers. Which fruits did the wife come across as she walked? Do you remember? Raspberries, blueberries, blackberries and *strawberries*! What did the woman do when she picked the strawberries? She shared them with her husband. Have you ever seen this? Hold up MyPlate. One food group in MyPlate is fruit. Fruits are healthy for us! We often hear, "eat a rainbow of fruits and vegetables". Show Eat a Rainbow of Colors laminated poster. This is because different colors offer different nutrients. Let's say the names of each color together. Name each color of rainbow – red, orange, yellow, green and purple/blue.

Now that we know the colors let's play a matching game to find different colors for fruits! You can see I have different cards lined up in rows on the board. We are going to make a color match. I need a volunteer! Pick a card and turn it over. Now pick another card. Do the colors match? If not- let's all remember where they were and turn them back over. Who wants to go next? Have next student do the same. Once a color match is made move those cards down to a new row. There are four cards in the red, orange, yellow, green and purple/blue group. Repeat until all matches have been made. *At the end of the game, we will make a pretty rainbow with our matches.* Optional: if you are working with a small number of children you could lay out all the cards on a table and make them into the shape of a rainbow or use magnets to attach cards to a white board in rainbow shape.

It's important to eat fruit because it provides many important vitamins and minerals and are high in fiber. Most fruits also contain quite a bit of water which is important for our bodies.

You all did great! Did you know that different colors of fruit give us different vitamins and minerals? That's why we have made a beautiful rainbow out of our fruits. Remember to "Eat a Rainbow Everyday" with both fruits and vegetables.

Physical Activity: Raven Goes to His Child

Supplies Needed: Plastic Strawberry

Sample teacher narrative in blue text:

Today we are going to play a fun Native American Game called "Raven Goes to His Child". Instead of a raven, which is a bird, we will be using a strawberry since the book we read was about strawberries.

Instructions for instructor: Decide the boundaries of the playing area and a “raven’s egg” object that will be hidden. In this case, it could be the plastic strawberry found in the materials for this lesson. A child is chosen to be ‘it’ and needs to hide their eyes while the rest of the children hide the “raven’s egg.” As the child who is *it* looks for the raven’s egg, the other children clap their hands and “caw, caw, caw” flapping their arms as wings when the ‘it’ child is close to the object. The further away from the object, the cawing becomes softer as well as the clapping and flapping. After the child finds the raven’s egg (the strawberry), another player is chosen to be it.

Source: “Raven Goes to His Child” is a Native American Game found in *Children’s Traditional Games* by Judy Sierra and Robert Kaminski. 1995 published by The Oryx Press, 4041 North Central at Indian School Road, Phoenix, Arizona 85012-3397

Healthy Snack: Strawberry Orange Sunshine treat

Directions: Slice orange into circle section. Slice strawberries vertically. Place orange circle in center of plate. Arrange strawberry slices around the circle like rays of light.

While enjoying the snack review the lesson

Sample teacher narrative in blue text:

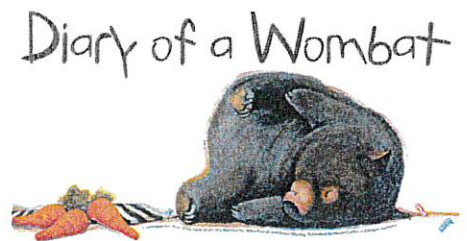
The fruit section of MyPlate is fun! It is a big section of MyPlate because fruit is important to being healthy. Sometimes people get angry because their bodies need food, *healthy* food. If we understand this, we can eat some fruit because that is a healthy snack. Kindness is as important as eating healthy. The Cherokee people taught their children this story to remember to be kind: Every time they saw a strawberry, they would remember how sweet it tastes, and then they could remember how sweet it is when people are kind to each other.

FOOD, FUN & CULTURE

Diary of a Wombat

by Jackie French, illustrated by Bruce Whatley

Country Featured: Australia



Nutrition: MyPlate Grains Group

Physical Activity: Keentan—Traditional Indigenous Jumping Ball Game

Snack: Banana Carrot Oat Muffins

Lesson Objectives:

- Children will gain understanding of MyPlate concepts
- Children will understand similarities and respect differences among people
- Children will learn about good manners

The lesson should be taught in this order:

- 1) Introduce Food and Nutrition Concept and the Culture Showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate Grains Group and concepts in the book such as good manners and sleeping
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Diary of a Wombat* by Jackie French and Bruce Whatley (Mailed Feb 2021 or given at 2020 4H fall trng)
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Captain CREATE Grains kit (flat clear plastic box given at 2019 conference—separate from other clear plastic tote of foods with blue lid)
- Inflatable Globe Ball (Mailed Feb 2021 with youth curr or given at 2020 4H fall trng)
- Two - four (depending on class size) MyPlate inflatable balls (Mailed Feb 2021 with youth curr or given at 2020 4H fall trng)
- Banana Carrot Oat Muffins for healthy snack

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

Today we are going to read a book about a wombat. (show the book). Wombats live in Australia. Australia is a country located between the Indian Ocean and the South Pacific Ocean (show on inflated globe). It is a land with many different animals and critters: snakes, koala bears, kangaroos, spiders and Tasmanian devils. In the book the wombat keeps a diary of what he's doing every day! As I read the story, I want you to pay attention to a few things. 1) what foods the wombat eats and 2) when the wombat should show good manners (and doesn't!). We will also talk about this: MyPlate. Show MyPlate. MyPlate gives humans guidelines on what foods to eat to maintain good health.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to "sit on their pockets".
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

As you read the book, ask children if demanding a reward shows good manners. Point out different foods that the wombat eats. Ask if they like oats.

After reading the book:

Sample teacher narrative:

Boy that wombat was sure bossy, wasn't he? Did he have good manners? Allow children to answer. Even though he wasn't very polite about asking for it, the human neighbors did provide the wombat with some food, didn't they? Speaking of food, have you ever heard of MyPlate before? Hold up MyPlate. It helps us to know how to eat in a healthy way. It reminds us to eat food from each of the food groups each day. The wombat ate foods from two different MyPlate food groups. Who can remember which foods the Wombat ate? (allow children to give answers - grass, carrots and oats). What if we ate grass? Does it sound yummy? Our bodies probably wouldn't like it much, right? Our bodies DO love vegetables! Carrots are from the vegetable group. Point to vegetable group. Have you seen this before? Hold up MyPlate poster or plate. MyPlate wants us to eat something from everything on the plate. That is the best way to make sure our bodies will be as healthy as they can be. One of the food groups is vegetables. Oats are in the Grains group which is orange. Point to grains section. Our bodies DO love grains, too. Grains give us energy! Even though we don't like to eat oats dry like the wombat

did, they can be very yummy. Did you know there are many different kinds of grains? Show different clear plastic jars of different grains from Whole Grains Kit and talk about each one. Show the photo of the grain growing in a field. While showing each grain ask children what grains—and carbohydrates—give us. Energy. Repeat multiple times to focus on.

Did you notice the wombat slept and slept and slept and slept? He slept way too much, but the wombat did know that getting enough sleep is important. We need sleep for our muscles to rest, and our brain to recharge—just like a cell phone. We make better decisions if we have had enough rest. Sleep is not on MyPlate, because we don't eat sleep but it is just as important.

It is important that we eat healthy food, have good manners, get enough rest, and do physical activity! Did the wombat get any physical activity? He did! He spent quite a bit of time digging, didn't he? Have you ever dug dirt? It's actually good exercise - but it doesn't sound like much fun, does it? Instead—Let's play a fun game called Keentan.

Physical Activity: Keentan—Traditional Indigenous Jumping Ball Game

You will need: Four inflatable MyPlate balls

Instructor Note: Keentan is a bit like the game “keep away”. The official game is too difficult for young children to play. You will play a very simplified version.

To watch a video of kids playing the game go to: https://www.youtube.com/watch?v=Oy_GrqmPI0s.

Keentan is a jumping game played in Australia. Because Australia has many kangaroo the inventors of the game thought it would be fun to play a jumping game since kangaroo jump! The name Keentan is the word “play” in the Wik-Mungkan language of north Queensland in Australia.

Depending on the age of the children—you may want to place kids in a few small circles or just have two children throw and catch back and fourth. They need to jump both when throwing and catching.

For younger children, you may want to change the game to a Kangaroo Relay race: holding a ball in front of you where a pouch would be, jump to the end of the room like a kangaroo. If there are not enough balls, just pretend to be kangaroos and jump around.

Healthy Snack:



Banana Carrot Oat Muffins

Ingredients

- 1 ½ cup whole wheat flour
- 1 cup old fashioned/rolled oats
- 3 medium ripe bananas- mashed
- 2 medium carrots- shredded
- ¾ cup brown sugar (or white sugar)
- 2 large eggs
- 2 tsp baking powder
- 1 ½ tsp ground cinnamon
- ½ tsp salt

Directions

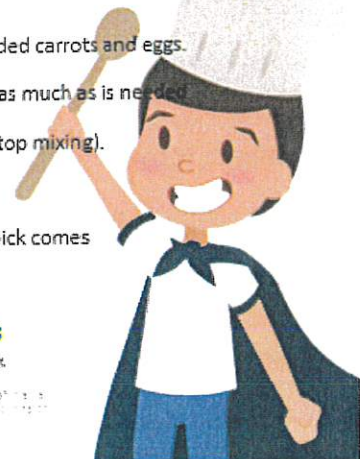
Preheat oven to 350 degrees Fahrenheit.

Dry ingredients: Mix together flour, oats, sugar, baking powder, ground cinnamon, and salt until combined. Make sure to break up compacted brown sugar so that there are not sugar clumps.

Wet ingredients: Mix together bananas, shredded carrots and eggs.

Combine wet and dry ingredients, only mixing as much as is needed to JUST combine the ingredients (when all specks of flour are no longer present, stop mixing).

Oil/grease a muffin tray.
Divide mixture between 12 muffin cups.
Bake for 22-25 mins or until an inserted toothpick comes out clean.



CREATE
BETTER HEALTH

Kids **CREATE**

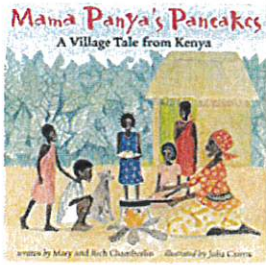
EXTENSION
Utah State University

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While enjoying the snack review the lesson

Do you think any of the foods the wombat ate are also in the muffins we are enjoying? Can you taste anything specific? Allow children to answer such as oats and carrots. It's a good think our muffins don't have grass in them— I don't think I'd like that much. Would you? In addition to oats and carrots, the muffins also have whole wheat flour— which comes from wheat. Show wheat stalks from Whole Grain kit. This is what wheat looks like when it is harvested. The muffins also have bananas in them which are in the fruit group. So let's take a look at MyPlate and see how many food groups the ingredients cover? Point to vegetables, fruits and grains.

The wombat didn't have very good manner, did he? What should a wombat (or for that matter, humans) do to show good manners? Allow children to say a few things like saying thank you and please for the food received. The wombat also took things without asking, didn't he? No matter where you live in world, it is important when you want something, to make sure to ask nicely and say please and thank you. Sometimes, even when you say please and thank you, your parents will NOT give you what you want. It is NOT polite to be like the wombat who made noise and destroyed things until he got his way. Sometimes you have to accept a "no" and be pleasant about it.



FOOD, FUN & CULTURE

Mama Panya's Pancakes

by Mary and Rich Chamberlin illustrated by Julia Cairns

Country Highlighted: Kenya

Nutrition: Grain Food Group

Physical Activity: Walking to the Market

Snack: Mama Panya's Pancakes

Lesson Objectives:

Children will learn there are three parts of a whole grain.
Children will learn about MyPlate and the five food groups.

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate or MyPlate Food Group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Mama Panya's Pancakes* book by Mary and Rich Chamberlin ; Illustrated by Julia Cairns (Mailed Feb 2021 or given at 2020 4H fall trng)
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Inflatable globe ball (mailed Feb 2021 or given at 2020 4H fall trng)
- Poly color dots to place on floor (given at 2018 conference)
- Grains kit (in Captain CREATE materials given at 2019 conference – kit is flat clear

box with types of grains and grains food models. GRAIN FOODS ARE NOT WITH OTHER FOODS- BUT WITH THE FLAT CLEAR GRAINS KIT BOX. In particular from the Grains kit you will need: *Grain model foods, bagels, pancakes, whole wheat bread, crackers

- Whole grains interactive hard poster (in Captain CREATE materials given at 2019 conference)
- White and wheat bread food replicas (given at 2018 CBH conference)
- Basket (from Captain CREATE large plastic bag given at 2019 conference)
- iPad mini and speaker for the song Let's Go To The Market Song by Sophies' world <https://youtu.be/k0Y3bYRC5QU>

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative

Today we are going to read a book titled *Mama Panya's Pancakes*. Show book. This is a village tale from Kenya about a boy named Adika. Let's see where Kenya is on the globe. Hold up inflated globe ball. Does anyone know? Have students guess. It is in Africa! Point to Africa on globe. Adika is so excited to help his mother go to the market and buy ingredients for pancakes. Listen to how Adika shows his generosity and friendship. Watch for clues about what is making Mama Panya worry. We will learn about grains in this story and specifically talk about whole grains and MyPlate. Have you ever seen this? Show MyPlate plate or poster. We will talk more about MyPlate, whole grains and Mama Panya's traditional pancakes after I read the book.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle.
- Ask kids to "sit on their pockets".
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

Mama Panya's Pancakes is a short, engaging book that is fun to read to kids. Consider using an animated voice when reading the parts with Adika and change the voice for Mama Panya, as she worries about how to feed pancakes to all the people.

After reading the book:

Sample teacher narrative:

It was fun to see everyone Adika and his mama visited with on the way to the market. What was the main ingredient that Mama Panya needed to make the pancakes? Allow children to give answers. That's right! Adika and Mama Panya were on the way to the market to buy flour for their pancakes. On the way, Adika invited a lot of people to eat with them. What do you think Mama Panya was worried about the most? Students answer. That's right, she was worried that she wouldn't have enough flour to make pancakes for all the friends that Adika invited to her pancake feast. Did she end up having enough flour to make the pancakes? How was she able to make enough? Students answer. Adika was so generous to invite the people of the village and the people of the village were so generous with making sure there were enough pancakes for everyone.

Pancakes are in the grains group of MyPlate. Remember MyPlate? Show MyPlate plate or poster. Boys and girls from all around the world need to eat healthy foods. MyPlate helps us identify categories of foods that are good for us. There are so many kinds of grains to eat from the grain group. Who knows what kinds of foods are made of whole grains? Allow students to give some possible answers. Hold up plastic grains foods from kit if they mention those foods. Mention other grains in the grain group if students do not name them.

Did you know there are three different parts to a kernel of grain? (Show grains part poster) A whole grain has three parts. Point to all three and say the names. If a grain is a whole grain it has all three. When a grain is refined some parts are removed. The bran is removed. Tear the bran off. The germ is also removed. Tear the germ off. So, a kernel of whole grain is made up of three parts and a refined grain has only one part— something called an endosperm. Which do you think is healthier? (Allow kids to guess.) It is better to have ALL the parts. At least half of the grains we eat each day should be whole grain.

Show the children the bread models. The darker brown slice of bread is a whole grain and just like whole wheat flour, it was made with all the parts of the grain—the "whole

grain.” Show the white bread model. When making this white bread the bran and germ are removed. Which of these two breads (show both) do you think are a healthier choice? (Allow children to guess.) That’s right the whole grain bread is better for us. Remember that half of our grains each day should be whole grains!

Grains provide a nutrient called carbohydrates. Carbohydrates give us energy. Raise your hands if you like to (list a variety of activities: swim, swing, dance, run around, jump on the trampoline, play on the playground etc). To be able to do all those things, we need to make sure we eat foods from the grain category. Being active is also an important part to staying healthy. Let’s use our energy and play a game!

Thank you for reading Mama Panya’s with me today and learning more about the country of Kenya, family traditions and how grains can make yummy pancakes. Now let’s play a fun game!

Physical Activity: Walking to The Market

Instructor Note: Place bagels, pancakes, whole wheat bread, crackers from whole grains kit into basket ahead of time. Download “Let’s go to the market” song ahead of time on ipad mini or plan to play youtube video of song. Search “Let’s go to the market” in youtube for it.

Now that we’ve read about Mama Panya and Adika going to the market, we are going to play a game called Walking to the Market. Are you ready to get active and move around?

Instructor explains how to play the game and gets the music ready. The class forms a circle. In the middle of the circle is an orange color dot for the color of grains on MyPlate. The students pass around a basket with whole grain foods in it. The instructor will play the song Lets Go to The Market. The basket is passed around as the music is playing. The teacher will randomly pause the music and the person holding the basket, reaches in and picks out a whole grain food. The student chooses a physical activity like high jumps, and high jumps to the center of the circle and places the grain on the orange color dot.

The rest of the students in the circle are also doing high jumps in place at the same time as the first student. Some other suggestions would be running in place as fast as you can, doing squats, arm circles, skipping in place, burpees, the worm (with enough space).

When the song gets to the part about grains, the whole circle starts walking in a circle

(before the game starts make sure to let the class know that when the words grains is said then they will start walking in a clockwise direction, in a circle.)

As each specific grain food is mentioned in the song, the circle of students will switch directions of walking. For example, as soon as the students in the circle hear the word grains, they start walking in a clockwise circle, as the song says wheat bread, they switch directions and walk counter clockwise, then the song says bagels and they switch back to walking clockwise and so forth through all of the grains that are mentioned in the song. The teacher will can pause the song during this section if children aren't able to switch direction fast enough.

After the grains section is sung, the circle of students will stop walking in a circle and start passing the basket around the circle. The teacher will go back to randomly pausing the song, the student holding the basket will choose a physical activity and do it while going to the middle of the circle and places a grain food on the orange circle in the middle of the group. If it is a larger class, then break up the class in two smaller groups in different parts of the classroom.

Healthy Snack:

Mama Panya's Pancakes

From Mary and Rich Chamberlin

Ingredients (makes about six pancakes)

- 1 ¼ cups flour (the original recipe calls for white flour (To make more nutritious, try half whole wheat and half white flour. Pancakes are very heavy with 100% whole grain flour.)
- 2 cups cold water
- 1/3 cup vegetable or sunflower oil
- ½ teaspoon salt
- ½ teaspoon cardamom or nutmeg
- ½ teaspoon red pepper flakes, crushed (optional)

Instructions

In a bowl, mix all the ingredients with a fork.

Pre-heat a non-stick pan (no oil is needed) at a medium to low setting.

Ladle ¼ cup of batter into the middle of the pan. Tilt the pan to spread the batter to about the size of a grapefruit.

Cook until you see tiny bubbles in the pancake, then gently flip it over. When the second side begins to pop up from the heat, the pancake is ready.

In Kenya, pancakes are often served rolled up with fruit, jam, nuts or meat inside.

Instructor Note: If you make pancakes ahead of time, quickly cut them into small sections and place inside a paper towel and towel, they stay warm quite a while. Pancakes are tasty cold as well.

While enjoying the snack review the lesson

Ask children:

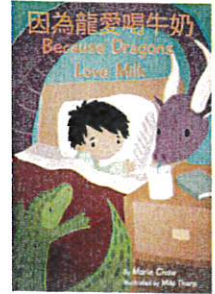
I did something today to make our pancakes healthier. Instead of using only white flour- I made the pancakes with half white and half wheat flour. This provides more nutrients and fiber. Do you remember this? Show whole grains poster. When all three parts of the grain (pull off parts and place back on), then a grain is a whole grain. At least half of our grains each day should be whole grains. I hope that you can remember Mama Panya and MyPlate and how they both taught us more about whole grains and sharing what we have with others.

FOOD, FUN & CULTURE

Because Dragons Love Milk

by Marie Chow Illustrated by Miki Tharp

Country Featured: China



Nutrition: MyPlate Dairy Group

Physical Activity: Chopstick Pickup

Snack: Japanese Strawberry Milk

Lesson Objectives:

- Children will gain understanding of the MyPlate dairy food group
- Children will learn that foods from the dairy group provide calcium which helps build strong bones and teeth.

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate or MyPlate food group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Because Dragons Love Milk* by Marie Chow and Illustrated by Miki Tharp (mailed Feb 2021 with youth curr or given at 2020 4H fall trng)
- MyPlate Plate or MyPlate Chart or MyPlate Poster (in Food, Fun and Reading kit 2018 conf)
- Large Plastic Bone (in Food, Fun and Reading kit 2018)
- Plastic Teeth Puppet (in Captain CREATE kit 2019 conference)

- Two sets large chopsticks (mailed Feb 2021 with youth curr)
- Dairy Plastic Food Models (2 glasses of milk, 2 cartons of yogurt, 2 scoops of ice cream, 3 slices cheddar cheese, 2 slices swiss cheese and 2 ice cream sandwiches (in Captain CREATE foods kit -Given at 2019 conference - plastic tub with blue lid*). *Plastic food models may vary in kits.
- Plastic food models from other food groups- no combination foods. (in Captain CREATE foods kit -Given at 2019 conference - plastic tub with blue lid*).
- Taste experience ingredients and supplies (listed in Taste Experience section)
- Inflatable globe ball (mailed Feb 2021 with youth curr or given at 2020 4H fall trng)

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

We are reading a book today titled “Because Dragons Love Milk”. Show book. Can you see that there is a different language above the English title? Can anyone guess which language it is? Allow students to guess. It is Chinese! China is found all the way across the globe here. Point at China on inflated globe ball. A little boy named Tycho is going to share a glass of milk with a dragon! It is important for boys and girls from all around the world to eat healthy and be active. Milk is in the dairy group of MyPlate. Have you seen this before? Show MyPlate. This is the dairy group. Point to dairy group. MyPlate has five groups and guides us in what to eat every day to be healthy. After I read the book we will talk more about dairy foods and how they are good for your body.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

Point out that the story is written in English but also with Chinese characters. Show how different Chinese writing is from English. Point out on the last page that the dragon is enjoying drinking the milk with a straw while the little boy sleeps. He is getting his dairy food!

After reading the book:

Sample Instructor Narrative:

Now we know why dragons can be cranky- their throats are sore! It's a good thing Tycho's father knew what to do by putting out a glass of milk for him! Did you notice on the last page that the dragon was drinking his milk with a straw while Tyco slept?

As I said earlier, milk is in the dairy group of MyPlate. Show MyPlate plate or poster. Notice there are five sections. Point to each section as you name it. They are: Grains, Protein, Vegetables, Fruit and Dairy. but today we will focus on dairy. Many different foods are in the dairy group.

Which other foods are in the dairy group? (Show the plastic dairy foods to prompt responses.) That's right—cheese, cottage cheese, yogurt and ice cream are all in the dairy group. What are all of these foods made from? (Let kids answer—milk!) Who knows where milk comes from? Does it come from the grocery store? From a chicken? No! It comes from a cow.

Dairy group foods are high in the nutrient calcium. Can you guess how calcium helps us? Here's a hint: it makes this part of our body nice and strong! (Show bone.) You're right! Calcium helps us have strong bones. There is another part of our body that calcium helps make strong. Everyone look at me and give me a nice big smile. Can you guess what other body part calcium helps with? What are you showing me when you smile? Your teeth! Calcium is important so we have strong bones and teeth!

Did you know that physical activity is also an important part of building healthy bones? Let's play a fun game now!

Physical Activity: Chopstick Pick Up

Supplies Needed and preparation before lesson: Two sets of large chopsticks, four bowls, plastic play foods – all dairy and some others that are not combination foods. Have at least enough foods for each child. Split dairy foods between two bowls. Separate other foods and add to bowls. Each team should have the same number of dairy foods and the same number other food group foods.

Today we will be playing a fun game called Chopstick Pick Up. Show a set of the chopsticks. Who knows what these are? Allow children to answer. In Japan and other Asian countries people prefer to use chopsticks rather than forks to eat. Just for fun, we will be using huge chopsticks to play our game.

Separate children into two teams. Place a bowl with plastic food at the beginning of each line. Place empty bowl 6 feet or so away for each team. Give each child at the beginning of the line a large set of chopsticks.

Each team will begin with the first person in line taking the chopsticks to pick up a food. CAREFULLY WALK to the other bowl and drop it in and then carefully walk back and give chopsticks to the next person. Another version of the game - You could also have the child pick up the food with the chopsticks, drop the chopsticks in the bowl after the food is in their hand and then run the food to the other bowl and run back. The next child would pick up chopsticks in bowl to pick up food and then continue. Continue until all foods are in the empty bowl.

Following the game, the instructor will pull class together and go through foods in both bowls. Hold up foods that are in the dairy group and review which are dairy and which are not.

Healthy Snack: Japanese Strawberry Milk

Basic Recipe – Makes 4 (8 oz) servings

2 cups milk

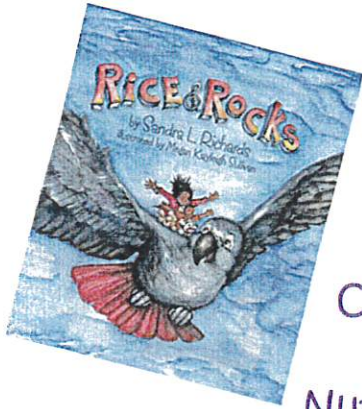
1 cup frozen strawberries

Sugar to taste – start with 1 Tbsp and taste. Use no more than 2 Tbsp

Put all ingredients in blender and blend well. Serve immediately.

While enjoying the snack review the lesson

Strawberry milk is very popular in Japan and other Asian cultures. Strawberry milk that people purchase in Japan is often full of sugar and additives. Our recipe today was made with much less sugar and is still sweet from the taste of the strawberries, so it is healthier for us. Do you think this strawberry milk would help the dragon's parched and dry throat since he's been breathing fire? Of course, it would! Milk and other dairy foods help humans with things too! Who remembers what parts of our bodies are stronger from the calcium provided through dairy foods? Show large plastic bone and plastic teeth puppet to demonstrate.



FOOD, FUN & CULTURE

Rice and Rocks

by Sandra L. Richards illustrated by Megan Kayleigh Sullivan

Countries Highlighted: Jamaica, Japan, Puerto Rico, USA

Nutrition: Protein Food Group

Physical Activity: London Bridges Falling Down – Make New Friends

Snack: Rice and Beans

Lesson Objectives:

- Children will gain understanding of the MyPlate food group Protein
- Children will learn that different cultures share similar traditions and meals.

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate or MyPlate food group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Rice and Rocks* by Sandra L. Richards ; Illustrated by Megan Kayleigh Sullivan (Mailed Feb 2021 or given at 2020 4H fall trng)
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Inflatable Globe Ball (Mailed Feb 2021 or given at 2020 4H fall trng)
- Bean samples (Mailed Feb 2021)
- Ipad mini and speaker (to play London Bridge is falling down)

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative

Today we are going to read a book titled *Rice and Rocks*. Show book. This is a story about a boy named Giovanni who is worried his friends might not like his family's traditional Sunday dinner meal of rice and beans. His friends are from different countries. Let's look on this globe where each country is located. Emily is from Puerto Rico. Aaron is from Japan. Gabby is from the United States – New Orleans, Louisiana specifically. And their host Giovanni is from Jamaica

We are also going to learn about the Protein group in MyPlate. Have you ever seen this? Show MyPlate plate or poster. We will talk more about MyPlate and traditional family meals after I read the book.

Tips for reading to a group of children:

- *Read the book ahead of time so you are familiar with it.*
- *Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle.*
- *Ask kids to "sit on their pockets".*
- *Hold book up high and slowly show it around the entire circle so all kids can see.*
- *Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.*

Tips for Increasing Engagement While Reading the Book:

Rice and Rocks is a little long. The story may need to be told, rather than read. To make the story shorter you may consider skipping parts that aren't related specifically to the food. For example, skip pages that talk about each country birds or skip pages that talk about football in Puerto Rico.

After reading the book:

Sample teacher narrative:

Giovanni was so nervous that his friends wouldn't enjoy his family's traditional Sunday meal, wasn't he? What did he find out? Allow children to give answers. That's right! All of the children had eaten rice and beans as part of their family tradition. Do you remember

which countries each of the children were from? Hold up inflated globe ball. Let's see where the countries are on the globe while we talk about which kind of beans were used in recipes. Show types of beans when you talk about each.

Emily is from Puerto Rico. Called Arroz con gandules, rice and beans are made with rice and pigeon peas.

Aaron is from Japan. Red rice boiled with red adzuki (or red mung) beans is a traditional Japanese dish.

Gabby is from the United States – New Orleans, Louisiana specifically. They make rice and beans using red beans and rice.

Giovanni's family is from Jamaica. Traditional Jamaican rice and beans are made using kidney beans.

Let's look at MyPlate again. Show MyPlate plate or poster. Boys and girls from all around the world need to eat healthy foods. MyPlate helps us identify categories of foods that are good for us. See the protein section? All these types of beans can be found in the protein group. The Protein group includes foods that are animal-based and some that are plant-based. Animal based protein include eggs, chicken, pork, and beef. Which type of protein do you think beans are? Are they animal or plant based? They are plant based! Any ideas on what other plant foods may give us protein? Nuts, like peanuts, almonds, and walnuts, and nut butters, like peanut butter are also protein foods from plants!

The Protein group is really high in one certain nutrient. Who knows which nutrient is found most in the PROTEIN group? (Allow children to guess - they most likely will know protein). I'll give you a hint: the nutrient is the name of the food group! That's right! Protein can be found in the protein group! What does protein do? I'll give you another hint. Let's all hold up our arms and make fists to show our arm muscles. See those muscles? Protein help our body build them and make us strong. Protein is also important to make our hair, nails and skin healthy and strong. If we get hurt, protein also helps our bodies heal.

Physical Activity: London Bridges are Falling Down – Make New Friends

Choose 2 children to create an arch. Have them face each other and hold hands above their head. Clasp together. Other children line up so they can walk under the arch. Children in line will keep walking quickly under the arch. As the rhyme gets to the end the

children who are making the arch will try to catch a child inside the arch. Change the two children who are making the arch after each cong.

Play London Bridges are Falling Down song (on youtube - see direct link above) OR sing together:

London Bridge is fall down, falling down, falling down. London bridge is falling down, my fair lady.

London Bridge is fall down, falling down, falling down. London bridge is falling down, my fair lady.

Build it up with iron bars, iron bars, iron bars. Build it up with iron bars, my fair lady.
Build it up with iron bars, iron bars, iron bars. Build it up with iron bars, my fair lady.

Iron bars will bend and break, Bend and break, bend and break. Iron bars will bend and break, my fair lady.

Iron bars will bend and break, Bend and break, bend and break. Iron bars will bend and break, my fair lady.

Build it up with needles and pins, needles and pins, needles and pins. Build it up with needless and pins, my fair lady.

Build it up with needles and pins, needles and pins, needles and pins. Build it up with needless and pins, my fair lady.

Pins and needles rust and bend, rust and bend, rust and bend. Pins and needles rust and bend, my fair lady.

Pins and needles rust and bend, rust and bend, rust and bend. Pins and needles rust and bend, my fair lady.

Complete Song can be found at: <https://www.youtube.com/watch?v=0-Y7QI3fMs0>

Variation of London Bridge is Falling Down. Sing "Make New Friends"
Make new friends but keep the old. One is silver and the other gold.

On "gold" capture the child going under the bridge. Then ask the child what their favorite food is and have them show you where on MyPlate that food would be. You can either

line them up behind the bridge makers according to their food choice or return them to the London Bridge moving line.

Healthy Snack:

Crockpot or Skillet Red Beans and Rice

4 cloves garlic (minced)
2 cans red beans, rinsed and drained
1/2 cup chopped summer sausage
1 large onion (chopped)
1 ½ cup celery (chopped)
1 large bell pepper (chopped)
4 cups water
2 tsp Creole seasoning
Salt and pepper to taste
3 cups cooked rice

Directions

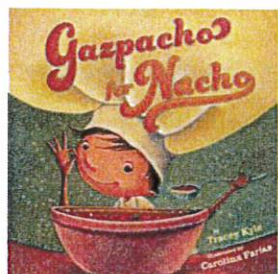
Crockpot Version: Prepare small red beans by rinsing and soaking the beans overnight. Rinse and prepare veggies. Add all ingredients except spices and rice to the crockpot. Cook in crockpot on low for 6-7 hours, or high for 3-4 hours. Add all of the spices and mix. Serve over heated rice.

Skillet Version: Add all ingredients and simmer for 5-10 minutes. Add cooked rice or serve over rice.

While enjoying the snack review the lesson

Ask children:

Wasn't it interesting to learn that beans and rice were family traditional meals for all the children attending Sunday dinner? Families from Jamaica, America, Puerto Rico and Japan all make rice and beans. Do your families have any foods they like to make as a tradition? Do you remember which ingredient in Rice and Beans is in the Protein food group? Beans! Let's look at the different kinds of beans again while we enjoy our treat.



FOOD, FUN & CULTURE

Gazpacho for Nacho

by Tracey Kyle, illustrated by Carolina Farias

Countries Featured: Spanish speaking countries such as Spain and Mexico

Nutrition: Children will learn about eating a rainbow of vegetables and to try new foods

Physical Activity: Veggie Shuttle Run

Snack: Gazpacho for Kids (Salsa)

Lesson Objectives:

- Children will learn it is important to eat a variety of foods in MyPlate to be healthy.

Children will learn different colors of vegetables provide different vitamins and minerals

- Children will learn why it is important to try different foods

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate vegetables group and Spanish speaking countries
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Gazpacho for Nacho* book by Tracey Kyle, illustrated by Carolina Farias (mailed Feb 2021 or given at 2020 4H fall trng)

- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Laminated 11 x 17" Eat a Rainbow of Vegetables Poster and Different Colored Vegetable Posters - Yellow, Orange, Red, White, Purple (from FFR kit given 2018 conference). If you cannot find them e:mail darlene.christensen@usu.edu to replace
- Inflatable globe ball (mailed Feb 2021 or given at 2020 4H fall trng)
- Two large scoops (mailed Feb 2021 or given at 2020 4H fall trng)
- Plush eyeball (given at 2019 conf as part of Captain CREATE kit)
- Icky Sicky plush doll (given at 2019 conf as part of Captain CREATE kit)
- Vegetable food models (plastic models inside clear plastic container) from Captain CREATE kit given at 2019 CBH conference OR Print vegetable food models at <https://www.usdairy.com/news-articles/nutrition-education-with-visual-food-models>
- Ingredients for Kid Friendly Gazpacho (Rainbow Salsa) and small containers
- Small Jicama

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

Today we are going to read a book about a boy named Nacho who lives in Spain, a country where they speak Spanish. Show book. In the book Nacho's Mami tries to get Nacho to eat different foods but he only wants to eat one food: Gazpacho. Pay attention to the different foods his Mami tries to feed him, and how many different vegetables there are at the market. When I am done reading the book, I'm going to ask you what made him change his mind. We are also going to talk about this. Hold up MyPlate poster or plate. There are five food groups on MyPlate but the one we are talking about today is the vegetable group. Point to the vegetable group. Boys and girls from other countries need to eat healthy foods from MyPlate, just like you. As I read the book you will notice that Nacho and his mom use a lot of words in Spanish. Spanish is spoken in many different countries. Can you name any? Allow children to guess There are 21 countries that speak Spanish as their official language! Show a few countries on the inflated globe. The countries are: Puerto Rico: Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Equatorial Guinea, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Spain, Uruguay, and Venezuela.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

This book has many Spanish words throughout the text, so be ready to translate. If you don't know how to pronounce the Spanish words—type them into an internet search engine and push play on the microphone to hear it. Become familiar with Spanish words before reading to children. Some children may be Spanish speaking - if so ask them to help pronounce the words. A list of Spanish/English words are included in the lesson for your reference.

After reading the book:

Sample teacher narrative:

At the beginning of the book, what food was it that Nacho only wanted to eat? Let's say it together. Gazpacho. Getting to pick out all of the fun vegetables and cooking with his mom helped Nacho want to try different foods. It can be fun to try new vegetables and other foods. Show Jicama. This is a vegetable some of you may not have tried before. Does anyone know which country it is from? Mexico. Hand out slices of Jicama for children to taste.

Hold up the MyPlate poster or plate again. Remember how we looked at MyPlate before? It helps us to know how to eat in a healthy way. It reminds us to eat healthy foods from each of the food groups each day. Which group are we talking about today? (allow children to say vegetables) That's right! Do you remember all the different vegetables Nacho and his mom used to make the Gazpacho? (allow children to name a few—those mentioned are: onions, potatoes, spinach, cucumbers, lettuce, corn, avocados, tomatoes.)

Notice how the vegetable are different colors? Did you know that you should try to “eat the rainbow” when eating fruits and vegetables? (show main poster Eat a Rainbow of Colors with rainbow). What do you think that means? Vegetables come in all different colors- and the different colors help us to stay healthy in different ways— that's why it is important we eat all the

colors. Different colored vegetables give our bodies different vitamins and minerals which is important to help our bodies and brains grow strong and healthy. Some vegetables provide Vitamin A which helps keep this healthy. Show plush eyeball. Vitamin A helps keep our skin and eyes healthy. Many vegetables also have Vitamin C. Raise your hand if you have had a sore throat. Has anyone had an upset tummy? Have you felt like this and had to miss school? Show icky sick doll. Vitamin C can help our bodies fight infection and keep colds and flu away.

Physical Activity: Gazpacho Veggie Relay

You will need: Plastic vegetable food models, two large scoops, four bowls. Ahead of time: Split plastic vegetable food models into equal number and place in two bowls.

Split children into two different lines. Place a bowl of vegetable food models at the beginning of each line with one scoop. Place an empty bowl at the other side of room for each line. The first child in each group will grab a vegetable and place it inside the scoop, run it to the empty bowl and drop it, then run back with the scoop. The child needs to tag the next in line as say loudly Gazpacho and hand off the scoop! Continue until all vegetables are in empty bowls.

INSTRUCTOR NOTE: Depending on the age of the group you may want to do different things. Adjust the game to the age of children. Decide what happens if you drop the vegetable—do they have to go back to the beginning of the line?

Healthy Snack:

Gazpacho for Kids (Rainbow Salsa)

- 6 tomatoes
- 1 orange bell pepper
- 1 can sweet corn, drained & rinsed
- 1 jalapeño (optional or remove all seeds to make less hot)
- 1 lime
- 1 bunch cilantro
- 1 purple onion
- 1 can low-sodium black beans, drained & rinsed
- 1 Tbsp cumin
- 1 tsp salt

Core and dice tomatoes. Dice orange bell pepper. Finely dice jalapeño. Remove all seeds and

white interior to make mild salsa for children. Juice lime. Chop cilantro and purple onion. Mix all ingredients in a large bowl.

Instructor Note: Make salsa ahead of time and allow at least 30 minutes so flavors will meld together. Serve with low sodium tortilla chips.

While enjoying the snack review the lesson

Ask children:

What are some of your favorite vegetables? Were they in the book? Show the Eat a Rainbow of Colors posters. The vegetables in the gazpacho were different colors. We want to eat different colored vegetables because they offer different nutrients for our bodies. As time allows, show individual color posters as you talk about each vegetable's color in gazpacho. Different Colored Vegetable Posters are Yellow, Orange, Red, White, Purple. Vegetables in Gazpacho were: onions, potatoes, spinach, cucumbers, lettuce, corn, avocados, tomatoes.

Gazpacho for Nacho	Spanish	English
	aguacates	avocados
	ajo	garlic
	alimentos	foods
	Ay!	Oh!
	bambu	bamboo
	batidora	mixer
	casa	house
	cebollas	onions
	chorizo	a type of sausage
	churros	a type of fritter--a batter fried food
	cocinero	chef
	croquetas	a breaded fried food
	de prisa	fast
	el trabajo	the job
	espinacas	spinach
	flan	a type of custard dessert
	Gazpacho	a cold tomato soup
	gusto	taste
	hora	hour
	La cena	dinner
	leche	milk
	lechuga	lettuce
	legumbres	vegetables
	lentejas	lentils
	maiz	corn
	Mami	Mommy
	manchego cheese	a type of sheep's milk cheese from central Spain
	mas	more
	muchacho	boy
	nino	boy
	No es justo	It's not fair
	Ole!	a cheer like Bravo! or Hurray!
	olla	cooking pot
	pan	bread
	papas	potatoes
	pepinos	cucumbers
	pescado	fish
	pimientos	peppers
	plato	plate
	Plaza	a public square
	puestos	market stalls
	sal	salt
	setas	mushrooms
	silla	chair
	sombrero	hat
	sonrisa	smile
	tomates	tomatoes
	tortilla	a flat bread
	y	and