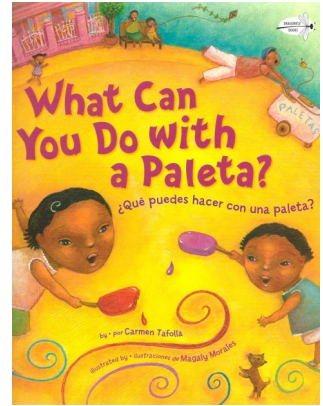


# FOOD, FUN & CULTURE

## What Can you do with a Paleta? OPTION 1 Fruits Lesson

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
- MyPlate poster or plate
- Inflatable Globe Ball
- “Icky Sicky” plush doll
- Plastic play food (in clear tub with blue lid) - fruits
- Ingredients for Fruit Paletas or Fruit Frozen Yogurt in a bag
- Ipad and speaker

**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 a neighborhood in Mexico. Mexico is a large country to the south of the United States. Show Mexico on an 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? I need 5 volunteers. Come up and select a fruit that is one of your favorites. Allow children to pick up fruit (depending on the size of class- each student could pick up fruit). Ask each child how they like to eat the fruit and when. Fruit can be fresh, frozen, canned, dried, etc. Talk about that. 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](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

Ice pop molds or small paper cups and popsicle sticks

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, or small paper cups then add the blended mixture. Add popsicle stick if using small paper cups. Place 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.