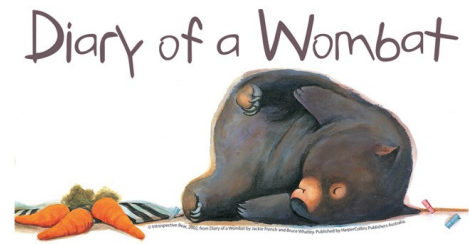


FOOD, FUN & CULTURE

Diary of a Wombat - OPTION 1 Grains Lesson

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
- MyPlate poster or plate
- Captain CREATE Grains kit (flat clear plastic box separate from other clear plastic tote of foods with blue lid)
- Inflatable Globe Ball
- Two - four (depending on class size) MyPlate inflatable balls (
- 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
- ¼ 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 long 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.

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EXTENSION
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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 additional 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.