



FOOD, FUN & CULTURE

Mama Panya's Pancakes – OPTION 2 Grains Lesson

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
- MyPlate poster or plate
- Inflatable globe ball
- Poly color dots to place on floor
- Whole Grains 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
- White and wheat bread food replicas
- Basket
- iPad 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.