



FOOD, FUN & CULTURE

Cora Cooks Pancit - Option 1 My Plate

by Dorina K Lazo Gilmore Illustrated by Kristi Valiant

Country Featured: Philippines

Nutrition: MyPlate

Physical Activity: Filipino Kids Game Sipa

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
- Inflatable Globe Ball
- Balloons or make sipa balls ahead of time (see Physical Activity for instructions)
- 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: Filipino Kids Game Sipa

Sipa <https://www.youtube.com/watch?v=832cRINwJwsor>

Sipa is a game that originated in the Phillipines. It is similar to hacky sack and uses something called a sipa- which is a washer with yarn tassle. It is easy to make a sipa- find instructions for making one and playing the game here:

[https://www.wikihow.com/Play-and-Make-Improvised-Sipa-\(Kick\)](https://www.wikihow.com/Play-and-Make-Improvised-Sipa-(Kick))

However, the sipa may be too small for younger children to be able to play, so using balloons to play the game may work best.

1. If you have a larger group of children, you can split them into two groups. Have the children form a circle.
2. Blow up a balloon, or balloons if multiple groups.
3. Have children try to keep the balloon from touching the ground by hitting it with their hands or feet to each other.

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.