



FOOD, FUN & CULTURE

Bee-bim Bop! OPTION 2 - MyPlate

by Linda Sue Park Illustrated by Ho Baek Lee

Country Featured: Korea

Nutrition: MyPlate

Physical Activity: Balancing MyPlate

Snack: MyPlate Bee-bim bop (please use the recipe in the lesson NOT the one in the book). Werved 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
- Inflatable Globe Ball
- Two Paper MyPlate plates
- Large chop sticks
- Four baskets or bags (for smaller class size – 2)
- MyPlate plastic play foods models (plastic models inside clear plastic container with blue lids PLUS Whole Grains foods models (will be

with Whole Grains kit in separate flat container)

- 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.

Sample Instructor Narrative:

Today we are going to read a book about a family from Korea having dinner together. “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, 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.

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? Let’s talk about them and which food group they belong to in MyPlate.

Eggs, “skinny strips of meat”—protein

Garlic, onion, spinach, sprouts, carrots--vegetables

Rice—grains

There are two other food groups. They are Dairy and Fruit. 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.

Let's look again at the different ingredients in the Bee Bim Bop recipe we will be making today and which food group they are in. Point to different food groups on plate when you mention the foods. Now, there's one food group not found in the recipe. Who can tell me what it is?

That's right! It is the fruit group. What could we do to include fruit in the meal? 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); 4 baskets or bag

Sample Instructor Narrative in blue

Instructions:

Split class into two teams. (For smaller classes just line up all students). Place one basket at start of each line. Place another basket across the room.

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 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.

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

Please use this recipe instead of the recipe in the story book. This recipe includes cheese so more MyPlate groups are represented. Prepare separate ingredients prior to the lesson.

Vegetables

Mix of Vegetables – totaling app 4 cups

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 3 cups 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 stone 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.

Serve with fruit to complete MyPlate

Bring chunks of pineapple or mandarin oranges to complete MyPlate food groups when giving out snack.

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.

While enjoying the snack review the lesson

Do you remember which country the family was from that made and enjoyed Bee Bim Bop? Korea! Let's look and see where Korea is in the world. It is part of Asia. Point to the country on the inflated globe.

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.

Instructor Tip: <https://www.youtube.com/watch?v=dkJhLx7sbZ0> is a good video on Korean chopsticks

Optional – Provide chopsticks to each student.