



# FOOD, FUN & CULTURE

## Rice and Rocks OPTION 1 Protein Lesson

by Sandra L. Richards illustrated by Megan Kayleigh Sullivan

**Countries Highlighted:** Jamaica, Japan, Puerto Rico, USA

**Nutrition:** Protein Food Group

**Physical Activity:** London Bridges Falling Down – Make New Friends

**Snack:** Rice and Beans

### Lesson Objectives:

- Children will gain understanding of the MyPlate food group Protein
- Children will learn that different cultures share similar traditions and meals.

### 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:

- *Rice and Rocks* by Sandra L Richards ; Illustrated by Megan Kayleigh Sullivan (Mailed Feb 2021 or given at 2020 4H fall trng)
- MyPlate poster or plate (in FFR kit given at 2018 conference)
- Inflatable Globe Ball (Mailed Feb 2021 or given at 2020 4H fall trng)
- Bean samples (Mailed Feb 2021)
- Ipad mini and speaker (to play London Bridge is falling down)

**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 *Rice and Rocks*. Show book. This is a story about a boy named Giovanni who is worried his friends might not like his family's traditional Sunday dinner meal of rice and beans. His friends are from different countries. Let's look on this globe where each country is located. Emily is from Puerto Rico. Aaron is from Japan. Gabby is from the United States – New Orleans, Louisiana specifically. And their host Giovanni is from Jamaica

We are also going to learn about the Protein group in MyPlate. Have you ever seen this? Show MyPlate plate or poster. We will talk more about MyPlate and traditional family meals 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:**

*Rice and Rocks* is a little long. The story may need to be told, rather than read. To make the story shorter you may consider skipping parts that aren't related specifically to the food. For example, skip pages that talk about each country birds or skip pages that talk about football in Puerto Rico.

#### **After reading the book:**

##### Sample teacher narrative:

Giovanni was so nervous that his friends wouldn't enjoy his family's traditional Sunday meal, wasn't he? What did he find out? Allow children to give answers. That's right! All of the children had eaten rice and beans as part of their family tradition. Do you remember

which countries each of the children were from? Hold up inflated globe ball. Let's see where the countries are on the globe while we talk about which kind of beans were used in recipes. Show types of beans when you talk about each.

Emily is from Puerto Rico. Called Arroz con gandules, rice and beans are made with rice and pigeon peas.

Aaron is from Japan. Red rice boiled with red adzuki (or red mung) beans is a traditional Japanese dish.

Gabby is from the United States – New Orleans, Louisiana specifically. They make rice and beans using red beans and rice.

Giovanni's family is from Jamaica. Traditional Jamaican rice and beans are made using kidney beans.

Let's look at MyPlate again. 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. See the protein section? All these types of beans can be found in the protein group. The Protein group includes foods that are animal-based and some that are plant-based. Animal based protein include eggs, chicken, pork, and beef. Which type of protein do you think beans are? Are they animal or plant based? They are plant based! Any ideas on what other plant foods may give us protein? Nuts, like peanuts, almonds, and walnuts, and nut butters, like peanut butter are also protein foods from plants!

The Protein group is really high in one certain nutrient. Who knows which nutrient is found most in the PROTEIN group? (Allow children to guess - they most likely will know protein). I'll give you a hint: the nutrient is the name of the food group! That's right! Protein can be found in the protein group! What does protein do? I'll give you another hint. Let's all hold up our arms and make fists to show our arm muscles. See those muscles? Protein help our body build them and make us strong. Protein is also important to make our hair, nails and skin healthy and strong. If we get hurt, protein also helps our bodies heal.

### **Physical Activity:** London Bridges are Falling Down – Make New Friends

Choose 2 children to create an arch. Have them face each other and hold hands above their head. Clasp together. Other children line up so they can walk under the arch. Children in line will keep walking quickly under the arch. As the rhyme gets to the end the

children who are making the arch will try to catch a child inside the arch. Change the two children who are making the arch after each cong.

Play London Bridges are Falling Down song (on youtube - see direct link above) OR sing together:

*London Bridge is fall down, falling down, falling down. London bridge is falling down, my fair lady.*

*London Bridge is fall down, falling down, falling down. London bridge is falling down, my fair lady.*

*Build it up with iron bars, iron bars, iron bars. Build it up with iron bars, my fair lady.*  
*Build it up with iron bars, iron bars, iron bars. Build it up with iron bars, my fair lady.*

*Iron bars will bend and break, Bend and break, bend and break. Iron bars will bend and break, my fair lady.*

*Iron bars will bend and break, Bend and break, bend and break. Iron bars will bend and break, my fair lady.*

*Build it up with needles and pins, needles and pins, needles and pins. Build it up with needles and pins, my fair lady.*

*Build it up with needles and pins, needles and pins, needles and pins. Build it up with needles and pins, my fair lady.*

*Pins and needles rust and bend, rust and bend, rust and bend. Pins and needles rust and bend, my fair lady.*

*Pins and needles rust and bend, rust and bend, rust and bend. Pins and needles rust and bend, my fair lady.*

Complete Song can be found at: <https://www.youtube.com/watch?v=0-Y7Qi3fMs0>

Variation of London Bridge is Falling Down. Sing "Make New Friends"  
*Make new friends but keep the old. One is silver and the other gold.*

On "gold" capture the child going under the bridge. Then ask the child what their favorite food is and have them show you where on MyPlate that food would be. You can either

line them up behind the bridge makers according to their food choice or return them to the London Bridge moving line.

## Healthy Snack:

### Crockpot or Skillet Red Beans and Rice

4 cloves garlic (minced)  
2 cans red beans, rinsed and drained  
1/2 cup chopped summer sausage  
1 large onion (chopped)  
1 ½ cup celery (chopped)  
1 large bell pepper (chopped)  
4 cups water  
2 tsp Creole seasoning  
Salt and pepper to taste  
3 cups cooked rice

#### Directions

Crockpot Version: Prepare small red beans by rinsing and soaking the beans overnight. Rinse and prepare veggies. Add all ingredients except spices and rice to the crockpot. Cook in crockpot on low for 6-7 hours, or high for 3-4 hours. Add all of the spices and mix. Serve over heated rice.

Skillet Version: Add all ingredients and simmer for 5-10 minutes. Add cooked rice or serve over rice.

## While enjoying the snack review the lesson

Ask children:

Wasn't it interesting to learn that beans and rice were family traditional meals for all the children attending Sunday dinner? Families from Jamaica, America, Puerto Rico and Japan all make rice and beans. Do your families have any foods they like to make as a tradition? Do you remember which ingredient in Rice and Beans is in the Protein food group? Beans! Let's look at the different kinds of beans again while we enjoy our treat.