



# FOOD, FUN & CULTURE

## Duck for Turkey Day - OPTION 2 Protein Lesson

by Jacqueline Jules and Kathryn Mitter

**Countries Highlighted:** Vietnam

**Nutrition:** Protein Food Group

**Physical Activity:** “ốc sên, lá, kéo” (Snail, Leaf, Scissors)

**Snack:** Ground Turkey Lollipops on a stick

### Lesson Objectives:

- Children will gain understanding of the MyPlate food group Protein
- Children will learn that there are many different proteins that families enjoy during a celebration.
- Children will learn that the Protein food group provides the protein nutrition which helps build strong bones.

### 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:

- *Duck for Turkey Day* by Jacqueline Jules and Kathryn Mitter
- MyPlate poster or plate
- Inflatable Globe Ball
- Protein Flip Chart – if cannot locate e:mail Darlene.christensen@usu.edu

**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 *Duck for Turkey Day*. Show book. Let's look at the cover of the book. What do you think the book might be about? Allow children to give some answers. To me it looks like this little girl whose name is Tuyet is getting ready for a meal with her family- perhaps Thanksgiving.

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:**

The protein food group is being highlighted in this lesson- so spend extra time on the page in which the children talk about the different proteins they had for Thanksgiving.

**After reading the book:**

Sample teacher narrative:

Do you remember which country was Tuyet's family from? Allow children to respond. Vietnam – that's right. Let's see where it is on earth. Show Vietnam on the inflated globe ball.

It was nice to see that the tradition of eating duck in Vietnam wasn't that unusual. Other children enjoyed different main dishes as well. Each of these dishes provided a nutrient called protein. Can you say that with me? PROTEIN. Protein helps us build strong muscles.

Can everyone show me your muscles? Raise arms to make muscles. It is important to eat protein in order to keep our body 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.

Protein is a food group on MyPlate. Have you ever seen this? 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? I'm going to show you some photos. They are all different kinds of protein. In fact- they are all kinds of protein that the children in the book ate. Let's see if you can identify what they are. Then we will see who likes which kind of protein.

Show protein flipchart: Answers: Tuyet's family ate duck; Tarek's family ate lamb; Carolina's family ate enchiladas which had ground beef inside of them; Amy's family ate tofu turkey (tofu is made from soybeans which is a plant – but is high in protein); Jonathan's family ate roast beef; Phong's family ate chicken noodle soup (chicken is the protein).

### **Physical Activity:** “ốc sên, lá, kéo” (Snail, Leaf, Scissors)

Look up how to say/sing “ốc sên, lá, kéo” ahead of time by searching for pronunciation online.

This Vietnamese game is similar to America's Rock, Paper, Scissors. A snail replaces the rock. Snail is shown with a fist but with thumb sticking out. Leaf replaces paper but has the same motion. Scissors is the same as the American game. The snail beats the leaf, the leaf beats the scissors, and the scissors beat the snail.

Pair children up in groups of two. Have them play the game three times. To make the game more physically active children will need to jump, run in place or do some other physical activity while playing. Whoever wins will move forward to play again the winner from the group in front of them. The loser moves to the player behind them.

### **Healthy Snack:**

**Turkey or Beef Meatball Lollipops**

**Ingredients:**

Frozen Meatballs (they come in ground beef but also look for ground turkey or chicken)

Pretzels or Crisp Breadsticks for lollipop sticks

**Healthy Sauce options\* or Sauce recipe and ingredients**

\*Many ketchups and bbq sauces are very high in added sugar. Look at ingredients before purchasing - usually a “natural” ketchup will have less sugar.

Tip: placing the meatballs and sauce in a crockpot ahead of time to thaw works well for the lesson. Then serve each child a meatball and the lollipop stick (pretzel or crisp breadstick).

## While enjoying the snack review the lesson

Ask children:

Who can remember which nutrient is highest in the protein group? It’s pretty easy because the name of the food group is also the name of the nutrient! That’s right-protein!

And what does protein do for us? Builds strong muscles. Which of the proteins that we looked at are your favorites? There was one protein that was plant based – not animal based. Do you remember which one? (Tofu)