

Food, Fun, and Reading Curriculum Updates

January, 2013

What's New:

- The following changes should be made when presenting Food, Fun, and Reading to reflect the 2010 Dietary Guidelines for Americans and the new USDA food graphic, MyPlate. Visit <http://www.choosemyplate.gov/> for a step-by-step guide to healthful eating and physical activity.
- Always substitute MyPlate for MyPyramid.
- For your participants, calculate their daily food plan at <https://www.supertracker.usda.gov/myplan.aspx> .
- Order MyPlate poster from Team Nutrition (www.fns.usda.gov/tn)
- Download MyPlate Coloring sheets at <http://www.choosemyplate.gov/food-groups/downloads/MyPlate/ColoringSheet.pdf>

Please add the following additional activities, recipes, and books to each lesson in the curriculum guide.

Lesson 1: The Grains Group Update

Alternate feature book: *The Little Red Hen* by Paul Galdone. Houghton Mifflin Co., 1985. The little red hen finds none of her lazy friends willing to help her plant, harvest, or grind wheat into flour, but all are eager to eat the cake she makes from it.

Background information for the instructor:

Make at Least Half Your Grains Whole-Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often. Whole-grains contain the entire grain kernel: the bran, germ and endosperm. Whole grains are packed with healthy nutrients such as B vitamins, minerals, and dietary fiber. Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta.

Watch for food products labeled with words such as...wheat flour, multi-grain, stone-ground, 100% wheat, bran, cracked wheat...they are usually not whole-grain products. A whole grain should be listed as the first ingredient, such as **whole wheat flour**.

A child who is in pre-school through grade 2 should be eating 5 ounces of grains group each day. Half of the amount should come from whole-grains.

Nutrition lesson:

Substitute MyPlate poster for MyPyramid poster. Explain that MyPlate illustrates the five food groups a person should eat each day and that the colors red, green, orange, blue, and purple represent the five food groups. Point to the food groups and refer to the colors: grains, vegetables, fruits, *dairy**, *protein foods**. (*change of name).

Supplemental activities:

Looking at different forms of rice

Fill small jars, or bags, with varieties of rice, and share some rice facts with the children. For fun, you might want to include a jar of crisp rice cereal or puffed rice, and tell the class how it is processed.

Tasting breads from around the world

Encourage children to taste a variety of whole-grain breads, such as pita bread, tortillas, bagels, Matzo crackers, Pumpernickel bread, etc.

Name the bread

Pass a paper bag around and have each student reach in and take a picture of bread without looking or use real bread products and pass around a variety of breads and let the students touch and smell them. Talk about the shape, color and texture of the breads.

Ask each student: what type of bread do you have? Have you ever eaten this type of bread? What does it taste like?

Other books children might enjoy:

Cook-A-Doodle-Do by Janet Stevens and Susan Stevens Crummell. Sandpiper, August 1, 2005.

Take an old family recipe, add four funny friends, mix in some hilarious cooking confusion, and you have a delicious picture-book treat for children of all ages!

From Wheat to Bread by Stacy Taus-B olstad. Lerner Classroom, 2012.

How does wheat turn into bread? Follow each step in the food production cycle—from planting wheat seeds to eating toast with jelly—in this fascinating book!

From Wheat to Pasta by Robert Egan. Children's Press, 1997.

Bold, colorful photographs that show the complete process of turning raw materials into end products near and dear to kids' hearts. The lively narrative and detailed photographs clearly present each step in making pasta or ice cream. The large size and brief texts make these books useful for sharing aloud.

Jody's Beans by Malachy Doyle. Candlewick, 2002.

When Jody's grandfather comes to visit, he brings along a packet of seeds for them to plant. Through spring, summer, and fall, Jody watches her plants sprout, flower, and grow lots of beans. Soon, as Jody's parents await a new baby, Granda and Jody are picking the beans - and waiting for next spring.

Oh The Things You Can Do That Are Good For You by Tish Rabe. Random House Books for Young Readers, 2001.

The Cat in the Hat explains the basics of healthy living, from eating right and getting enough exercise and sleep, to having a positive body image, to the distance and speed of a typical sneeze!

The Tortilla Factory by Gary Paulson. Sandpiper; Reprint edition, 1998.

In clear and eloquent language, Gary Paulsen pays tribute to a cycle of life--from seed to plant to tortilla. Workers till the black soil, operate the clanking machinery of the factory, and drive the trucks that deliver the tortillas back into the hands that will plant the yellow seeds. With Ruth Wright Paulsen's expressive paintings, *The Tortilla Factory* brings forth the poetry and beauty of a simple way of life.

Additional recipes:

Basic Fried Rice

Serves 6

Ingredients:

1 to 2 tablespoons canola oil
3/4 cup chopped onion
4 cups cooked rice (preferably brown rice)
2 beaten eggs
2 tablespoons low sodium soy sauce

Directions:

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened.
3. Add rice and stir-fry.
4. Make a well in center of rice and add remaining ingredients.
5. Stir until eggs are scrambled and then stir eggs into the rice until thoroughly blended.

Knowledge Evaluation Pretest: Insert Updated Document

Lesson 2A: The Fruits Group Update

Alternate feature book: *Oliver's Fruit Salad* by Vivian French. Orchard Books, 1998.

Fussy Oliver has learned there's more to food than French fries, but he's still pretty picky. When his mother offers him canned pears and fruit juice, he can't help but remember the fruit in his grandfather's garden. Fruit salad, however, which he makes with Mom and his grandparents, turns out to be a different story.

Background Information for the instructor:

Fuel Up With Fruits at Meals or Snacks and

Make half your plate fruits and vegetables.

Pears, watermelon, plums, raisins, berries, and applesauce (without extra sugar) are just a few of the great choices. Make sure your fruit juice is 100% juice. Fruits contain important vitamins and minerals, especially Vitamins A, C, potassium, and fiber. Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Children should eat 1-1 ½ cups of fruit every day. Some examples of what counts as 1 cup of fruit is 1 small apple, a large banana or peach, ½ cup dried fruit or 1 cup 100% fruit juice..

Select fresh, frozen, canned and dried fruit more often than juice. Enjoy a wide variety of fruits and maximize taste and freshness, by adapting your choices to what is in season. Use fruit as snacks, salads, or desserts.

Nutrition lesson:

- *Where is the Fruits Group on MyPlate?*

(Hold up MyPlate poster. Point to the red section.)

- As you hold up a fruit food model, have a student name the food model and place it on the poster in the Fruits Group (the red section). Continue in this manner for all fruit food models.
- Go around the group and have every student name a fruit that starts with same letter as their name. Repeats are okay for strange letters, but encourage students to try to think of as many fruits as possible. Hold up pictures of each of the fruits, especially strange ones they may have never seen before.
 - A – Apple, Acai
 - B – Banana, Boysenberry
 - C – Cantaloupe, Coconut
 - D – Date, Dragon fruit
 - E – Elderberry, Etrog
 - F – Fig, Feijoa
 - G – Grapefruit, Grape
 - H – Honeydew melon, Huckleberry
 - I – Illawara plum, Indian fig

- J – Jackfruit, Jujube
 - K – Kiwi, Kumquat
 - L – Lemon, Loganberry
 - M – Mango, Mulberry
 - N – Nectarine, Nannyberry
 - O – Orange, Orangelo (cross between grapefruit and an orange)
 - P – Pineapple, Pomegranate
 - Q – Quandong, Quince
 - R – Raisin, Rhubarb
 - S – Snowberry, Starfruit
 - T – Tangerine, Tomato
 - U = Ugli Fruit, Uva (grape)
 - V – Voavanga , Vutu Kana
 - W – Watermelon, Wolfberry
 - X – Ximenia, Xiqua
 - Y – Yumberry, Yali Pears
 - Z -
- *What are some of your favorite fruits?*
 - *Have you eaten any fruit today?*
You should be eating 1 ½ cups of fruit each day.
 - *Why should we eat fruits every day?*
They give you the glow that you need to stay healthy.
They give your body the vitamins and minerals it needs for healthy skin and makes your hair shine and eyes sparkle. Many fruits contain Vitamin C (citrus fruits, strawberries), Vitamin A (apricots, cantaloupes, mangoes, and papaya), and fiber.
 - *Have you ever picked any fruit? What kinds and was it on a tree, bush or in the ground?*
 - *Juice should be 100% fruit juice.* Display drink boxes or bottles with labels.
It is important to drink 100% fruit juice.
(Point to the nutrition facts label to find the percent of fruit juice.)
Fruit drinks and ades contain a lot of added sugar.

Snack time: Fruit Kabobs

Supplemental activities:

Making alphabet place mats

Students will draw and color some fruits that they would like to eat on a legal-size sheet of paper. Cover the drawings with clear plastic wrap or contact paper. Tell students that eating on their place mats will help remind them to eat more fruit each day.

Other books children might enjoy:

Apples by Gail Gibbons. Live Oak Media, 2011.

Apple trees grow in more parts of the world than any other fruit tree. From blossom to pollination, to picking, here is information about how they grow, their various parts, and the different varieties.

Go, Go, Grapes! A Fruit Chant by April Pulley Sayre. Beach Lane Books, 2012.

This rhyming fruit festival features colorful photos of eye-popping piles of over 35 delicious and nutritious fruits. Children won't believe there are so many different fruits to try.

The Berry Book by Gail Gibbons. Holiday House, 2002.

Simple text and color illustrations describe the many types of berries, edible as well as poisonous, and explains how several are cultivated and harvested. Also includes fun instructions on how to grow strawberries, and recipes for do-it-yourself blueberry pie, blackberry jam, and raspberry ice cream!

Additional recipes:

Apple Salad

Serves 12

Ingredients:

4 apples

4 celery stalks

½ cup raisins

1 8 ounce carton low-fat yogurt

Directions:

1. Chop apple and celery into small pieces and place in a mixing bowl.
2. Serve ¼ cup of mixture into each small paper cup for each student.
3. Add 1 tablespoon yogurt to each cup
4. Give each student a small paper cup of raisins and ask them to count 10 raisins into their salad and stir.
5. Eat.

Banana Pudding Parfait

Serves 6, serving size: $\frac{3}{4}$ cup

Ingredients:

- 1 package (.8oz) sugar-free instant vanilla pudding
- 2 cups cold nonfat milk
- 4 graham crackers, crumbled (about $\frac{3}{4}$ cup)
- 2 bananas, sliced

Directions:

1. In a medium bowl, combine pudding mix and 2 cups of milk. Beat until well blended (about two minutes) with a wire whisk, rotary beater, or electric mixer at lowest speed.
2. Let set for five minutes.
3. Set out six bowls or glasses.
4. Put 3 tablespoons of pudding in the bottom of each dish.
5. Sprinkle a heaping tablespoon of graham cracker crumbs on the pudding in each dish.
6. Layer $\frac{1}{4}$ of the banana slices on the crumbs.
7. Repeat with layers of pudding, graham crackers and banana slices.
8. Serve immediately or cover and refrigerate.

Fruity Peanut Butterfly

Serves one

Ingredients:

- 1 carrot or celery stick
- 1 teaspoon peanut butter
- 2 apple slices
- 2 grapes cut in half

Directions:

1. Start with carrot sticks or celery for the body.
2. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

Lesson 2B: The Vegetables Group Update

Featuring: *Tops and Bottoms* by Janet Stevens. Harcourt Children's Books, 1995.

Large, dynamic double-page-spread paintings are only part of the charm of this very funny picture book. Bear and Hare are involved in a gardening partnership, with industrious, clever Hare reaping all the vegetable profits. Stevens' animal characters, bold and colorful, are delightful. The book opens from top to bottom instead of from side to side, making it perfect for story-time sharing.

Alternate: *Monsters Don't Eat Broccoli* by Barbara Jean Hicks. Knopf Books for Young Readers, 2009.

In this rollicking picture book, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, but boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all!

Background Information for the instructor:

Color Your Plate with Great - Tasting Veggies

Try to eat more dark-green, red and orange vegetables, and beans and peas plus starchy vegetables.

The vegetables group includes all fresh, frozen, canned, dried vegetables and vegetable juices. Children need 1 ½ to 2 cups of vegetables each day. In general, 1 cup of cooked vegetables or juice or 2 cups of raw leafy greens can be considered as 1 cup equivalents from the vegetable group.

Vegetables contain many vitamins, minerals and fiber that we need to stay healthy.

Include vegetables in meals and in snacks. Add dark-green, red, and orange vegetables to main and side dishes. Use dark leafy greens to make salads. Beans and peas are a great source of fiber. Add beans or peas to salads, soups, side dishes, or serve as a main dish.

Nutrition lesson:

Talk about eating a rainbow of colors. Ask the students to name vegetables that help us grow healthy for each color you say (dark-green, orange, red, yellow, brown, purple, white).

Snack time: Salsa and tortilla chips

Supplemental activities:

Veggie prints

Cut out simple shapes from a potato. Then have students dip into tempera paint, and stamp onto paper—or use a blank food guide pyramid and have children stamp the design in the proper food group.

Field trip

Tour the produce section of a grocery market, noting the variety of produce available. Have the children write or draw pictures about it later.

Picking a rainbow of vegetables

Have student mimic picking vegetables from the garden. Here are some vegetables you could try.

Pull carrots

Cut head of cabbage

Dig potatoes

Pick green and red bell peppers

Pick zucchini

Pick green beans

Pick pumpkins

Pick corn off stalks

Pull onions

Pull beets

Other books children might enjoy:

A Very Purple Pepper by Peggy Sissel-Phelan. Brain Child Press, Inc., 2008.

This easy-to-read picture book helps children develop color sense while also learning basic information about why vegetables are important in their diet, how the color of vegetables can help them, and why eating a variety of vegetables is important. The book highlights 47 different vegetables by color and name, with a total of 54 vegetables pictured.

Corn by Gail Gibbons. Holiday House, 2008.

Popcorn, corn on the cob, corn dogs, cornflakes - corn is used in many of children's favorite foods. But what is the story behind this popular grain? Learn the details about corn's cultivation, uses, and more.

Count on Pablo by Barbara deRubertis. Kane Press, January 1, 1999.

In *Count on Pablo*, the focus is on counting by ones, twos, fives, and tens. Pablo is excited about helping his abuela (grandmother) at the farmer's market. Using a variety of counting strategies, he helps her prepare the produce to sell. But no one comes to buy and Pablo is worried. How can he help? Suddenly he has an idea and, by the day's end, they are celebrating!

Growing Vegetable Soup by Lois Ehlert. Sandpiper, 1991.

In brightly-colored collage illustrations, a father and child share the simple joys of planting, watering, and watching seeds grow in their garden. Then they cook their harvest into a delicious vegetable soup, the recipe for which is included.

I Will Never Eat a Tomato by Lauren Child. Candlewick, 2003.

Lola is a very fussy eater. Carrots are for rabbits and peas are "too small and too green." One day, after rattling off her long list of despised foods, she ends with the vehement

pronouncement, "And I absolutely will never not ever eat a tomato." Not convinced, Lola's older sister Charlie has an idea. She tells Lola that the orange things on the table are not carrots, but "orange twiglets from Jupiter" and peas are in fact "green drops from Greenland." Mashed potatoes, when pitched as "cloud fluff from the pointiest peak of Mount Fuji" suddenly seem appealing to Lola. And in the end, might she even eat a tomato?

Rah, Rah, Radishes! by April Pulley Sayre. Beach Lane Books, 2011.

Close up photos of vibrant veggies take center stage taking a trip past piles of fresh vegetables. The wide assortment of over 45 different nutritious veggies might just surprise children and encourage them to try something new.

The Pumpkin Book by Gail Gibbons. Live Oak Media, 2004.

Using bright artwork and informative, interesting facts, see how the pumpkin is grown through its role during Halloween and Thanksgiving.

The Vegetables We Eat by Gail Gibbons. Holiday House, 2008.

The first half of the book goes through each of the eight groups of vegetables using rich watercolor illustrations with every vegetable shown and labeled within its group, whether it is a root, stem, leaf, bulb, seed, tuber, fruit, or flower bud vegetable. The second half describes how to grow your own vegetable garden and how the vegetables in supermarkets get there from big vegetable farms.

Potato Joe by Keith Baker. Harcourt Children's Books, 2008.

Loosely based on the nursery rhyme, "One Potato, Two Potato," this book gives children a chance to practice counting from 1 to 10 while they enjoy lots of silly potato rhymes.

Additional recipes:

Salsa

Serves 4 (1/2cup serving size)

Ingredients:

1 green onion, chopped
1/4 cup cilantro or parsley
1 clove garlic, minced
1 cup diced ripe or canned diced tomatoes
1 tablespoon lime juice
1/4 teaspoon salt

Directions

Chop whole green onion including green stem.
Chop cilantro or parsley.
Mince garlic using garlic press.
Chop up tomatoes. If using canned tomatoes, drain off liquid.
Mix all ingredients together in a bowl.
Chill and serve.

Carrot Salad

Serves 8 (1/2 cup serving size)

Ingredients:

1/2 cup raisins
4 cups freshly grated carrots
1 large apple, cored and chopped
1/4 cup light mayonnaise

Directions:

1. Wash and grate carrots.
2. Core and chop apple.
3. Combine all ingredients in a medium sized bowl.
4. Chill and serve.

Rainbow Veggie Dip

Makes 1 cup

Ingredients:

1 cup low-fat or non-fat yogurt
¼ cup cucumber, peeled and finely chopped
½ teaspoon lemon juice
Dash of garlic powder

Directions:

1. Mix all ingredients and chill before serving.

Vegetable Pizza

Serves 32

Ingredients:

8 Whole-wheat tortillas (1/4 per person)
8 ounces reduced-fat cream cheese
½ cup low-fat mayonnaise
½ package ranch salad dressing mix
Chopped cauliflower
Chopped broccoli

Directions:

1. Mix cream cheese, mayonnaise, and ranch salad dressing mix in a serving bowl with a spoon.
2. Cut each tortilla into four or more wedges and place on a plate with tongs for serving.
3. Place cream cheese mixture, chopped vegetables, and tortillas on a low table so students can serve themselves.
4. Assembly line fashion, have students spread the cream cheese mixture on their tortillas.
5. Let them add cauliflower and /or broccoli.
6. Enjoy.

Take Home Activity: Insert Updated Document

Lesson 3: The Dairy Group Update

Alternate feature book: *Oliver's Milkshake* by Vivian French and Allison Barrett. Hodder Childrens, 2000.

Will Oliver ever like what's good for him? Spend a day on the farm with him and find out!

Background Information for the instructor:

Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Milk is sold in several forms, and all contain important nutrients needed by our bodies. Dairy foods have many health benefits such as helping to build and maintain strong bones and teeth, and controlling blood pressure. Milk and some dairy foods contain added vitamin D, which works with calcium to form and maintain strong bones. Children need the equivalent of 2 to 3 cups from the Dairy Group every day. 1 cup of milk, 1 cup fortifies soymilk (soy beverage), 1 cup yogurt, 1 ½ ounces natural cheese (e.g. Cheddar), or 2 ounces of processed cheese (e.g. American) is equivalent to 1 cup dairy.

Nutrition lesson:

Refer to the Dairy group and not Milk group.

Supplemental activities:

Calcium Builds Strong Bones

(sung to the tune of London Bridge)

Did you have your milk today?

Milk today, milk today?

Three glasses we must drink today (hold up 3 fingers)

To build strong bones and teeth. (touch wrist bone and front teeth)

We like milk and lots of cheese

Cottage cheese! Cheddar cheese!

We like yogurt anytime, and

Mix me a milkshake, please!

Milk Bottle Bowling

Supplies needed:

- Clean, empty, plastic pint milk bottles
- Stickers
- Ball

Directions:

1. Let children decorate washed milk bottles.
2. Set up three to six or more of the decorated milk bottles at one end of the room or sidewalk.
3. Ask one child to stand at the other end with a ball and roll the ball into the bottles.
4. Count the number knocked down.
5. Have another child set the bottles up and another child roll the ball.

Other books children might enjoy:

From Grass to Milk by Stacy Taus-Bolstad. Lerner Paperback, 2004.

Describes how cows eat grass and produce milk, as well as how the milk is processed for consumption.

Kiss the Cow by Phyllis Root. Candlewick; Reprint edition, 2003.

Annalisa wouldn't dream of kissing Luella the cow, even though her mother kisses her every day after singing her a song and milking her. Annalisa's mother and her many brothers and sisters beg the stubborn little girl to relent, but Annalisa says "Never!... Never, never, never." Will the whole family have to live without milk and cheese forever? Or will Annalisa's innate curiosity get the best of her?

Additional recipes:

My Favorite Bug

Serves 1

Ingredients:

1 ounce string cheese stick
8 pretzel sticks

Directions:

1. Put string cheese on a plate.
2. Take 8 pretzel sticks to add legs and feelers to make bug.

Greek Yogurt

Serves 4 (1/2 cup serving size)

Ingredients:

4 cups plain yogurt
1 coffee filter
1 strainer

Directions:

1. Line a sieve with a coffee filter and set it over a bowl.
2. Place 4 cups plain whole-milk yogurt in the filter, cover with plastic wrap and refrigerate for 12 hours (you'll get about 2 cups thick yogurt).
3. Divide among bowls; top with honey, dried fruit and walnuts. (Optional)

Lesson 4: The Protein Foods Group Update

Alternate feature book:

Cloudy with a Chance of Meatballs by Judith Barrett. Atheneum, 1982.

Life is delicious in the town of Chew and swallow where it rains soup and juice, snows mashed potatoes, and blows storms of hamburgers--until the weather takes a turn for the worse.

Background Information for the instructor:

Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp stir-fry, or grilled salmon. Proteins are building blocks for our bones and muscles; vitamins including B12 help the body release energy and build red blood cells and tissues; contains minerals, including iron and zinc, carry oxygen in the blood and helps our immune systems. Children should eat about 4- 5 ounces from the Protein Foods Group each day. 1 ounce of Protein Foods include 1 ounce lean meat, poultry, seafood, 1 egg, 1 Tablespoon peanut butter, ½ ounce nuts or seeds, or ¼ cup cooked beans or peas. You should eat a variety of foods from the Protein Foods group each week. Eat seafood in place of meat or poultry twice a week. Select lean meat and poultry. Trim or drain fat from meat and remove poultry skin.

Nutrition lesson:

After completing the lesson, add this optional activity.

Meal: a turkey burger on a whole-grain bun with lettuce and tomato. It is served with baked beans and milk.

- a. How many food groups are part of this meal? (*Four*)
- b. How many different vegetables are part of this meal? (*Three: lettuce, tomato, beans*)
- c. How many protein foods are part of this meal? (*Two: turkey burger, and the beans could also be counted as a protein food.*)
- d. How many fruits does this meal have? (*None*)
- e. How many dairy foods does it have? (*One: milk*)
- f. Does the meal have something from the Grain Group in it? (*Yes, the whole-grain bun.*)
- g. Does this meal provide foods from all five food groups? (*Not quite — it is missing a fruit.*)
- h. What fruit could be added to help make half the plate fruits and vegetables? (*Answers will vary; for example: a piece of fruit like an apple or a banana or they could also have fruit as a snack later.*)

Supplemental activities:

What food am I?

I am thinking about a food that swims in the ocean.

Some people like to catch this food using a pole, a hook and string.

This food is very tasty to eat.

What food am I? (fish)

.....
I grow on a vine in a pod.
People use me in chili, dip or in burritos.
I am small, usually red and round.
What food am I? (beans: kidney, pinto)

.....
I am thinking about a food that is white and round.
Some people like to eat this food for breakfast with bacon or sausage.
This food comes from an animal that makes this sound: cluck, cluck, cluck
What food am I? (egg)

.....
People eat me at Thanksgiving time.
I can also be ground up and used for burgers.
I can also be in a sandwich.
What am I? (turkey)

Checking out Beans, Beans and Beans (for older children)

Have a variety of dried beans (kidney, navy, black, pinto, white northern, chickpeas, lentils (red, green, yellow), etc. sorted in glass jars or self-sealing bags.

Identify the different variety of beans and discuss if they have tasted them in dishes and how they grow on vines.

Strong Muscle Bop (movement)

1. Tell students that the foods they learned about today will help them build strong muscles so they can play. Moving and being active each day will also help them build strong muscles.
2. Have the students form a circle. Teach them the words and movements to Strong muscle bop:

Strong Muscle Bop

(Sing to the tune of “Hokey Pokey”)

I put my head in.
I put my head out.
I put my head in, and I shake it all about.
I do the Strong Muscle bop,
And I turn myself around.
That’s what it’s all about.
(Repeat with: arms, legs, body)

Scrambled Eggs Super! By Dr. Seuss. Random House Books for Young Readers, 1953.
Peter T. Hooper is bored to bits by his mother's habit of always making scrambled eggs out of hen's eggs, so he scrambles a new kind of egg on the range. We're off on an epic journey.

The Lunch Box Surprise by Grace Maccarone. Cartwheel; Reissue edition, 1995.
In this story it is lunch time, and all the children are excited about the great lunches they brought to school. But Sam has an empty lunch box, and he is very sad and hungry. His friends come to the rescue and Sam ends up enjoying the best lunch ever.

Yoko by Rosemary Wells. Hyperion Book CH, 2009.
It is Yoko's first day at school, so of course her mother wants to send her off with healthy comfort food for lunch--a delectable package of homemade sushi.

Additional recipes:

White Bean Dip

Serves 4

Ingredients:

- 1 (15.5 ounce) can navy beans, rinsed
- 2 cloves of garlic
- 1 tablespoon olive oil
- 1/4 cup Parmesan cheese
- 2 tablespoons chopped parsley

Directions:

1. Mash beans with a fork or in a food processor.
2. Chop the garlic.
3. Add remaining ingredients and mix thoroughly.
4. Serve with pita or tortilla chips.

Fiesta Skillet Dinner

Serves 5, serving size 1 ½ cups

Ingredients:

- 1 cup prepared brown instant rice (1/2 cup uncooked)
- 1 can (15.5oz) Mexican style tomatoes
- 1 can (15.5oz) black beans, rinsed
- 1 cup frozen corn
- 2 cups cooked, diced chicken
- ½ cup 2% reduced fat cheddar cheese, shredded

Directions:

1. Prepare the brown rice according to package directions
2. While the rice cooks, mix the tomatoes, black beans, corn, chili powder and chicken in a large skillet. Cook over medium heat until heated through.
3. Add the cooked rice and stir thoroughly. Top with shredded cheddar cheese.
4. Serve hot.

Tuna Cone-wich

Serves 4

Ingredients:

6-ounce can water-packed tuna, drained
2 hard-cooked eggs, peeled and finely chopped
1/4 cup sweet pickle relish
1/2 cup chopped celery
1/3 cup mayonnaise-type salad dressing
4 small ice-cream type cones or whole wheat crackers

Directions:

1. Mix first five ingredients in medium bowl.
 2. Stuff mixture in small cones or on crackers for serving.
- Serving hint: Tuna salad goes well with whole-wheat crackers if cones are not available.

Soft Bean Taco

Serves 4

Ingredients:

1 can pinto beans, 15-ounce
3 Tablespoons taco sauce or salsa
4 flour tortillas, 7 inch size (try whole wheat!)
1 cup shredded lettuce
1 cup chopped tomato
1/2 cup grated low-fat cheddar cheese

Directions:

1. Drain and rinse canned beans; mash with fork.
2. Add taco sauce to moisten
3. Spread mashed bean mixture on half of tortilla.
4. Top bean spread with lettuce, tomato and cheese.
5. Add more taco sauce if desired. Fold in half, then cut into two pieces. Each serving is two pieces.

Lesson 5: Breakfast Update

Alternate feature book:

Two Eggs, Please by Sarah Weeks and Betsy Lewin. Atheneum Books for Young Readers, 2007.

Poached. Raw. Over easy. All the customers at this bustling diner order two eggs, yet no two orders are the same. A clever look at similarities and differences.

Other books children might enjoy:

Bread and Jam for Frances by Russell Hoban. Harper & Row, 1964.

This is a cute and captivating tale of Frances, the picky eater who only wants to eat bread and jam. Her parents handle her food refusal by indulging her with bread and jam at every meal and snack. She soon tires of it and wants to eat what everyone else is eating: a well-rounded meal.

Scrambled Eggs Super! by Dr. Seuss. Random House Books for Young Readers, 1953.

Peter T. Hooper is bored to bits by his mother's habit of always making scrambled eggs out of hen's eggs. "And so," he informs his friend Liz, "I decided that, just for a change, I'd scramble a new kind of egg on the range." We're off on an epic journey to parts (and birds) unknown, all told in classic head-over-heels Seussian style: "Then I went for some Ziffs. They're exactly like Zuffs. But the Ziffs live on cliffs and the Zuffs live on bluffs." Finally, after capturing a small mountain of different types of egg--from Moth-Watching Sneths, Long-Legger Kwongs, and others--it's back to the kitchen for a 99-pan scramble, with all sorts of bizarre ingredients added just for fun.

Additional recipes:

True Blue-riffic Pancakes

Serves 12-14, 3-inch pancakes

Ingredients:

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon vegetable oil
1 egg
1 cup plain yogurt
1/2 cup soy milk or low fat milk
3/4 cup blueberries

Directions:

1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add the yogurt mixture to the flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto the hot griddle.
5. When bubbles appear, flip pancakes and cook until done.

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