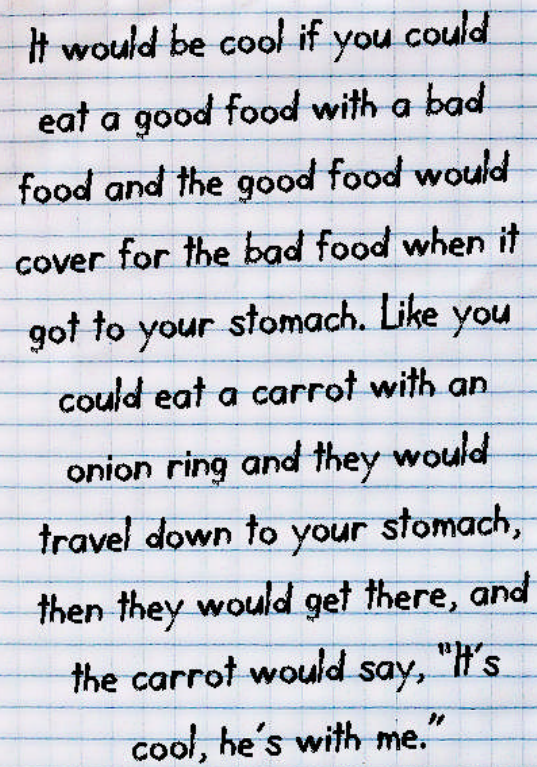


# WEEK 35: NUTRITION

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It would be cool if you could eat a good food with a bad food and the good food would cover for the bad food when it got to your stomach. Like you could eat a carrot with an onion ring and they would travel down to your stomach, then they would get there, and the carrot would say, "It's cool, he's with me."

# **DAY ONE**

**TODAY, YOU AND YOUR CHILD WILL:**

- 1. READ THE TEXT**
  - 2. REVIEW THE TEXT WITH YOUR CHILD**
  - 3. COMPLETE THE STUDENT WORKSHEETS**
  - 4. FIND THE MATERIALS YOU WILL NEED FOR DAYS TWO AND THREE**
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**DURING YOUR REVIEW, THE FOLLOWING LIST WILL GIVE YOU THE MOST IMPORTANT PARTS OF YOUR CHILD'S READING FOR THIS WEEK.**

NUTRITION IS ESSENTIAL TO HEALTH. RECOMMENDATIONS FOR GOOD NUTRITION INCLUDE EATING A VARIETY OF FOODS, EATING LESS SUGAR, AND EATING LESS FAT.

**DEFINITIONS:**

<b>DIET</b>	THE STUFF YOU EAT AND DRINK
<b>WELL-BALANCED DIET</b>	THE RIGHT AMOUNT OF FOODS YOUR BODY NEEDS TO SURVIVE
<b>FOOD PYRAMID</b>	A LIST OF HEALTHY FOODS (AND THEIR AMOUNTS) YOU SHOULD EAT EVERY DAY
<b>POULTRY</b>	CHICKEN, TURKEY OR OTHER BIRDS
<b>SERVING</b>	A CERTAIN MEASUREMENT OF FOOD OR DRINK THAT YOU SHOULD EAT IN ONE MEAL
<b>OUNCE</b>	A WAY TO MEASURE THE WEIGHT OF AN OBJECT

**SAMPLE QUESTIONS TO ASK AFTER YOUR CHILD FINISHES THEIR READING FOR DAY ONE:**

**WHAT THINGS SHOULD YOU NOT EAT A LOT OF EVERY DAY?**

*FATS, SALT AND SUGAR SHOULD ONLY BE EATEN IN SMALL AMOUNTS.*

**WHAT DOES THE FOOD PYRAMID TELL US ABOUT OUR DIET?**

*THE FOOD PYRAMID CONTAINS THE SUGGESTED FOODS TO EAT IN A GIVEN DAY TO MAINTAIN A HEALTHY AND WELL-BALANCED DIET.*

**WHY IS THE FOOD PYRAMID A "PYRAMID"?**

*THE FOOD PYRAMID HAS BEEN PUT TOGETHER WITH THE SMALLEST AMOUNT OF FOODS YOU SHOULD EAT (FATS, OILS AND SWEETS) ON THE TOP OF THE PYRAMID. THE LARGEST PART OF THE PYRAMID IS ON THE BOTTOM...HERE YOU WILL FIND THE LARGEST NUMBER OF FOODS YOU SHOULD EAT EVERYDAY (GRAIN PRODUCTS). THIS ARRANGEMENT GIVES THIS DIET A "PYRAMID" STRUCTURE.*

# ANSWERS TO WORKSHEET QUESTIONS FOR WEEK 35:

## PAGE ONE:

### ACROSS:

- 3. POULTRY
- 4. WELL-BALANCED DIET
- 6. SERVING

### DOWN:

- 1. OUNCE
- 2. FOOD PYRAMID
- 5. DIET

## PAGE TWO:

- 3 - DIET
- 1 - WELL-BALANCED DIET
- 4 - FOOD PYRAMID
- 6 - POULTRY
- 2 - SERVING
- 5 - OUNCE

## PAGE THREE:

"IS THIS A WELL-BALANCED DIET? IF NOT, LIST WHAT SHOULD BE ADDED OR TAKEN AWAY MAKE IT A WELL-BALANCED DIET."

<b>FOOD TO BE ADDED</b>	<b>FOOD TO BE TAKEN AWAY</b>
ONE SERVING OF DAIRY	ONE SERVING OF MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS
ONE SERVING OF VEGETABLES	
ONE-TO-THREE SERVINGS OF FRUITS	

## **DAY TWO**

**TODAY, YOU AND YOUR CHILD WILL:**

- 1. REVIEW DAY ONE USING THE FOLLOWING TEXT**
- 2. RUN THE ACTIVITY: "CHEF FOR A DAY!"**

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**THE FOLLOWING LIST WILL GIVE YOU THE MOST IMPORTANT ITEMS TO REVIEW FOR YOUR ACTIVITY TODAY!**

PLANNING FOR A MEAL CAN BE A CHALLENGE. IT IS EVEN MORE CHALLENGING WHEN YOU HAVE A GUIDE THAT IS TO BE FOLLOWED!

PROPER PLANNING IS CRUCIAL FOR THE SUCCESS OF NEARLY ANY EVENT. THE SKILLS GAINED IN PREPARING FOR A DAILY MEAL ALLOWS THE CHILD TO HAVE OWNERSHIP IN THE DECISION AND AN AWARENESS OF THE IMPORTANCE OF A WELL-BALANCED DIET.

## **CHEF FOR A DAY!**

CHILDREN WILL USE THE FOOD GUIDE PYRAMID TO PREPARE A HEALTHY MEAL IN THEIR "RESTAURANT".

### **MATERIALS:**

SERVING SIZES AND DAILY SERVINGS FROM THE FOOD PYRAMID (SEE ATTACHED)  
PAPER/PENCIL

### **ACTIVITY:**

INFORM THE CHILDREN THAT THEY ARE GOING TO PRETEND THEY OWN THEIR OWN RESTAURANT! UNFORTUNATELY, THEY CANNOT ONLY SERVE CANDY, PIZZA AND ICE CREAM! THEY HAVE TO CREATE A HEALTHY BALANCE OF MEALS EVERY DAY!

IN THIS ACTIVITY, YOUR CHILD WILL NEED TO PREPARE THREE MEALS FOR ONE DAY IN THEIR RESTAURANT. THEY WILL BE RESPONSIBLE FOR OFFERING BREAKFAST, LUNCH AND DINNER TO THEIR CLIENTS.

### **EXPLANATION:**

THE CHILD MAY BECOME MORE AWARE OF HOW TO EAT HEALTHY IF THEY ARE RESPONSIBLE FOR CREATING THEIR OWN MENU IN THIS MANNER. IN ADDITION, THEY WILL ACQUIRE OWNERSHIP OVER THIS VERY IMPORTANT TASK WHICH MAY CARRY OVER INTO THEIR LIVES!

# **DAILY SERVINGS FROM THE FOOD PYRAMID**

**YOU ARE RESPONSIBLE FOR CREATING BREAKFAST,  
LUNCH AND DINNER FOR ONE DAY IN YOUR RESTAURANT.  
HERE ARE THE SERVINGS YOU MUST HAVE FOR THE ENTIRE  
DAY!!!**

**SMALL AMOUNT OF FATS, OILS + SWEETS**

**2 TO 3 SERVINGS OF MILK, YOGURT + CHEESE**

**2 TO 3 SERVINGS OF MEAT, POULTRY (THIS MEANS  
CHICKEN, TURKEY OR OTHER BIRDS), FISH, BEANS, EGGS  
AND NUTS**

**3 TO 5 SERVINGS OF VEGETABLES**

**2 TO 4 SERVINGS OF FRUITS**

**6 TO 11 SERVINGS OF BREAD, CEREAL, RICE, + PASTA**

## **SERVING SIZES FOR FOODS TO BE EATEN EVERY DAY**

### **FATS, OILS AND SWEETS**

TRY TO EAT ONLY A SMALL AMOUNT OF BUTTER, GRAVY, SALAD DRESSING, SUGAR, JELLY, CANDY AND SODA

### **MILK, YOGURT, AND CHEESE (2 TO 3 SERVINGS PER DAY)**

ONE SERVING OF THESE FOODS IS...

1 CUP OF MILK OR YOGURT  
OR  
1-2 OUNCES OF CHEESE

### **MEAT, POULTRY, FISH, BEANS, EGGS AND NUTS (2 TO 3 SERVINGS PER DAY)**

ONE SERVING OF THESE FOODS IS...

2-3 OUNCES OF COOKED MEAT, POULTRY, OR FISH  
OR  
1/2 CUP OF COOKED DRY BEANS  
OR  
1 EGG  
OR  
4 TABLESPOONS OF PEANUT BUTTER

**VEGETABLES (3 TO 5 SERVINGS PER DAY)**

ONE SERVING OF THESE FOODS IS...

1 CUP OF RAW LEAFY VEGETABLES (LIKE SPINACH!!!)

OR

1/2 CUP OF OTHER VEGETABLES, COOKED OR RAW

OR

3/4 CUP OF FRUIT JUICE

OR

3/4 CUP OF VEGETABLE JUICE

**FRUITS (2 TO 4 SERVINGS PER DAY)**

ONE SERVING OF THESE FOODS IS...

1 MEDIUM APPLE, BANANA, ORANGE

OR

1/2 CUP OF CHOPPED, COOKED, OR CANNED FRUIT

**GRAIN PRODUCTS (6 TO 11 SERVINGS PER DAY)**

ONE SERVING OF THESE FOODS IS...

1 SLICE OF BREAD

OR

1 OUNCE OF COLD CEREAL

OR

1/2 CUP OF COOKED CEREAL, RICE, OR PASTA

## **DAY THREE**

**TODAY, YOU AND YOUR CHILD WILL:**

- 1. REVIEW DAY ONE USING THE FOLLOWING TEXT**
- 2. RUN THE ACTIVITY: "FOOD GROUP RIDDLES"**

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**THE FOLLOWING LIST WILL GIVE YOU THE MOST IMPORTANT ITEMS TO REVIEW FOR YOUR ACTIVITY TODAY!**

CLASSIFYING FOODS INTO GROUPS CAN BE EASY FOR MOST ITEMS. HOWEVER, IT CAN BE CONFUSING AT TIMES.

BY PRACTICING SIMPLE PROBLEM-SOLVING RIDDLES, CHILDREN WILL EXPLORE THE VARIOUS FOODS THAT ARE CONTAINED IN THE FOOD PYRAMID.

## **FOOD GROUP RIDDLES**

CHILDREN WILL SOLVE BASIC RIDDLES THAT ARE LINKED TO THE FOOD PYRAMID.

### **MATERIALS:**

LIST O' RIDDLES (SEE ATTACHED)

PAPER/PENCIL

### **ACTIVITY:**

INFORM THE CHILD THAT THEY WILL BE ATTEMPTING TO SOLVE THE FOLLOWING RIDDLES. IN ORDER TO MAKE THIS MORE CHALLENGING, HOWEVER, THEY WILL HAVE TO TAKE NOTES OF THEIR IDEAS AS THEY HEAR EVERY CLUE.

### **FOR EXAMPLE:**

*THE CLUE FOR THE FIRST FOOD IS...I AM ROUND AND RED.*

THE CHILD CAN RIGHT DOWN TOMATO, RADISH, CHERRY, ETC...WHATEVER COMES TO MIND IS OKAY!

*NOW GIVE THE CHILD THE SECOND CLUE...SOME PEOPLE THINK I AM A VEGETABLE, BUT I AM REALLY A FRUIT.*

THE CHILD CAN NOW RETURN TO THE LIST AND SEE IF ONE OF THEIR IDEAS MATCH. IF SO, THEY CAN CIRCLE IT; IF NOT, THEY MAY WANT TO CROSS IT OUT. IF NONE OF THE FOODS ON THE LIST MATCH THE CLUES, YOU MAY WANT TO REPEAT ALL OF THE CLUES ONCE AGAIN...OR MOVE ON TO THE THIRD CLUE!

*CLUE #3: PEOPLE LIKE TO USE ME IN A SALAD.*

IF YOUR CHILD GUESSES THAT YOUR MYSTERY FOOD IS A TOMATO, THEY ARE CORRECT!!!

# LIST O' RIDDLES

<b>CLUE #1</b>	<b>CLUE #2</b>	<b>CLUE #3</b>	<b>ANSWER</b>
I AM WHITE.	YOU CAN DRINK ME.	I AM IN THE DAIRY GROUP.	MILK
I AM YELLOW AND LONG.	I AM A FRUIT.	MONKEYS EAT ME.	BANANA
I AM GREEN BUT WHEN YOU CUT ME OPEN I AM RED.	YOU EAT ME IN THE SUMMER TIME.	I AM A FRUIT.	WATERMELON
I AM IN THE GRAIN GROUP.	I AM LONG AND STRINGY.	YOU CAN PUT SAUCE ON ME.	SPAGHETTI
I AM GREEN.	I LOOK LIKE A TREE.	I AM A VEGETABLE.	BROCCOLI
I AM VERY SOFT AND I CAN BE SWEET.	I AM COLD.	I AM IN THE DAIRY GROUP.	ICE CREAM
I CAN SOMETIMES BE LIGHT BROWN OR WHITE.	I HAVE YELLOW STUFF INSIDE ME.	I AM A PROTEIN.	EGGS

I AM GREEN OR RED.	I AM SPICY AND HOT.	I AM IN THE VEGETABLE GROUP.	PEPPERS
I AM MADE OF FLOUR.	YOU CAN MAKE SANDWICHES WITH ME.	I AM A GRAIN.	BREAD
I AM SOME PEOPLE'S FAVORITE FOOD.	I AM BAD FOR YOU.	YOU GET ME AT HALLOWEEN.	CANDY
I AM ORANGE.	MY TOP IS GREEN.	I AM A VEGETABLE.	CARROT
I AM LITTLE, BLUE AND ROUND.	A LOT OF CHILDREN EAT ME.	I AM IN THE FRUIT GROUP.	BLUEBERRY