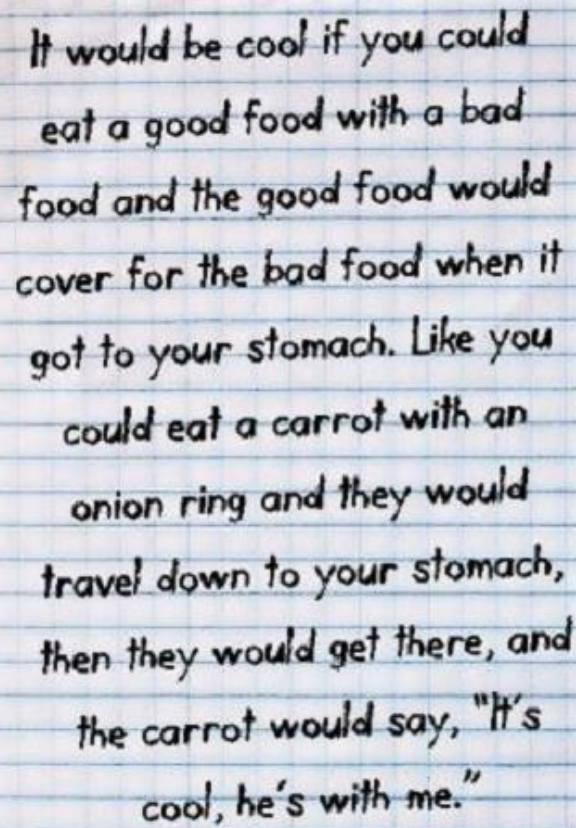


# Chapter 35

## Nutrition



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. Collect the materials you will need for days two and three

## National Science Education Standards covered 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>MyPlate guide</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 your child after completing the weekly reading.

**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 MyPlate guide tell us about our diet?**

MyPlate contains the suggested foods to eat in a given day to maintain a healthy and well-balanced diet.

**What is the difference between “diet” and a “well-balanced diet?”**

A person's diet is simply the food and drinks that a person puts into their body. A well-balanced diet is the correct amount of foods your body needs to be healthy and survive

# Answers to worksheet questions:

## Page 1:

### Across:

3. poultry
4. well-balanced diet
6. serving

### Down:

1. MyPlate
2. ounce
5. diet

## Page 2:

- 3 - diet
- 1 - well-balanced diet
- 4 - MyPlate guide
- 6 - poultry
- 2 - serving
- 5 - ounce

## Page 3:

"Is this a well-balanced diet? If not, list what should be added or taken away make it a well-balanced diet."

Food to be added	Food to be taken away
One serving of dairy	Two servings of protein
One serving of vegetables	

# Day Two:

Today, you and your child will:

1. Review Day One using the following text
2. Run the first activity this week

**The following text 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

## Objective:

Children will use the MyPlate guide to prepare a healthy meal in their "restaurant".

## Materials:

serving sizes and daily servings from the MyPlate guide (see attached)  
paper/pencil

## Procedure:

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 MyPlate guide

You are responsible for creating a menu for breakfast, lunch, and dinner for one day in your restaurant. Below are the servings you must have for the entire day. Feel free to go online to the MyPlate website for more ideas on how to prepare your menu. Good luck!



## **Protein (5 ounces per day)**

### **Servings of protein may include:**

*1 ounce cooked/canned lean meats, poultry, or seafood; or 1 egg; or 1 tablespoon peanut butter; or  $\frac{1}{4}$  cup cooked beans or peas; or  $\frac{1}{2}$  ounce nuts or seeds*

## **Dairy (3 cups per day)**

### **Servings of dairy may include:**

*1 cup milk; or 1 cup yogurt; or 1 cup fortified soy beverage; or  $1\frac{1}{2}$  ounces natural cheese or 2 ounces processed cheese*

## **Vegetables (2-2½ cups per day)**

### **Servings of vegetables may include:**

*1 cup raw or cooked/canned vegetables; or 2 cups leafy salad greens; or 1 cup 100% vegetable juice*

## **Fruits (1½ cups per day)**

### **Servings of fruit may include:**

*1 cup raw, frozen, or cooked/canned fruit; or  $\frac{1}{2}$  cup dried fruit; or 1 cup 100% fruit juice*

## **Grain products (5-6 servings per day)**

### **Servings of grains may include:**

*1 slice bread; or 1 ounce ready-to-eat cereal; or  $\frac{1}{2}$  cup cooked rice, pasta, or cereal*

## **Fats, oils and sweets**

*Try to eat only a small amount of butter, gravy, creamy salad dressings, sugar, jelly, candy and soda*

# Day Three: Lab Activity

Today, you and your child will:

1. Review Day One using the following text
2. Run the first activity this week

**The following text will give you the most important items to review for your activity today.**

Classifying foods in to 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

## Objective:

Children will solve basic riddles that are linked to the food pyramid.

## Materials:

list o' riddles (see attached)

paper/pencil

## Procedure:

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:*

**Clue #1 for the first food is...I am round and red.**

The child can write down tomato, radish, cherry, etc. Whatever comes to mind is okay. Now give the child Clue #2...

**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 matches. 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 of riddles

Clue #1	Clue #2	Clue #3	Answer
I am white.	You can drink me.	I am in the dairy group.	<b>Milk</b>
I am yellow and long.	I am a fruit.	Monkeys eat me.	<b>Banana</b>
I am green but when you cut me open I am red.	You eat me in the summer time.	I am a fruit.	<b>Watermelon</b>
I am in the grain group.	I am long and stringy.	You can put sauce on me.	<b>Spaghetti</b>
I am green.	I look like a tree.	I am a vegetable.	<b>Broccoli</b>
I am very soft and I can be sweet.	I am cold.	I am in the dairy group.	<b>Ice cream</b>

I can sometimes be light brown or white.	I have yellow stuff inside me.	I am a protein.	<b>Eggs</b>
I am green or red.	I am spicy and hot.	I am in the vegetable group.	<b>Peppers</b>
I am made of flour.	You can make sandwiches with me.	I am a grain.	<b>Bread</b>
I am some people's favorite food.	I am bad for you.	You get a lot of me during Halloween.	<b>Candy</b>
I am orange.	My top is green.	I am a vegetable.	<b>Carrot</b>
I am little, blue, and round.	A lot of people like to eat me.	I am in the fruit group.	<b>Blueberry</b>