



Foods of the Month
Fun, Experiential Activities

Fish & Other Seafood

Grades 3-5



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Explore
the Store

Extension activities Lifecycle of a farmed salmon



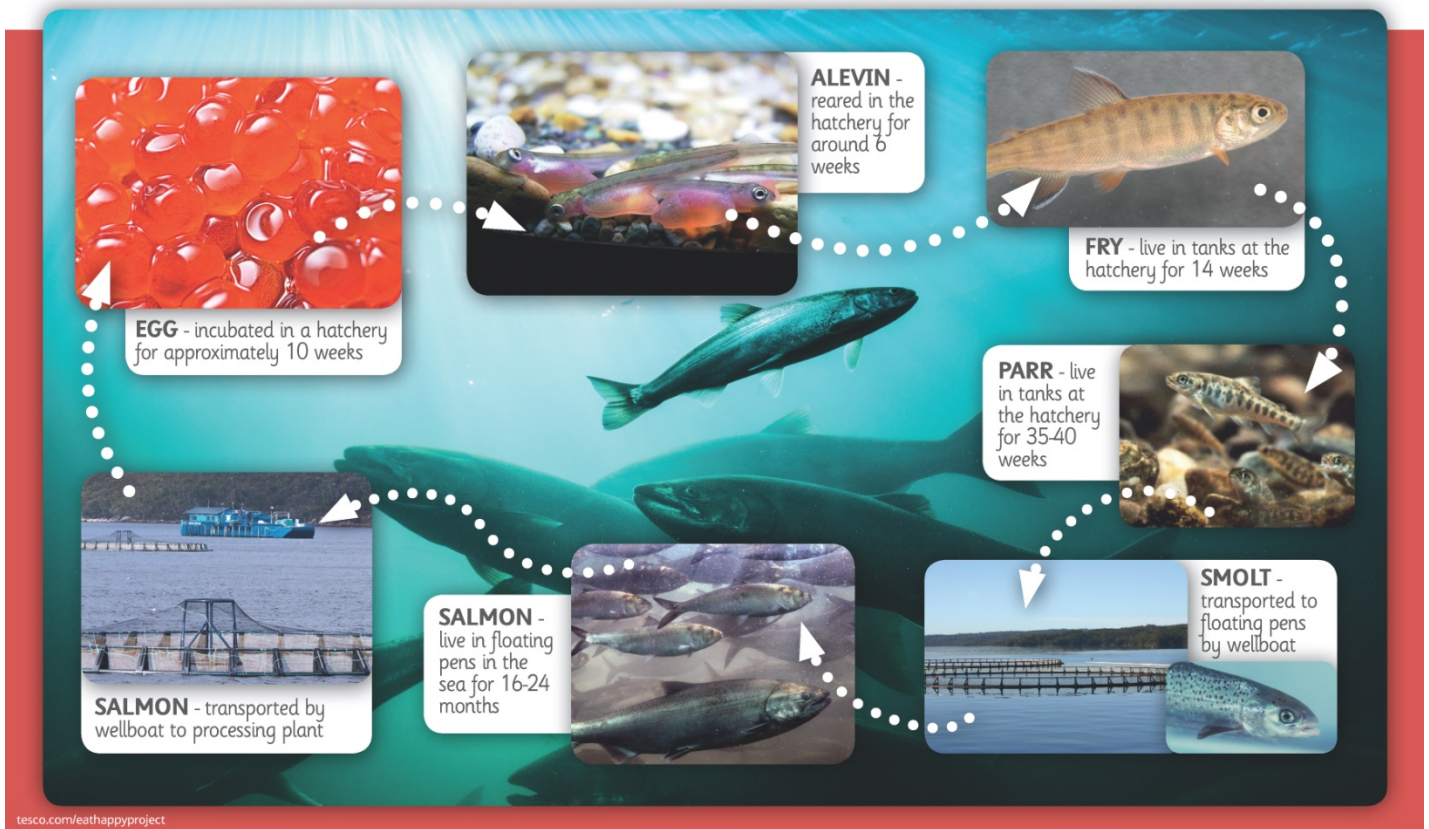
Farm to Fork

4-5

5-7

7-9

9-11



Source: <https://www.eathappyproject.com/resources/.../how-salmon-get-from-farm-to-fork>



National Recreation
and Park Association

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Make “Salty” the Fish!

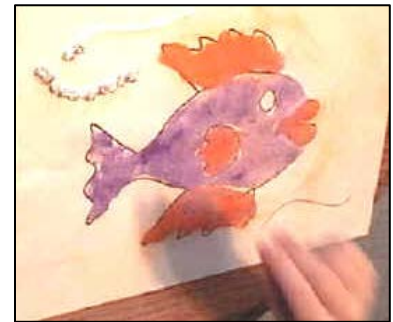
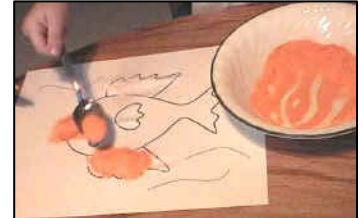
Materials:

- paper (white or blue)
- printer
- salt
- tempera paint powder or colored drink crystals
(2 colors -- or if you're using blue construction paper, one color will work)
- aluminum foil
- glue
- Optional: paint brush
- Optional: thin cardboard (old cereal box)

Instructions:

- Print out the template onto white or blue paper
- Optional: You can mount the template on a thin piece of cardboard. This will help prevent the salt from cracking off the picture when dry (if you'll be carrying it around a lot the paper will fold/flop around and the salt will crack off -- the cardboard helps keep the picture flat). If you're just planning to hang it up right away, you can leave this step out.
- Pour about 1/4 cup of salt (doesn't need to be exact) into each bowl.
- Ask the children where fish live (you'll get answers like water, the sea, the ocean, the fishbowl, etc.).
- Tell the children that **Salty the Fish** lives in the water in the ocean.
- Let the kids have a small drink of water (optional). Ask if anyone can guess what's different about the water that Salty lives in.
- Have the children wet the end of their finger slightly and dip it in one of the bowls of salt. Have them taste the salt from their finger. Tell the children that the water Salty lives in is full of salt. Would they like to live in salt water? Drink salt water?
- Mix about 1/2 tsp of tempera paint powder in with each bowl of salt (different colors in each bowl).
 - If you only have one color and are using blue construction paper, you can leave one of the bowls of salt white.
 - If you don't have tempera paint powder, use colored drink crystals to color your salt. You can let them taste the drink crystals before mixing and ask them to compare it to the taste of the salt.

- Using a paintbrush or fingers, have the children spread glue in the fins and mouth of the Salty template.
 - It doesn't have to be perfect!
 - We used orange for this step.
- Have the children spoon the colored salt onto the fins and mouth.
- Lift the paper and GENTLY tap the excess salt back into the bowl.
- Have the children spread glue on Salty's body.
- Have the children spoon the other color of salt onto the body. Try not to get TOO much on the fins.
- Lift the paper and GENTLY tap the excess salt back into the bowl.
- Tear aluminum foil into 1 inch squares (this doesn't need to be exact).
- Scrunch the aluminum foil into balls.
- Draw a glue line along the thin lines beside salty the fish.
- Place the balls along the lines (bubbles).
- Optional: Add a few balls coming up from Salty's mouth.





Explore the Store

Extension activities
Lifecycle of a wild salmon

Farm to Fork

4-5
5-7
7-9
9-11

The infographic illustrates the lifecycle of a wild salmon through seven stages, connected by a dotted line:

- EGG** - buried in gravel on a river bed
- ALEVIN** - stay buried in gravel for a few weeks
- FRY** - feed on tiny water creatures in the river
- PARR** - live in the river for 1-4 years, eating insects
- SMOLT** - turn silver and swim out to sea
- SALMON** - live in the sea for 1-4 years, eating shrimp and smaller fish
- SALMON** - return to the river where they were born, to lay or fertilise eggs

tesco.com/eathappyproject

Source: <https://www.eathappyproject.com/resources/.../how-salmon-get-from-farm-to-fork>

A World of Fish!

Use a globe or display a world atlas on the whiteboard, and ask the children to find the following countries. Write the fish dishes down in random order and see if the children can match each fish dish to its country of origin.

America	Seafood gumbo
Britain	Fish and chips
France	Bouillabaisse
India	Fish curry
Jamaica	Saltfish
Japan	Sushi
Scotland	Arbroath Smokie
Spain	Seafood paella
Sweden	Surströmming

Source: <https://fishandkids.msc.org/en/teachers/teachers-pack-1>



Foods of the Month
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Stems

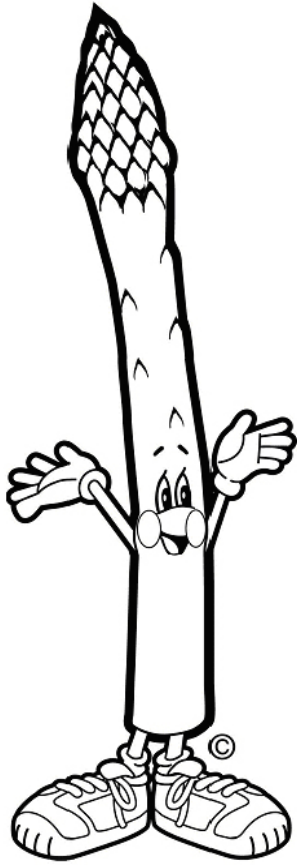
Grades 3-5



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Fun Facts About Asparagus



My name is Annie Asparagus.

Did you know that...?

- Asparagus is a vegetable.
- Asparagus was first raised in Greece about 2,500 years ago!
- The name asparagus is Greek for “stalk” or “shoot.” Look at a piece of asparagus and you’ll understand why!
- The scientific name for asparagus is *Asparagus officinalis*.
- Asparagus is a member of the lily family and is related to onions, leeks, and garlic.
- “Martha Washington” is one of the most popular varieties of green asparagus. Do you know who it was named after? George Washington’s wife!
- There are three types of asparagus—green, white, and purple. Green is the most common in the United States, while the white variety is very popular in Europe.
- Green asparagus has its color thanks to the process known as “photosynthesis.” Do you know what that is? It’s when sunlight produces a substance called chlorophyll in the cells of plants. The chlorophyll in the cells of the plant gives asparagus its green color.
- White asparagus has no chlorophyll because it is kept underneath the soil where the sunlight cannot reach it.
- California grows about 80 percent of all the asparagus grown in the United States.
- More than 50,000 tons of asparagus covering more than 30,000 acres are grown in California every year. That’s a lot of asparagus!
- Ninety percent of asparagus is eaten fresh; only 10 percent is canned or frozen.
- Asparagus is a favorite vegetable in the spring.
- Five medium spears of asparagus count as one serving of your 5 A Day.
- One serving of asparagus contains just 16 calories and is a good source of folate and vitamin K.
- The Spanish word for asparagus is *esparrago*.
- The French word for asparagus is *asperge*.
- The Italian word for asparagus is *l’asparago*.
- The German word for asparagus is *Spargel*.

Colorful Celery Experiment

Materials:

- Tall, clear glass or jar
- Water
- Dark color food coloring
- Scissors
- Celery stalk with leaves
- Paper and pencils (for drawing and predictions)

Directions:

1. Fill a tall, clear glass or jar half-full with water.
2. Add a few drops of food coloring and mix well.
3. Trim the bottom of a large stalk of celery, leaving the leaves on the stalk.
4. Place the celery stalk in the glass or jar. Leave overnight in order for the stalk to “drink” the water.
5. Have each child draw a picture of the celery stalk “before” it drinks the colored water and then have him/her write a sentence to describe what s/he sees. Ask older children (grades 3-5) to write their predictions as to what might happen overnight.
6. The next morning, observe what has happened. Let the children tell you where they think the water has gone and what has happened to the celery. If needed, explain that water has been absorbed into the celery stalk, tinting the stem and leaves. Ask them if they think the whole plant gets water for food, and help guide them to see that yes, the whole plant did get the water for food since all parts of the plant are now colored (from absorbing the colored water that was in the cup the day before).
7. Have them draw a picture of what happened and write a sentence to sum up their findings.



Now that you have seen how plants absorb water, try this experiment in a new and different way!

- Take a celery stalk with leaves and trim the bottom.
- Using the scissors, make a slit up the middle of the stalk stopping an inch below the leaves.
- Fill two glasses half-full with water. Add a few drops of food coloring to one glass and add a few drops of a different color food coloring into the second glass.
- Mix the food coloring in each glass and place the glasses next to each other. Put one-half of the celery stalk in one glass and the other half in the other glass. Leave overnight.
- The next morning, observe what has happened. What changes do you notice about the celery and the water? What's different about this experiment compared to the first one? Each half of the celery stalk will have absorbed the colored water and the two colors will have blended together as they moved up inside the stalk!

Adapted from: http://www.education.com/activity/article/celery_stick_science_first/

Celery Stamping

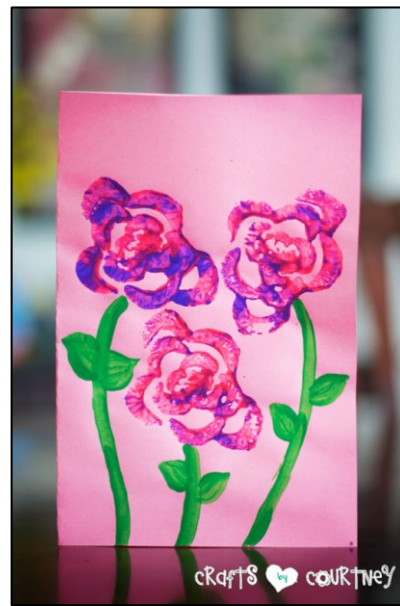
Materials Needed:

1. Stalks of Celery
2. Knife (adult use only)
3. Tempera paint (different colors, green for stem)
4. White or colored paper
5. Large paper plates
6. String or ribbon to keep celery together, if needed



Directions:

1. Cut off the bottom half of the celery.
2. Tie celery bunch together if needed.
3. Put paint on paper plates (can use two or more colors) and spread it out.
4. Gently dip celery into paint, making sure it is completely covered so you get a nice flower shape. (If you see that the paint is a little "gunky" in spots just blow on it and it will "pop" the air bubbles).
5. Stamp separate flowers, or try making a bouquet – create a special picture for someone!





Grow Celery from Celery

Cut off the base of a celery stalk. Let students then place the celery base upright in a small dish of water. They should make notes on how long it takes for new leaves to appear in the center of the celery base (approximately one week, keep adding water if necessary). Have students note the color of the leaves (yellow) and ask if the color surprised them. Were they expecting the leaves to be green? Once the leaves grow and turn green, the celery base is ready to plant in the ground or in a pot. **Note to the students that something they are used to throwing away can be “recycled” into a new celery plant!**

Source: http://www.fns.usda.gov/sites/default/files/diginTG_lesson1.pdf