



**Foods of the Month**  
**Fun, Experiential Activities**

# **Oils and Good Fats**

## **Grades K-2**



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## February – Oils & Good Fats!

Introduce the children to good fats in the yummy **avocado**!!

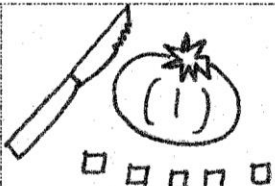
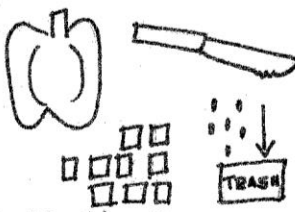
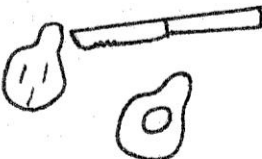
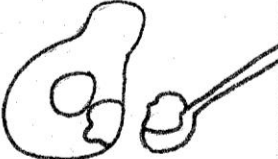
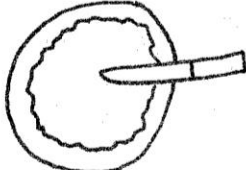
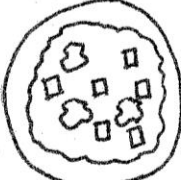
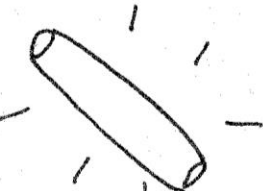
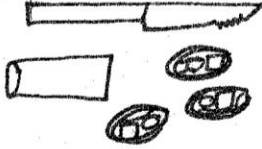
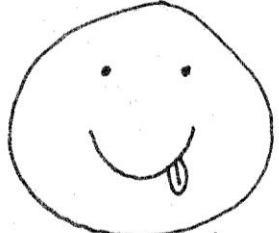
- Show the children an avocado. Ask them:
  - Do you know what it is?
  - What food group does it belong in? **Fruit**
  - Has anyone ever tasted an avocado before?
  - How can you eat avocados?
    - Salsa, guacamole, salads, sandwiches, etc.
- Avocados grow on trees in warm climates, like California.
- An avocado tree can reach 80 feet in height (See picture on page 6).
- Discuss how avocados are harvested—picked by hand with the help of shears, clippers, ladders, and poles. The pickers place fruit in a large bag that is on their shoulder. Each bag holds about 30 to 50 pounds of fruit.
- Avocados have a rough, bumpy dark green/black skin. Cut the avocado in half (may also have the avocado pre-cut) and show them the inside. Take out the seed. Pass around avocado halves and the seed for them to touch and feel. When it is cut, a soft green smooth fruit and an inedible seed are inside. Explain that we do not eat the seed. The outside of avocados are bumpy and the inside is smooth...they are opposites.
- It is also called an Alligator Pear because of its pear-like shape and green skin.
- Avocados make your heart healthy.
- Perhaps share sliced avocado with a bit of salt, or guacamole, as a fun taste test!

Source: Utah State University Extension

February – Oils & Good Fats!

Try out these yummy, simple roll-ups as a small cooking lesson!

**Veggie Tortilla Roll-ups**

<p><u>Ingredients for 12 students</u></p> <p>4 whole wheat tortillas 8 tablespoons of nonfat or low fat cream cheese 2 cups of fresh spinach 2 medium tomatoes 1 yellow or orange bell pepper 2 avocados</p>	 <p>Cut the tomatoes into small pieces</p>	 <p>Cut the bell pepper into small pieces and throw out seeds</p>
 <p>Cut the avocado lengthwise around the seed</p>	 <p>scoop out the avocado, away from skin, with spoon</p>	 <p>spread the cream cheese on a tortilla</p>
 <p>lay some spinach and other veggies on the cream cheese</p>	 <p>roll up the tortilla nice and tight</p>	 <p>cut the tortilla in round shapes that look like a wheel</p>
 <p>enjoy!</p>		



## Foods of the Month Fun Being Active

### February – Heart Month

#### Jump, Thump, Pump! Poem

*Whenever you jump, jump, jump,  
Hear your heart go thump, thump, thump!  
That's because a jump, jump, jump  
Speeds up your heart's pump, pump, pump!  
Jump, jump, jump!  
Thump, thump, thump!  
Pump, pump, pump!*

Write the rhyme on the chalkboard and read it aloud to children. Repeat the rhyme several times until children are familiar with it. Then ask them to name the rhyming words (jump, thump, pump). Explain to children that there is something they can do for each of those three words. Then demonstrate jumping up and down in place for the word *jump*, patting the chest over the heart with an open hand for the word *thump*, and straightening and bending the arms out from the shoulders and back for the word *pump*. Once children know the motions, tell them that when you say the rhyme, they should do the appropriate motion each time they hear the words *jump*, *thump* and *pump*. Say the rhyme together, using the motions with the appropriate words.

Source: [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_313215.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313215.pdf)



## February – Oils & Good Fats!

Have some fun playing with cooking oils – make an *Ocean in a Bottle!*

Materials:

- water
- canola cooking oil
- blue food coloring
- large bottle (2 liter bottles or empty mouthwash bottle with a child-safe lid)
- funnel

Fill approximately 1/3 of your bottle with water.

Add several drops of food coloring.

Have the child shake the bottle to disperse the food coloring.

Then, simply top up the bottle with a bit of oil.

**LET THE FUN BEGIN!**

Tip the bottle upside down and watch your ocean come to life.

To see the big blobs of color swoosh and fall through the yellow oil is really fascinating.

The more you agitate the bottle, the more the bubbly the ocean becomes. Set your bottle down occasionally to let the bubbles settle, and then start all over again.



Source: <http://happyhooligans.ca/ocean-in-bottle/>

February – Oils & Good Fats!



### Collect:

- Water
- Cooking oil
- 1-liter clear plastic bottle
- Food coloring
- Alka-Seltzer tablets

### Make the lamp.

1. Clean the bottle and remove the label and cap.
2. Fill the bottle 2/3 full of oil.
3. Fill up the rest of the bottle with water.

*What happens to the water? Why do you think the liquids act that way?*

Density is how much stuff is packed into a certain space. Water and oil do not mix because they have different densities. Water is denser (or has more stuff to it) than oil, so it sinks to the bottom.

### Make it groovy!

4. Add a couple drops of food coloring to the bottle. As the drops fall through the oil they will look like bubbles.

*Why did the food coloring not go to the bottom?*

When the food coloring is added, since it is only water-soluble, it will fall through the oil and sit on top of the barrier between the water and oil. Since the molecules of the food coloring can not mix with the oil, only the water will become colored.

### Add energy to the mix!

5. Break a piece of Alka-Seltzer into quarters. Drop one small piece in the bottle, but DO NOT cap the bottle! Pressure will build up inside and cause a lava rocket instead of a lamp.

*Where do the bubbles come from?*

Once you drop the Alka-Seltzer into the bottle, it will float through the oil, hit the water, and start to bubble. The gas bubbles produced are less dense than both the oil and the water, which means they will float to the surface. Alka-Seltzer contains citric acid (an acid) and sodium bicarbonate (a base) which are released as the tablet dissolves in water. These two chemicals react to produce bubbles of carbon dioxide gas which rise to the surface, pop, and then sink back down.

### Save it for later.

6. Once the reaction has finished, you may cap the bottle so that you can recreate the experiment later by adding more Alka-Seltzer.
7. Place a flashlight underneath the lamp for an extra-groovy glow!

### Results

How long does the reaction last? Does it last longer if you crush the Alka-Seltzer or put it in as one piece?



**Foods of the Month**  
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# Water

## Grades K-2



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## Foods of the Month Experiential Activities

February – Water!!

### How Much Sugar is in Your Favorite Beverage?!!

Check out this PSA about how much sugar in a soda!

[https://www.youtube.com/watch?v=ronWuJsTWX0&feature=player\\_embedded](https://www.youtube.com/watch?v=ronWuJsTWX0&feature=player_embedded)

Then, carry out this event with your children that shows them how much sugar is in some of their favorite beverages!

Materials:

- Sandwich sized sealable baggies
- Sharpie marker
- Sugar
- Bowl (for sugar, if you want)
- Measuring teaspoon
- Variety of beverages selected from below (make sure you have water!):
  - Coke, 20 oz. bottle
  - Gatorade, Lemon-lime, 20 oz. bottle
  - Minute Maid 100% Orange Juice, 15.2 oz. bottle
  - Minute Maid 100% Apple Juice, 15.2 oz. bottle
  - Minute Maid Lemonade, 15.2 bottle
  - Nesquik Low-fat Chocolate Milk, 14 oz. bottle
  - Caprisun Fruit Punch drink pouch, 177 ml (6 oz)
  - Caprisun Roaring Waters, fruit punch, 177 ml (6 oz)
  - Sunny Delight original, 16 oz. bottle
  - Snapple Lemon Iced Tea, 20 oz. bottle
  - Water, any size!





## Foods of the Month Experiential Activities

### Instructions:

1. Discuss with children what they normally (and prefer to) drink (make a list on the board, if possible).
2. As a group, have children decide how to line up the drinks according to which they think has the least amount to most amount of sugar.
3. Put an empty baggie in front of each drink.
4. Using the “Rethink Your Drink” chart below, count out loud (with kids) and put in the correct number teaspoons of sugar into baggies in front of each drink.
5. Seal each bag as you go and write on it the number of teaspoons you put in it.
6. Discuss with children how they did in guessing which drinks had the most and least amounts of sugar.
7. Reorder the drinks (with bags of sugar) according to actual amounts of sugar in them.
8. Refer back to the drinks the children said they liked to drink and discuss their sugar content – remind them about making better drink choices.
9. Make copies of “Rethink Your Drink” chart below to send home with children.

### RETHINK YOUR DRINK!!

DRINK	SIZE	TEASPOONS OF SUGAR
Minute Maid Lemonade	15.2 oz	16.75
Coke	20 oz	16.25
Minute Maid 100% Apple Juice	15.2 oz	12
Minute Maid 100% Orange Juice	15.2 oz	11
Yoo-hoo Chocolate Drink	15.5 oz	11
Snapple Lemon Iced Tea	16 oz	9
Gatorade, Lemon-Lime	20 oz	9
Sunny Delight	16 oz	6.75
CapriSun 100% Juice Fruit Punch	6 oz	5
CapriSun Roaring Waters, Fruit Punch	6 oz	2
Water	Any size!	0



# Foods of the Month Experiential Activities

February – Heart Month



## Hey kids, what's that's you're drinking?

We all have our favorite drinks we get when we get thirsty. But, did you know that just like eating healthy food, we need to drink healthy drinks?

Look at this chart with your parent and check whether each drink is healthy, which are not, and which are okay to drink only sometimes. Post this chart on the refrigerator as a reminder and to encourage your whole family to switch to healthy drinks with you!

Type of Drink	What's in it?	How does it help my body?	Why should I be careful?	Should I drink it?	Is it healthy?
Regular soda	It has a lot of calories* but no nutrients** See the definition down below if you don't know what a calorie or nutrient is.)	Even though soda may taste good, it does not give any of the nutrients that your body needs.	Soda provides more sugar than your body needs, which can cause not only weight gain, but also tooth decay and cavities.*** Yikes!	The less soda you drink the better, try drinking water or fat-free (skim), 1 percent fat, or low-fat milk instead.	YES NO Sometimes
Diet soda	Diet soda doesn't have any calories, but it doesn't have any nutrients either.	Diet soda does not provide any of the nutrients your body needs.	Like regular soda, diet soda can lead to tooth decay and cavities too.	Diet soda is okay to drink occasionally, but be sure to drink enough water and fat-free (skim) milk to make sure you are getting all your nutrients	YES NO Sometimes
Fat-Free Milk (Skim Milk)	Many good nutrients your body needs, like calcium and protein. These help you build strong bones and muscles.	Calcium helps to keep your bones and teeth strong and protein helps you build strong muscles.	Not all milk is the same. Some milk contains a lot of extra fat (like in whole milk and 2 percent fat milk) that your body doesn't need. Make sure to grab ones that say fat-free (skim) or 1% fat.	To get enough calcium and protein, you will want to drink a few glasses of low-fat (1%) or fat-free (skim) milk every day. Try having a glass at breakfast, lunch, and dinner, or for a snack.	YES NO Sometimes

# COMMIT TO HEALTH

## Foods of the Month Experiential Activities



<p>Many good nutrients your body need, like calcium and protein. The chocolate and other flavors of milk are okay, but they have some extra calories from sugar, that regular milk doesn't have.</p> <p>Chocolate Milk</p>	<p>Calcium helps to keep your bones strong and teeth strong and protein helps you build strong muscles.</p> <p>Make sure to get low-fat (1%) or fat-free (skim) milk so that you aren't drinking too much fat!</p>	<p>To get enough calcium and protein, you will want to drink a few glasses of low-fat (1%) or fat-free (skim) milk every day. Try saving chocolate and other flavored milks for occasional treats or desserts a</p>	<p>YES</p> <p>NO</p> <p>Sometimes</p>
<p>There are no calories in water, but it is something that your body needs plenty of.</p> <p>Water Just water!</p>	<p>Water helps your body do its jobs like keeping your body temperature cool and helping you digest food. Also, water helps you control the number of calories you eat and maintain your weight.</p>	<p>It is important to drink water every day. Our bodies are mostly made of water; it is in all of our cells, tissues, muscles, everywhere! So be sure to get your fill to keep your body from getting thirsty.</p>	<p>YES</p> <p>NO</p> <p>Sometimes</p>
<p>Sugary drinks (Like flavored drinks and sports drinks)</p> <p>A lot more sugar than your body needs.</p>	<p>Some sugary drinks (like sweetened juice, fruit punch) may have some of the nutrients you need, like vitamins and minerals, but should not take the place of 100% juice or water.</p> <p>Sugary drinks provide more sugar than your body needs, which can cause not only weight gain, but also tooth decay a</p>	<p>The less you have of these sugary drinks, the better. Look for drinks that have fewer calories and get nutrients from drinks like fat-free (skim) milk.</p>	<p>YES</p> <p>NO</p> <p>Sometimes</p>
<p>Some energy drinks contain a lot of sugar or artificial sweeteners, caffeine and other chemicals that you can't even pronounce.</p> <p>Energy drinks</p>	<p>Even though energy drinks may wake your body up for a while, they often have a hard "crash" after the affects wear off.</p> <p>Having energy drinks may increase the chances of developing an abnormal heart rhythm and it increases you blood pressure. that can put a strain on your heart.</p>	<p>Try drinking a full glass of water if you feel tired, or lay down for a 20-minute cat-nap. Both of those things can help energize you during an afternoon slump.</p>	<p>YES</p> <p>NO</p> <p>Sometimes</p>



## Foods of the Month Experiential Activities

100% Fruit juice	The 100% juice label means that everything in the bottle came from a fruit or vegetable, but not necessarily the fruit or vegetable you think you're drinking.	Drinking juice isn't a substitute for eating fruit, but it can be healthier than some sugary drinks. Know what you're drinking!	Calories from juices can add up quickly. For example: 4 oz of 100% grape juice has 76 calories!	Sometimes — and you can even eat it! Put 100% fruit juice in an ice tray and freeze it to make mini-popsicles.	YES  NO  Sometimes
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**\*What is a calorie?** A calorie is a way to measure how much energy is in food. We can eat too many calories as well as not enough. Depending on your age, size, amount of physical activity and gender, you will need to eat a certain amount each day.

**\*\*What is a nutrient?** Nutrients are substances found in food that provide our bodies with important things to work and grow. Some nutrients are minerals, some are chemicals, and some are vitamins. Examples of nutrients are protein, calcium, Vitamin D , and fiber. By eating foods that have a lot of nutrients our bodies will feel and work better.

**\*\*\*What is tooth decay and what are cavities?** All of our teeth have hard coatings called enamel, that help to protect our teeth and keep them strong. Certain foods, like sugar and soda, can cause break down the enamel, making our teeth weak. When our teeth are weak things like cavities can form. Cavities are holes in the tooth where the enamel has gotten very weak.

**ANSWER KEY:** Regular soda: No, Diet soda: No, Fat-free milk (skim milk): Sometimes, Chocolate milk: Sometimes, Water, Just water!: Yes, Sugary drinks: No, Energy drinks: No, 100% Fruit Juice: Sometimes.