



Foods of the Month
USDA MyPlate and Other Fun,
Healthy Activities!

February
All Ages



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#CommitToHealth



Foods of the Month Experiential Activities

February – Heart Month

Everybody Needs a Heart Song

Write the following lyrics on the chalkboard and sing them to the tune of “Here We Go ‘Round the Mulberry Bush.”

*Everybody needs a heart,
Needs a heart,
Needs a heart.
Everybody needs a heart
To keep their body running*

Ask children to sing the song with you and sing it together several times. Then help children write their own verses about the heart using the same tune. They might write about how the heart works or what it needs. For example:

*The heart, it pumps blood constantly,
Constantly,
Constantly.
The heart, it pumps blood constantly,
To keep the body running.
The heart needs daily exercise,
Exercise,
Exercise.
The heart needs daily exercise,
To keep it strong and healthy.*

*The heart gets all its nutrients,
Nutrients,
Nutrients.
The heart gets all its nutrients
From foods that we have eaten.*

Older students can work in small groups to write their verses. Encourage each group to sing its verse to the others. As a class project, arrange all the verses by topic and put them into a booklet titled “Everybody Needs a Heart.”

Source: https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313208.pdf

Name: _____ Date: _____

Did you know that not all foods with fruity names or pictures of fruit on their packaging actually contain real fruit? Some may have only a small amount of fruit. Such products may have only fruit flavorings that make them taste like a fruit. Not only do they not belong to the **Fruit Food Group**, but they also tend to be high in added sugars. Study the labels and ingredients list below.

Can you spot the fruit imposters?



Fruit Punch

| Nutrition Facts | |
|----------------------------------|---------------------|
| Serving Size 1 drink box (200ml) | |
| Servings Per Package 10 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 15mg | 1% |
| Total Carbohydrate 25g | 8% |
| Dietary Fiber 0g | 0% |
| Sugars 25g | |
| Proteins 0g | |
| Vitamin A 0% | Vitamin C 100% |
| Calcium 0% | Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Pure Filtered Water, Sweeteners (High Fructose Corn Syrup), Orange and Pineapple Juices from Concentrate, less than 0.5% of: Vitamin C (Ascorbic Acid), Citric Acid (Provides Tartness), Natural and Artificial Flavors.

Imposter? YES / NO



Fruit Snacks

| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size 1 pouch (26g) | |
| Servings Per Package 6 | |
| Amount Per Serving | |
| Calories 100 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 30mg | 1% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Proteins 0g | |
| Vitamin A 0% | Vitamin C 100% |
| Calcium 0% | Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Corn Syrup, Sugar, Fruit Juice Concentrate (Apple, Grape, Strawberry, Orange, Lemon), Modified Corn Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and Soybean), Malic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Mineral Oil, Blue 1, Red 40, Yellow 5, Yellow 6, Carnauba Wax.

Imposter? YES / NO



Pineapple Chunks

| Nutrition Facts | |
|-------------------------------|---------------------|
| Serving Size 0.5 cup (120ml) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 80 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber 1g | 4% |
| Sugars 15g | |
| Proteins 0g | |
| Vitamin A 0% | Vitamin C 15% |
| Calcium 0% | Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet.

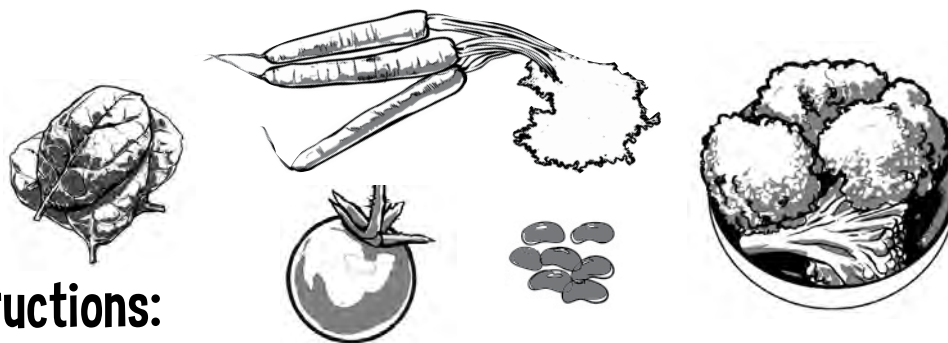
Ingredients: Pineapple, Pineapple Juice, Preservatives.

Imposter? YES / NO

LESSON 4 HANDOUT 2 Fuel Up With Veggies...Zoom to the Finish! (Page 1 of 2)

Know how you can really get your engine going? Make half your plate fruits and veggies. They'll help you be your best at school and at play.

Are you fueling up with enough dark-green, red, and orange veggies, and beans and peas during the week? Take the challenge to track your meals for three days to find out if, and how fast, you can zoom across the finish line!



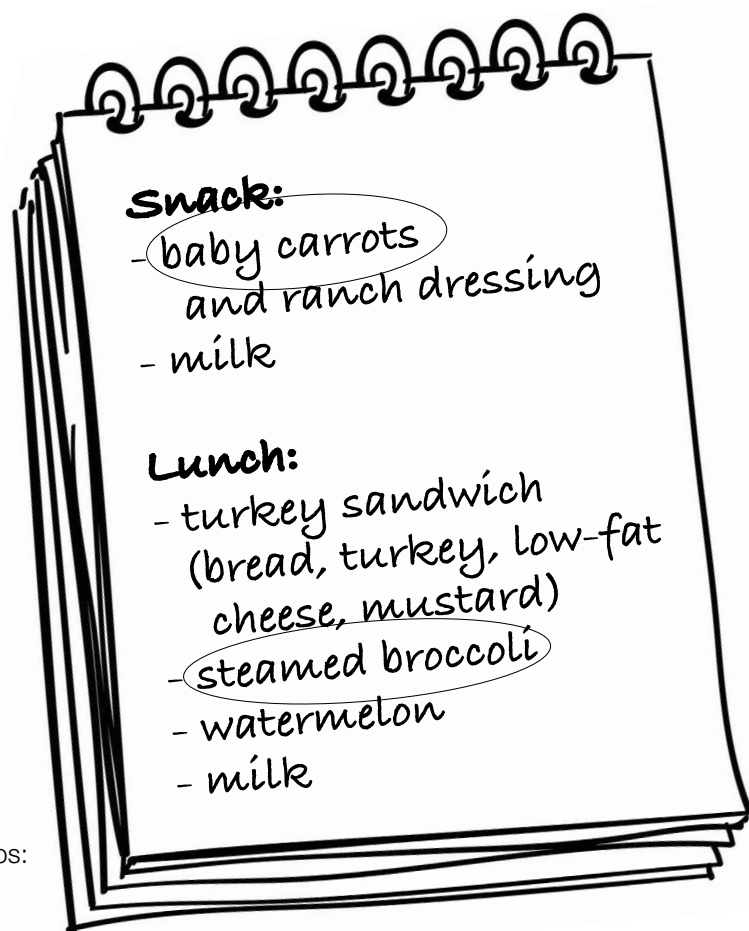
Challenge Instructions:

1) TRACK: For 3 days, write down everything you eat and drink (at meals, snacks, or in between) in your **Garden Journals**. Circle all the veggies. (See example on right.)

2) EVALUATE: Make a list of each new vegetable you tried. Then, sort the vegetables you ate into the five vegetable subgroups: **Dark-Green, Red and Orange, Beans and Peas, Starchy,** and **Other.**

3) ZOOM AROUND THE TRACK:

- Use the track on the next page. For each vegetable portion you eat, move one space on the track. You cannot count the same vegetable twice. (For example, If you eat broccoli on Day 1 for lunch and dinner, you can only count it once. But if you eat it also on Day 2, you can move another space.)
- Write down the name of the vegetable in each space you move through.
- Give yourself a **Turbo Boost!** For each **NEW** vegetable you eat, you earn one extra space! Write it into the empty space.
- You may not cross the finish line until you have eaten at least one veggie from EACH of the following subgroups: **Dark-Green, Red and Orange, Beans and Peas.** Circle them clearly on the track.

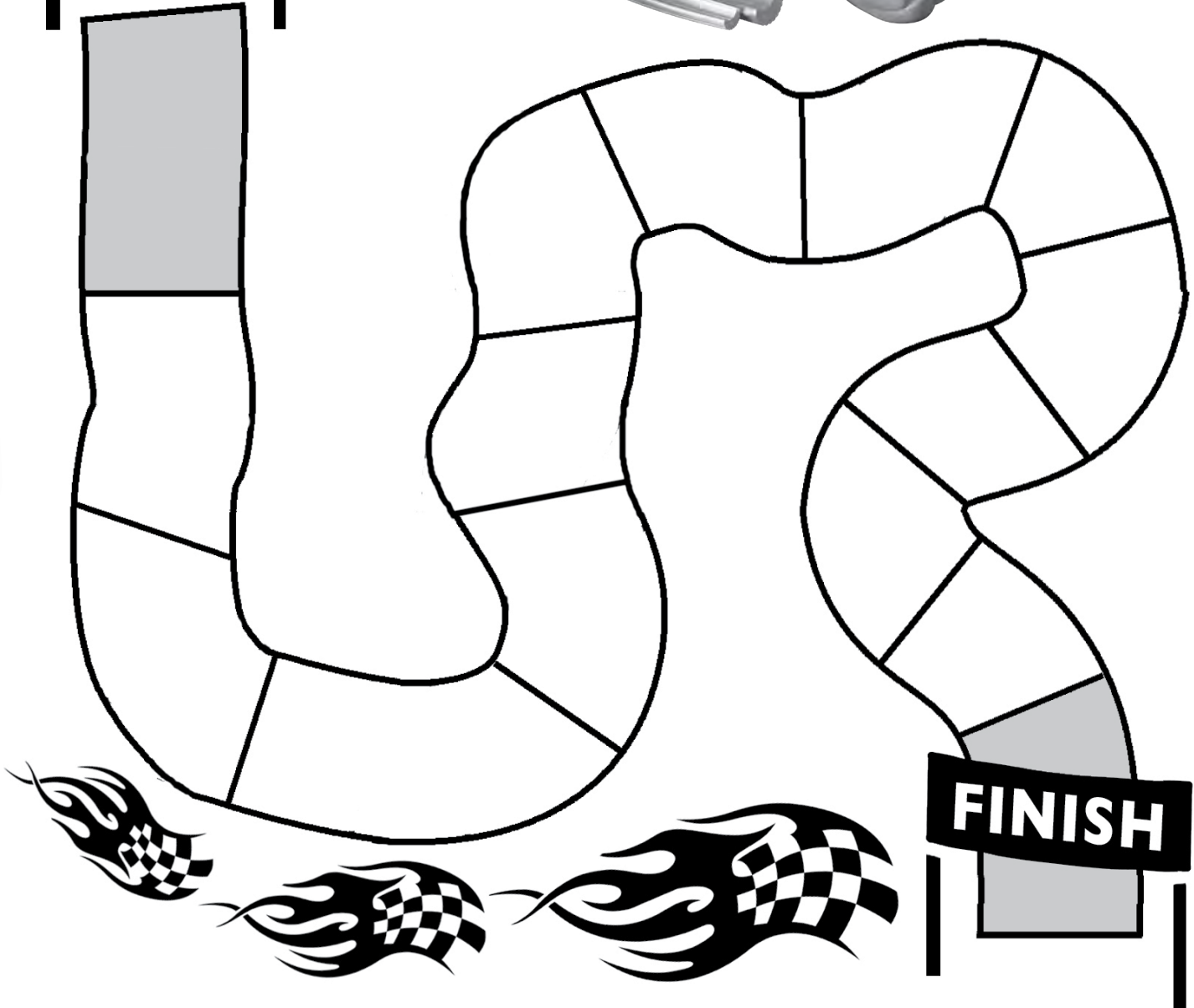
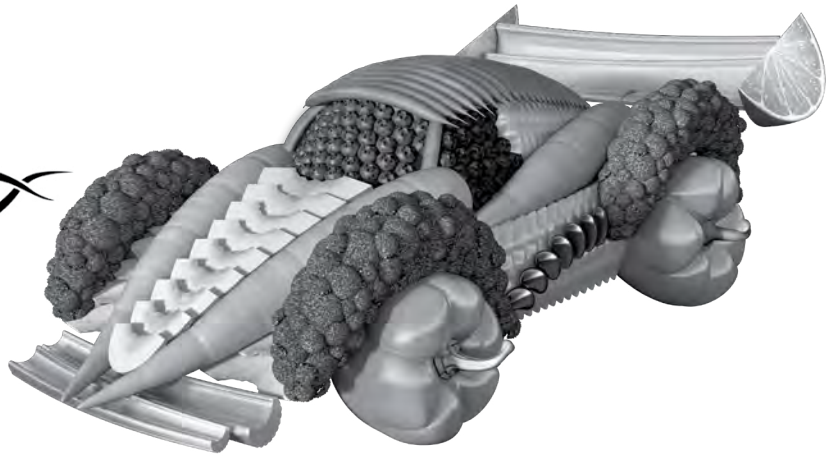


Tip! The more variety you eat, the faster you'll move around the track!

Name: _____ Date: _____

Veggie Challenge Race

START



FINISH



February – Keeping your Heart Healthy with Good Eating and Physical Activity Goals!

JIFF Eating and Physical Activity Goal Sheet



Right now I . . .

Eating example: I eat two or three servings of fruit every day.
Physical activity example: I walk up and down the stairs twice a day.

My current eating and physical activity habits:

- _____
- _____
- _____
- _____
- _____
- _____

In the future I want to . . .

| When: | Eating Goals: | Physical Activity Goals: |
|-------------|---|---|
| Today: | <ul style="list-style-type: none"> • _____ • _____ • _____ | <ul style="list-style-type: none"> • _____ • _____ • _____ |
| Tomorrow: | <ul style="list-style-type: none"> • _____ • _____ • _____ | <ul style="list-style-type: none"> • _____ • _____ • _____ |
| This week: | <ul style="list-style-type: none"> • _____ • _____ • _____ | <ul style="list-style-type: none"> • _____ • _____ • _____ |
| This month: | <ul style="list-style-type: none"> • _____ • _____ • _____ | <ul style="list-style-type: none"> • _____ • _____ • _____ |





Foods of the Month Fun, Experiential Activities

February – American Heart Month!

Check out this fun scavenger hunt that teaches us important facts about the heart!

Use the Internet to complete each task below. List the search terms you used to find your answers, and provide the URL of each web site you used.

Task 1: Name 5 ingredients that can be found in most cigarettes.

Search Terms:

URL:

Response:

Task 2: Define “cholesterol”

Search Terms:

URL:

Response:

Task 3: How many chambers are in the heart?

Search Terms:

URL:

Response:

Task 4: Where can you find the symptoms of a heart attack?

Search Terms:

URL:

Response:

Task 5: Who was the first person to receive a heart transplant?

Search Terms:

URL:

Response:



Foods of the Month Fun, Experiential Activities

Task 6: What are some of the causes of high blood pressure (hypertension)?

Search Terms:

URL:

Response:

Task 7: How many times per day does the heart beat?

Search Terms:

URL:

Response:

Task 8: Name and define the two different types of stroke.

Search Terms:

URL:

Response:

Task 9: In what year was the American Heart Association founded?

Search Terms:

URL:

Response:

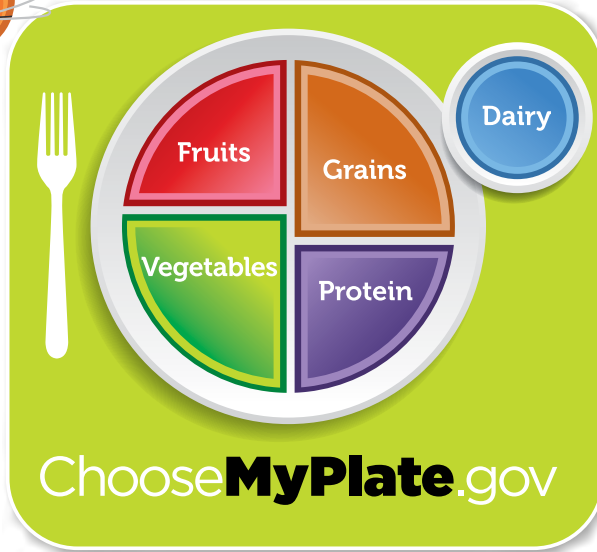
Task 10: What is the difference between “saturated” and “unsaturated” fat?

Search Terms:

URL:

Response:

SERVING UP MyPlate



Fruits: Fuel Up With Fruits at Meals or Snacks

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.



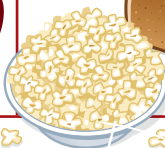
Vegetables: Color Your Plate With Great- Tasting Veggies

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



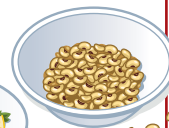
Grains: Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and popcorn, more often.



Protein: 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.



Dairy: Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Keep on Moving!

Kids need at least 60 minutes of physical activity every day. Whether that's running, biking, tossing a ball, or playing tag, every little bit counts. So, run around at recess, jump rope with friends, ride your scooter, or play a sport. It all adds up!



Know Your "Sometimes" Foods

Look out for foods with added sugars or solid fats, such as candy, cake, cookies, chips, ice cream, soda, fruit punch, lemonade, hot dogs, and bacon. They fill you up so that you don't have room for the foods that help you eat smart and play hard. Enjoy these every once in a while, not every day.



February – Learn more about how to prepare foods by learning about kitchen measurements!

LESSON **7** HANDOUT 1

Kitchen Measurements (Page 1 of 2)

Are you surprised that math is used in the kitchen? Chefs need to measure ingredients to make sure their recipes come out tasting right and are the same each time. There are different units of measurements for liquid and dry ingredients. There are also different measuring systems depending on where you are in the world – **U.S.** (also called "**standard**") and **metric**. Use the table below as a reference to help you in your kitchen measurements.

Weight: the heaviness, or downward force on an object caused by gravity

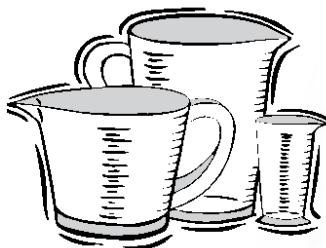
Weight Measurement Abbreviations

g = gram
lb = pound
oz = ounce (weight)

Volume: the amount of 3-dimensional space something occupies, or the amount an object can hold

Volume Measurement Abbreviations

mL = milliliter
L = liter
fl oz = fluid ounce
gal = gallon
tsp = teaspoon
Tbsp = tablespoon
qt = quart
pt = pint



Cooking Measurements

U.S.-to-Metric System

Cooking Equivalents

1 tbsp = 3 tsp
 1/16 cup = 1 Tbsp
 1/8 cup = 2 Tbsp
 1/6 cup = 2 Tbsp + 2 tsp
 1/4 cup = 4 Tbsp
 1/3 cup = 5 Tbsp + 1 tsp
 3/8 cup = 6 Tbsp
 1/2 cup = 8 Tbsp
 2/3 cup = 10 Tbsp + 2 tsp
 3/4 cup = 12 Tbsp
 1 cup = 16 Tbsp
 1 cup = 48 tsp
 1 cup = 8 oz
 2 cups = 1 pt
 2 pt = 1 qt
 4 cups = 1 qt
 4 qt = 1 gal
 16 oz = 1 lb

U.S.-to-Metric System

Converting Fluids

1/5 tsp = 1 mL
 1 tsp = 5 mL
 1 Tbsp = 15 mL
 1 fl oz = 30 mL
 1/5 cup = 50 mL
 1 cup = 240 mL
 2 cups (1 pt) = 470 mL
 4 cups (1 qt) = .95 L
 4 qt (1 gal) = 3.8 L

Metric System to U.S.

Converting Fluids

1 mL = 1/5 tsp
 5 mL = 1 tsp
 15 mL = 1 Tbsp
 30 mL = 1 fl oz
 47 mL = 1/5 cup
 100 mL = 3.4 fl oz
 237 mL = 1 cup
 474 mL = 2 cups
 .95 L = 4 cups
 3.8 L = 4 qt (1 gal)
 1 L = 34 fl oz
 1 L = 4.2 cups
 1 L = 2.1 pt
 1 L = 1.06 qt
 1 L = .26 gal

Converting Weight

1 g = .035 oz
 100 g = 3.5 oz
 500 g = 1.10 lb
 1 kg = 2.205 lb
 1 kg = 35 oz

U.S.-to-Metric System

Converting Weight

1 oz = 28 g
 1 lb = 454 g



Kitchen Measurements (Page 2 of 2)

LESSON 7 HANDOUT 1

Name: _____ Date: _____

**Most moderately active
10- to 11-year olds need:**

Fruit: 1½ cups per day Vegetables: 2½ cups per day*

***Remember!**

The amount of fruits and vegetables you need each day is determined by your age, gender, height, weight, and how active you are.

What counts as 1 cup of fruits or vegetables?



=

- small bowl (8-oz) of veggies
- 2 cups of raw leafy greens
- 8-oz glass of 100% fruit juice
- small bowl (8-oz) of fruit
- ½ cup of dried fruit



Use measuring tools to test your kitchen math skills:

- 1) Measure 1 cup of dry beans to see what 1 cup looks like. Put a cup of beans on a plate. Then, put 1 cup of beans in a bowl. Describe the size of a cup by comparing it to a familiar object: _____
- 2) Measure 1 cup of water and pour it into a drinking glass.
Is there a difference between what a liquid "cup" and a dry "cup" look like? _____
- 3) Measure out following, then convert the daily recommended amounts to milliliters: _____
1½ cups fruit/day = _____ mL
2½ cups vegetables/day = _____ mL

Convert the following measurements:

- 4) 15½-oz can of beans = _____ cups
- 5) 8-oz of pasta = _____ cups
- 6) 1½ cups of fruit = _____ Tbsp
- 7) 2½ cups of chopped tomatoes = _____ oz
- 8) 32-oz of green beans = _____ lb



Find three measurements on a food or beverage package to convert to another unit.

- 9) _____ = _____
- 10) _____ = _____
- 11) _____ = _____

Have Fun With Fruits and Vegetables

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

B F S E A Y A P A P A P
 R C Q L S R P E A R
 O H U P B A N A N A
 C P A P Y R E L E C
 C S S A Y A M S T E
 O A H E G N A R O K
 L E C A R R O T S I
 I P G R A P E S K W
 B E G G P L A N T I



Fruit and Vegetable Goals

Name a fruit you would like to try:

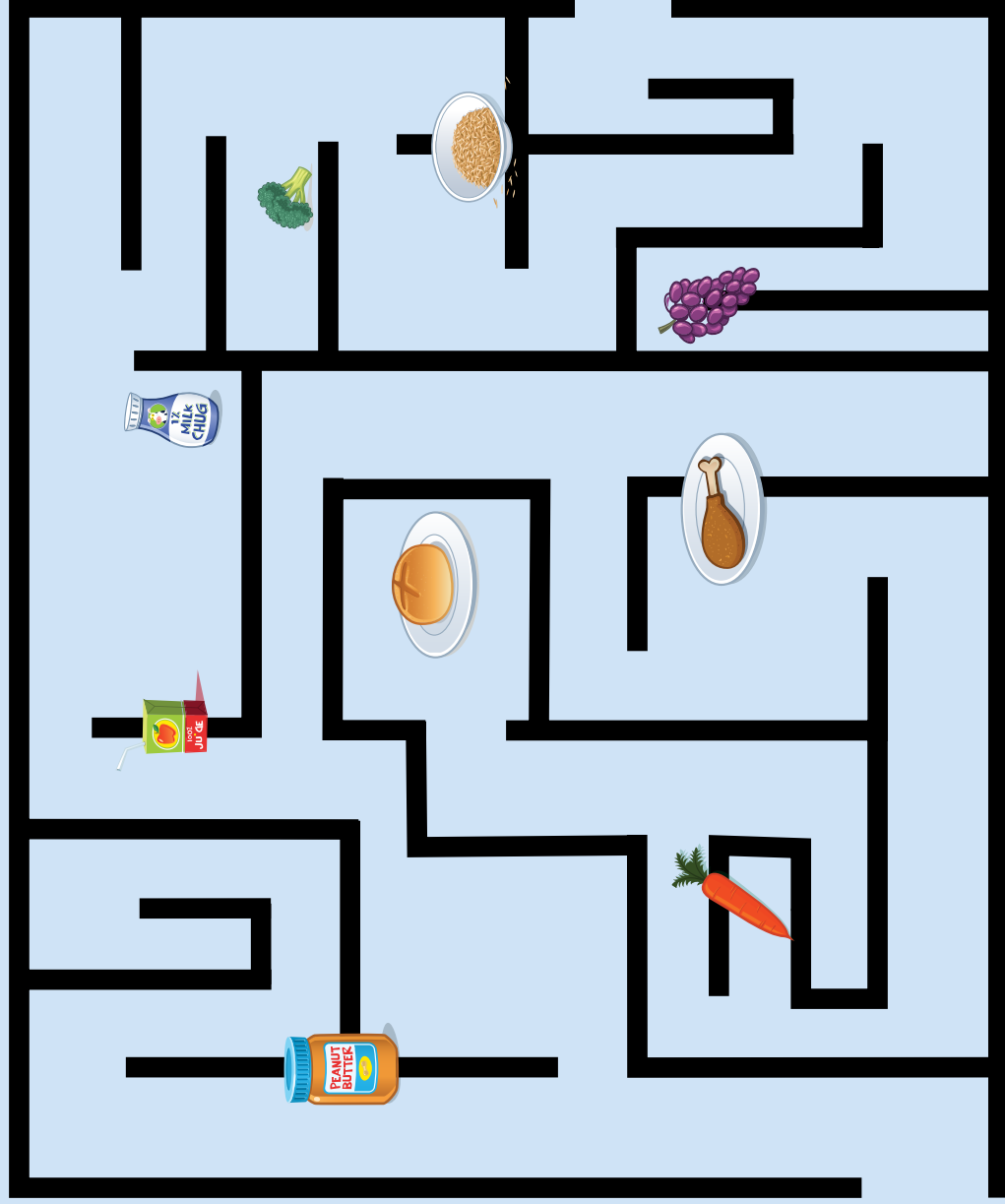
How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

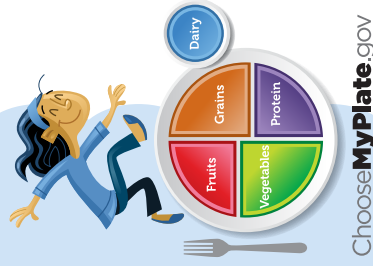
How will you eat this vegetable? (As a snack, with dip, or for lunch.)

MyPlate Maze

and help her find foods from each food group on the way to



Lead the pal from MyPlate through the maze



Choose MyPlate.gov





Foods of the Month Experiential Activities

February – American Heart Month!

Have fun in February focusing on heart-healthy foods while singing an old classic!

Old MacDonald's Heart-Healthy Farm Song

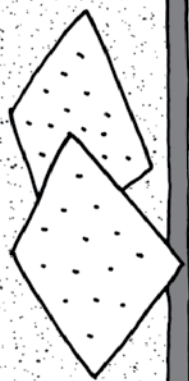
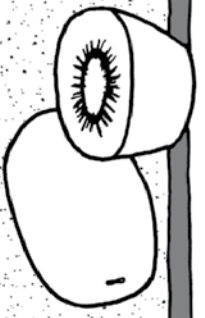
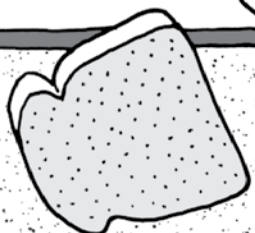
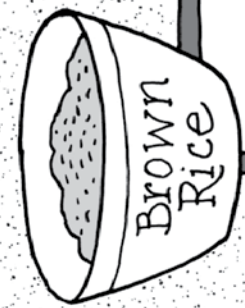
Review with children the food groups and the kinds of foods found in each group.

Choose a food group and have children name a food from that group. Then ask them to sing "Old MacDonald" using the name of the food they chose and appropriate descriptive words. For example, if you chose the fruits and vegetables category and children named carrots, the song might go as follows:

*Old MacDonald had a farm,
E-i-e-i-o,
And on this farm he had some carrots,
E-i-e-i-o,
With a crunch, crunch here,
And a munch, munch there,
Here a crunch, there a munch,
Everywhere a crunch, munch,
Old MacDonald had a farm,
E-i-e-i-o.*

Other possibilities are

1. (category) fruits and vegetables; (food) orange juice; (descriptive words) squish, swish; and
2. (category) breads, cereals, pasta and starchy vegetables; (food) noodles; (descriptive words) jiggle, wiggle.



The Two Bite Club

Congratulations!

_____ has tried two bites of a new food
and is a member of the Two Bite Club

