



FEBRUARY ACTIVITIES

The following activity was taken from Scholastic Inc. educational curriculum for Team Nutrition's Food Time, Lesson #4, for Grades 1&2. To order a complete set of materials for this and other grade levels, call 1-800-SCHOLAS(TIC).

Pyramid Power

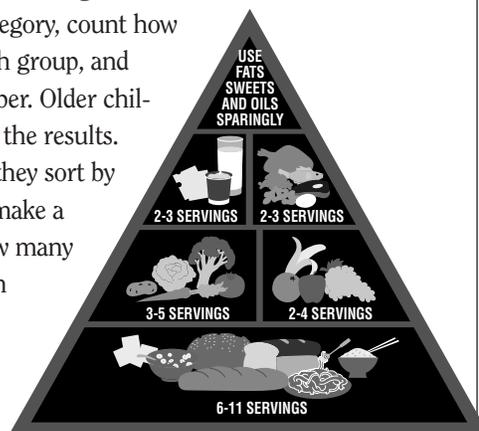
Objective: Children learn how they can use the Food Guide Pyramid to help them construct a healthy diet. Children love to count and sort things. This lesson presents the USDA's Food Guide Pyramid as a way to sort and count foods with an important purpose—to grow strong, healthy, and smart.

Activity 1 All Sorts of Food

Have children work in teams. First, ask each team to display the foods they have drawn or brought in. Then have teams sort their foods. You may wish to get them started by suggesting different ways to sort: alphabetically; by meals in which they are often served; by colors; by tastes; and so on.

Each team brainstorms as many different ways to sort the foods as they can. After a set period of time, ask a spokesperson from each team to share their ideas with the class. List the sorting ideas on the board. Children then pick one sorting idea they have not tried and sort their foods that way. Make sure they carefully label each category they use.

Children can record the results of the different sortings. Younger ones can arrange the foods according to category, count how many are in each group, and record the number. Older children may graph the results. For example, if they sort by color, they can make a bar graph of how many foods are in each color.



Activity 2 Introducing the Food Guide Pyramid

You can tell children the pyramid shows one way to sort foods. The United States Department of Agriculture with the support of the Department of Health and Human Services created this pyramid to help people choose healthy diets. Give children time to look over the pyramid and talk about it among themselves.

Next, explain that each major food group in the pyramid is important. Together they provide the body with the nutrients it needs. The very top of the pyramid is not considered a major food group, because these foods have calories and little else nutritionally. Note that the bread, cereal, rice, and pasta group will be referred to as the “grain group”.

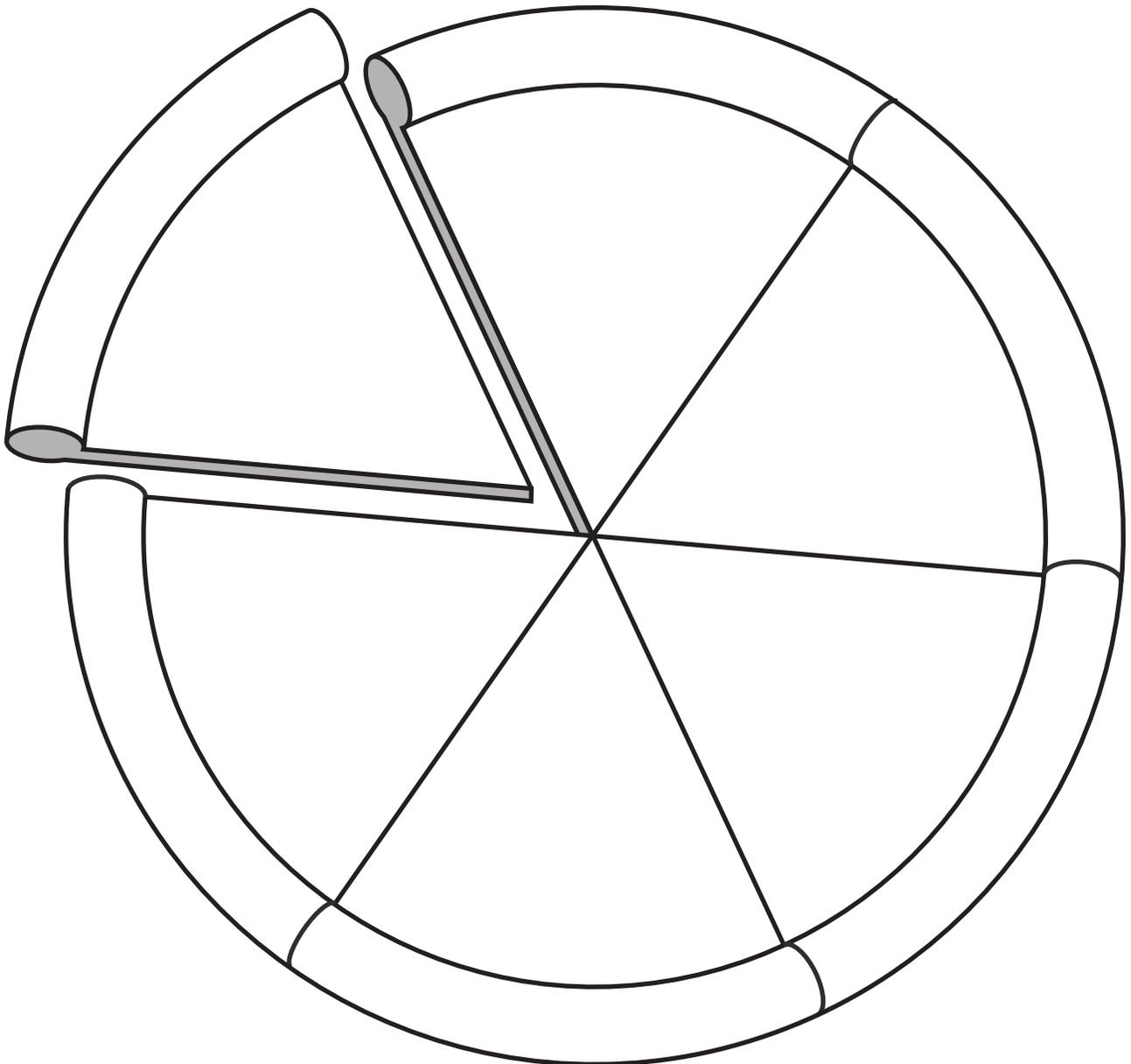
Activity 3 Sort a Pyramid

Have children sort their foods according to the categories in the pyramid. You can make a pyramid shape on the floor using tape. Children can place their foods at the appropriate place within the pyramid. They will have to decide how to categorize combination foods, such as pizza, that contain foods from more than one group. (They could use manipulatives to represent the different foods in such a combination).



Pyramid Pizza

A pyramid pizza has all the major food groups on it. Buddy loves to eat pyramid pizza. Make a pyramid pizza for Buddy. Here is the pizza base. It is made from grains. Draw in the rest of the pizza. Add foods from all the other food groups.



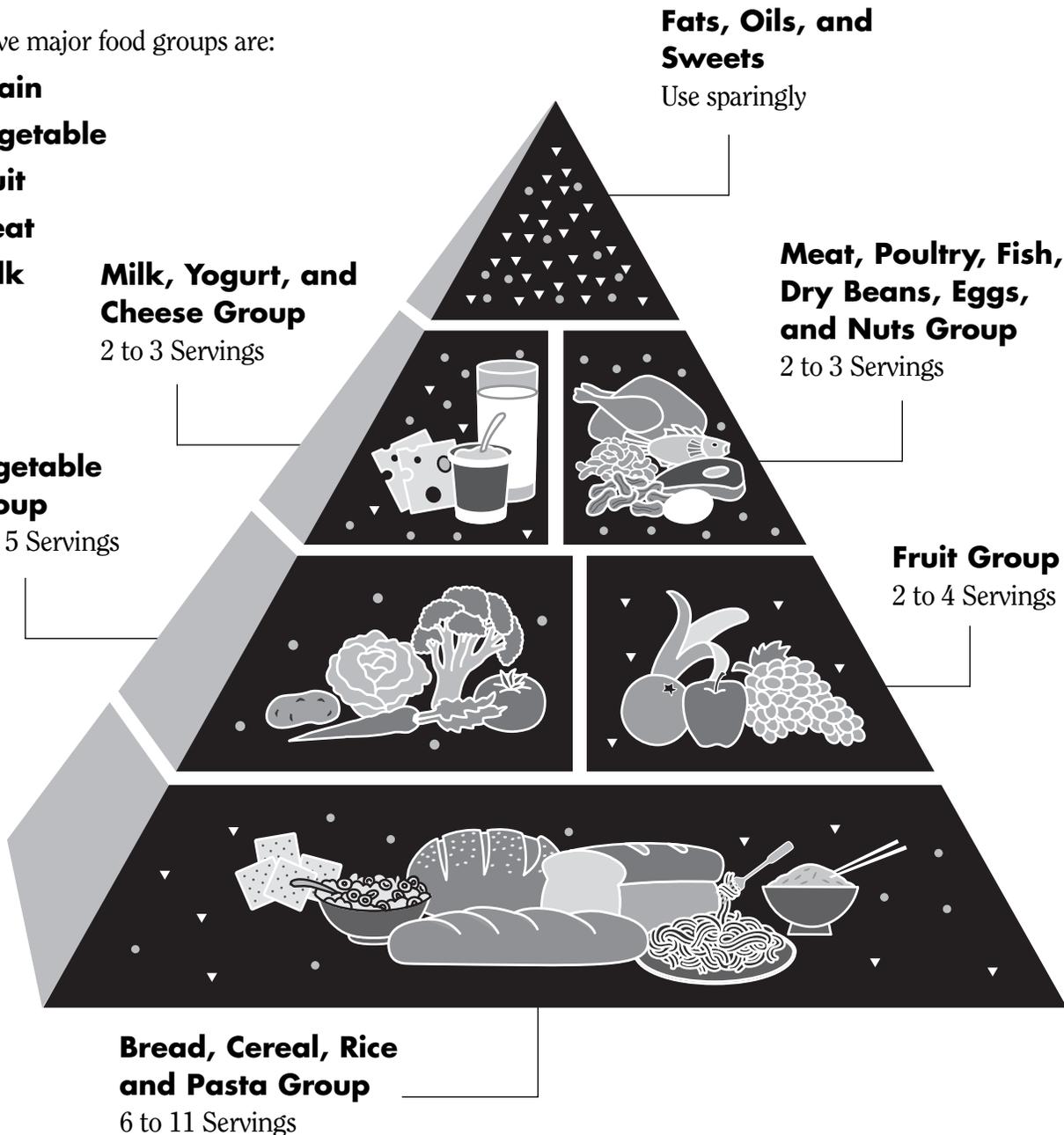


The Food Guide Pyramid

You should eat foods from the five major food groups every day.
You can use this pyramid to help you choose foods.

The five major food groups are:

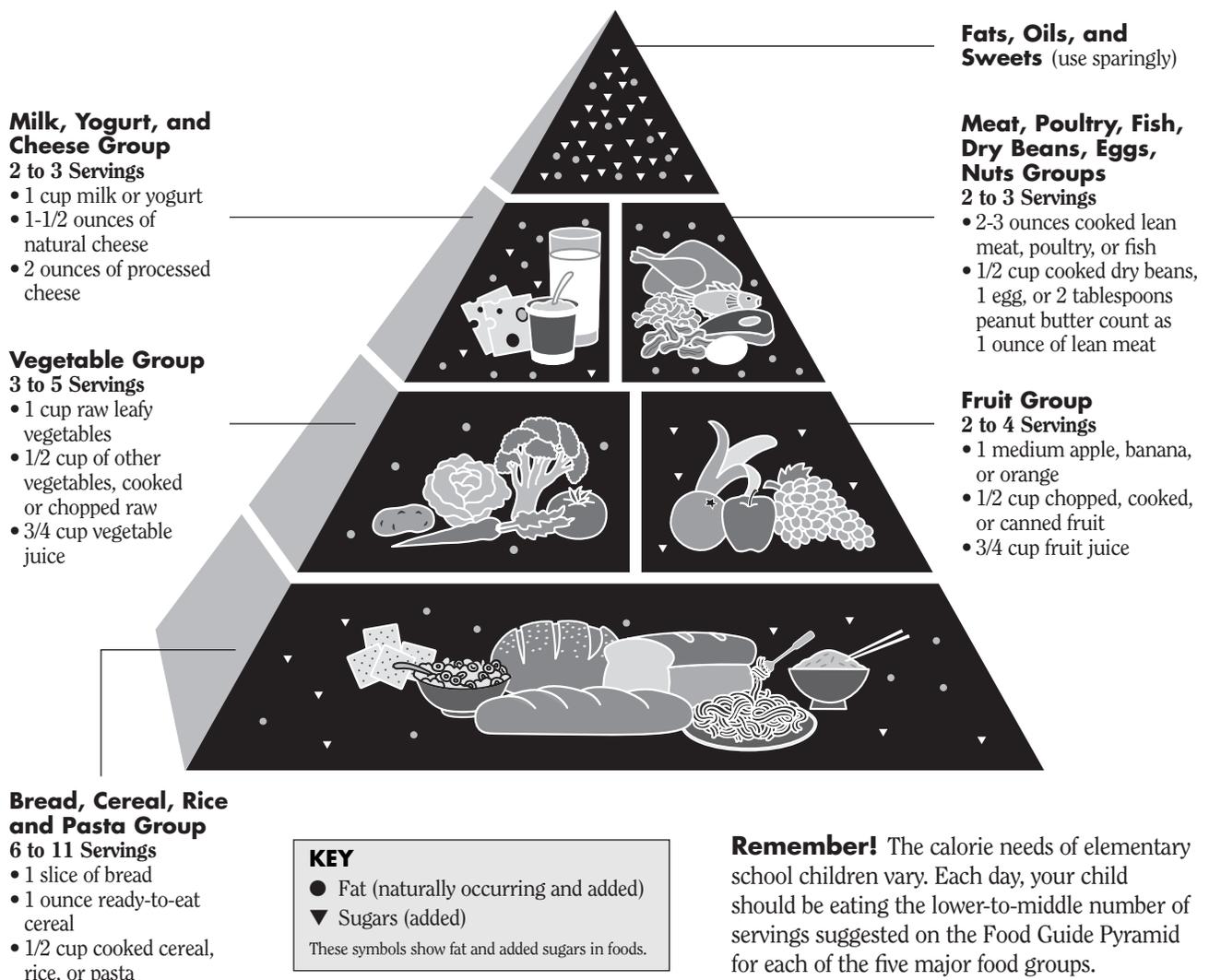
- **Grain**
- **Vegetable**
- **Fruit**
- **Meat**
- **Milk**





Building Healthy Meals and Snacks

The US Department of Agriculture's Food Guide Pyramid, which appears below, is a guide you and your family can use to assess your eating habits. It presents guidelines for choosing foods that provide the right balance of vitamins, minerals, and other nutrients and examples of typical serving sizes. With your child, you can create tasty menus that meet the goals you set based on the pyramid.



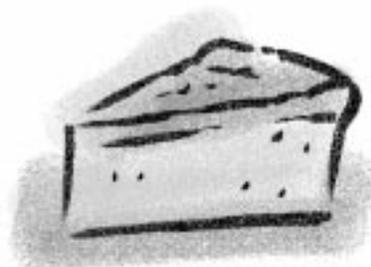


Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. Turn to page 104 for ordering information.



Easy Cake Delight



35 Minutes, Serves 24

- 1 box of cake mix (chocolate, lemon or any flavor)
- 1/4 cup applesauce (or 1/4 cup vegetable oil)
- 2 eggs (or 4 egg whites or 1/2 cup cholesterol-free egg substitute)
- 1 1/4 cup water
- 1 box instant pudding (chocolate, lemon, or any flavor)

Directions

1. Spray 9" x 13" pan with vegetable spray.
2. Mix together the above ingredients. Beat until fluffy.
3. Bake at 350°F for 35 minutes.



Nutrients per serving (1 slice)

Calories	117	Saturated Fat.	0.5 g	Iron	0.4 mg
Protein.	1 g	Cholesterol	18 mg	Calcium	32 mg
Carbohydrate.	21 g	Vitamin A.	8 RE	Sodium	208 mg
Total Fat.	2.9 g	Vitamin C	0 mg	Dietary Fiber	0 g

SCHOOL-SIZED

Recipe of the Month

Stir-Fry

(Beef, Chicken, Pork)



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Low-sodium soy sauce		1 cup		2 cups
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups
Ground ginger		1/2 tsp		1 tsp
Granulated garlic		3 Tbsp		6 Tbsp
White pepper		2 tsp		1 Tbsp 1 tsp
Low-Sodium Chicken Stock, non-MSG		2 qt		1 gal
<i>Fresh mixed vegetables:</i>				
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal
*Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt
or				
**Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb	
Vegetable oil		1/2 cup		1 cup
Boneless beef in 1/2" cubes	1- lb 4 oz		20 lb 8 oz	
Vegetable oil		1 cup		2 cups
<i>*See Marketing Guide</i>				
<i>**If using Oriental vegetables, add frozen vegetable to sauteed chicken in Step 5</i>				

Directions

1. Dissolve cornstarch in soy sauce. Add spices.
2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
3. Cook for 3 to 5 minutes, until thickened. Remove from heat.

PREPARE NO MORE THAN 50 PORTIONS PER BATCH

4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
5. Saute beef cubes in oil for 2 to 3 minutes until no signs of pink remain. Add beef to vegetables in steam table pan. Add sauce and mix to coat beef and vegetables. Heat to serving temperature.

Stir-Fry (Beef, Chicken, Pork)



Variations

Chicken Stir-Fry

50 Servings: Follow Steps 1-4. In step 5, use 9 lb skinless, of boneless Chicken breast, cut in 2"× 2". Saute chicken in oil for 3 to 5 minutes, until no sign of pink remain.

100 servings: follow Steps 1-4. In step 5, use 18 lb of skinless, boneless chicken breast, cut in 2"× 2". Saute chicken in oil for 3 to 5 minutes, until no signs of pink remain.

Pork Stir-Fry

50 servings: Follow Steps 1-4. In step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

Special Tips:

1. For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to saute beef, for each 50 servings.
2. Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Serving: 1 cup (2 No. 8 scoops) provides 2 ounces of meat and 5/8 cup of vegetable

Yield: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz

Nutrients Per Servings

Calories 208	Saturated Fat. 1.4 g	Iron 1.5mg
Protein. 22 g	Cholesterol 47 mg	Calcium 51 mg
Carbohydrate. 12 g	Vitamin A. 1355 RE/13640 IU	Sodium 251 mg
Total Fat. 8.1 g	Vitamin C 46 mg	Dietary Fiber 3 g

Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Broccoli	6 lb 15 oz	13 lb 14 oz
Carrots	8 lb 1 oz	16 lb 2 oz
Onions	1 lb 7 oz	2 lb 14 oz

