



Nurture – Kids Session 2



Food for Fuel: Go or Slow Making Healthy Choices

Agenda

20 minutes	<ul style="list-style-type: none"> • Exercise: See Family Exercise Lessons. • Introductions
15 minutes	<ul style="list-style-type: none"> • Food for Fuel: Go or Slow • Go Slow Visuals
10 minutes	<ul style="list-style-type: none"> • Review Keeping it Clean, Safety Tips, Reading a Recipe
20 minutes	<ul style="list-style-type: none"> • Everyone washes hands • Read recipe, talk about MyPlate/food groups, and make Corn Salsa • Read recipe, talk about MyPlate/food groups, and make Snowmen on a Stick • Everyone helps clean up
20 minutes	<ul style="list-style-type: none"> • Go Slow Obstacle Course
5 minutes	<ul style="list-style-type: none"> • Complete recipe & session evaluations, present to parents what they learned/made

Additional Materials need for class

Program Management materials -	<ul style="list-style-type: none"> • Name Tags • Recipe Evaluation Forms • Pens 	
Cleaning supplies – Food Serving Supplies – (In Nurture Storage Unit)	<ul style="list-style-type: none"> • Wipes • Sponge • dish soap • dish towels • paper towels 	<ul style="list-style-type: none"> • Plates • Spoons • Cups • Water pitcher • Napkins
Corn Salsa (enough for 8 to 12 kids)	<ul style="list-style-type: none"> • 4 cups corn, frozen and thawed or canned • 15 oz can black beans • 15 oz can diced tomatoes • 1/2 cup cilantro • Juice from 2 limes • Whole wheat Pita chips (optional) 	<ul style="list-style-type: none"> 1 juicers 1 can opener 2 strainers 1 large mixing bowl 1 large mixing spoon

Snowmen On a Stick (enough for 8 to 12 kids)	<ul style="list-style-type: none"> • 4 bananas • 1 apple cut into small pieces for hat 1 cup grapes • 1/4 carrot slivered for noses • about 24 Pretzel Sticks (arms) • 1 tablespoons Mini chocolate chips • coffee stirrers (sticks) 	5 small bowls butter knives
Teaching Aids	<ul style="list-style-type: none"> • Go Slow Visuals • 2 boxes – one labeled Go and one Slow • 1 or 2 sets of Food Cards Small • Food Card Information • Materials for making obstacle courses (hula hoops, jump ropes, cones, etc) 	

Everyone washes hands after exercise

Make introductions

- Talk about class format: start with exercise, then do lesson, then cook, then game/activity
- Introduce teachers, assistants, and kids. If using this as the exercise class, have each child choose an exercise to have the kids do. If the kids are younger, have the teacher and assistant introduce themselves and suggest an exercise also. You may want to set a time limit such as – suggest an activity within 30 seconds or we will ___(do jumping jacks, etc)

Lesson: Food for Fuel: Go or Slow

Goals:

- Students will discuss the role of food in our lives
- Students will be able to classify foods as ‘slow’ or ‘go’
- Students will understand the health benefits of eating a well-balanced diet

Background:

Nurture believes in promoting a positive relationship with food, therefore it uses the word ‘slow’ rather than ‘bad’ when referring to nutrient-poor foods. Why? Using the word ‘bad’ often inflicts a sense of shame. This sets the stage for an unhealthy relationship with food. The Go or Slow lesson promotes a healthy relationship with food by focusing on how energized the body feels after eating ‘go’ foods. Energy is a buzz word that kids love. Energy implies movement, liveliness, and fun. Slow foods, on the other hand, promote sleepiness. Not many children want to feel sleepy! This lesson promotes the consumption of mostly ‘go’ foods, but acknowledges that ‘slow’ foods can be a part of a balanced diet when consumed in moderation.

To help the children learn the benefits of the food groups, act the following “actions” whenever that food group is mentioned. Get the kids to start doing it also.

Vegetables – Smile because they make our bodies happy

Fruits – OK symbol with hand because fruits keep us feeling okay

Grains – pump arms like your running in place because grains give us energy

Protein – flex your muscles (biceps) because muscles are made of protein

Dairy – point to your teeth because dairy helps build strong teeth and bones

Lesson:

Why do we eat food?

Answer(s): to grow, to heal, for energy, to celebrate, for taste

There are many reasons why we eat food, but your body NEEDS food for energy; energy to play, to go to go school, even to sleep!

Raise your hand if you've ever driven in a car before.

What makes the car 'go'?

Answer: Gasoline

What would happen if we didn't fill a car with gasoline?

Answer: The car wouldn't work.

Our bodies are like cars, they need fuel to work properly. Our body doesn't use gasoline, but food as our fuel. Food gives our body energy.

There are lots of different types of fuel we can put in our bodies. Raise your hand and tell me what kind of 'fuel' your body runs on.

There are some foods that give our bodies long lasting energy. Energizing foods nourish your body and help you stay healthy. Can you think of energizing foods?

There are also foods that don't fuel your body with energy. These foods will give your body a quick burst of energy but then make you feel sleepy. Sleepy foods tend to have a lot of sugar and/or unhealthy fat. Sleepy foods are okay in moderation, but eating too much will not give your body the energy and vitamins you need to grow. Raise your hand and give me examples of foods that are 'sleepy'.

Energizing foods are often called 'go' foods, because they fuel your body with energy (they make your body GO)! Sleepy foods are often called slow down foods, because they will slow your body down. You should slow down or limit the amount of sleepy foods in your diet.

There are so many foods that fuel our bodies, it can be tricky to navigate which foods are 'go' and which foods are 'slow.'

Examples of 'go' foods include: fruits, vegetables, whole grains such as whole wheat bread and cereals, nuts, cheese, milk, seeds, and lean meats. Can you think of other 'go' foods?

Slow foods should only be eaten every once and in awhile. What types of foods are slow foods? (cake, cookies, ice cream, French fries, chips, soda)

I am going to hold up a picture of a food, if it is a ‘go’ food, stand up, if I show you a ‘slow’ food, sit (give a brief explanation as to why a food is go or slow! For advanced groups, see if they can remember what food group its part of and how that food group helps their body.)

To have a healthy body, we want to eat mostly ‘go’ foods so we have lots of energy to grow and play! It is okay to have slow foods every once in awhile, but not at every meal; otherwise it will slow us down and make us feel sleepy!

Tips:

- Focus on how food makes the body FEEL. Emphasize that eating ‘go’ foods give the body long lasting energy.
- Discuss what moderation means. It may have different meanings for different people.
- Discuss special occasions or holidays that entail treats or ‘slow’ foods. Ask students if ‘go’ foods can be a part of celebrations? Brainstorm ways students can contribute to healthy classroom celebrations.

Resources:

http://kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html





















Salsa

Photo courtesy of Chris Breeze













Photo courtesy of lgkiii's photostream

Keeping it Clean! – review briefly

1. Always wash your hands before you start!
 - Use warm water
 - Lather on both sides of your hands, wrists and between your fingers
 - Wash for 20-30 seconds
 - Dry completely
 - Re-wash your hands any time:
 - You come in contact with raw meat
 - Touch your mouth, nose, or hair.
2. If you are not feeling well, you should not cook. Your germs can spread easily.
3. Wash cutting boards, cooking utensils, and cooking surfaces with hot, soapy water before and after preparing each food item and before moving on to the next.
4. Wash any fruit or vegetable before using it.
5. If you have long hair, pull it back into a pony tail or wear a hat so it does not get into the food.

Safety Tips– review briefly

Kitchen safety is VERY important. Here are some tips to keep things safe in the kitchen.

- Never use electrical appliances in the kitchen sink. Use on a sturdy kitchen counter or table.
- Never touch anything electrical with wet hands.
- Keep electrical cords away from the sink.
- Sharp knives should be held by the handle with cutting edge away from you.
- Keep handles of saucepans turned inward on stove.
- Always use oven mitts or pot holders when handling hot dishes.
- Turn off burners and oven when not in use.
- Unplug appliances when not in use.
- Clean up as you go.
- Do not use kitchen utensils to taste food. Use a spoon to taste food and make sure not to double dip!
- Until you master things in the kitchen - follow cookbook instructions precisely.
- Always ask an adult for help if you need it!

Source: www.kidsturncentral.com

Reading a Recipe – review briefly

1. Read a recipe from start to finish. If you don't understand a step, ask an adult for help.
2. Make sure you have all the ingredients before you start. If you don't have all the ingredients, make a list of what you need, ask an adult to help you buy them.
3. Gather all the necessary equipment. If you are not sure what something is, ask an adult.
4. Have fun and remember to practice all of your kitchen safety skills!

Corn Salsa

Ingredients:

- 2 cups corn
- 8 oz can black beans
- 8 oz can diced tomatoes (drained)
- ¼ cup cilantro
- Juice from 1 lime

Directions:

Add ingredients and stir.

Snowmen on a Stick

Ingredients:

- Bananas (body)
- Apple pieces and grape (hat)
- Carrot (nose)
- Pretzel Sticks (arms)
- Mini chocolate chips (eyes and buttons)
- Coffee Stirrers (sticks)

Directions: Slice the bananas with a butter knife. Have an adult help to pre-cut carrots and apples. (Poke a hole through the apple with a bamboo skewer first to make assembly easier.) Be creative and enjoy!



Go Slow Obstacle Course

Set up two obstacle courses side by side. Divide group into 2 relay teams. Give each child a picture of a slow or go food. Set up two bins, one 'go' bin and one 'slow' bin. For the relay, have each child run down and place his/her food card in the correct bin. Have them run back and tag the next player to do the same (relay). When everyone has a turn, check if the foods are in the right container; point out and correct the food cards that are in the wrong bins.