

# Nutrition Activities!

## MENU NUTRITION

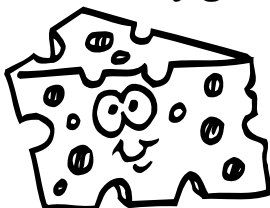
Collect a variety of menus from coffee shops, restaurants and fast food places. Ask students to select a menu and choose a meal that would be nutritious and low in fat. Have them also select the most unhealthy item on the menu.

Students may like to write their own menus listing only healthy meals. Have them use the nutrition pyramid as a guide.

## RECOGNIZING VEGETABLES

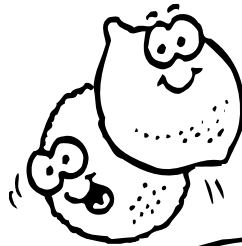
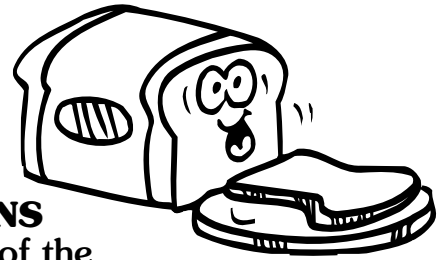
Let your students practice their memorization skills and vegetable knowledge with one of these familiar games.

- Place a variety of vegetables on a tray. Make sure you include some that are a bit unusual. Give the students several minutes to carefully study the vegetables. Remove the tray and ask the students to list as many of the vegetables they can remember. The student with the most correct vegetables wins.
- Cut pictures from seed catalogs or use the vegetable cards included in this unit. Pin one picture to the back of each student. Make sure the student does not see or its name. Each student may then ask other students to help identify the vegetable by asking them only yes or no questions. Award students with a fresh carrot when they guess their vegetables.



## VEGETARIANS

Many people of the world eat little or no meat. Some people choose to be vegetarians for health reasons, some because they do not want animals killed and others because meat is so expensive. Whatever the reason for not eating meat, it is still important to eat enough protein for a healthy body. Most vegetarians get their protein from legumes such as peas and beans.



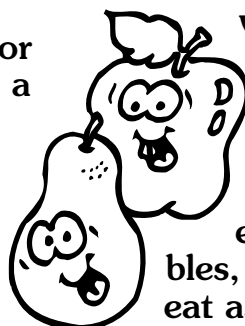
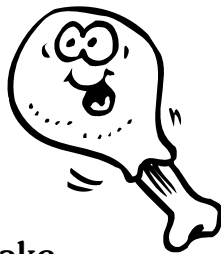
Ask your students to plan and illustrate a vegetarian meal. Instruct them to include the various food groups, substituting meat with protein substitutes.



## UPSET THE VEGETABLE CART!

Encourage listening skills and at the same time promote your students' vegetable awareness with this fun game!

Assign each student the name of a vegetable, making sure you give two or more students the same vegetable name. Call out the name of a vegetable. Students having that vegetable name must hurry and switch seats. After a few rounds, declare "Upset the vegetable cart!" With this, all students must quickly change seats. After a while, remove one seat and choose a student to be the vegetable caller. When the cue "Upset the vegetable cart!" is given the caller hurries to get a seat. The student left without a seat becomes the next caller.



Vary the game by calling out vegetable types such as root vegetables, leafy vegetables, or vegetables we eat as flowers.

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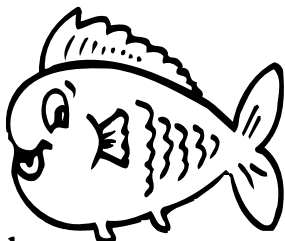
## NUTRITION CONCENTRATION

Two students can play a "Concentration Game" by using the food cards and the Nutrition Pyramid contained in this chapter. Lay all of the cards face down on a table top. Each player takes turns revealing two cards at a time trying to match one section of the Nutrition Pyramid. If the cards match, the player keeps the cards and draws again. Cards that do not match are returned to their exact spot and the player forfeits his or her turn to the other player. The game continues until all cards are matched. The player with the most cards wins the game.



## GO FISH NUTRITION PYRAMID!

Give each player a copy of a Nutrition Pyramid. Make four copies of each food card (found in this chapter) and have each player draw five cards. Place the remaining cards in a stack in the middle of the table. An example of play might be when player #1 asks player #2 if he or she has an "ice cream card." If player #2 has the card, he or she must give it to the first player. When player #1 collects all four ice cream cards, the cards are placed in the correct area of that player's nutrition pyramid. If player #2 does not have the card, the first player must "Fish" a card from the center stack. The game continues until one player has at least one matched set of cards for each area of his or her pyramid. The first player to achieve this wins the game!

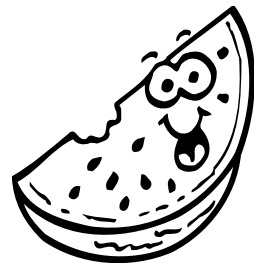


## NUTRITIOUS RECIPES

### NUTRITIOUS CANDY

- 1 cup peanut butter
- 1/2 cup honey
- 1/4 cup sunflower seeds
- 1/4 cup wheat germ
- 1/4 cup dried skim milk
- 2 tsp. vanilla
- crushed corn flakes or shredded coconut

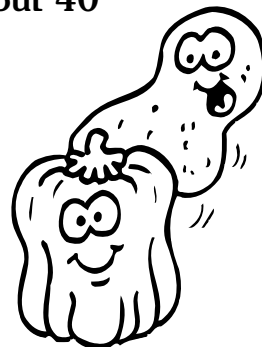
Mix the first six ingredients together and shape into small balls. Roll the balls in the coconut or corn flakes. Refrigerate before eating. Makes about 40 small balls.



### FUZZY BANANAS

- 1 pint sour cream or yogurt
- 1 banana for every four children
- 1 package shredded coconut
- 1 box of toothpicks

Spear the banana chunks with a toothpick and dip into the sour cream or yogurt, coating it thoroughly. Roll in the coconut and eat right away.



### CARROT SALAD

- 1 carrot
- 4 tsp. raisins
- 2 tbsp. mayonnaise
- 4 tsp. chopped nuts

Carefully grate the carrot into a small mixing bowl. Add the other ingredients and stir together. Refrigerate or eat immediately.

