Week 3
Short Tales

Relates to these subjects:
Reading, Creative Writing, Health, PE, Art

Key Outcome:
Students will become familiar with some unusual fruits and vegetables.

Empowerment Messages:
- There is a vast variety of fruits and vegetables from which students may choose their 7 to 11 daily servings.
- Students should have a willingness to try new fruits and vegetables to determine the ones they like.
- Reading for pleasure is a great way to learn about new foods (and other topics too!)

To implement this week's activities:
- Purchase food and supplies needed for the EAT SMART Kids a Cookin' activity.
- Gather materials for the PLAY HARD activity.
- Review the PPP Teacher's Log on page 60 to record weekly "Power Points" earned by student teams; remind students to complete their log of fruits/veggies consumed and time spent doing physical activity.
- Present information to student as described in the following pages.
- Instruct students to complete pages 10-11 in their Student Activity Books (Manual pages 56-57).
- Remind students that they can earn extra "Power Points" for family participation in PPP. Record the family points in the Bonus Points row of the log form.
- Show students the video segment for the Veggie Pillow recipe, and implement the Kids a Cookin' activity.

This week's fruit and veggie jokes:
Q: How does a ghost eat an apple?
A: By goblin it!

Q: What is small, red and whispers?
A: A hoarse radish!

EAT SMART – Activities and Materials

Have students turn to pages 10-11 in their Student Activity Books (Story Starters).

Instruct student to pick a fruit or vegetable from the page and develop a story using the story starter or create their own story starter.

Ask students to select a book from the book list provided in this manual on pages 59-60. You may want to enlist the help of the school librarian for this activity. It may be better for your class to ask students to bring a fruit/vegetable-related article from a popular magazine or fruit/vegetable related information found online. Encourage students to pick a book or article that tells about unusual fruits or veggies (i.e. star fruit, kiwi, mango, papaya, okra, artichoke, turnip, sweet potato, etc.). Instruct students to read the book or article.

You might ask students to:

- Share a book report with the class.
- Share a lower level book with younger students.
- Create a bookmark or book cover to illustrate the book.

Student Discussion:

- What did students learn from this activity?
- Will they be more willing to try new or unusual fruits and vegetables?

6th Grader Extras

Food History

Students may research and write about the history and origin of a particular fruit or vegetable. It may be an unusual fruit or vegetable, or one grown right here in Kansas. This "report" could include: place the crops are grown (geography, climate, etc.), how long it takes to grow/ripen, how it is harvested, how the fruit/vegetable is transported and even a recipe that includes the fruit/vegetable.

As a team or class project, students may also choose to research the farming history or current farming practices for their local community or the state of Kansas. You may even choose to tour a local farm or visit the local farmer's market in the spring to learn more about fruits and vegetables.

EAT SMART – Activities and Materials

Optional- School-wide Activities

Discover the World of Food and Books

For complete instructions, refer to the *Popular Team Nutrition Events* idea book, page 30.

Optional- Cafeteria/School-wide Activities

Kitchen Tour

Speak with your School Food Service Director (SFSD) or the Kitchen Manager in your school about taking a tour through the school kitchen. Ask the SFSD to explain how each meal is prepared and what nutrient guidelines they have to meet each day.

Eating the Alphabet

For complete instructions, refer to the *Popular Team Nutrition Events* idea book, page 44-45.

Pizza Parade

For complete instructions, refer to the *Popular Team Nutrition Events* idea book, page 32-33.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM
Kids a Cookin'

Veggie Pillows

- Have students wash their hands with soap and water.
- Show students the video segment corresponding to the "Veggie Pillows" recipe.
- You may choose to ask students to bring in a large, clean t-shirt or apron from home to cover their regular school clothes during this activity.
- The recipe is included on page 23 of the Student Activity Book (Manual page 63) so have students don their chef hats, turn to page 23 and get those Kids a Cookin'!

PLAY HARD – Activities and Materials

Jump for Fruits & Veggies

Materials needed:

None

Allow space for students to move freely. Ask one student to stand up and state the name of the fruit or veggie they read about (in this week's EAT SMART activities) WITHOUT stating if that food is a fruit or veggie. Tell students if they think the food is a fruit to jump up and down. If they believe that food is a veggie, do jumping jacks.

When all students have made a choice, instruct the first student to state if the food is a fruit or veggie and to tell one fact about that food. Continue through the class as time permits.

Other activities that can be used in place of jumping:

Run in place, stretches (touch toes, then reach for ceiling OR stretch to the left or right), knee bends, stand on tip toes or add your own.

Student Discussion:

- What new facts did students learn about the unusual fruits and veggies?
- Can they name any other unusual fruits and vegetables that have not been discussed?

Optional- PE Activity

Letter Line-Up

Make two sets of cards with one letter of the alphabet on each card. Make duplicates of vowels and frequently used consonants.

Divide the class into two teams. The teams line up facing each other at opposite ends of the room. Scatter the cards face up on the floor opposite the line. The teacher calls out a spelling word. The first student on each team runs to their cards, picks up the first letter of the spelling word and hands the card to the second team member. The second person runs to their team's cards, picks up the second letter of the word and hands the cards to the third person in line, etc. Continue until all letters are in hand and the spelling word is correctly spelled out on the floor. Continue with the second spelling word, etc.

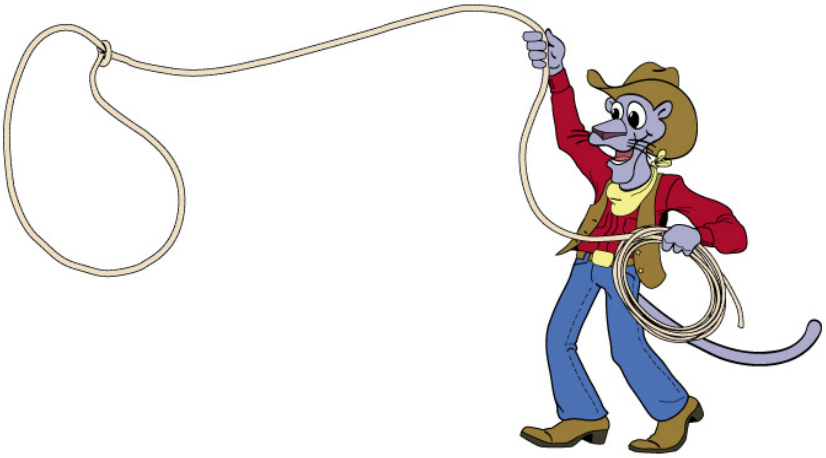
PLAY HARD – Activities and Materials

6th Grader Extras

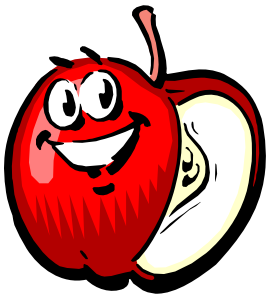
The Sports Reports

There are many different types of sports and ways for people to be active. Sometimes students just need to be introduced to new things that they may not even know exist. For this lesson, have students pick a sport of physical activity that they would like to learn more about. This could range from waterskiing to gardening, from bowling to surfing. They will then need to research this activity and write a report about their findings. The reports could include information on the history of the sport or activity, where it is played now, how to do the activity or sport (the rules), and maybe a picture of the sport or activity.

After reports are complete, each student will share with the class what they have found out about the activity. If possible, play some of the activities as a part of Power Panther Pals or in the students' physical education class.



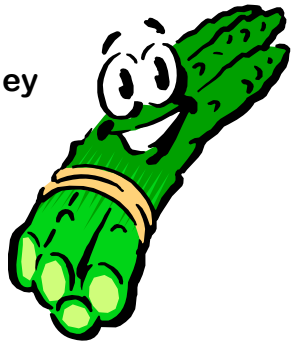
Story Starters



Albert Apple was red but he wanted kids to know about all of his cousins so he started his story.

Bobby Banana was proud of the tropical paradise he called home, and was excited when the librarian asked him to give a talk on "Where Bananas Come From".

Barney Broccoli had a story to tell, and it was the story of why broccoli was one of the "super vegetables". His story went something like this…..



Annie and Arthur Asparagus wanted everyone to know that they were the stems of plants, so they decided to tell their story…

Greg and Gary Green Beans were getting ready to tell the kids the difference between bush beans and pole beans. Then the two brothers had another idea!

Christopher Cantaloupe was proud and wanted everyone to know his story.

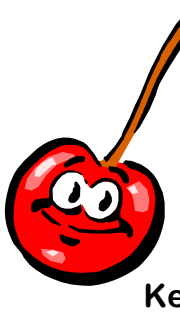
Calvin Carrot wanted everyone to know why his bright orange color made him such an important vegetable. He decided to tell the kids the good news about carrots.

Courtney Cauliflower wanted the kids to know how cauliflower was grown, so she started her story.

Cornelius Corn wanted the kids to know some new ways to eat corn, so he decided to…

Lucy Lettuce was proud to be such a popular vegetable so she decided to tell the kids how they could make great salads.

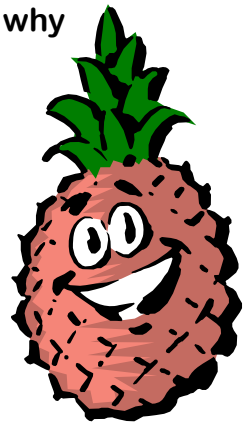
Sam Celery wanted the kids to know all the ways celery could be used, so he started this story.



Chester and Chelsea Cherry wanted the kids to know how they were grown and how to pick the best tasting cherries at the grocery store, so they started by…

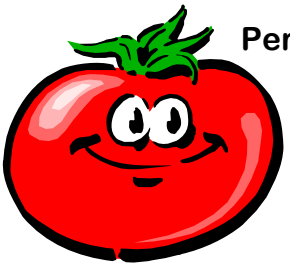
Gus Grapes wanted the kids to know how grapes are made into raisins, so he started by…

Kevin Kiwi wanted more kids to enjoy fitting kiwi into the recommended 7 – 11 servings of fruits and veggies, so he decided to tell them why he was such a good choice.



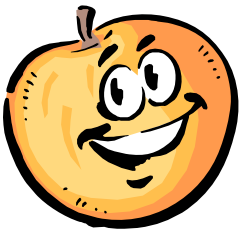
Polly Peach wanted to let everyone know how sweet and tasty she was. So she started her own story.

Ollie Orange knew that most people like orange juice, but he also wanted everyone to know about other ways to enjoy oranges.

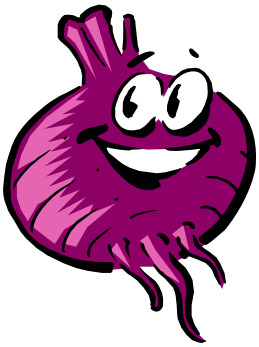


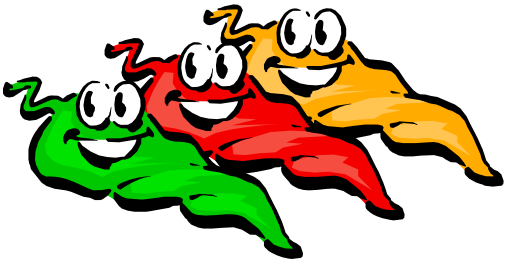
Percy Pineapple loved the warm tropical climate he lived in. He wanted everyone to know about his home.

Tommy Tomato decided to tell the world all of the different ways he could be eaten and enjoyed.



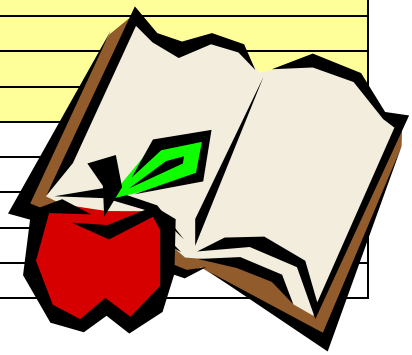
Make up story starters for more characters!



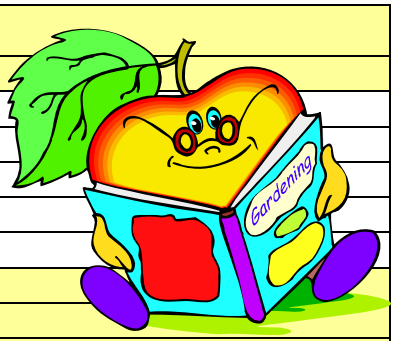


Fruit & Veggie Book List

Book	Author
A Book of Vegetables	Harriet L. Sobol
A Seed Is A Promise	Claire Merrill
A Yoga Parade of Animals	Pauline Mainland
Aldo Applesauce	Joanna Herwitz
Apples and Pumpkins	Anne Rockwell
Autumn Harvest	Alvin Tresselt
Bananas, From Manola to Margie	George Ancona
Bread and Jam for Frances	Russell Hoban
Chanukkah Guest	Eric Kimmel
Charlie and the Chocolate Factory	Roald Dahl
Charlotte's Web	E.B. White
Children's Book of Yoga	Thia Luby
Chocolate Touch	Patrick Skene Catling
City Green	DyAnne DiSalvo-Ryan
Cloudy With a Chance of Meatballs	Judi Barrett
Corn is Maize: The Gift of the Indians	Aliki
Eat the Fruit, Plant the Seed	Millicent E. Selsam & Jerome Wexler
Eating the Alphabet	Lois Ehlert
Emily and Her Monkey Plant a Garden	Patricia Ryan
Eric Plants a Garden	Jean Hudlow
First Tomato	Rosemary Wells
Food: The Gift of Osiris	W.J. Darby, P. Ghalioungui & L. Grivetti
Foods and Nutrition Encyclopedia	Ensminger, Ensminger, Konlande, & Robson
From Head to Toe	Erick Carle
From Seed to Plant	Gail Gibbons
Garden Crafts for Kids	Diane Rhoades
Giant Vegetable Garden	Nadine Westcott
Green Eggs and Ham	Dr. Seuss
Growing Colors	Bruce McMillan
Growing Vegetable Soup	Lois Ehlert
Hard Scrabble Harvest	Dahlov Ipcar
How a Seed Grows	Helene J. Jordan
I Can Take a Walk	Shigeo Watanabe
In a Spring Garden	Richard Lewis
Jam	Margaret Mahy
James and the Giant Peach	Roald Dahl
James Bear's Pie	Jim Latimer
Johnny Appleseed	Steven Kellogg
Johnny Appleseed	Carol Beach York
Keepers of Life	Michael J. Kaduto
Latkes and Applesauce	Fran Manushkin
Lentil Soup	Joe Lasker
Let's Go Swimming	Shigeo Watanabe
Min-Yo and the Moon Dragon	Elizabeth Hillman
Molly and the Strawberry Day	Pam Conrad



Book	Author
My Backyard Garden	Carol Lerner
My Prairie Christmas	Brett Harvey
My Very First Book of Motion	Eric Carle
Mystery of the Flying Orange Pumpkin	Steven Kellogg
Once Upon A Recipe	Karen Greene
One Bean	Anne Rockwell
Over, Under & Through	Tana Hocan
Ox-Cart Man	Donald Hall
Peanut Butter Poltergeist	Ellen Levoe
Potato Pancakes All Around	Marilyn Hirsh
Potatoes, Potatoes	Anita Lobel
Pumpkin Circle	George Levinson
Rabbit Seeds	Bijou LeTord
Rain Makes Applesauce	Julian Scheer
Skates	Jack Ezra Keats
Soup for Supper	Phyllis Root
Squanto, The Pilgrim Adventure	Kate Jassem
Squash Pie	Wilson Gage
Stega Non	Tomie de Paloa
Stone Soup	John W. Stewig
Stone Soup	Marcia Brown
Strawberry Girl	Lois Lenski
Sunflower Garden	Janice May Udry
Talking Eggs	Robert D. San Souci
The Boxcar Children	Gertrude Chandler Warner
The Carrot and Other Root Vegetables	Millicent E. Selsam
The Carrot Seed	DyAnne DiSalvo-Ryan
The First Snowfall	Anne Rockwell
The Gingerbread Man	Pam Adams
The Giving Tree	Shel Silverstein
The Great Giant Watermelon Birthday	Wera B. Williams
The Growing Story	Ruth Krauss
The Little Red Hen	Margot Zemach
The Peach Tree	Norman Pike
The Popcorn Book	Thomas Anthony Depaola
The Potato Man	Megan McDonald
The Potato Party and Other Troll Tales	Loreen Leedy
The Pumpkin People	David & Maggie Cavagnaro
The Snowy Day	Jack Ezra Keats
The Tomato and Other Fruit Vegetables	Millicent E. Selsam
The Tomato Patch	William Wondriska
The Vegetable Book	Cynthia Overbeck
The Vegetable Thieves	Inga Moore
Uncle Willie and the Soup Kitchen	Dyanne DeSalvo-Ryan
Vegetables from Stems and Leaves	Millicent E. Selsam
What Am I? Looking Through Shapes at Apples and Grapes	N. N. Charles
What Was It Before It Was Orange Juice	Jane Belk Moncure



Power Panther Pals Teacher's Log

Fill in the team name at the top and the student's names in the far left column. Please limit each team to six (6) students. Below each week, place a check (√) in the column labeled "ES" and/or "PH" if the student reached their EAT SMART (ES) and/or PLAY HARD (PH) goal for that week. If a student reaches their EAT SMART and PLAY HARD goals for at least five (5) out of seven (7) weeks, that student will earn a carabineer clip (included in the Power Panther Pals Kit). In the column labeled "Points", write the total Power Points earned by each student that week and compute the total points at the bottom. The team who earns the most Power Points receives a water bottle (included in the Power Panther Pals Kit).

Optional: You may choose to have each student obtain a parent's signature after each week of logging. Parent's can sign or initial the Student Log Forms in the right hand margin each week.

Team Name:

Student Names	Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points
Total Points																					

Seven week Power Point team total:

Team Name:

Student Names	Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points
Total Points																					

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Student Names	Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
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Total Points																					

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Total Points																					

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	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points	ES	PH	Points
Total Points																					

Seven week Power Point team total:

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Veggie Pillows

This stuffing is green and orange! Yikes!

Level: Easy **Serves:** 2

Kids' Tool Kit
Knife
Peeler
Cutting board
Measuring spoons
Small bowl
Spoon

Ingredients:
- 1 celery stalk
- 1 carrot, peeled
- ½ green pepper
- 2 tablespoons ranch-style salad dressing
- 1 slice pita bread

Directions:
Remember to wash your hands!

1. Wash vegetables and chop into small pieces.
2. Combine vegetables in a small bowl and add dressing.
3. Cut pita bread into two half-moon shapes and open pita pocket. Stuff veggies into each pocket.

Chef's Choice
Veggie Pillow
Crunchy grapes
Cheese stick
Low fat milk

Helpful Hints: For variety, try adding other chopped vegetables—broccoli, cauliflower or onion—to the sandwich filling. If you're serving these at lunchtime, stuff some chopped ham or turkey in with the vegetables for an even more nutritious meal.

Safety Tip: Use knives carefully. Adult supervision is a must when chopping vegetables with a sharp knife. Younger kids can help by peeling carrots and washing vegetables.

Nutrition Facts
Serving Size 1 pita bread (142g)
Servings Per Container 2

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Cholesterol 5mg	1%
Sodium 310mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 4g	

Vitamin A 210% • Vitamin C 70%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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Teacher's Notes