



Week 4

What ARE You Eating?

Relates to these subjects:
Health, PE, Science

Key Outcome:

Students will learn that they consume different parts of the plant when they eat fruits and vegetables.

Empowerment Messages:

- Different plant parts provide a variety of vitamins and minerals as well as fiber and protein.
- Different plant parts provide different textures and tastes.

IMPORTANT!!!! Required before you begin this week's activities:

Review personal **EAT SMART** and **PLAY HARD** goals with students to ensure goals are realistic and attainable. Goals may be revised during this review process. At this point in the program, students still have the opportunity to meet personal goals for five weeks of the seven weeks logs are maintained and earn a carabineer clip.

To implement this week's activities:

- Use activities on pages 12-13 of the Student Activity Book.
- Purchase food and supplies needed for the **EAT SMART** Kids a Cookin' activity.
- Remind students daily to complete their log of fruits and veggies consumed and time spent in physical activity.
- Display the poster *Make Family Time An Active Time*. A copy can be found in the PPP kit.
- Send home Newsletter Issue 3, *Power Panther Pals at Home* (provided).

This week's fruit and veggie jokes:

Q: What do you call a stolen yam?

A: A hot potato!

Q: How do you fix a flat pumpkin?

A: With a pumpkin patch!



EAT SMART – Activities and Materials

Activity Sheets

Work through the following pages in the Student Activity Book:

- *How Does Your Garden Grow?* – page 12 (Manual page 71)
- *How Are You Doing?* – page 13 (Manual page 72)

Teacher Information:

Plants have 6 main parts: flowers, roots, stems, fruit, leaves and seeds (which can be further separated into seeds and seedpods). The following information comes from the University of Illinois Extension:

- Roots are like the foundation of a house. They help to support the plant by anchoring it into the ground. Roots also absorb water and nutrients from the soil to help the plant grow.
- Plant stems are like a nutrient highway. Water and nutrients from the soil travel through the stem to other parts of the plant, and the food produced by the leaves is also carried by stems to other parts of the plant.
- The leaves of a plant are like food factories. They take nutrients gathered by the roots and use energy from the sun to make plant food. Leaves come in all shapes and sizes.
- Flowers are many people's favorite parts of plants. Flowers actually are an important part of the plant because they help attract pollinators (like bees) so that they can form seeds.
- Fruit is actually created by the plant to help protect the developing seeds. The purpose of some fruit is to actually disperse the plant's seeds.
- Seeds are a plant's way of reproducing. Each seed contains a tiny plant protected by a coating (which could be thick or thin) and a small, short-term food supply. The seeds will germinate when they are exposed to the right conditions and grow into new plants.



For more information about plant parts, visit their website at:
<http://www.urbanext.uiuc.edu/gpe/case1/c1facts2a.html>

EAT SMART – Activities and Materials

Student Discussion:

- Name additional examples of flowers, roots, fruits, stems, etc.
- Do students have a garden at home? What plant “parts” do you grow and eat?
- Ask students to brainstorm different edible plant parts they are familiar with and examples of each such as:
 - Flower – broccoli
 - Root – carrot
 - Fruit – cherry tomato
 - Stem – celery
 - Leaves – lettuce
 - Seeds – sunflower seeds
 - Seedpod – green beans



Fresh Veggie Pizza

- Have students wash their hands with soap and water.
- Show students the video segment corresponding to the “Fresh Veggie Pizza” 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 24 of the Student Activity Book (Manual page 75) so have students don their chef hats, turn to page 24 and get those Kids a Cookin'!

Student Discussion:

- What plant part are you eating?
- Discuss the texture and the taste of each veggie that you’ve put on your pizza.
- Which veggies would you like to have again for a snack?

EAT SMART – Activities and Materials

6th Grader Extras

Cultural Fruits and Vegetables

Using the list below, have students research and explore where these different foods come from and how they are used in different cultures and by different ethnic groups. Look for pictures of these foods and use them to make a multi-cultural display for the cafeteria or a school bulletin board. Students may present their information to younger students or to one another. You may choose to substitute this week's Kids a Cookin' activity for a recipe that students find using an unfamiliar fruit or vegetable from the list below.

Cultural/ Ethnic Group	Fruits	Vegetables
Asian	Apple, banana, carambola, Chinese banana, Chinese pear, dates, fig, fruit juices, grape, guava, kumquat, kitchi, lime, loquat, lychee, mango, orange, papaya, passion fruit, persimmon, pineapple, pomelo, pomegranate, plum, tangerine, watermelon	Bamboo shoots, bean sprouts, bitter melon, bok choy, broccoli, celery, cucumber, daikon, eggplant, fuzzy melon, ginger, leek, mushroom, mustard greens, napa cabbage, onion, potato, snow peas, spinach, squash, taro, tomato, turnip, water chestnut, winter melon, yam
African American	Apple, banana, berries, fruit juices, peach, watermelon	Beets, broccoli, cabbage, chard, collard greens, corn, garlic, green beans, green pepper, hominy, hot pepper, kale, mustard greens, okra, onion, potato, spinach, yam, squash, sweet potato, tomato
Latino	Apple, avocado, banana, canned fruit, cherimoya, coconut, guava, lemon, lime, mango, melon, orange, papaya, passion fruit, pineapple, strawberry, sugar cane, zapote	Agave, avocado, cabbage, cactus leaves, carrot, cassava, chilies, corn, jicama, onion, peas, potato, squash, squash blossom, sweet potato, tomatillo, tomato, turnip
Native American	Blackberry, blueberry, canned fruit, chokeberry, crab apple, cranberry, currants, grapes, elderberry, ground cherry, huckleberry, musk melon, peach, persimmon, raspberry, salmon berry, strawberry, watermelon, wild plum, wild rhubarb	Bitter root, cactus leaves, corn, Jerusalem artichoke, kelp, miners lettuce, mushroom, pumpkin, turnip, wild carrot, wild celery, wild potato

PLAY HARD – Activities and Materials

I Can Be A Plant!

Materials needed:

None

Allow space for students to move freely. Using Teacher Reference on page 74, call out the names of various fruit and vegetables from the page. Instruct students to do the following if they think the fruit/veggie named is that part of the plant:

- Flower – cross arms over head in a cutting motion
- Root – squat
- Fruit – stand and wrap arms around own shoulders
- Stem – stand straight with arms at sides
- Leaves – stand and make swaying motion with arms
- Seeds – make motion of planting seeds in ground
- Seedpod – stand with arms outstretched to the sides

Optional- Community Activity

SENSE-ational Me! Health Fair

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 48.



PLAY HARD – Activities and Materials

6th Grader Extras

Vocabulary Beach Ball

Materials Needed:

Beach Ball

Index cards with vocabulary words

Clear packing tape to attach cards to beach ball

Write the provided vocabulary words on index cards and tape them to a large, inflated beach ball. Toss the ball to the students. Have the students tap the ball in the air until you say STOP. The student who catches the ball on the STOP command looks at the word his/her left thumb is touching. That student will then have to give the definition or an example of that term.



Vocabulary word list:

- Goal (define or provide example from **EAT SMART. PLAY HARD.** goals)
- Serving (the amount of food listed on the food label, the amount you should eat... don't get confused with portions which are the actual amount of food that is consumed by a person)
- Healthy body benefits (any of the examples from page 29 of the Implementation Manual or page 3 of the Student Activity Book)
- Food group (grains, fruits, vegetables, milk, meat & beans)
- Flower
- Root
- Fruit
- Stem
- Leaves
- Seeds
- Seedpod (examples of plant parts are provided on page 67 of the Implementation Manual).

You can add words to this list based on class discussions or lessons from other subjects that address health, nutrition and/or physical activity.

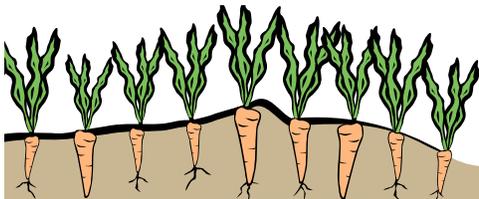
If you choose to keep score, you can award the winning student or team (who answer the most times correctly), with a **BONUS** Power Point or may stagger **BONUS** Power Points to award first, second, and third place (3 points for first, 2 for second, etc.).

How Does Your Garden Grow?

What parts of the plant do we eat?

Circle your answers.

Broccoli	Root	Stem	Leaf	Flower	Fruit	Seed
Carrot	Root	Stem	Leaf	Flower	Fruit	Seed
Cauliflower	Root	Stem	Leaf	Flower	Fruit	Seed
Celery	Root	Stem	Leaf	Flower	Fruit	Seed
Corn	Root	Stem	Leaf	Flower	Fruit	Seed
Cucumber	Root	Stem	Leaf	Flower	Fruit	Seed
Kidney Bean	Root	Stem	Leaf	Flower	Fruit	Seed
Lettuce	Root	Stem	Leaf	Flower	Fruit	Seed
Potato	Root	Stem	Leaf	Flower	Fruit	Seed
Pumpkin	Root	Stem	Leaf	Flower	Fruit	Seed
Tomato	Root	Stem	Leaf	Flower	Fruit	Seed



Pizza Garden

You can plan a pizza garden. Grow tomatoes and oregano for the sauce. What vegetables do you want to add for the topping?

Growing Scramble

Can you unscramble these gardening and farming words?

- croartt _____
- lovesh _____
- morsw _____
- stompoc _____
- esdse _____
- earc _____
- sawtr _____
- remanu _____
- esdew _____
- ostor _____
- veesla _____
- trawe _____
- nensushi _____
- ilso _____
- letrow _____

Little Brown Seed



*Little brown seeds so small and round,
Are sleeping quietly underground.
Down came the raindrops,
Sprinkle, sprinkle, sprinkle.
Out comes the rainbow,
Twinkle, twinkle, twinkle.
Little brown seeds way down below,
Up through the earth they grow, grow, grow.
Little green leaves come one by one.
They hold up their heads,
And look at the sun.*



How Are You Doing?



It's a challenge to meet new goals. To stay on track, it's a good idea to check in with yourself to see how you are doing.

Did you meet your personal **EAT SMART** goal the past 2 weeks?

YES NO

- ◆ What was the hardest part of meeting the goal you set for yourself?
- ◆ Why was this hard for you?
- ◆ If you need to make changes in your **EAT SMART** goal, explain how you will meet your revised goal:

Did you meet your personal **PLAY HARD** goal the past 2 weeks?

YES NO

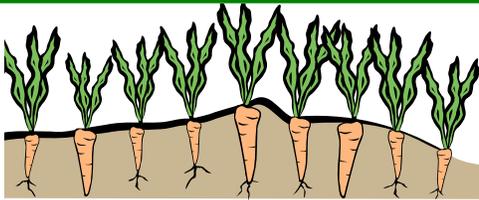
- ◆ What was the hardest part of meeting the goal you set for yourself?
- ◆ Why was this hard for you?
- ◆ If you need to make changes in your **PLAY HARD** goal, explain how you will meet your revised goal:

How Does Your Garden Grow? – Answer Key

What parts of the plant do we eat?

Circle your answers.

Broccoli	Root	Stem	Leaf	Flower	Fruit	Seed
Carrot	Root	Stem	Leaf	Flower	Fruit	Seed
Cauliflower	Root	Stem	Leaf	Flower	Fruit	Seed
Celery	Root	Stem	Leaf	Flower	Fruit	Seed
Corn	Root	Stem	Leaf	Flower	Fruit	Seed
Cucumber	Root	Stem	Leaf	Flower	Fruit	Seed
Kidney Bean	Root	Stem	Leaf	Flower	Fruit	Seed
Lettuce	Root	Stem	Leaf	Flower	Fruit	Seed
Potato	Root	Stem	Leaf	Flower	Fruit	Seed
Pumpkin	Root	Stem	Leaf	Flower	Fruit	Seed
Tomato	Root	Stem	Leaf	Flower	Fruit	Seed



Pizza Garden

You can plan a pizza garden. Grow tomatoes and oregano for the sauce. What vegetables do you want to add for the topping?

Growing Scramble

Can you unscramble these gardening and farming words?

- croartt _____ tractor
- lovesh _____ shovel
- morsw _____ worms
- stompoc _____ compost
- esdse _____ seeds
- earc _____ acre
- sawtr _____ straw
- remanu _____ manure
- esdew _____ weeds
- ostor _____ roots
- veesla _____ leaves
- trawe _____ water
- nensushi _____ sunshine
- ilso _____ soil
- letrow _____ trowel

Little Brown Seed

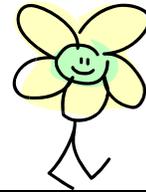


*Little brown seeds so small and round,
Are sleeping quietly underground.
Down came the raindrops,
Sprinkle, sprinkle, sprinkle.
Out comes the rainbow,
Twinkle, twinkle, twinkle.
Little brown seeds way down below,
Up through the earth they grow, grow, grow,
Little green leaves come one by one.
They hold up their heads,
And look at the sun.*





I Can Be A Plant!



Fruits	Vegetables
Apple (FR)	Artichoke (FL)
Apricot (FR)	Asparagus (ST)
Banana (FR)	Beet (RT)
Blackberry (FR)	Beet Greens (LV)
Blueberry (FR)	Black Beans (SE)
Boysenberry (FR)	Broccoli (FL, LV, ST)
Cantaloupe (FR)	Brussels Sprouts (LV)
Cherry (FR)	Cabbage (LV)
Cranberry (FR)	Carrot (RT)
Date (FR)	Cauliflower (FL, LV, ST)
Fig (FR)	Celery (LV, ST)
Grape (FR)	Eggplant (FR)
Grapefruit (FR)	Garlic (RT)
Honeydew (FR)	Green Beans (SP)
Kiwi (FR)	Green Pepper (FR)
Lemon (FR)	Kidney Beans (SE)
Lime (FR)	Lettuce (LV)
Orange (FR)	Lima Beans (SE)
Peach (FR)	Onion (LV)
Pear (FR)	Okra (SP)
Persimmon (FR)	Peas (SE)
Pineapple (FR)	Radish (RT)
Plum (FR)	Snow Peas (SP)
Prune (FR)	Potato (RT)
Raisin (FR)	Pumpkin (FR, SE)
Raspberry (FR)	Spinach (LV)
Strawberry (FR)	Turnips (RT)
Tangerine (FR)	Yellow Squash (FR)
Watermelon (FR)	Zucchini (FR)



Answer Key

FL = Flower

FR = Fruit

LV = Leaves

SP = Seedpod

RT = Root

ST = Stem

SE = Seeds

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM



Fresh Veggie Pizza

Made to order just the way you like it!

Level: Easy

Makes: 1 pizza

- Kids' Tool Kit**
- Small mixing bowl
 - Cutting board
 - Knife
 - Measuring spoons
 - Measuring cups
 - Spoon

Ingredients:

- ¼ cup low fat sour cream
- 2 teaspoons dry ranch dressing mix
- 1 (7-inch) prebaked pizza crust
- 2 tablespoons shredded cheddar cheese
- ¼ cup diced broccoli
- ¼ cup diced cauliflower
- ¼ cup diced carrots
- ¼ cup diced green or red pepper
- diced zucchini, black olives, tomatoes, optional



Directions:

Remember to wash your hands!

1. In a small mixing bowl, combine sour cream and ranch dressing mix and spread mixture on pizza crust.
2. Top with shredded cheese and diced vegetables.

Chef's Choice
Fresh Veggie Pizza
Low fat milk

Helpful Hints: You can buy prebaked pizza crusts in the grocery store or you can make one from a favorite recipe. Try using other crusts, such as whole-wheat tortillas, pita bread, English muffins or bagels. Let kids choose the veggies they like for toppings but encourage variety. Let them finely chop the veggies to stack on the crust. Kids will often try veggies fresh that they do not like cooked.

Buy vegetables in season, you will save money at the store and will find different ways to serve them.

Safety Tip: Remember to wash all vegetables just before dicing. Use fresh, running water and wash just the amount you plan to use. Let older kids dice the veggies, using a paring knife and cutting board. If they are too young to dice, let them measure ingredients and decorate the pizzas.

Nutrition Facts	
Serving Size 1 pizza (169g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 15mg	6%
Sodium 800mg	33%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 10g	
Vitamin A 100%	Vitamin C 50%
Calcium 10%	Iron 10%
*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 60g
Saturated Fat	Less than 20g 20g
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.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Teacher's Notes