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GLEANERS

2021 Summer Nutrition Club



Lesson 1: Introduction to MyPlate Around the World

Supplies:

- Passport (1 per child)
- Coloring utensils
- Laminated food cutouts (1 set)
- MyPlate model or image
- World Map
- Produce (any fruits/vegetables native to Asia)
 - Durian/Dragon fruit
 - Asian pears
 - Bok Choy
 - Yakult
- Recipe Supplies (yields enough for 60 rolls)
 - Cucumbers - 10
 - Cream cheese - 40 oz.
 - Red bell pepper - 4
 - Yellow bell pepper - 4
 - Baby/matchstick carrots - 5 cups
 - Vegetable peeler
 - Knives and cutting boards
 - Spoon/knife for cream cheese
 - Bowls/storage containers for prepped produce
 - Napkins
 - Sanitizing wipes and paper towels for clean-up
 - Gloves
 - Hand sanitizer
 - Small paper plates



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- Trash bag
- Sampling (optional)
 - Kimchi – 1-2 jars
 - Individual serving cups
 - Chopsticks (1 pair per child)
- Passport stickers/stamps

Preparation:

- Purchase/gather produce, recipe ingredients, and supplies
- Print paper materials
 - World Map
 - Food Cutouts
 - Passports

Food preparation:

- Wash all produce
 - Chop peppers into thin, 1-inch pieces
 - Using a vegetable peeler, vertically slice pieces off of the cucumber to create long strips
 - Patience is key! The first few pieces might not be suitable but keep trying!
 - Place the sliced cucumber between sheets of paper towels to remove moisture
 - Optional: Consider cutting the cucumber slices in half (horizontally) to make the process easier for small hands!
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Objectives:

By the end of the lesson, children will:

1. Be able to state how much of their plate should be filled with fruits, vegetables, grains, proteins, and dairy.
2. Be able to recognize where new foods and familiar foods fit into MyPlate.
3. Experience how different cultures enjoy food!

I. Welcome (5 minutes)

- Introduction
- Welcome to Summer Nutrition Club
 - Humans and animals all around the world need food to fuel their bodies.
 - The food other countries and cultures consume may be different, but it serves the same purpose as the food you and I eat, to nurture our bodies!
 - Today we will be talking about MyPlate, Asian culture and cuisine, and exploring new foods!
 - For the next three weeks we will be doing nutrition lessons where we get to explore the world and food!



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II. My Food Passport (10 minutes)

- Handout food passports (1 per child)
- Explain that passports are necessary to travel to a different country. However, today ours will be used to learn about Asia and fill with stickers!
- Children will draw their passport photo and perform a “Madlib” to fill in “personal information”
 - Example
 - Address: 123 ____ (fruit) ____ Lane
 - Place of Birth: ____ (vegetable) ____ City
- Children will locate and color in Asia on a world map
 - Have children point to where they think Asia is, then show on a larger map

III. MyPlate Overview (2 minutes)

- Ask children if they have ever heard of MyPlate before.
- Show plastic MyPlate example. Explain that it allows us to make healthy choices at mealtime. Give common examples of food and where they fit into on MyPlate.
 - ½ plate should be grains and proteins
 - ½ plate should be vegetables and fruits

III. MyPlate Matching (10 minutes)

- Foods will be introduced one-by- one. Children will follow along in their passports. A large laminated picture of the item will be shown.
- As each food is introduced children will point to where they believe this food belongs on MyPlate, then write in the correct answer in their passports.
- Each food item will then be explained as well as the benefits.
 - **Durian**- Does anyone have any guess to what food group a durian is in? FRUIT. Durian is one stinky fruit, but it is cool looking! It is actually banned in certain areas of Asia because of its stinky smell. Fruits are excellent sources of vitamins and minerals! Eating them helps you grow and keep your heart healthy. They also can help build your immune system, keeping you from getting sick. What fruits do you eat? Are there any fruits you’ve eaten that look like a durian?
 - **Bok Choy**- Does anyone know what Bok Choy is? Point to where you think it belongs on MyPlate. VEGETABLE. Vegetables are also great sources of vitamins and minerals; they are especially helpful in keeping your bones strong! What vegetables do you like to eat?
 - **Brown Rice**- Has anyone heard of rice before? Where does it go? GRAIN. Rice is found in nearly every Asian dish! Grains are very important! They provide energy! Without grains you would not be able to run, jump, walk, or think! Whole grains are especially great to eat. Half of the grains you eat should be WHOLE grains. What is a grain you like?
 - **Tofu**- Has anyone heard of tofu? Make your best guess to where it goes? PROTEIN. This was a bit of a trick question! Protein isn’t just found in animal meat but other foods as well. Beans and peanuts are high in protein! Tofu is made of mashed soybeans.



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- **Chicken Curry**- Does this dish look familiar to anyone? Where does it belong? **PROTEIN**. Curry is popular in India and is often a little spicy! In India they do all types of curry, fish, pork, beef, you name it! Proteins whether from animals or plants help build things like skin, hair, and nails! What are some foods with protein that you like to eat?
- **YaKult**- Point to where you think this item belongs! **DAIRY**. A long long time ago, Asia did not have dairy cows, so many traditional dishes may not feature cheese or milk! Can you imagine not having chocolate! Now dairy products are popular across Asia. YaKult is a Japanese yogurt drink. Dairy helps keep are muscles strong and yogurt has these tiny tiny microbes that help with digestion. Lots of sweet treats have dairy, but what are some other foods that have dairy?

IV. Exploration Station (15 minutes)

- Hand out chopsticks
 - Explore how to use chopsticks! Chopsticks were invented 5,000 years ago in China. They were invented after chefs began cutting food really small so it would cook faster. This made the use of knives unnecessary and something more tweezer like more efficient to eat with.
 - Demo how to use. Pictures in passport illustrate how to use.
 - Hold the first chopstick in your dominant hand like you're holding a pencil getting ready to write. Then place the second chopstick between your pointer finger and thumb. Now move your pointer finger up and down, keeping the first chopstick still.
- Encourage children to explore
 - Use all your senses! How does it smell? What does it look like? How does it taste? Is it sour, sweet, or bitter?
 - Be brave! Even if you don't think you'll like it give it a try! It's okay if you don't like it, you can politely place it back on your napkin and place it in the trash can.
 - Most important, do not **GIVE UP!** Using chopsticks and trying new food can be hard, but it is extremely rewarding in the end!
- Have children sanitize or wash their hands.
- Kimchi- each child will receive a small sample, attempting to eat with their chopsticks.
 - Ask children how it tastes
 - Do they like it?
 - Would they eat it again?
 - Explain that kimchi is Korean. Share that it is fermented cabbage. Explain that fermentation involves canning the cabbage and allowing tiny tiny organisms to change how the cabbage looks and tastes.
- Cucumber sushi- each child will receive a small sample.
 - Each child will receive two cucumber rolls
 - Prepare the rolls by adding cream cheese, carrots, and peppers to rolls
 - Allow children to roll-up their own "sushi roll"
 - Encourage children to use their chopsticks to eat the cucumber roll



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- Explain that this dish typically contains fish, but this alternative is a fun take on traditional Japanese sushi.
- Stamp each child's passport or give them a sticker to place on the "My Stamps" page of their passport.

V. Wrap- up

- While the children are finishing their sample, ask the following questions:
 - Raise your hand if this was your first time trying a cucumber!
 - Who's excited for next week?
 - Raise your hand if you can tell me something new you learned today!
- Say goodbyes, remind children that they get to take home their passports to share with their family. They can decorate it more and share the recipe inside.

VI. Clean up

- Gather supplies
- Throw away trash
- Sanitize tables





