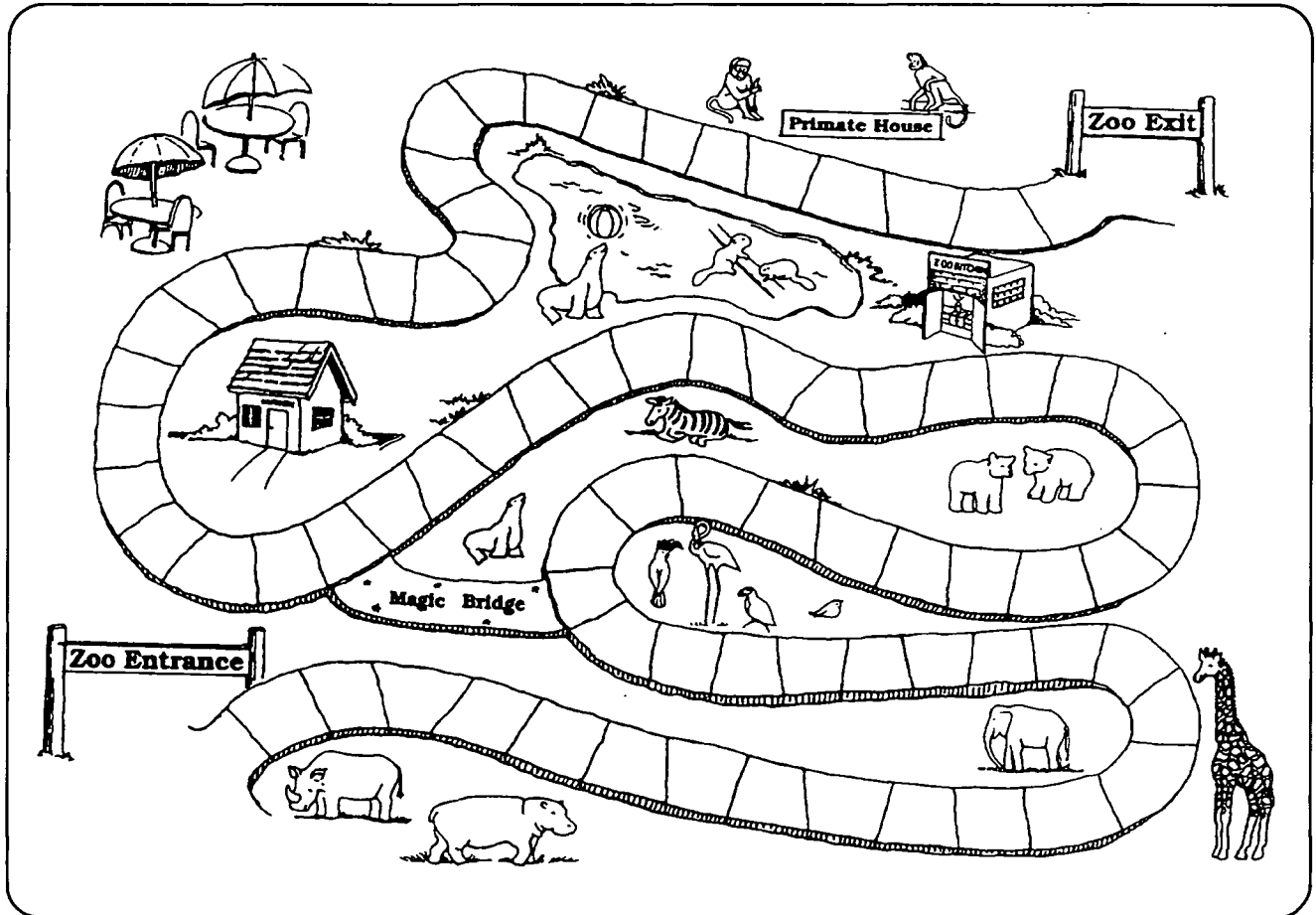


Date 1/8/96
Amount 1693-5
shelf 0
INV 39688

Nutri-Kids Visit **THE ZOO**



Student Workbook
Expanded Food and Nutrition Education Program (EFNEP)
PNW 480 • January 1996
Oregon • Washington • Idaho

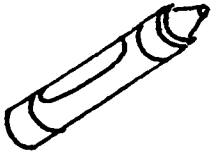
Nutri-Kids Visit The Zoo

This is an Oregon 4-H Expanded Foods and Nutrition Education Program (EFNEP) School Enrichment publication. EFNEP is funded by the U.S. Department of Agriculture in cooperation with Oregon State University.

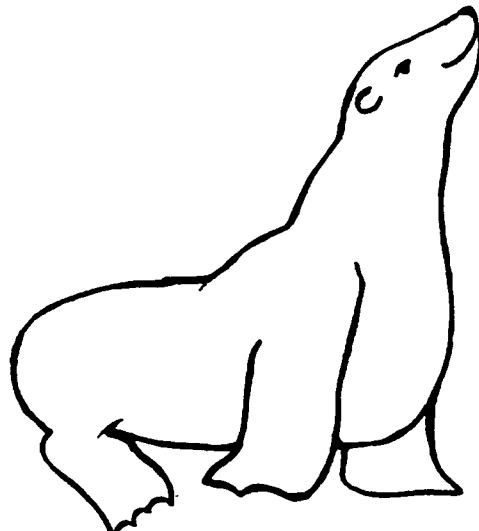
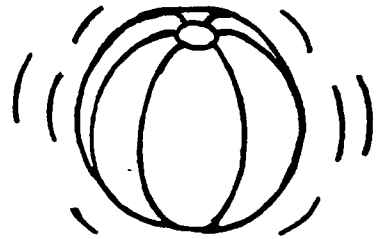
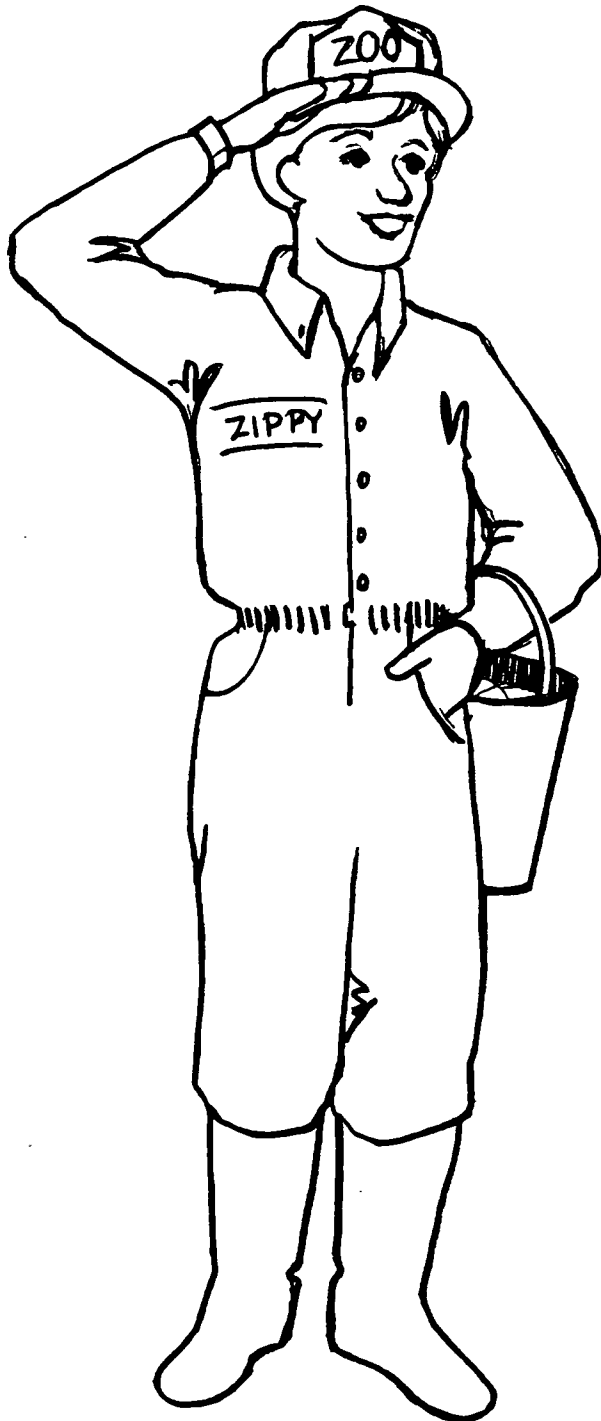
Nutri-Kids Visit The Zoo was prepared by Bonnie A. Lorenz, former EFNEP program assistant, Michael H. Holroyd, Extension agent, Marion County; and Margaret Lewis, Extension agent, Lane County; Oregon State University. The 1996 version was revised by Joy Delgado, education graduate student; and Maria Souza, nutrition graduate student; Oregon State University.

Name _____

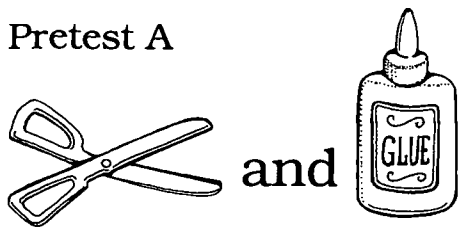
Meet Zippy!



Zippy.



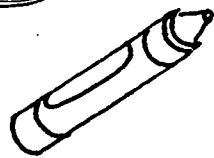
Pretest A



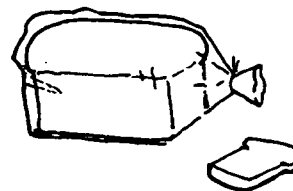
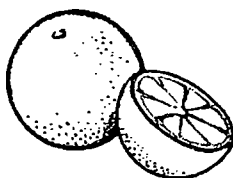
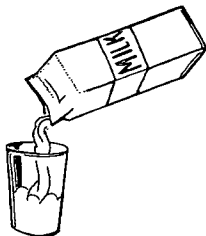
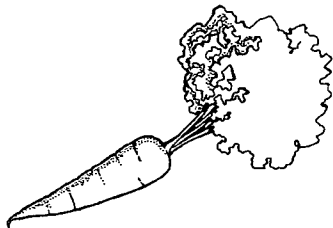
and

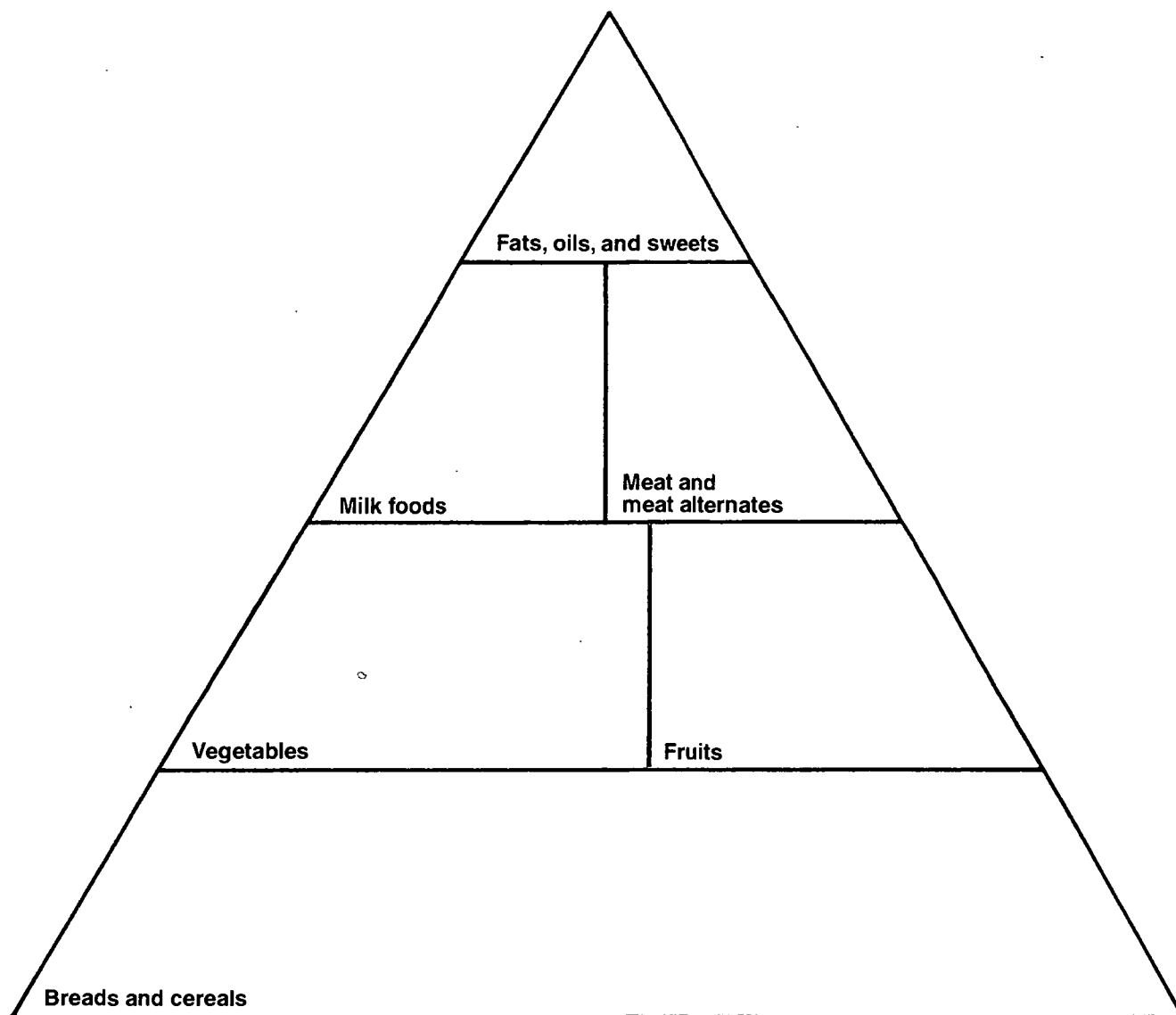
foods in the right food group

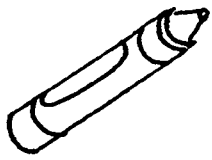
box on page 3.



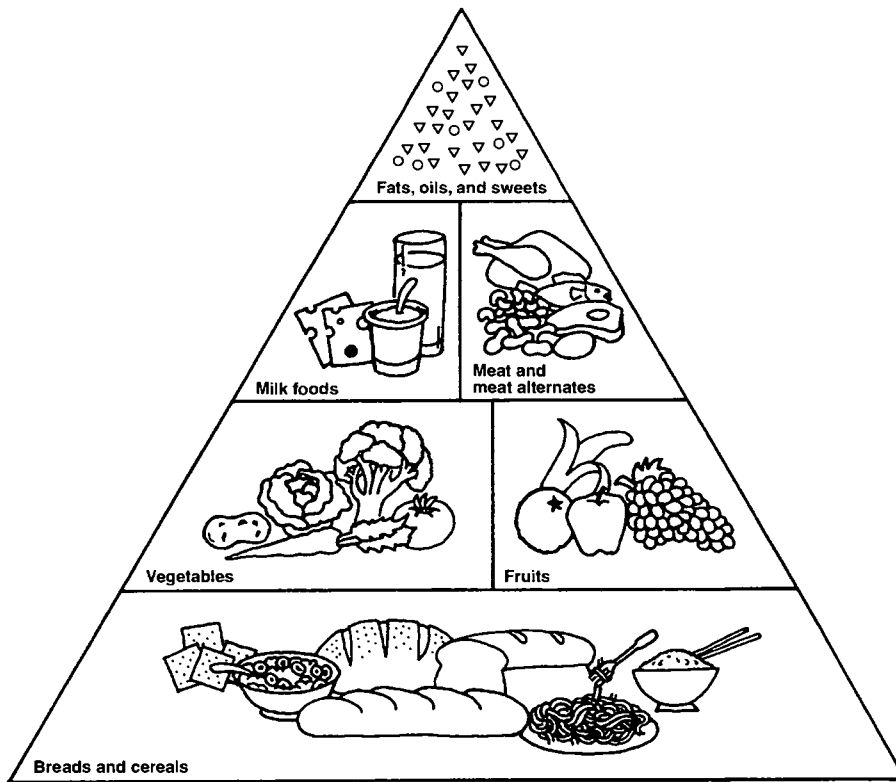
them.

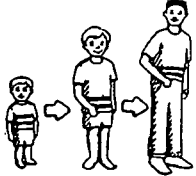


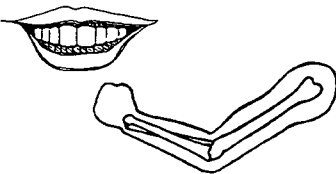
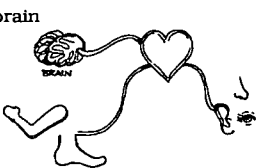
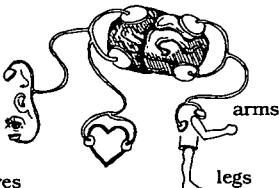







a line from the food group
to what it helps.



 Growing
 Fight colds & illness
 Healthy eyes
 Strong teeth and bones
 Healthy blood
 Nerves
 Energy

Peanut Butter Balls

1. Mix together in  :

1¹/₂ cups



with raisins



+ 1 teaspoon



+ 1/4 cup



milk



+ 1/4 cup



honey

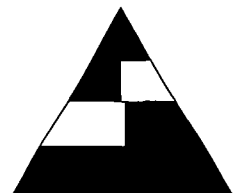


+ 3/4 cup



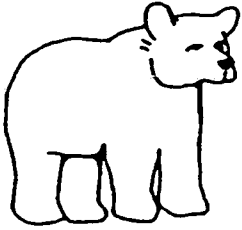
2. Wash hands. Roll mixture into 1-inch balls.

Use 2 teaspoons per ball. Eat and enjoy!

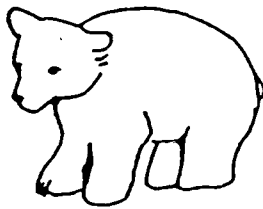


Name _____

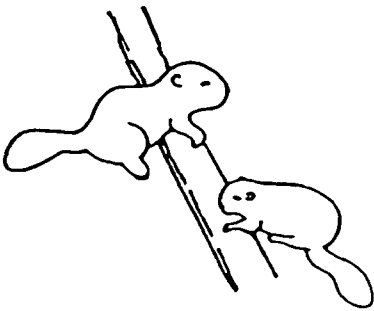
Zoo animals



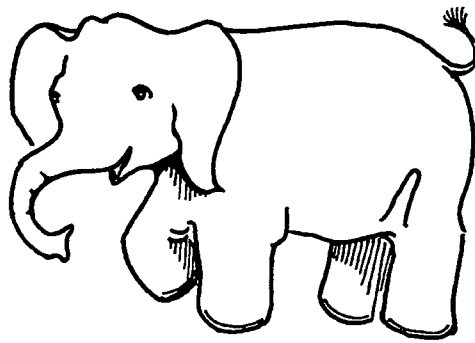
Bears



Birds



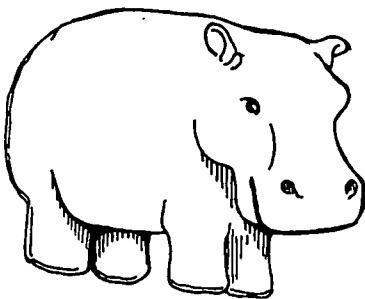
Beavers



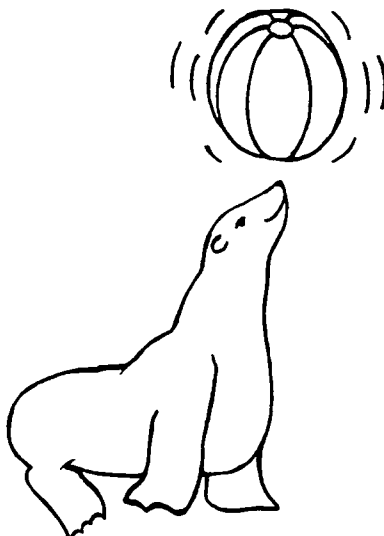
Elephant



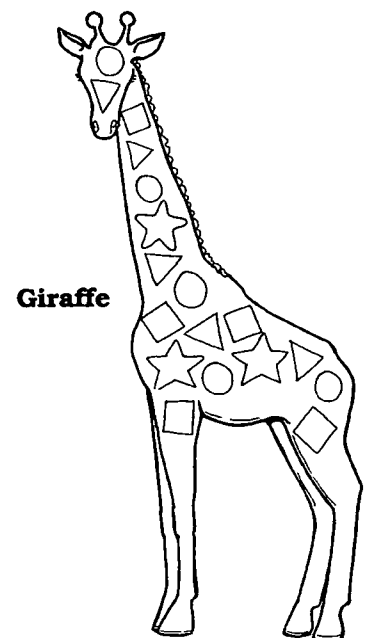
Monkey



Hippo



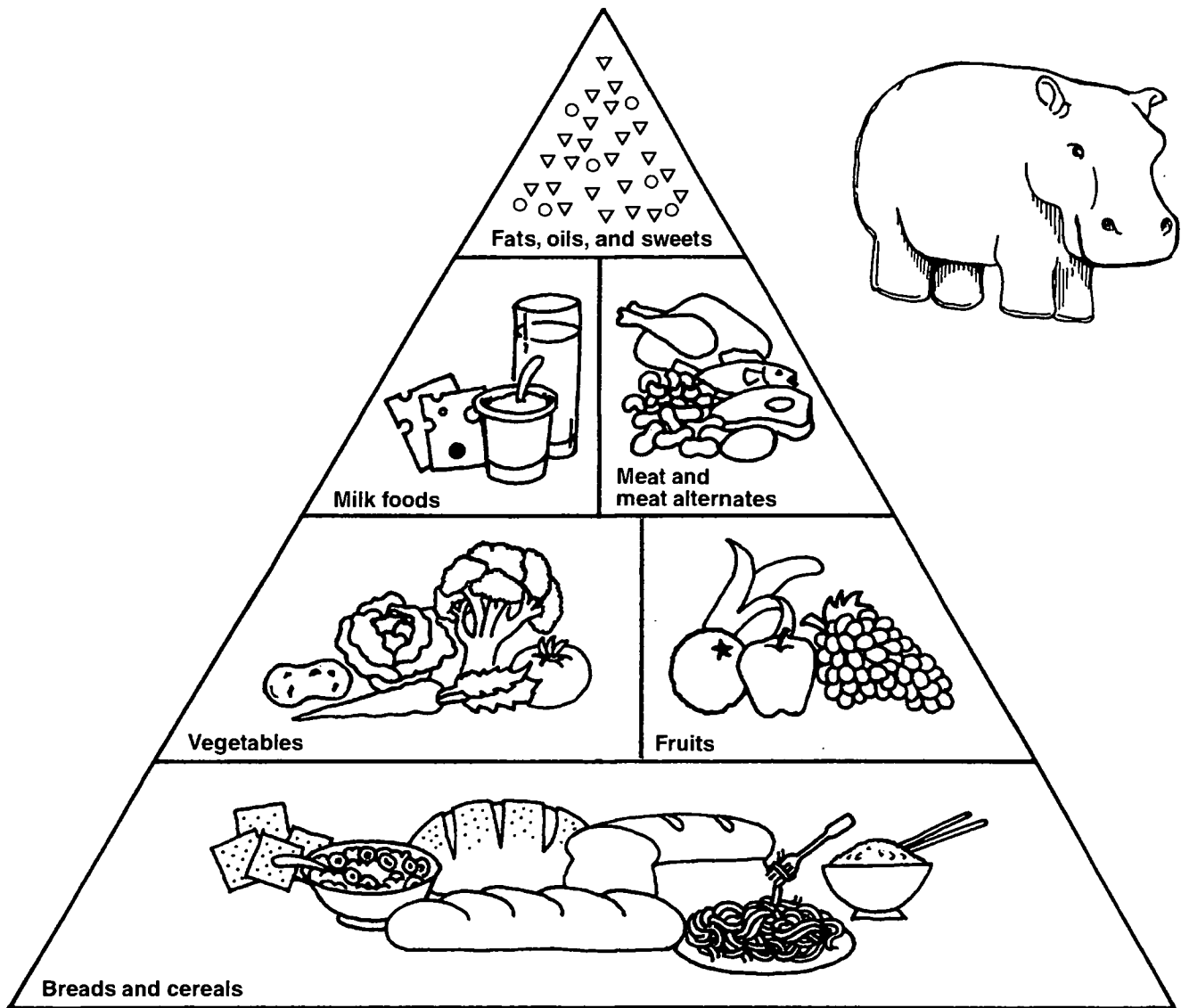
Seal
























Giraffe

Name _____

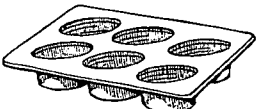
Find the food that a hippo eats:



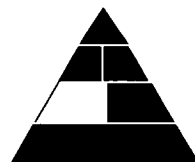
Apple Muffins

1. In  mix $1\frac{1}{3}$ cups   
 + $\frac{1}{4}$ cup   + 2 teaspoons  
 + $\frac{1}{2}$ teaspoon  salt  + 1 egg 
 + $\frac{3}{4}$ cup   + $\frac{1}{3}$ cup  
 + $\frac{1}{2}$ teaspoon   + 1 cup   diced
 (chopped small) + $\frac{1}{4}$ cup  raisins .

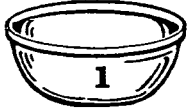
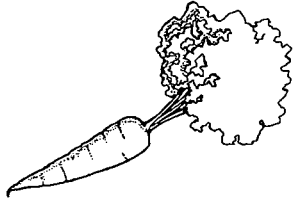
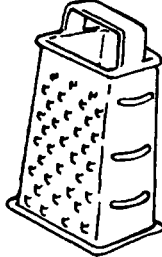



2. Mix everything until moist, don't stir too much.

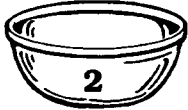





3. Put in muffin pan  (fill cups $\frac{2}{3}$ full).

Bake at 400°  for 20 minutes.



Carrot Apple Raisin Salad

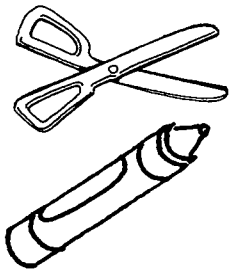

1. Mix together in BIG 
 4 washed , grated 
 + $\frac{3}{4}$ cup  raisins 
 + 1 washed  cut into pieces.

2. Mix together in small  $\frac{1}{2}$ cup 
 plain  + 2 Tablespoons    .

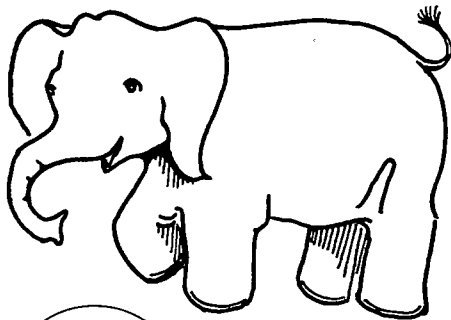
3. Add  to  . Mix.



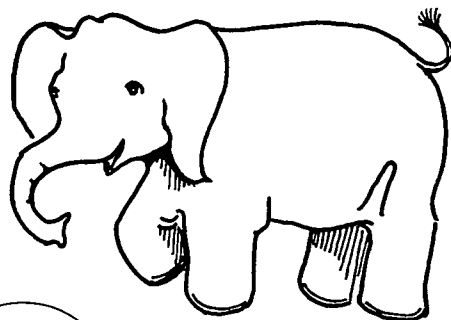
Numbers


 and
 
 peanuts to match numbers.

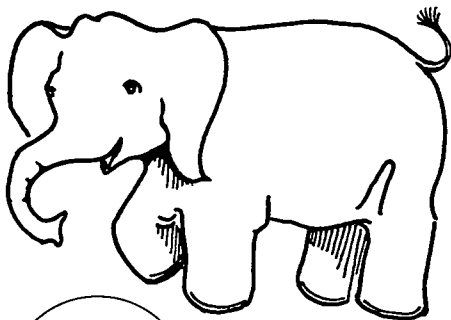
the pictures.



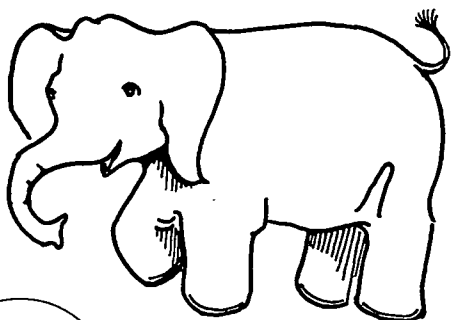
four
4



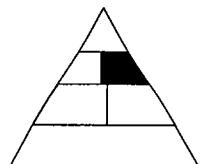
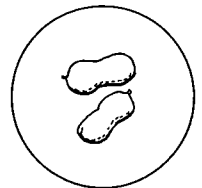
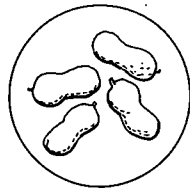
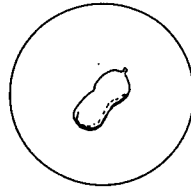
three
3



one
1



two
2



Deviled Eggs


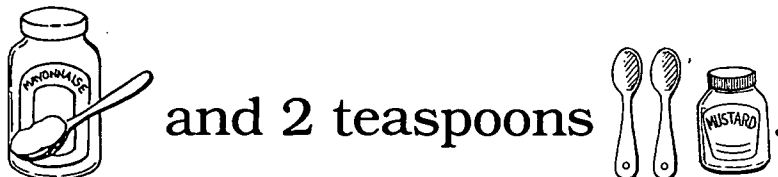
1. In  cover 10 eggs  with cold .


Bring to boil, turn heat down, and simmer 15 minutes.

2. Cool eggs  in cold .

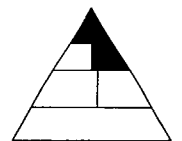
3. Wash hands. Peel  eggs. Cut them in half .

4. Put yolk in . Mash  the yolk.

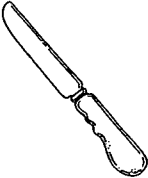

5. Add $\frac{1}{2}$ cup  and 2 teaspoons .

6. Mix. Stuff white with yolk mixture  using a teaspoon. Makes 20 servings, $\frac{1}{2}$ egg per person.



Note: If eggs are cooked in advance, store cooked unshelled eggs in the refrigerator.




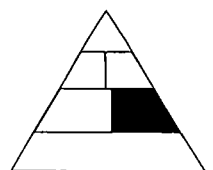
Banana Buses

1. Cut  1  in quarters the long way.

2. Cut  1 orange  into slices .

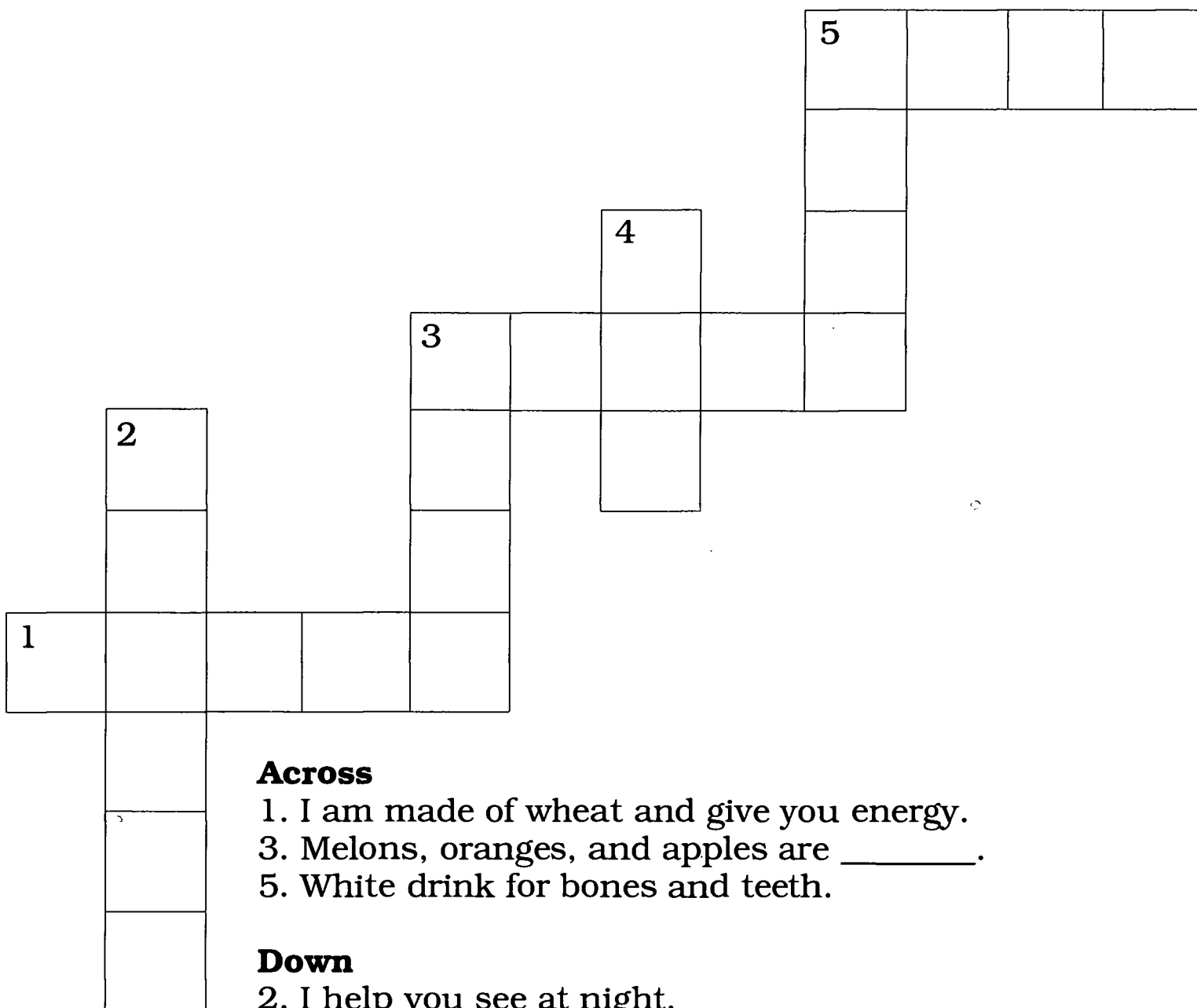
3. Stick raisins  and orange slices  onto

banana pieces with toothpicks  =



Name _____

Crossword Puzzle

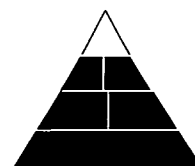


Across

1. I am made of wheat and give you energy.
3. Melons, oranges, and apples are _____.
5. White drink for bones and teeth.


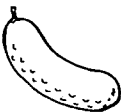
Down

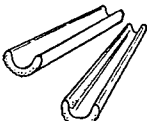
2. I help you see at night.
3. What we eat.
4. A way to exercise.
5. The _____ group has protein to help blood, skin, and hair.

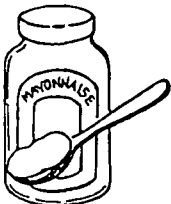


Tuna Salad

1. In  mix 2 cans   + $\frac{1}{2}$ cup 

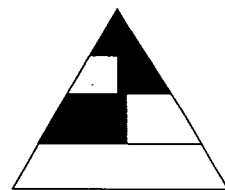
pickle relish , chopped pickles ,

and/or chopped celery , and

enough  to hold together (about $\frac{1}{4}$ cup).

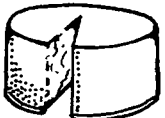
2. Now you have tuna salad .



3. Eat tuna salad by itself or spread on crackers or bread. Refrigerate if you have leftovers.





Lettuce Rolls

1. Wash   . Grate  4 to 8

ounces cheese  .

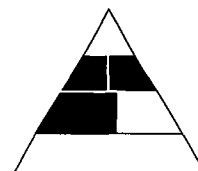
2. Put grated cheese  on a lettuce leaf .

3. Roll  and use toothpicks  to hold.

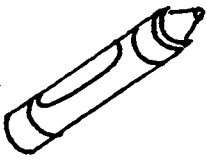
Note: You can use peanut butter



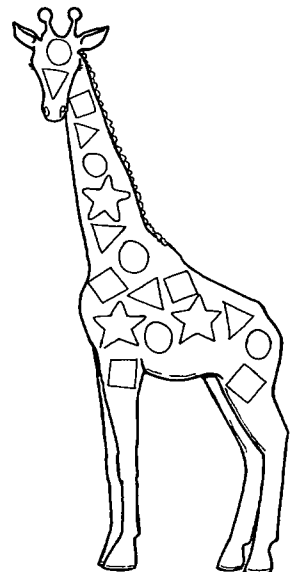
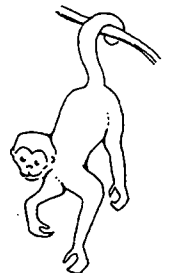
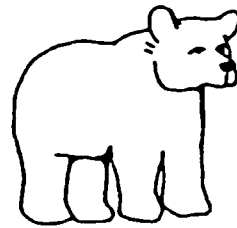
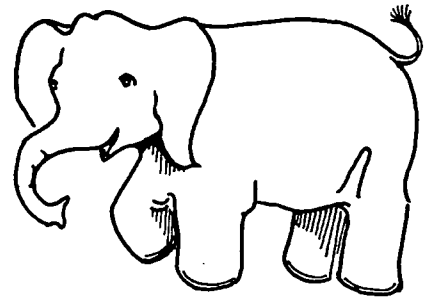
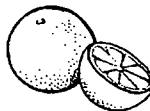
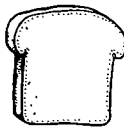
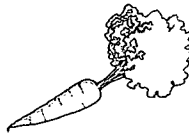
too.













People, Foods, Animals

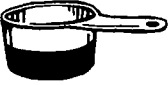





a line from each food to who eats it.

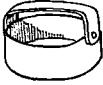


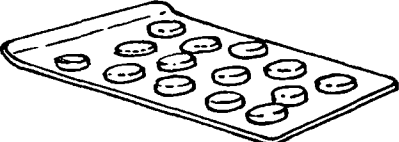



Biscuits

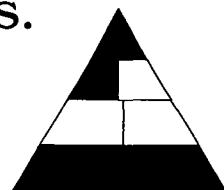
1. Mix in  2 cups    FLOUR
+ 4 teaspoons      BAKING POWDER
+ $\frac{3}{4}$ teaspoon  salt .

2. Cut in $\frac{1}{2}$ cup  margarine  with a
pastry cutter or two table knives, until margarine
is the size of peas. Add $\frac{1}{2}$ cup   MILK.

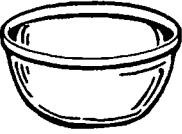





3. Mix together. Roll $\frac{3}{4}$ -inch thick on floured board.


4. Cut dough  into biscuits   and place on
cookie sheet .

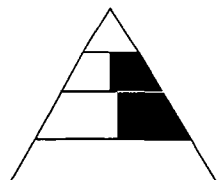
5. Bake at 450°  for 10–12 minutes.



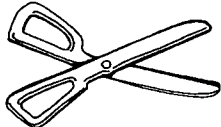

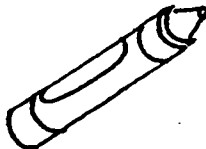
Trail Mix

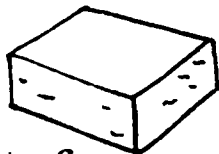
1. In  mix 2 cups  
 peanuts  and $\frac{1}{2}$ cup  raisins .

Note: You may use mixed nuts  and
 dried fruits.

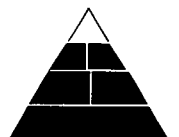
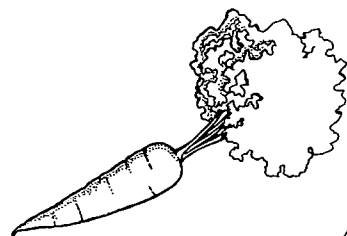
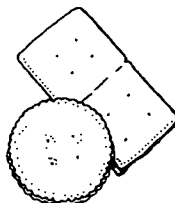
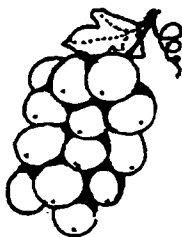
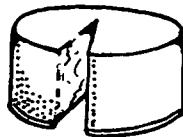
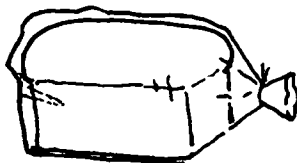
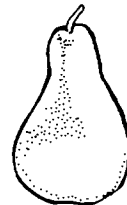
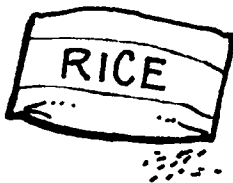


Where Am I Stored?

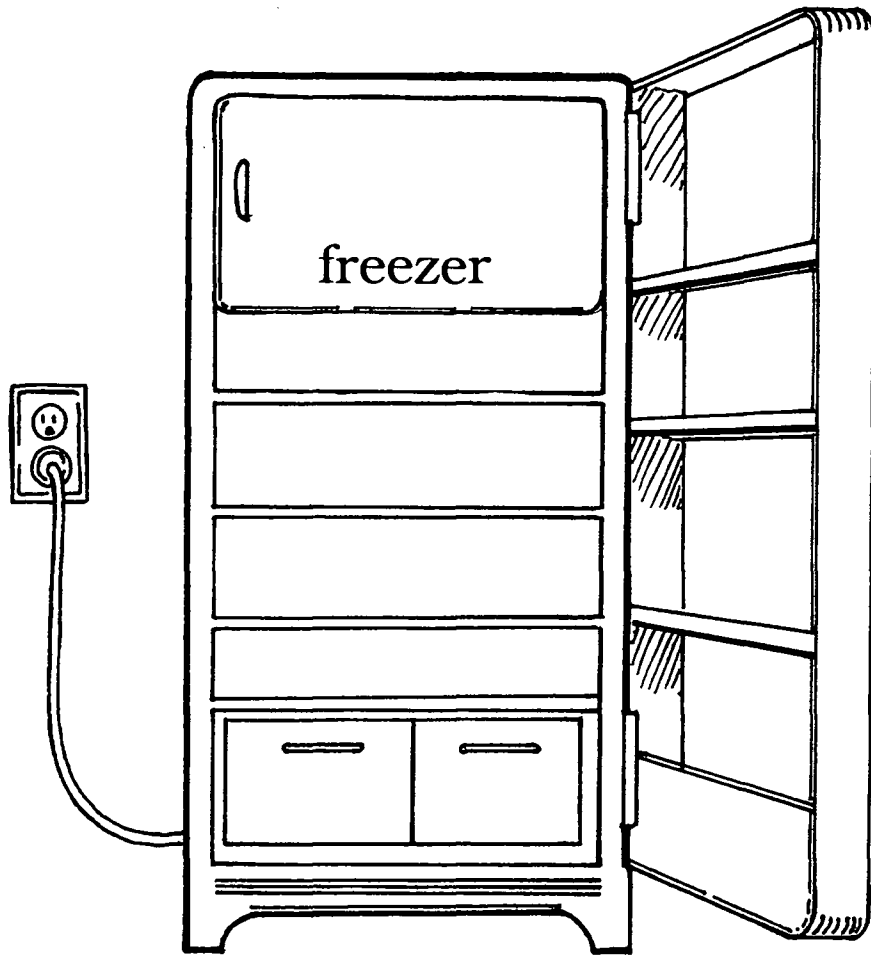
 and  to put food in the right place in the kitchen on page 20.  the pictures.



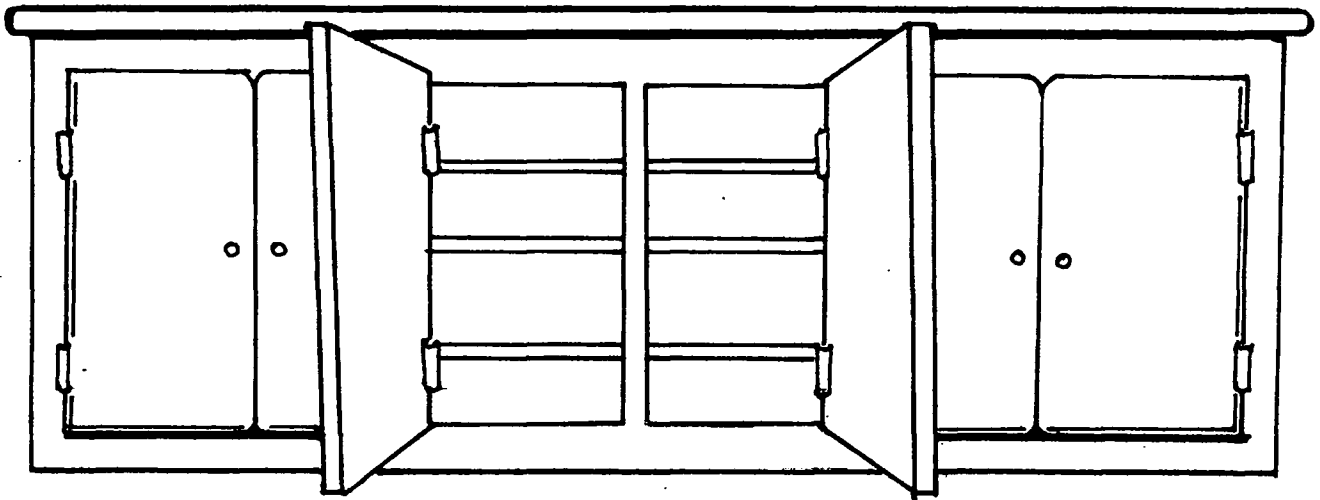
tofu



Name _____



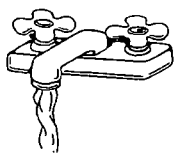
refrigerator



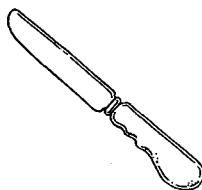
cupboards

Vegetable Snacks

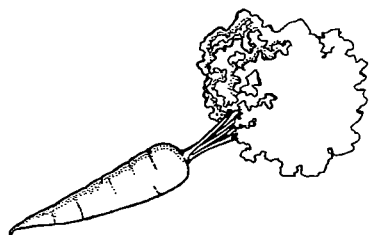
Wash



and cut



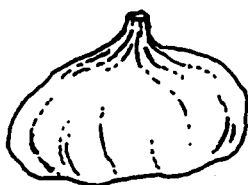
vegetables:



carrot



cauliflower



jicama



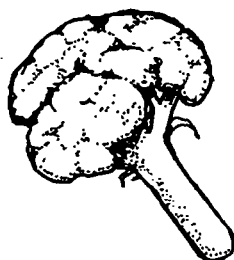
radishes



turnip



rutabaga

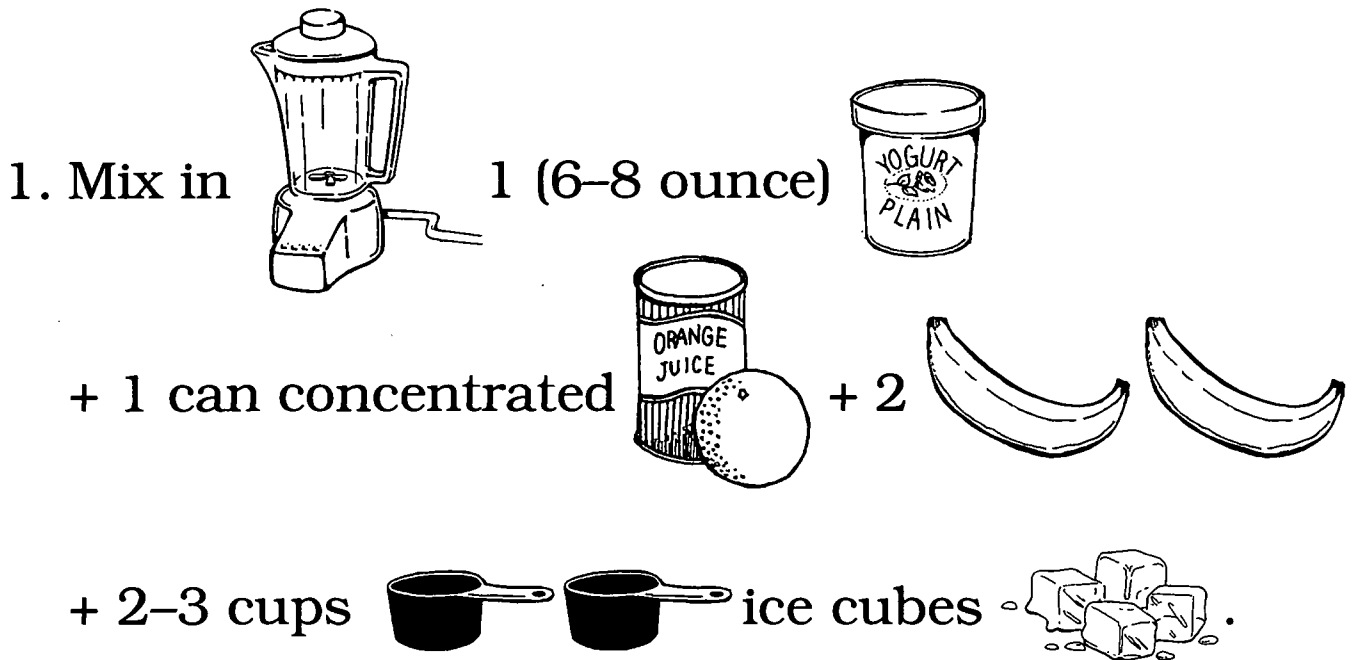


broccoli



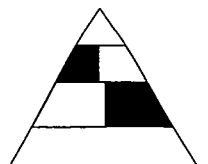
parsnip

Yogurt Milkshake

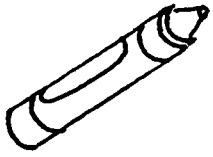



2. Blend until smooth.

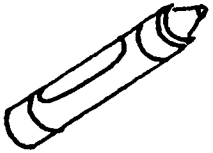
Makes 20 5-ounce cups.



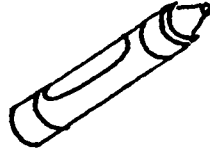
Colors



three 's red and three 's blue.



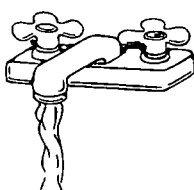
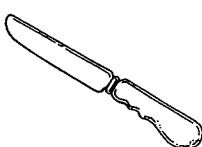


brown.

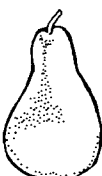

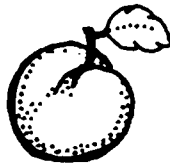


yellow.




Fruit Kabobs

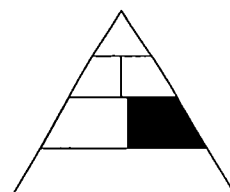
1. Wash  fruit. Cut   + 

+  +  +  into chunks.

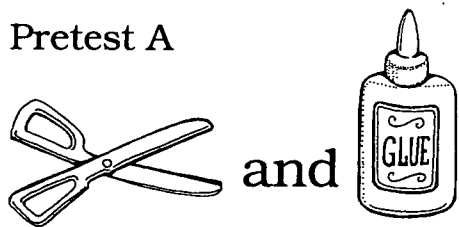
2. Add 1 bunch  + 1 pint 

+ 1 pint  or .

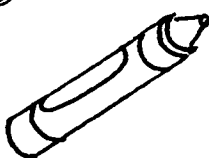
3. Spear with big toothpicks .

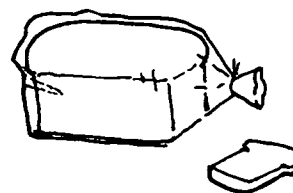
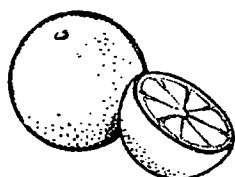
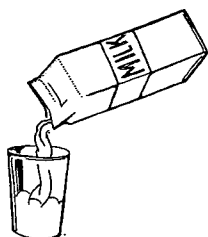
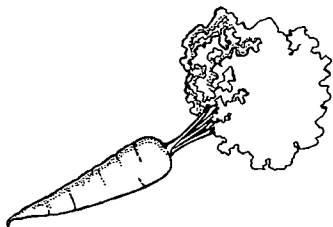


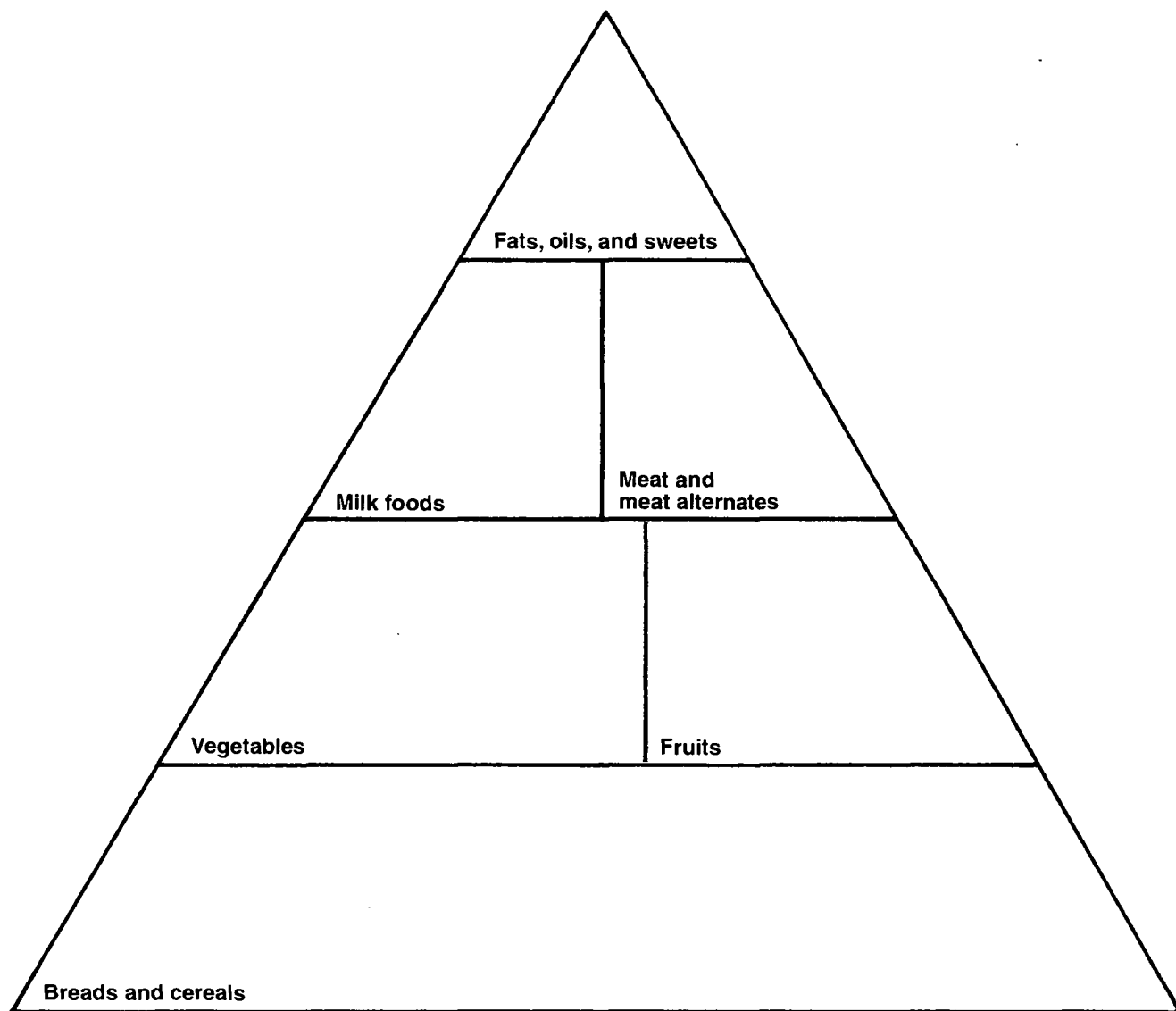
Pretest A

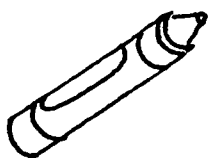


and foods in the right food group

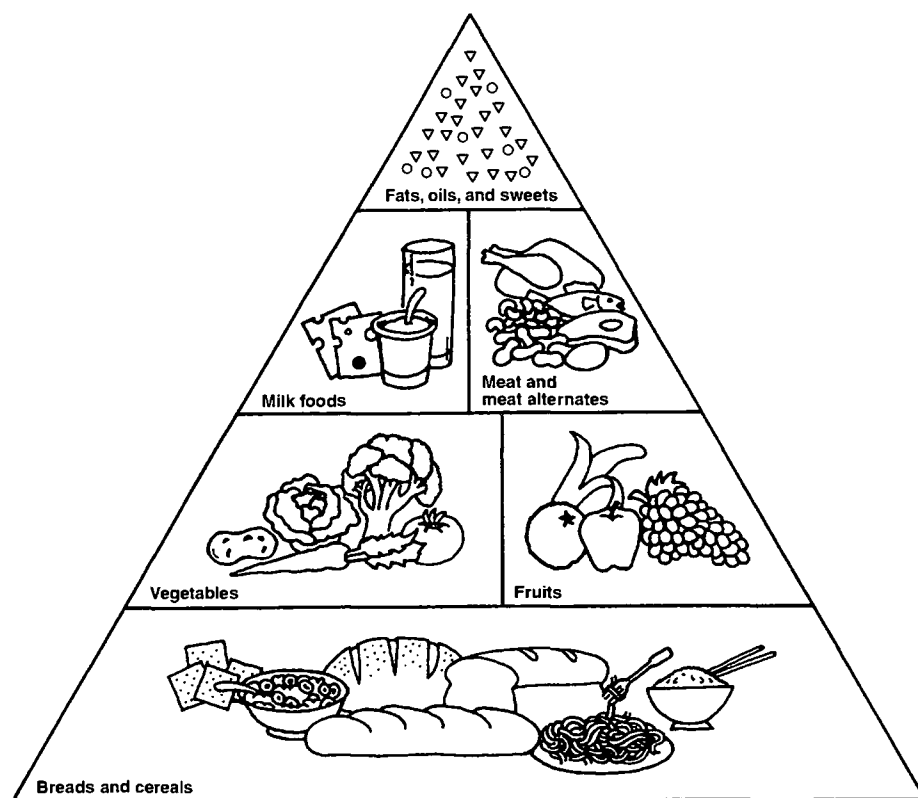
box on page 26.  them.

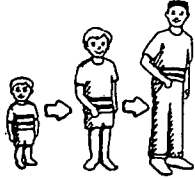


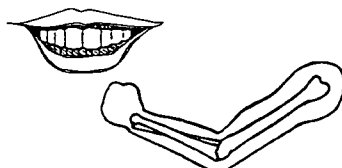
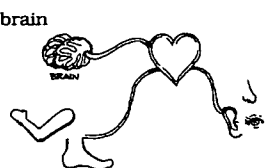
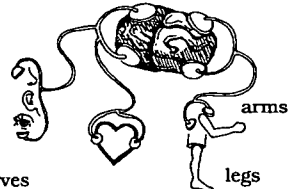







a line from the food group
to what it helps.

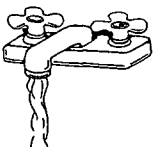
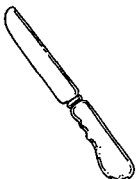





Growing

Fight colds & illness

Healthy eyes

Strong teeth and bones

Healthy blood

Nerves

Energy




Tacos


1. Cook 1 lb. ground meat in skillet  .

2. Heat 1 can  in  .

3. Wash  and cut  1  and  .

Put in 2   .


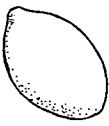

4. Grate  8 ounces cheese  in  .



5. Put  and other foods on table.

6. Put the ground meat +  +  +  +  .

+   on a  .

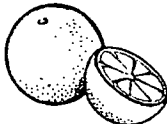
Lemonade

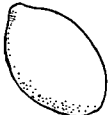
1. Squeeze  a half lemon  into a glass  .

2. Add 2 teaspoons  + $\frac{1}{3}$ cup  .

+ ice cubes -  .

3. Stir  .

Note: You can use a half orange  instead of

 . Makes 1 serving.

The Expanded Food and Nutrition Education program (EFNEP) helps limited-income families in Oregon improve their nutrition practices. These include learning to:

- Stretch family food dollars
- Choose foods for better nutrition for family members
- Purchase food for nutritional needs
- Improve food production, preparation, storage, safety, and sanitation

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