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NUTRI-KIDS GO  
**Around the World**



Student Book  
Expanded Food and Nutrition Education Program (EFNEP)  
PNW 469 • July 1994  
Oregon • Washington • Idaho



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# Things to Think About

## Be aware

What kinds of food do you like to eat?

What kinds of food do you not like to eat?

What foods do you eat a lot of?

What foods do you not eat a lot of?

Do you know what kids your age eat in other countries, such as Argentina, Australia, Greece, Iran, Kenya?

What does it mean to be healthy? What does it mean to feel good? Can you feel bad and still be healthy? When?

What foods do you need to eat to be healthy? Would that be different for children who live somewhere else? Why?

A habit is something we do so often we don't even think about it anymore. What food habits do you have? Which ones are healthy? Which ones are unhealthy?

Do other people influence what you eat? They could be teachers, parents, other family members, friends, people on TV or in magazines, or famous athletes or movie stars. Some of these people might be more interested in your money than in your health. Can you think of who they might be?

## Be safe

How do you keep food safe and good to eat? Do you know which foods belong in the refrigerator, and which ones go in the freezer? What happens if Kaya leaves milk out on the counter overnight in winter? What if she does it in the middle of August? What happens if Jerome goes to a picnic, leaves some chicken salad in the sun for a few hours, then eats it?

How do people keep food safe in other countries? How did the Native Americans and pioneers keep their food safe before there were refrigerators and freezers?

## Be active

Why do kids like to run or move around a lot? What do you like about being in motion? How is that good for you? What kind of exercise or sports do you enjoy?

What are you teaching your muscles when you move them a lot? How about when you don't use them at all?

Do children in other countries exercise, too?

## Be smart

Being smart doesn't always mean knowing the answer. Being smart means knowing how to find the answer. Then you can use that information to learn more about the world and to make choices that are good for you.

For instance, how would you find out what Tika, an 8-year-old girl who lives in Ethiopia, eats for dinner? How would you find out what Jorge, who lives in Mexico, eats for snacks?

How would you find out if popcorn was good for you? Or hot dogs? Or raw fish?

Being smart also means using what you know. Knowing that potato chips aren't that good for you doesn't mean you won't ever eat them. But it might mean that instead of eating a whole bag of chips for lunch, you'll eat a few along with a sandwich or soup. That's being smart.

# Before You Begin

## What do you know about foods and nutrition?

1. Do you have good (healthy) food habits? \_\_\_\_\_

Name one.

\_\_\_\_\_

Name an unhealthy food habit.

\_\_\_\_\_

2. Circle the habit that is most likely to help Maria feel and do her best.

*Skip breakfast*

*Snack on chips and pop*

*Eat tortillas and cheese for breakfast*

3. What foods does Marc, a third-grader, need to eat each day to be healthy?

\_\_\_\_\_

4. Jacob has some chicken soup he needs to save for next month. How should he keep it safe to eat?

\_\_\_\_\_

5. Maria's mom wants her to snack on fruit and cheese after school. Maria wants the chips and pop she saw other kids eating. Which should she eat and why?

\_\_\_\_\_

5. Who (or what) can give you the best nutrition information? Circle three.

*teacher*

*diet book*

*dietitian*

*magazine*

*television ad*

*nutrition label*

7. How could exercise help someone who eats too much?

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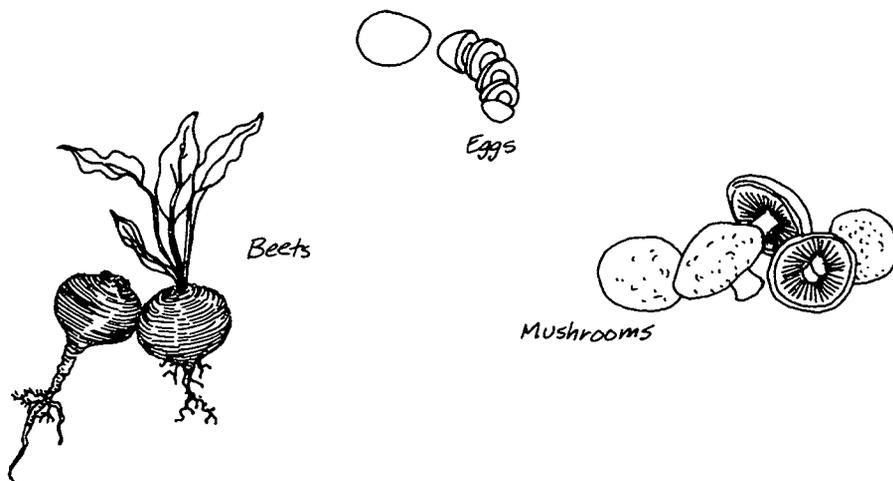
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How can not being careful when you exercise (like riding your bike) hurt your health?

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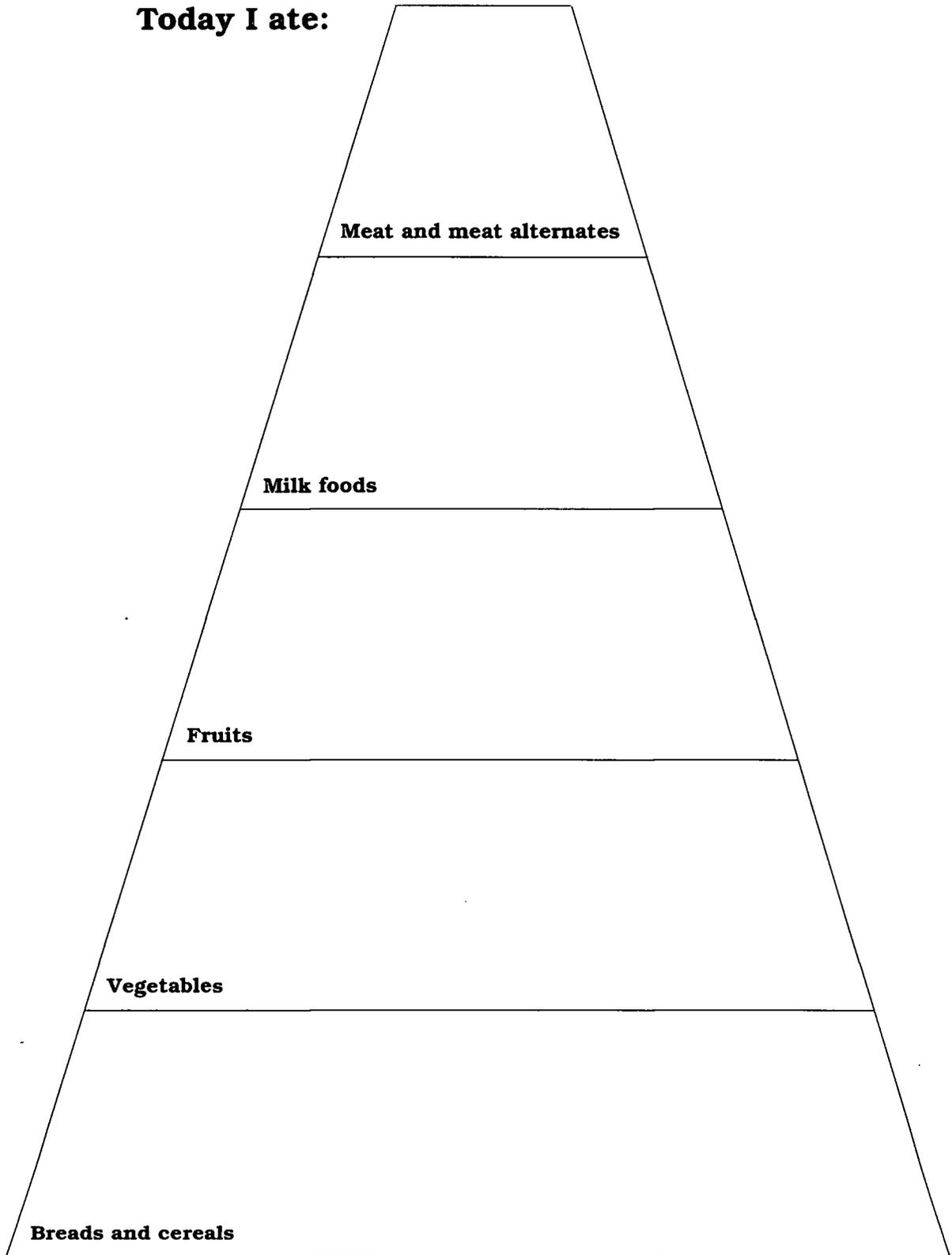
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# What Did I Eat?

Today I ate:



# Food and Food Customs Around the World

When you listed what foods you ate this week, did you include some foods that people eat in other countries? Can you think of foods you eat that people also eat in Mexico, China, Greece, or France?

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It's fun to try foods from different countries. Sometimes they taste strange and delicious, and sometimes they don't. Can you think of foreign foods you now like that you didn't like the first time you tried them?

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Write down all the foreign foods you can remember having eaten. Does your family have certain foods they eat only on holidays or special occasions? Are these foods from another country?

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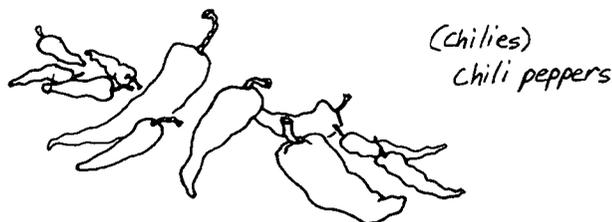
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## Speaking of how people in different cultures eat and prepare food, did you know that:

- People in Ethiopia often eat out of a common pot, scooping the food up with little pieces of bread?
- Chinese people cook vegetables and small pieces of meat in a wide, bowl-shaped pan called a wok?
- Some kids in Mexico often eat beans and tortillas for breakfast?
- People in India and Pakistan like very hot, spicy dishes called curries?
- People in Africa like to cook with peanut butter?
- Kids in Russia often drink a thin, yogurt-type drink for breakfast? And love ice cream?
- Mexicans cook with over 10 different kinds of hot peppers?
- The idea for shish kebabs (chunks of meat and vegetables lined up on a skewer, or stick, then grilled or barbecued) came from the Arab people?
- Japanese people eat a lot of raw fish, seaweed, and noodles?
- Some Scottish people love to eat a sausage made of pig's blood? Or a dish made out of the innards of a sheep or calf and boiled in the lining of a sheep's stomach?
- People in many countries close down their businesses in the afternoon so they can eat a big dinner, then take a nap?
- In some countries, people eat their nighttime meal at 10 or 11 o'clock?
- Cooked mustard and turnip greens, corn bread, catfish, and sweet potato pie are all "soul food" from the Afro-American culture?
- Sometimes we can get so used to the way we do things we forget that other families and other people have very different customs. Can you think of ways your family eats or cooks that may be different from other families?

*In the next few lessons you'll be traveling with the Nutri-Kids—Carlos, Tanisha, Liz, and Marcus—to five different countries. You'll learn about the kinds of foods people in those countries eat, as well as some other things about their culture. Bon voyage!*



# When Is a Grape Not a Grape? (When It's a Raisin)

Have you ever tasted sour milk? Found mold growing on leftovers in your refrigerator? Smelled spoiled meat?

Food is alive. That means it grows, changes, and dies, just like people, plants, and animals. Fresh food doesn't stay fresh very long. Bacteria and molds begin to grow in the food and change how it looks, tastes, and smells. Some of these changes are not what we want to happen. We call this process spoiling, or say the food is "going bad." Sometimes you can taste and see how spoiled food has changed. Sometimes you can't. When some foods spoil, it can become toxic to humans. That means if you eat it, you get sick.

For centuries, people have thought up different ways to preserve food so that it will be good to eat a long time after it's been harvested, killed, or caught. Some ways of preserving foods haven't changed for centuries. Some are very new. Can you think of some ways we preserve food today?

*Refrigeration* is a very common way we preserve food today. Refrigeration only slows down the growth of bacteria and mold. It won't keep food safe for a long time. Freezers keep food even longer, but after a while frozen food loses its good taste. Freeze-drying is another way to preserve food. Backpackers and mountain climbers carry freeze-dried food because it's so lightweight.

In places where refrigerators are not common, people don't store leftovers or large amounts of fresh foods. People buy only what they can use in one day. These people may also use one of the following ways to preserve food.

*Canning* preserves food by killing bacteria that make you sick. The food is sealed tightly in jars so no air gets in.

*Drying* takes the water out of food. The bacteria and mold that make food spoil need water to grow. If there's no water, then there's no spoiling. Raisins, beans, prunes, dried herbs, dry milk, dried (smoked) fish, or beef jerky are examples of dried foods. Dried food doesn't need to be kept in a refrigerator or freezer. It just needs to be kept dry.

*Salting* also pulls water from food. Salted meats used to be very common. People in some countries still salt fish.

*Pickling* uses vinegar and salt to create a juice that most bacteria and molds don't like. Pickled foods are usually vegetables and are often canned. When we use the word "pickles" in this country we usually mean pickled cucumbers. But many different kinds of food can be pickled. Other vegetables that can be pickled are green beans, beets, and carrots. Pickled foods are high in salt.

*Fermenting* uses helpful bacteria and yeast to change a food so it lasts longer. Yogurt, sour cream, soy sauce, and bean sauces are all fermented or pickled foods. Koreans eat "kim chee," which is pickled cabbage with red pepper. You may have tasted another kind of pickled cabbage called sauerkraut.

*Cheese-making* is a way of preserving food. Milk from cows, goats, yaks, and other animals is made into cheese by adding helpful bacteria to the milk. The taste and texture of each cheese depends on how it is made and what kind of milk it's made from. Tofu is a cheese-like substance made from soy-bean milk.

**What foods did you eat this week that were:**

Canned? \_\_\_\_\_

Frozen? \_\_\_\_\_

Refrigerated? \_\_\_\_\_

Preserved in other ways? \_\_\_\_\_

# LESSON TWO

## Fruits: What Are They?

apple	cherries	nectarines
apricots	dates	oranges
bananas	figs	papayas
berries (blackberries, blueberries, cran- berries, huckleberries, raspberries, straw- berries)	kiwifruit	peaches
breadfruit	kumquat	pears
cantaloupe	lemon	pineapple
	lime	plums
	mangos	rhubarb
	melons (watermelon, crenshaw melon, honeydew)	tangerines

### What good are they?

Fruits are delicious. Some also are filled with vitamins A and C, fiber, and water.

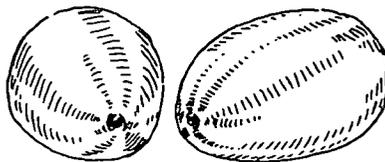
*Vitamin A* helps your eyes.

*Vitamin C* helps you heal and keeps you from getting sick.

*Fiber* helps move food along in your intestines.

*Water* is essential. Your body is 90 percent water. Fruits are a good way to get water into your body.

You need *2 to 4 servings* of fruits daily.



*Watermelons*

# What Good Are Nutrients, Anyway?

Nutrients are the things in food that keep our bodies healthy and feeling good. Vitamins, minerals, and proteins are all different kinds of nutrients. They feed different parts of the body. Some foods have lots of vitamins in them; other foods are full of protein. It's important to eat a variety of foods so that all parts of our bodies get what they need.

Let's meet some of these nutrients and see what they do for us.

*Vitamin A* helps our eyes see better. Many vegetables and fruits are good sources of vitamin A, such as carrots, sweet potatoes, and cantaloupe.

*B vitamins* are "helpers." They help our bodies use other foods. Noodles, tortillas, and other breads and cereals have B vitamins in them.

*Vitamin C* helps cuts and wounds get better. It also keeps us from getting sick. Potatoes, tomatoes, lemons, limes, and oranges are good sources of vitamin C.

*Calcium* is a mineral. It builds bones and teeth and keeps your heart rate steady. Calcium is in milk, cheese, and yogurt.

*Protein* is what your body needs to make your hair, skin, eyes, and muscles. Your body also needs protein to grow. Chicken, meat eggs, fish, tofu, and beans with rice all have protein in them.

## Did You Know...

Sometimes people can get sick if they don't eat enough of certain vitamins. People who don't get enough vitamin D sometimes get a disease called rickets (rhymes with "pickets.") A long time ago, sailors who couldn't get enough fresh fruit (vitamin C) often got a sickness called scurvy (rhymes with "nervy").

*Carbohydrates* are the healthiest source of energy for your body. Carbohydrates are sometimes called starches. Carbohydrates are in all breads and cereals, dry beans, and fruits and vegetables.

*Fiber* is also an important part of our diet. Fiber helps food move through our bodies. Many foods with a lot of fiber are crunchy and fun to eat. They include apples, carrots, celery, popcorn, beans, rice, oatmeal, and whole-grain breads.

*Foods with no nutrients.* Some foods fill you up and give you energy, but they don't give your body anything it can use. These foods are nutrient-poor foods, or junk foods.

*Caution foods* have a lot of sugar, salt, or fat in them. They can make you feel tired or "blah." It's sort of like putting bad gasoline in a car. Your body, like a car, needs high quality fuel to feel good and perform well.

Here's a list of caution foods. Recognize any? Are there any we've forgotten to put down?

*Sugar-loaded foods.* Soda pop, candy, cookies, cake, sugar cereals.

*Fat-loaded foods.* Chips, doughnuts, chocolate, French fries, hamburgers, ice cream.

*Salt-loaded foods.* Chips and salted nuts.

*Draw a picture* of the foods you ate for breakfast or lunch. What nutrients are in these foods? Write a story about what they are doing to help your body. What other foods do you have to eat today to give your body the fuel and nutrients that it needs?



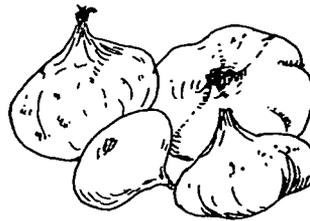
## Rooster's Beak (Mexico)

1. Wash hands.
2. Peel jicamas. Cut into small bite-sized cubes.
3. Peel oranges and pull into sections. Chop into bite-sized pieces.
4. Toss jicama, oranges, and salt in serving bowl. Sprinkle with cayenne.
5. (Optional) Put crushed ice in large bowl. Press serving bowl down into ice. Cover salad. Place bowls away from heat. Let salad chill for about a half hour. Stir once.
6. Serve.

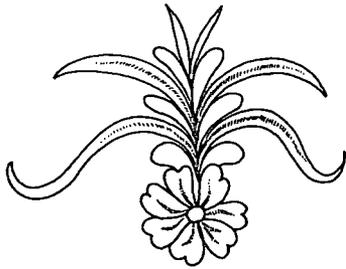
### You will need:

Paring knives  
Chopping boards  
A serving bowl  
A slightly larger bowl  
Waxed paper or foil (optional)  
Crushed ice (optional)  
Plates and forks

2 small jicamas (about 1 pound together)  
4 oranges  
Pinch of salt  
Cayenne pepper to taste



*Jicama*



## Summer Pudding (Mexico)

1. Wash hands.
2. Rinse berries. Drain. Put into saucepan or skillet.
3. Add sugar, cinnamon, and 2 table-  
spoons water.
4. Heat, stirring, until mixture becomes  
juicy and bubbly.  
Simmer about 5 minutes.
5. Lightly butter bottom and sides of dish.
6. Butter bread slices very lightly. Cut  
each slice into four quarters. Divide  
into three equal piles. Line bottom of  
buttered dish with one pile.
7. Spoon one-third of the hot berry mix-  
ture over the bread in the dish. Repeat  
layers of bread and sauce twice, using  
all bread and sauce.
8. Cover pudding with a plate. Press down. Place a weight on top of the plate.  
Put weighted pudding in refrigerator cooler with ice for several hours.
9. Serve with whipped cream. Serves 5 to 6.

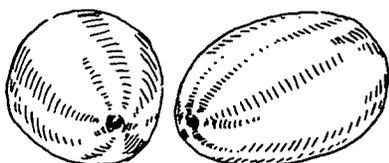
### You will need:

Medium sized saucepan  
Stove, hot plate, or electric frying  
skillet  
Potholder  
1-quart casserole or serving dish  
Plates and forks  
Weight (a can of food will do)  
Refrigerator or ice chest and ice

2 cups berries (blackberries,  
blueberries, strawberries, or  
raspberries)  
½ cup sugar  
¼ teaspoon cinnamon  
6 slices bread  
1 Tablespoon butter or margarine  
1 can whipping cream. (Or, if you  
prefer, bring whipping cream, a  
beater, and a bowl and let the  
children whip their own cream.)

# Greek Minted Melon and Grapes

1. Wash hands.
2. Mix all of the dressing ingredients together well. Refrigerate or put in a cooler with ice.
3. Toss grapes with minced mint. Keep cold.
4. Peel melons and cut into bite-sized chunks. Pick out seeds. Keep cold.
5. Mix grapes and melons together. Serve in glasses or on plates.
6. Drizzle with dressing. Serves 10 to 12.



*Watermelons*

## **You will need:**

Cooler with ice  
Cutting boards  
Knives  
Two mixing bowls  
Measuring cups and spoons  
Mixing and serving spoons  
Sponge for wiping juice  
Forks and cups or bowls

### *Dressing*

1 cup plain yogurt  
2 Tablespoons honey  
½ teaspoon grated ginger  
or ¼ teaspoon powdered ginger

### *Salad*

4 cups seedless grapes (red are pretty with honeydew and green with cantaloupe)  
1 Tablespoon minced fresh mint  
2 medium melons

# LESSON THREE

## Milk Foods: What Are They?

### Hard cheeses

American cheese  
cheddar  
Colby  
Fontina  
Havarti  
Jack  
Jarlsburg  
Mozzarella  
Muenster  
Parmesan  
Roquefort  
String cheese  
Swiss

### Softer cheeses

Brie  
Camembert  
Cottage cheese  
Cream cheese  
Farmer's cheese  
Provolone  
Queso fresco  
Ricotta

### Milk products

Cow's milk: chocolate,  
skim, whole,  
2 percent, evaporated,  
condensed, dry  
Buttermilk  
Goat's milk  
Kefir  
Sour cream  
Yogurt

### Milk-based desserts or snacks

Custard  
Flan  
Frozen yogurt  
Ice cream  
Ice milk  
Sherbet

### What good are milk products?

*Calcium.* Milk foods give us the mineral called calcium. Our bodies need calcium to make strong bones and teeth. Calcium also keeps our heart beating the right way.

Bones do not stop growing until you are an adult. Bones are hard, but they are not dead. They need a steady supply of calcium to stay strong. (And your bones' calcium shouldn't all come from ice cream!)

Eat 2 to 3 servings of milk products daily.

# What Good Are My Arms and Legs?

Our arms and legs are very important! They are made of muscles and bones. Muscles and bones need many different nutrients to work right.

Muscles are kind of like rubber bands. Without muscles you could not move. Muscles are made of protein. To work, they need vitamins and minerals.

Our bones are hard, but not dead. They are made of the minerals calcium and phosphorus. Our blood carries these nutrients to our bones to keep them alive.

## How do our arms and legs work?

We use our arms and fingers to eat, cook, throw baseballs, and build and fix things. We use our legs to run, kick, dance, and jump. Our feet have a big job. They have to hold the weight of our bodies all day long. Our feet and toes help us keep our balance, too.

Our arms and legs, fingers and toes can do all these things because of the way muscles and bones work together. Our bones and muscles also work with our nerves. Nerves let us feel things. They tell our fingers if our shower water is too hot or cold. They tell us if we are hurt or in pain, or if something feels good, like petting a dog.

Nerves are very special, long cells. (Cells are tiny pieces of your body.) Nerves send very fast signals to the brain. Think about the last time you touched something hot. Nerves told your brain something was wrong. Your brain told

your muscles to pull your hand back. It happened so quickly you probably did not even think about it!

Have you ever tried to use your hand or foot when it has fallen asleep? That's what our hands and feet would feel like if we didn't have nerves. Nerves need B vitamins and other nutrients to work properly.

## Exercise

Good health doesn't come just by eating right. Keeping yourself safe, exercising regularly, and making healthy choices are all part of good health.

Regular exercise is very good for your body and your mind. Exercise makes your blood flow to all parts of your body. It makes your bones and muscles stronger. It makes you feel better when you are "down in the dumps."

## Think about ...

How important are your legs and arms to you?

What do you do with them?

What would you do with your legs and arms if you lived in a different country? What would be the same?

Not everyone has the use of their legs and arms. If you could not (or cannot) use your legs, how would (do) you move? How would (do) you play? What if you had no arms?

Draw a picture or write a song or story about your arms and legs.

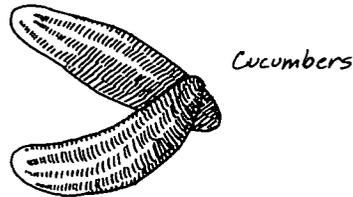
What's your favorite thing to do with your arms and hands? With your feet and legs?

What foods make your arms and legs work well?

# Cucumbers and Yogurt (Russia)



1. Wash hands.
2. Peel cucumbers.
3. Grate cucumbers.
4. Add yogurt, garlic, mint, and salt. Mix.
5. Chill.



## You will need:

Grater  
Medium-sized bowl  
Measuring cup  
Measuring spoons  
Plates or bowls  
Forks

2 cucumbers  
1 cup yogurt  
2 cloves garlic, chopped  
2 teaspoons dried  
peppermint  
Sprinkle of salt

## You will need:

Food blender  
Measuring cups  
Paring knife  
Cups

½ cup yogurt  
½ cup fruit juice (try  
pineapple, orange, or  
apple)  
1 banana  
3 to 6 ice cubes  
Sprinkle of cinnamon  
(You can also add fresh  
or frozen berries to this  
recipe.)

# Smoothies (Russia)

1. Wash hands.
2. Cut banana into large chunks.
3. Put all ingredients into the blender. Blend until smooth.

Other easy recipes to make with milk or dairy products include: French toast, instant pudding, milk shake (ice cream and milk in a blender), hot chocolate.

# LESSON FOUR

## Meats and Other Protein Foods: What Are They?

### **Meat**

bacon  
beef  
bologna  
chicken  
ham  
hamburgers  
hot dogs  
lamb  
pork  
rabbit  
sausage  
tripe  
turkey  
veal  
venison (deer meat)

### **Nuts**

almonds  
cashews  
peanuts  
peanut butter  
hazelnuts  
pecans  
walnuts

### **Seafood**

catfish  
clams  
codfish  
crab  
halibut  
mussels  
oysters  
perch

prawns  
salmon  
shrimp  
tuna

### **Beans**

black-eyed peas  
kidney beans  
lentils  
refried beans  
red beans  
soybeans

### **Other protein foods**

eggs  
tempeh and tofu (these  
products are made  
from soybeans)

### **What good are they?**

*Protein.* All living things are made up of proteins. Your skin, fingernails, hair, and muscles are made of protein. As you grow, your body needs protein to build your muscles.

There is protein in any food that comes from animals—beef, chicken, fish, and pork. There are other foods that give us protein too, like milk and eggs. Beans, rice, and grains each have some of the protein we need. Tofu is a kind of cheese made from soybeans. It is eaten in many Asian countries and is a good source of protein.

Some people don't like to eat a lot of red meat because meat can have a high fat content. People who prefer not to eat meat at all are called vegetarians. Vegetarians need to eat a wide variety of foods each day so that they get all the protein and other nutrients they need. They need to eat a lot of fruits and vegetables, whole-grain breads and cereals, nuts and seeds, beans, and low-fat dairy products. Some vegetarians get protein from eating fish, or food made from soybeans and eggs.

You need *2 to 2½ servings* of meats or other protein foods daily.

# What Has Your Head Done for You Lately?

What good is your head? What do you do with it?

Your eyes are in your head. You use them to see. You can turn your head so you can see in all directions. Is that important to you? Why?

What else is in your head? Are those things important to you?

How could you laugh or tell a joke if you did not have a face? How could you run or dream if you did not have a brain? How safe would your brain be if your skull (the bone around your brain) was brittle or thin?

You are what you eat. Everything in your head is made from the foods you eat. Your body built them from the protein, water, and minerals you ate. The carbohydrates, vitamins, and fats you ate helped too.

Your head and your brain are still growing, along with the rest of your body. Your face, your neck, and your nose are growing, even as you sit and read this.

Every tiny piece in your nose, eyes, brain, ears, and mouth will die and be replaced by the time you are an adult. They will be replaced with parts your body will build from the foods you eat between now and then. That is why you are learning what foods are good for you now, so you can eat them while you are growing.

## Activity

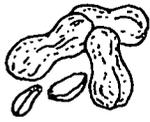
Draw two Nutri-Kids:

1. Last year, Tanisha didn't eat in a healthy way. She wasn't too happy. She didn't have any energy. She was not interested in friends or school. She seemed to get sick a lot.

Beside her picture, draw examples of the foods Tanisha might have been eating—or not eating—last year. (Hint: Could Tanisha's body feel healthy if she was not eating vegetables? If she only ate junk food and soda pop?)

2. Tanisha is eating a very healthy way now. She is strong and active. She is growing and likes to do things with friends. She pays attention to everything around her.

Under her picture, write down, paste, or draw an example of the foods Tanisha might be eating to keep herself healthy. What else might she be doing to be so healthy?



# Groundnut Soup (Africa)

**Safety tip:** Always turn pot handles so they don't stick out where someone could bump them.

1. Wash hands.
2. Peel potato, if necessary, and onion. Dice or cut the potato, onion, and tomato into pieces the size of pencil erasers.

### **Saucepan/electric skillet:**

3. Put water, the bouillon cube, salt, and the diced vegetables into pan. Boil gently, covered, for 30 minutes.
4. Put peanuts or peanut butter in a bowl with milk. Mix together slowly. Take care not to spill anything! Mix until well-blended. Add to cooking vegetables.
5. Add rice. Stir well. Lower heat and simmer for 30 minutes. Serve.

### **Slow cooker:**

3. Put diced vegetables, water, rice, bouillon cube, and salt into pot on high. Cover and leave for 2 hours.
4. Carefully mix peanuts or peanut butter and milk. Add to pot.
5. Cook until heated through and vegetables are tender, another hour or two. Serve.

### **You will need:**

Stove and saucepan or electric skillet or slow cooker (crockpot)

Potholder

Vegetable peeler

Paring knife

Measuring cups and spoons

Medium-sized bowl or jar with tight-fitting lid

Mixing spoon

Serving ladle

Bowls or insulated cups

Spoons

2 large tomatoes

2 large potatoes

2 medium onions

4 cups water

2 beef bouillon cubes

1 teaspoon salt

2 cups shelled, unsalted roasted peanuts, chopped, or 1 cup crunchy peanut butter

1 cup milk

¼ cup rice



## Lentil Soup (Ethiopia)

**Safety tip:** Always turn pot handles so they don't stick out where someone could bump them.

1. Wash hands.
2. Bring water to boil.
3. Add lentils. Turn heat down and cook until soft.
4. Chop carrot, green pepper, and scallions into small pieces. Add to soft lentils.
5. Stir together vinegar, salt, and garlic. Pour over lentil mixture.
6. Chill. Serve.

**Variations:** Try red instead of yellow onion. Add herbs such as tarragon or dill.

### You will need:

Medium-sized saucepan  
Stove or hotplate  
Paring knives  
Small mixing bowls  
Serving bowl

3 cups water  
1¼ cups lentils  
1 carrot  
½ green pepper  
6 scallions  
3 Tablespoons red vinegar  
1 teaspoon salt  
1 clove garlic, chopped

### You will need:

Knife for chopping  
Medium-sized saucepan  
Waxed paper

¼ pound unsalted peanuts  
⅓ cup water  
⅓ cup sugar  
½ teaspoon cinnamon

## Groundnut Crunch (Ethiopia)

1. Wash hands.
2. Chop peanuts into small pieces.
3. Mix water and sugar in saucepan. Heat until syrupy—keep stirring!
4. Add peanuts and cinnamon to syrup. Cook 3 minutes, then let cool.
5. Roll into 1-inch balls. Place on wax paper until set.

From *Many Foods Cooking International Cookbook for Boys and Girls* by Terry Touff Cooper and Marilyn Rante, Philomel Books, New York (in cooperation with the United Nations Commission for UNICEF).



# LESSON FIVE

## Breads and Cereals: What Are They?

### **Breads**

challa  
corn bread  
flat bread  
French bread  
multi-grain  
rye  
pocket bread  
pumpnickel bread  
yeast bread

### **Flour or corn-based foods**

biscuits  
corn meal  
crepes  
matzo meal (crackers,  
matzo balls)  
muffins  
pancakes  
scones  
rolls  
rusks  
tortillas  
waffles  
zwieback

### **Grains and cereals**

barley  
cold cereal  
cream of wheat  
granola  
grits  
millet  
oatmeal  
rice (brown, white, wild)  
7-grain cereal

### **Pasta**

egg noodles (spaghetti,  
rotini, ravioli,  
fettucini, linguini,  
macaroni, shells)

### **What good are they?**

*Carbohydrates.* Carbohydrates are the healthiest, best source of energy for your body! Carbohydrates give us energy to run, play, and work hard at school.

Carbohydrates are starches and sugars. Sugar has no nutrients except calories that give you energy. It is called an “empty” food.

Starches such as whole-grain breads, brown rice, pasta, fruits, and vegetables are good for you. They are a great source of energy, fiber, and other nutrients like B vitamins.

*B vitamins.* B vitamins are found in meats and breads and grains (especially whole-grain foods such as brown rice, corn tortillas, and bran muffins).

B vitamins help our bodies use carbohydrates. They release energy from the carbohydrates so we can run, jump, dance, play, and work.

There are many different kinds of B vitamins. Do you know their names? Some of them are thiamine, riboflavin, and niacin.

*Fiber.* Fiber is not a nutrient, but it is a very important part of a diet. Fiber is found in plant material. Eating fiber-rich foods keeps you from getting constipated. High-fiber foods do not have much fat and are low in calories. They fill you up and keep you from wanting junk foods.

Eat 6 to 9 servings of carbohydrates every day.



## Succotash (Native American)

1. Wash hands.
2. Mix together milk and flour. Stir until the lumps are gone.
3. Melt margarine in a medium saucepan.
4. Add the milk and flour mixture. Cook over medium heat until thick. Keep stirring.
5. Add salt, sugar, and pepper.
6. Add corn and beans.
7. Heat thoroughly. Don't boil.

### You will need:

Liquid measuring cup  
Measuring spoons  
Medium saucepan  
Stirring spoon  
Stove or hot plate  
Cups or bowls and forks

$\frac{3}{4}$  cup cold milk  
2 Tablespoons flour  
2 Tablespoons margarine  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon sugar  
Dash of black pepper  
 $1\frac{1}{2}$  cups canned or frozen corn  
 $1\frac{1}{2}$  cups canned lima beans



## Indian Pudding (Native American)

1. Wash hands.
2. Preheat oven to 300°F.
3. Butter a 9 x 12 casserole pan.
4. Step #1: (One group could do this step while another does step #2.) Heat milk in a saucepan until bubbles form around the edge. Add the cornmeal 1 Tablespoon at a time. After each time, stir to prevent lumps. Add molasses and butter. Cook 10 to 15 minutes.
5. Step #2: Beat eggs with a whisk. Add cinnamon, ginger, and salt. Add hot cornmeal to the egg mixture and beat with a whisk. Pour mixture into buttered casserole and bake for 45 minutes. Serve with vanilla ice cream.

Recipes this page and previous page from *Slumps, Grunts and Snicker-Doodles: What Colonial Americans Ate and Why* by Lila Perl, Seabury Press, New York. 1975.

### You will need:

Liquid measuring cup  
Measuring spoons  
Medium saucepan  
Stirring spoon  
Egg beater or wire whisk  
Mixing bowl  
9 x 12 casserole pan  
Oven or toaster oven  
Plates or bowls and forks

2½ cups milk  
3 Tablespoons cornmeal  
½ cup molasses  
2 Tablespoons butter or margarine  
2 eggs  
½ teaspoon cinnamon  
¼ teaspoon ground ginger  
Pinch of salt

### You will need:

Popcorn popper or microwave  
Popcorn

## Popcorn (Native American)

Think up ways to make popcorn taste good without adding lots of salt or butter.

Different groups can try adding different combinations of flavors. For example:

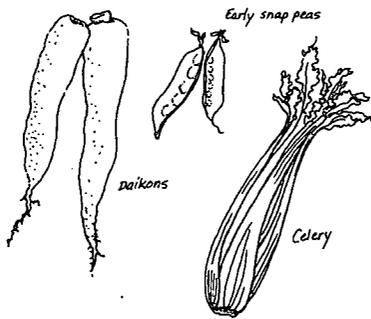
Parmesan cheese, grated cheese  
Red pepper  
Garlic or onion powder

# LESSON SIX

## Vegetables: What Are They?

### Yellow vegetables

carrots  
corn  
pumpkin  
squash  
sweet potato  
yams  
yellow peppers



### Green and leafy vegetables

bean sprouts (alfalfa, mung bean)  
broccoli  
cabbage  
celery  
chilies  
greens (dandelion greens, mustard greens, turnip greens)  
kale  
lettuce (romaine, red leaf, butternut, iceberg)  
okra  
peas  
peppers  
spinach  
swiss chard

### Red or purple vegetables

beets  
chilies  
eggplant  
red peppers  
tomatoes

### White vegetables

garlic  
Jerusalem artichokes  
jicama  
kohlrabi  
plantains  
potatoes  
radishes  
turnips  
water chestnuts

### What good are they?

Your body loves vegetables! Vegetables make your hair and eyes shine! They provide fiber. They fill you up but make you feel light. Some vegetables have lots of vitamins A and C in them. Some also give you iron. Your body needs a variety of vegetables every day. That's because different vegetables have different nutrients in them.

*Vitamin A* helps you see better. It's in carrots, peppers, sweet potatoes, pumpkins, and squash.

*Vitamin C* helps keep you from getting sick, and helps you get well fast if you do get sick. It also helps heal cuts and bruises. Vitamin C is in oranges, lemons, tomatoes, and potatoes.

*Iron* is a mineral. It helps your blood move oxygen from your lungs to all parts of your body. If you don't get enough iron, you feel weak and tired. You can get iron by eating leafy green vegetables like greens, spinach, kale, and swiss chard.

Have 3 to 4 servings of vegetables every day.

# Broccoli for Breakfast?

Do these numbers—6-3-2-2-2—mean anything to you? They are the numbers of servings from each food group you should eat each day.

- 6 servings of bread and cereals
- 3 servings of vegetables
- 2 servings of fruits
- 2 servings of milk foods
- 2 servings of meat and protein foods

Sounds like a lot to eat, doesn't it? But let's break it down. Remember, one piece of bread equals one serving. If you have cereal and two pieces of toast for breakfast, you've already eaten half of your daily requirement from the bread group!

Let's say you eat three meals a day, no snacks. If you eat two pieces of bread at each meal, you'll have eaten all six servings from the bread and cereal group ( $2 \times 3 = 6$ ). Great!

Add one serving of vegetables at lunch and two at dinner—that gives you three vegetables.

Add one serving of milk foods at each meal—that's three milk servings. Add fruit and meat foods to two of your three meals, and you've got a healthy, balanced diet!

You can arrange your foods any way you want. Broccoli for breakfast? Why not? But most of you might want to have fruit for breakfast and save your vegetables for later in the day. Just be sure to fit them in.

Remember: Two grapes don't equal a fruit serving. You need to eat  $\frac{3}{4}$  cup. A big plate of spaghetti is two servings from the bread group. You can learn more from the chart on page 32.

Snacks are a great time to fill in with breads, vegetables, and milk foods you missed earlier in the day. Can you think of some healthy snack ideas? How about some of these?

- Tortilla wrapped around tomato slices and grated cheese
- Peanut butter and sliced bananas
- Hard-cooked egg
- Celery or rice cakes with peanut butter
- Cheese slice and a pickle
- Raisins and peanuts
- Popcorn (watch the fat)
- Frozen banana
- Yogurt

**Create your own 6-3-2-2-2 day below:**

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

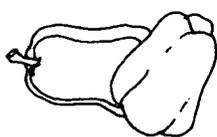
Dinner \_\_\_\_\_

Snacks \_\_\_\_\_

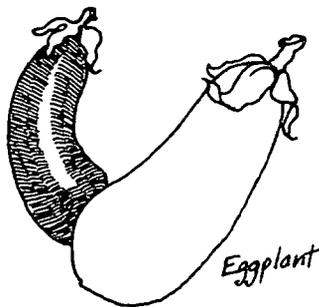
# Fried Rice With Vegetables and Tofu (China)



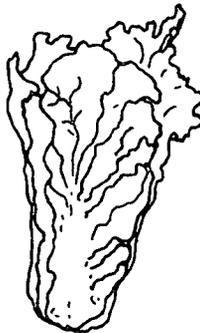
1. Wash hands.
2. Chop, slice, and dice vegetables and tofu.
3. Grate ginger root.
4. Pour oil in large frying pan or wok. Heat
5. Fry/cook onions. Add tofu and chopped vegetables. Cook until soft.
6. Add rice, ginger root, and soy sauce. Heat through.



Bell Peppers



Eggplant



Chinese Cabbage  
(Bak Choy)

## You will need:

Measuring spoons  
Measuring cups  
Paring knife  
Frying pan or wok  
Stove or hot plate  
Plates or bowls and forks

3 Tablespoons vegetable oil  
 $\frac{1}{4}$  cup onion, sliced  
 $\frac{1}{2}$  cup tofu  
 $1\frac{1}{2}$  cups chopped vegetables (cabbage, green peppers, broccoli)  
4 cups cold cooked rice  
1 Tablespoon grated fresh ginger root, or 1 teaspoon ground ginger  
2 Tablespoons soy sauce

# LESSON SEVEN

## Mixed Messages

### **Is this a healthy lunch? Why or why not?**

*Macaroni and cheese.* Protein, carbohydrates, vitamin (B), minerals (iron and calcium), and fat.

*Milk.* A mineral (calcium), protein, and vitamin (D).

*Candy bar.* Sugar, fat.

### **What would make this lunch healthier?**

### **Is this a healthy lunch? Why or why not?**

*Pizza.* Carbohydrates, protein, a mineral (calcium), fat, vitamins.

*Milk.* Protein, a mineral (calcium), vitamins (A and D).

*Apple.* Fiber, vitamins.

### **Which of these are healthy snacks? Why?**

*Cantaloupe.* Vitamins (A and C).

*Pop.* Sugar.

*Chips.* Carbohydrates, fat, and salt.

*Cabbage, carrot, and raisin salad.* Fiber, vitamins (A and C), and a mineral (iron).

*Cookies.* Sugar, fat, carbohydrates.

# Servings Sizes Reference Chart

Food Group	One Serving	Main Nutrients
<b>Breads and Cereals*</b> 6 to 9 servings each day (choose low-fat, whole-grain breads)	1 small tortilla ½ cup grits 1 biscuit or muffin 1 slice bread ½ hamburger bun ½ cup rice ½ cup cooked noodles or hot cereal	B vitamins Iron Protein Fiber Carbohydrates
<b>Vegetables</b> 3 to 4 servings each day	½ cup cooked or canned vegetables ¾ cup raw vegetables 1 medium-sized vegetable (tomato, carrot, or potato)	Vitamin A Vitamin C Fiber Carbohydrates
<b>Fruits</b> 2 to 3 servings each day	1 medium sized fruit (nectarine, pear, orange) ½ cup fruit juice (4 to 6 ounces) ½ mango or banana ¼ cantaloupe ¾ cup watermelon, grapes, pineapple, berries	Vitamin A Vitamin C Fiber Carbohydrates
<b>Milk Foods</b> 2 to 3 servings each day	1 cup milk (all kinds) 2 cups cottage cheese 1½ cups ice cream 1½ ounces hard cheese	Calcium Protein Vitamin D (if added)
<b>Meat and Other Protein Foods</b> <b>poultry</b> <b>eggs</b> <b>seafood</b> <b>dry beans</b> 2 to 2½ servings each day	2 to 3 ounces fish, beef, pork, chicken, turkey, clams, lamb, shrimp, or liver 1 to 2 eggs ½ to 1 cup cooked dried beans 3 to 4 Tablespoons peanut butter	Protein Iron B vitamins

\* Number of servings listed is for 7- to 10-year-olds. Growing teens and active adults need up to 11 servings of breads and cereals.

# Now That You Are Done

## What do you know about foods and nutrition?

1. Do you have good (healthy) food habits? \_\_\_\_\_  
Name one.

\_\_\_\_\_

Name an unhealthy food habit.

\_\_\_\_\_

2. Circle the habit that is most likely to help Maria feel and do her best.

*Skip breakfast*

*Snack on chips and pop*

*Eat tortillas and cheese for breakfast*

3. What does a third-grader like Marc need to eat each day to be healthy?

\_\_\_\_\_

4. Jacob has some chicken soup he needs to save for next month. How should he keep it safe to eat?

\_\_\_\_\_

5. Maria's mom wants her to snack on fruit and cheese after school. Maria wants the chips and pop she saw other kids eating. Which should she eat and why?

\_\_\_\_\_

5. Who (or what) can give you the best nutrition information? Circle three.

*teacher*

*diet book*

*dietitian*

*magazine*

*television ad*

*nutrition label*

7. How could exercise help someone who eats too much?

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How can not being careful when you exercise (like riding your bike) hurt your health?

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