NUTRI-KIDS GO

Around the World

Student Book
Expanded Food and Nutrition Education Program (EFNEP)
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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

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

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

Today I ate:

- Meat and meat alternates
- Milk foods
- Fruits
- Vegetables
- Breads and cereals

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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?

__________________________________________________________________________

__________________________________________________________________________

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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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 insides 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, cornbread, 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 spoils, 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.

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 “kimchee,” 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?

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LESSON TWO

Fruits: What Are They?

apple  apricots  bananas  berries (blackberries, blueberries, cranberries, huckleberries, raspberries, strawberries)  breadfruit  cantaloupe  cherries  dates  figs  kiwifruit  kumquat  lemon  lime  mangos  melons (watermelons, crenshaw melon, honeydew)  nectarines  oranges  papayas  peaches  pears  pineapple  plums  rhubarb  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.
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.

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.

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").

Foods with no nutrients. Some foods fill you up and give you energy, but they don't feed 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.


3. Peel oranges and pull into sections. Chop into bite-sized pieces.

4. Toss jicama, oranges, and salt in serving bowl. Sprinkle with cayenne.


You will need:

- Paring knives
- Chopping boards
- A serving bowl
- A slightly larger bowl
- Wax ed 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

Adapted from The Book of Latin American Cooking by Elisabeth Lambert Ortiz. Random, House Inc.
Summer Pudding
(Mexico)

1. Wash hands.

2. Rinse berries. Drain. Put into saucepan or skillet.

3. Add sugar, cinnamon, and 2 tablespoons 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 mixture over the bread in the dish. Repeat layers of bread and sauce mixture, 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.


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
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.)

Adapted from Hunter's Stew and Hangtown Fry: What American Pioneers Ate and Why by Lila Perl.
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.


5. Mix grapes and melons together. Serve in glasses or on plates.

6. Drizzle with dressing. Serves 10 to 12.

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
1/2 teaspoon grated ginger
or 1/4 teaspoon powdered ginger

**Squad**

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

Recipe courtesy of *Albertina's II*, a cookbook created to raise money for the Albertina Kerr Centers for Children, Portland, OR.
# LESSON THREE

## Milk Foods: What Are They?

<table>
<thead>
<tr>
<th>Hard cheeses</th>
<th>Softer cheeses</th>
<th>Milk products</th>
</tr>
</thead>
<tbody>
<tr>
<td>American cheese</td>
<td>Brie</td>
<td>Cow's milk, chocolate, skim, whole, 2 percent, evaporated, condensed, dry</td>
</tr>
<tr>
<td>cheddar</td>
<td>Camembert</td>
<td>Buttermilk</td>
</tr>
<tr>
<td>Colby</td>
<td>Cottage cheese</td>
<td>Goat's milk</td>
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<tr>
<td>Fontina</td>
<td>Cream cheese</td>
<td>Kefir</td>
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<tr>
<td>Havarti</td>
<td>Farmer's cheese</td>
<td>Sour cream</td>
</tr>
<tr>
<td>Jack</td>
<td>Provolone</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Jarlsburg</td>
<td>Queso fresco</td>
<td>Milk-based desserts</td>
</tr>
<tr>
<td>Mozzarella</td>
<td>Ricotta</td>
<td>Custard, flan, frozen yogurt, ice cream, ice milk, sherbet</td>
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<tr>
<td>Muenster</td>
<td></td>
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<tr>
<td>Parmesan</td>
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<tr>
<td>Roquefort</td>
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<tr>
<td>String cheese</td>
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<tr>
<td>Swiss</td>
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</tbody>
</table>

## 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?

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Cucumbers and Yogurt
(Russia)

1. Wash hands.
2. Peel cucumbers.
3. Grate cucumbers.
5. Chill.

You will need:
- Grater
- Medium-sized bowl
- Measuring cup
- Measuring spoon
- Plates or bowls
- Forks
- 2 cucumbers
- 1 cup yogurt
- 2 cloves garlic, chopped
- 2 teaspoons dried peppermint
- Sprinkle of salt

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

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.

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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.


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)
- Pot holder
- Vegetable peeler
- Parer 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

Adapted from Many Hands Cooking: An International Cookbook for Girls and Boys by Terry Touff Cooper and Marilyn Ratner. Thomas Y. Crowell Company in cooperation with the U.S. Committee for UNICEF, 1974.
**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.

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

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**You will need:**

- Medium-sized saucepan
- Stove or hotplate
- Paring knives
- Small mixing bowls
- Serving bowl
- 3 cups water
- ½ cup lentils
- 1 carrot
- ¼ green pepper
- 6 scallions
- 3 Tablespoons red vinegar
- 1 teaspoon salt
- 1 clove garlic, chopped

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**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.

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LESSON FIVE
Breads and Cereals: What Are They?

Breads
challa
corn bread
flat bread
French bread
multi-grain
rye
pocket bread
pumpernickel 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
cranola
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.


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.


You will need:

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

- ¾ cup cold milk
- 3 Tablespoons flour
- 2 Tablespoons margarine
- 1 teaspoon salt
- ¼ teaspoon sugar
- Dash of black pepper
- 1½ cups canned or frozen corn
- 1½ 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.


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
- 2 1/2 cups milk
- 2 Tablespoons cornmeal
- 1/2 cup molasses
- 2 Tablespoons butter or margarine
- 2 eggs
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- Pinch of salt

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?

<table>
<thead>
<tr>
<th>Yellow vegetables</th>
<th>Green and leafy vegetables</th>
<th>Red or purple vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>carrots</td>
<td>bean sprouts (alfalfa, mung bean)</td>
<td>beets</td>
</tr>
<tr>
<td>corn</td>
<td>broccoli</td>
<td>chilies</td>
</tr>
<tr>
<td>pumpkin</td>
<td>cabbage</td>
<td>eggplant</td>
</tr>
<tr>
<td>squash</td>
<td>celery</td>
<td>red peppers</td>
</tr>
<tr>
<td>sweet potato</td>
<td>chilies</td>
<td>tomatoes</td>
</tr>
<tr>
<td>yams</td>
<td>greens (dandelion greens, mustard greens, turnip greens)</td>
<td>okra</td>
</tr>
<tr>
<td>yellow peppers</td>
<td>kale</td>
<td>peas</td>
</tr>
</tbody>
</table>

### 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 x 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.

Remember: Two grapes don’t equal a fruit serving. You need to eat ⅛ 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


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
- ¼ cup onion, sliced
- ½ cup tofu
- 1½ 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.

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For most current information: http://extension.oregonstate.edu/catalog
## Servings Sizes Reference Chart

<table>
<thead>
<tr>
<th>Food Group</th>
<th>One Serving</th>
<th>Main Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads and Cereals</strong></td>
<td>1 small tortilla, 1/2 cup grits, 1 biscuit or muffin, 1 slice bread, 1/2 hamburger bun, 1/2 cup rice, 1/2 cup cooked noodles or hot cereal</td>
<td>B vitamins, Iron, Protein, Fiber, Carbohydrates</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>1/2 cup cooked or canned vegetables, 1/2 cup raw vegetables, 1 medium-sized vegetable (tomato, carrot, or potato)</td>
<td>Vitamin A, Vitamin C, Fiber, Carbohydrates</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>1 medium-sized fruit (nectarine, pear, orange), 1/2 cup fruit juice (4 to 6 ounces), 1/2 mango or banana, 1/2 cantaloupe, 3/4 cup watermelon, grapes, pineapple, berries</td>
<td>Vitamin A, Vitamin C, Fiber, Carbohydrates</td>
</tr>
<tr>
<td><strong>Milk Foods</strong></td>
<td>1 cup milk (all kinds), 2 cups cottage cheese, 1 1/2 cups ice cream, 1 1/2 ounces hard cheese</td>
<td>Calcium, Protein, Vitamin D (if added)</td>
</tr>
<tr>
<td><strong>Meat and Other Protein Foods</strong></td>
<td>2 to 3 ounces fish, beef, pork, chicken, turkey, clams, lamb, shrimp, or liver, 1 to 2 eggs, 1/2 to 1 cup cooked dried beans, 3 to 4 Tablespoons peanut butter</td>
<td>Protein, Iron, B vitamins</td>
</tr>
</tbody>
</table>

* 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.

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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?

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