NUTRI-KIDS CREATE A
Rainbow Garden

Student Book
Expanded Food and Nutrition Education Program (EFNEP)
PNW 449  •  August 1993
Oregon  •  Washington  •  Idaho

http://extension.oregonstate.edu/catalog
Before You Start

1. One thing I can do to stay healthy is ____________________________

2. Circle the caution food (the one with the fewest nutrients).

3. Sabena will not eat healthy foods. She eats candy and drinks soda pop. What is wrong with that?
   a. She is not feeding her body the nutrients it needs to grow.
   b. Nothing. She just needs a vitamin pill.

4. Circle the food with the most nutrients.

5. Wash your __________________ before you touch food.

6. Be safe! Circle the foods that must be kept cold.
Marc and Holly want to find healthy foods. They are looking at neighborhood shops for ideas. Where could they buy healthy food? Circle the places you would choose.

Draw a picture of a healthy food you could find there.
The Nutri-Kids are friends. Each one is a different shape and size. They like to do different things.

But they all need good fuel. Food is fuel. You need good fuel to learn and to grow. You need good fuel to play.


They all use fuel at school. They use fuel to build stronger, longer bones. They make new skin to cover scrapes. Every part of their bodies, from fingers to hearts, needs to be built bigger as they grow.

The Nutri-Kids get good fuel from breads, vegetables, fruit, milk, and meat and meat alternates. They know fat and sugar are poor fuel.

How do you use fuel?

What foods do you get it from?
WHAT DO YOU EAT?

Keep Track With the Nutri-Kids
What Did I Eat?

Today I ate:

Breakfast _____________________________________________

_____________________________________________________

Lunch ________________________________________________

_____________________________________________________

Dinner ________________________________________________

_____________________________________________________

Put the foods you ate in their food groups:

Breads ________________________________________________

_____________________________________________________

Vegetables _____________________________________________

_____________________________________________________

Fruit __________________________________________________

_____________________________________________________

Milk __________________________________________________

_____________________________________________________

Meat and meat alternates ___________________________________

_____________________________________________________

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What Did I Eat?

Today I ate:

Breads

Vegetables

Fruits

Meat and meat alternates
(eggs, dry beans, chicken, fish, turkey)
How Much Is a Cup?

Work with two partners, or do this at home.

1. Look at the measuring cups and spoons. Make sure you know their names. Which is a teaspoon? Which is the third of a cup?

2. Make some estimates. Write your estimates below:
   - How many teaspoons will fill a tablespoon? _______ _________
   - How many teaspoons of water will it take to fill a cup? _______ _________
   - How many quarter-cups in a cup? _________

3. Check out your estimates. Use water or dry rice. Were you right? Write the correct answers next to your guesses above.

4. Look at the serving size chart on page 14. Pick three other serving sizes to check.
   - Do you eat more or less of those foods? _________

5. Make up your own questions and find out the answers.

Here are some answers:
There are 3 teaspoons in 1 tablespoon.
There are 48 teaspoons in 1 cup.
There are four 1/4 cups in 1 cup.
There are 4 tablespoons in 1/4 cup and 16 tablespoons in 1 cup.
There are 2 cups in 1 pint, 2 pints in 1 quart, 4 quarts to 1 gallon.
Germs in My Lunch Box?

Stay healthy! Keep your lunch:

<table>
<thead>
<tr>
<th>Ice bag</th>
<th>Thermos</th>
</tr>
</thead>
<tbody>
<tr>
<td>40°F</td>
<td>140°F</td>
</tr>
</tbody>
</table>

"Brr! I can't make anyone sick. It is too cold to move!"

"Ouch! I can't make anyone sick in this heat!"

The "24-hour flu" is often food poisoning. Germs can grow fast in moist protein foods. Be safe. Keep hot: soups. Keep cold: milk, tuna, chicken, bologna, eggs, and leftovers. What foods at home need to be kept hot or cold?

After 2 hours at room temperature (between 40°F and 140°F):

140°F

Room temperature

40°F

"Party time! Let's make someone throw up!"

What can you do to put the brakes on these runaway germs?

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Reading Labels

Food labels have several parts.

1. *The name of the manufacturer* (the business that canned the beans).  
   *What business canned these beans?*

2. *A picture and the name of the food.* That tells you what is inside. (Sometimes the picture will be of a food you can make. Shortening sometimes has a picture of fried chicken on the label. You need to read!)
   *What food is inside this can?*

3. *Ingredients.* Many labels have a list of everything used to make the food.

   Ingredients are listed in order of most to least. There is more of the first ingredient than any of the others. There is less of the last ingredient than any of the others.

   *Does this soup have more beans or garlic?*

   *Is there more beef or potatoes?*

4. Some labels have *nutrition information per serving.* This tells you how much of certain nutrients you get from one serving.

   *What is a nutrient?*

   Why are nutrients important?

   Many labels tell you about calories, protein, carbohydrates, fat, Vitamin A, Vitamin C, some B vitamins, iron, and calcium.

   *This soup has foods from which food groups?*

   *What nutrients do you think it might have?*

   *Is this a healthy food?*
Elizabeth knows good soil and sunshine helps plants grow. Now she knows what foods help her grow, too!

What Would You Plant in the Nutri-Kids’ Rainbow Garden?
Write a short action story. Let it tell how your muscles work together to move your body.

If you like, write your story as if your muscles were telling it. Do they feel healthy?
## Serving Sizes Reference Chart*

<table>
<thead>
<tr>
<th>Food group</th>
<th>One serving is:</th>
<th>Main nutrients</th>
</tr>
</thead>
</table>
| **Breads and Cereals** | 1 small tortilla  
6 to 9 servings each day  
(choose low fat, whole-grain breads)  
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 | B vitamins  
Iron  
Protein  
Fiber  
Carbohydrates |
| **Vegetables**   | 1/2 cup cooked or canned vegetables  
3/4 cup raw vegetables  
1 medium-sized vegetable  
(tomato, carrot, or potato) | Vitamin A  
Vitamin C  
Fiber  
Carbohydrates |
| **Fruits**       | 1 medium-sized fruit  
(nectarine, pear, orange)  
1/2 cup fruit juice  
1/2 mango or banana  
1/4 cantaloupe  
1/4 cup watermelon, grapes, pineapple, berries | Vitamin A  
Vitamin C  
Fiber  
Carbohydrates |
| **Milk and Dairy** | 1 cup milk (all kinds)  
2 cups cottage cheese  
1 1/2 cups ice cream  
1 1/2 ounces hard cheese | Calcium  
Protein  
Vitamin D (if added)  
Essential fats |
| **Meat and Meat Alternates** | 2 to 3 ounces fish, beef, pork, chicken, turkey, clams, lamb, shrimp, liver, or lunch meat  
1 to 2 eggs  
1/2 to 1 cup cooked dried beans  
3 to 4 tablespoons peanut butter | Protein  
Iron  
Essential fats |

*Number of servings listed is for 7- to 10-year-olds. Older people may need more.

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THE NUTRI-KIDS' RECIPES AND FOOD EXPERIMENTS

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Taste-test the Food Groups

1. Wash your hands.

2. Your teacher will show you five foods. Sabena and Barry are trying pita bread, raspberries, filberts, raw spinach, and yogurt.

3. Talk with your classmates about the questions below. When you are done, you will write about one of the foods.

Smell the foods. What do they smell like?

Look at the foods. What color are they? What shape? What else can you say about them?

Listen to the foods. Do they make a noise when you tear or spoon them?

Taste the foods. How do they feel against your tongue? How do they taste?

Talk about the foods. Have you eaten them before? Would you eat them raw or cooked? What nutrients do they give you? Are they healthy and nutritious?

Think about the foods. Do you like them? Would you like them if they were cooked or mixed in something else? Sabena liked the yogurt better after she mixed in some raspberries. Barry likes pita bread with salsa on it.

You will need:

- One food from each of the five food groups.
- Knife
- Cutting board
- Spoon
- Napkins
- Paper cups if desired.
Drying Fruits and Vegetables

1. Wash hands. Rinse fruits and vegetables and let dry.

2. Set up the dryer.

3. Cut the vegetables into 1/4-inch slices. Bananas should be 1/8-inch thick. Try to keep all the slices of the same food about the same thickness.

4. Put the cut food on a dryer tray. Place in dryer.

5. Turn the pieces every 2 hours. Bananas will take about 4 to 6 hours. Vegetables may take longer.

6. Test to see if they are done: Take out one piece and let it cool. Try to bend it. Vegetables should be hard and brittle. Banana pieces should be soft and pliable, like leather gloves.

You will need:
- Food dryer
- Knife
- Cutting board
- 2 bananas
- 1 onion
- 2 green peppers or 20 mushrooms

(from The National Gardening Association Guide to Kids’ Gardening)

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My Pick Salad

1. Remember:
   Keep all cooked foods cold!
   Wash your hands.
   Rinse vegetables.

2. Cut vegetables into bite-sized pieces.

3. Put each ingredient into a separate bowl.
   Keep cold until served.

4. Let everyone make his or her own salad.
   You might like pepper or lemon juice on yours.

5. Talk about your salads. What ingredients did you put in yours? Why? Why did other students make different choices?

   Is your salad a healthy meal?
   What could you add to your meal to make it more nutritious?

You will need:

   - Enough vegetables, pasta, cooked beans, or cheese to make a sizeable salad, such as:
   - cooked cold kidney beans, chickpeas, bulgar, or lentils;
   - cooked cold pasta (can be tossed with a small amount of vegetable oil to prevent sticking);
   - cauliflower, zucchini, tomato, peas, cabbage, carrots, or green pepper; and turnip, beet, or collard greens

   Pepper
   One lemon
   Serving spoons
   One bowl per ingredient
   Forks and bowls
   Knives
   Cutting boards
   Cooler with ice to hold foods before preparing salad

Mr. Jones says:
Curl your fingers away from the knife when cutting anything!
Food in Many Forms

What should you do before starting?

1. Choose to taste either apples or milk.
   
   **If you choose apples:**
   
   Slice apples into small bits.
   Spoon applesauce into cups.
   Open dried apples.
   
   **If you choose milk:**
   
   Give everyone a paper cup. Place a teaspoon of dry milk in each cup and let everyone taste. Repeat with fresh and evaporated milk.
   
2. Give everyone the same amount of each food. Taste the food in all three forms.

   *Talk about them. How are they different? How are they the same? What do you like?*

3. Try adding water to the dried foods. (Let them absorb the water for 10 minutes.) Are they better?

4. What other dried or canned foods do you like?
   
   What frozen foods do you like?
   
   Do you like some foods frozen and other foods canned? Why is that?

5. These foods are good for you. Can you think of other preserved foods that are nutritious?

---

You will need:

2 apples, can of applesauce, and bag of dried apples
OR 1 quart of milk, 2 cans of evaporated milk, and 2 cups dry milk
(You will need enough of either for all to have a small taste.)
Small paper cups
Napkins
Spoon

For apple:
Knife
Cutting board

For milk:
Can opener
Teaspoons
Tortillas Con Queso
(tortillas with cheese)

1. Wash hands.
2. Grate cheese into separate bowls. Put out with a serving spoon.
3. Put tortillas on a plate. Pour salsa into a bowl with a serving spoon.
4. Slice or tear lettuce into very small pieces. Put in a bowl with a serving spoon or fork.
5. Make your own tortillas con queso—take a tortilla, top with cheese and vegetables, fold and eat!

You will need:
Grater
4 bowls
Plates
Serving spoons
Knife
Cutting board
Napkins
8 ounces cheddar cheese
8 ounces Monterey Jack cheese
Flour tortillas (one per student)
1 head lettuce
1 large jar salsa
(or make some fresh salsa from:
2 chopped tomatoes,
1/2 chopped onion,
1 tablespoon chopped cilantro and the juice of half a lime.
Stir together.)

If you wish, you may use an electric skillet or wok to warm the tortillas.

Holly knows to curl her fingers away from the sharp grater.

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Five Food Group Salad

1. Wash your hands.
2. Wash the spinach. Let dry. Tear up into a bowl.
3. Scrub the carrots. Grate into the bowl with spinach. (Be careful not to grate your fingers!)
4. Chop cheese into cubes. Add to bowl.
5. Peel one grapefruit (or orange). Tear into bite-sized pieces. Add to bowl. Mix well.
6. Add nuts. Add bread cubes or pasta.

<table>
<thead>
<tr>
<th>You will need:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large bowl</td>
</tr>
<tr>
<td>Serving bowls</td>
</tr>
<tr>
<td>Forks</td>
</tr>
<tr>
<td>Napkins</td>
</tr>
<tr>
<td>Cutting board</td>
</tr>
<tr>
<td>Knife</td>
</tr>
<tr>
<td>Grater</td>
</tr>
<tr>
<td>Access to a sink</td>
</tr>
<tr>
<td>Small jar with lid</td>
</tr>
<tr>
<td>Tablespoon</td>
</tr>
<tr>
<td>Bowls and forks to eat salad with</td>
</tr>
<tr>
<td>1 bunch spinach</td>
</tr>
<tr>
<td>3 carrots</td>
</tr>
<tr>
<td>1 cup nuts</td>
</tr>
<tr>
<td>8 oz. hard cheese, such as cheddar</td>
</tr>
<tr>
<td>1 grapefruit or orange</td>
</tr>
<tr>
<td>1 cup dry bread cubes or cooked pasta</td>
</tr>
</tbody>
</table>

**Optional dressing:**
- Soy sauce
- Vinegar/lemon juice
- Peanut butter

In a small jar with a lid, mix together:

- 2 tablespoons soy sauce
- 2 teaspoons vinegar or lemon juice
- 2 tablespoons peanut butter
- 1/4 cup water

Put lid on tight. Take turns shaking until well mixed. Pour over salad.

Elizabeth says it is easy to clean spinach if you dunk the leaves in a clean sink or pan full of water.
1. One thing I can do to stay healthy is _________________________________

2. Circle the caution food (the one with the fewest nutrients).

3. Sabena will not eat healthy foods. She eats candy and drinks soda pop. What is wrong with that?
   a. She is not feeding her body the nutrients it needs to grow.
   b. Nothing. She just needs a vitamin pill.

4. Circle the food with the most nutrients.

5. Wash your ________________ before you touch food.

6. Be safe! Circle the foods that must be kept cold.
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