

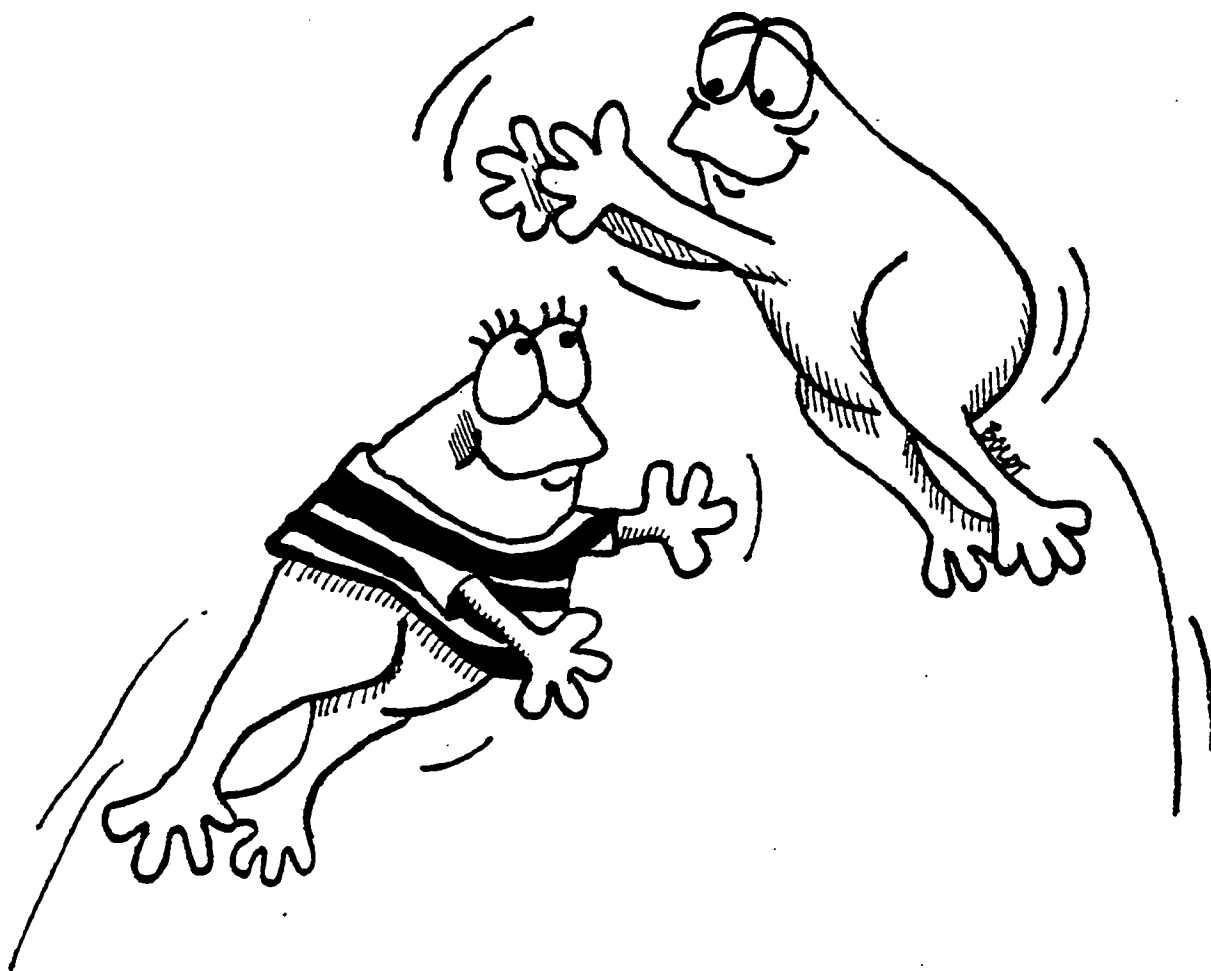
STUDENT WORKSHEETS

\$1.00

the adventures of...

Flip and Flop

THE FOOD FROGS

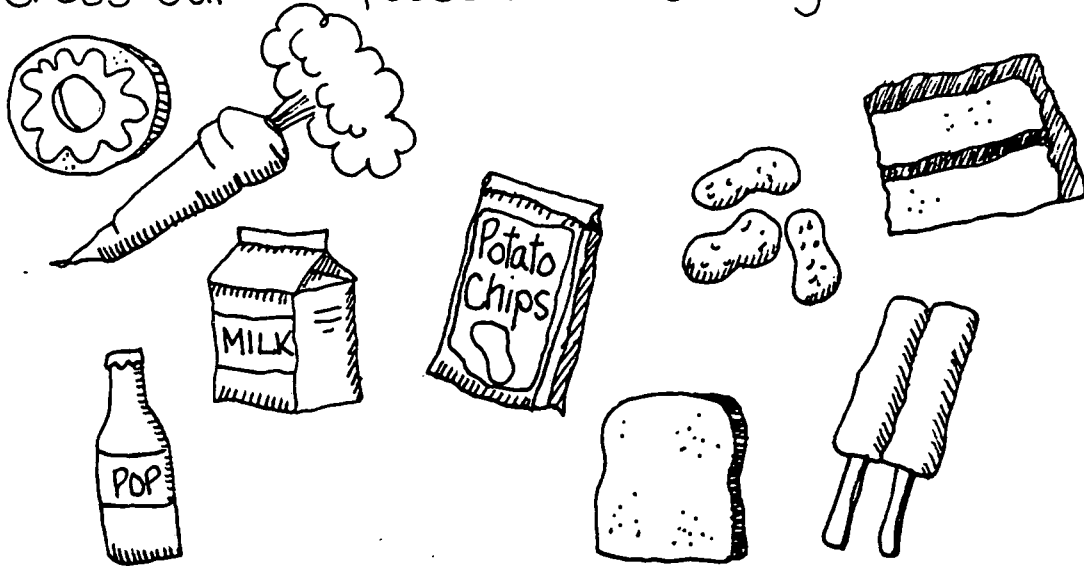


4-H/EFNEP NUTRITION PROJECT

Pre test _____ Name _____ Score _____

Post test _____ School _____

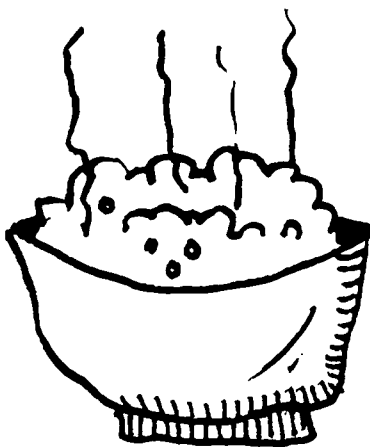
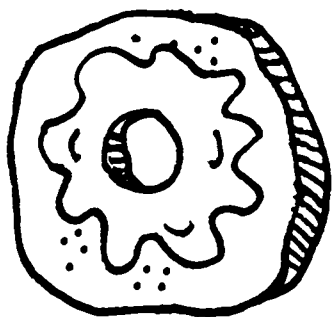
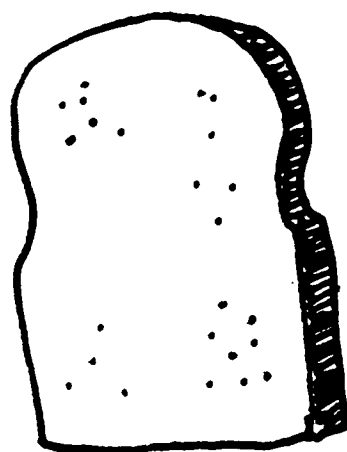
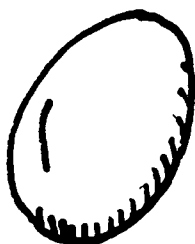
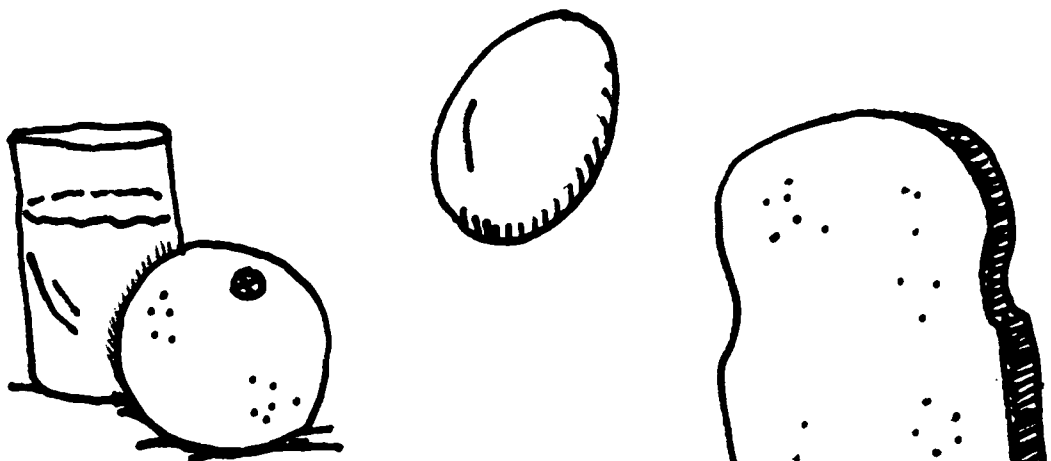
1. Circle the foods that are good for you.
Cross out the foods that are not good.

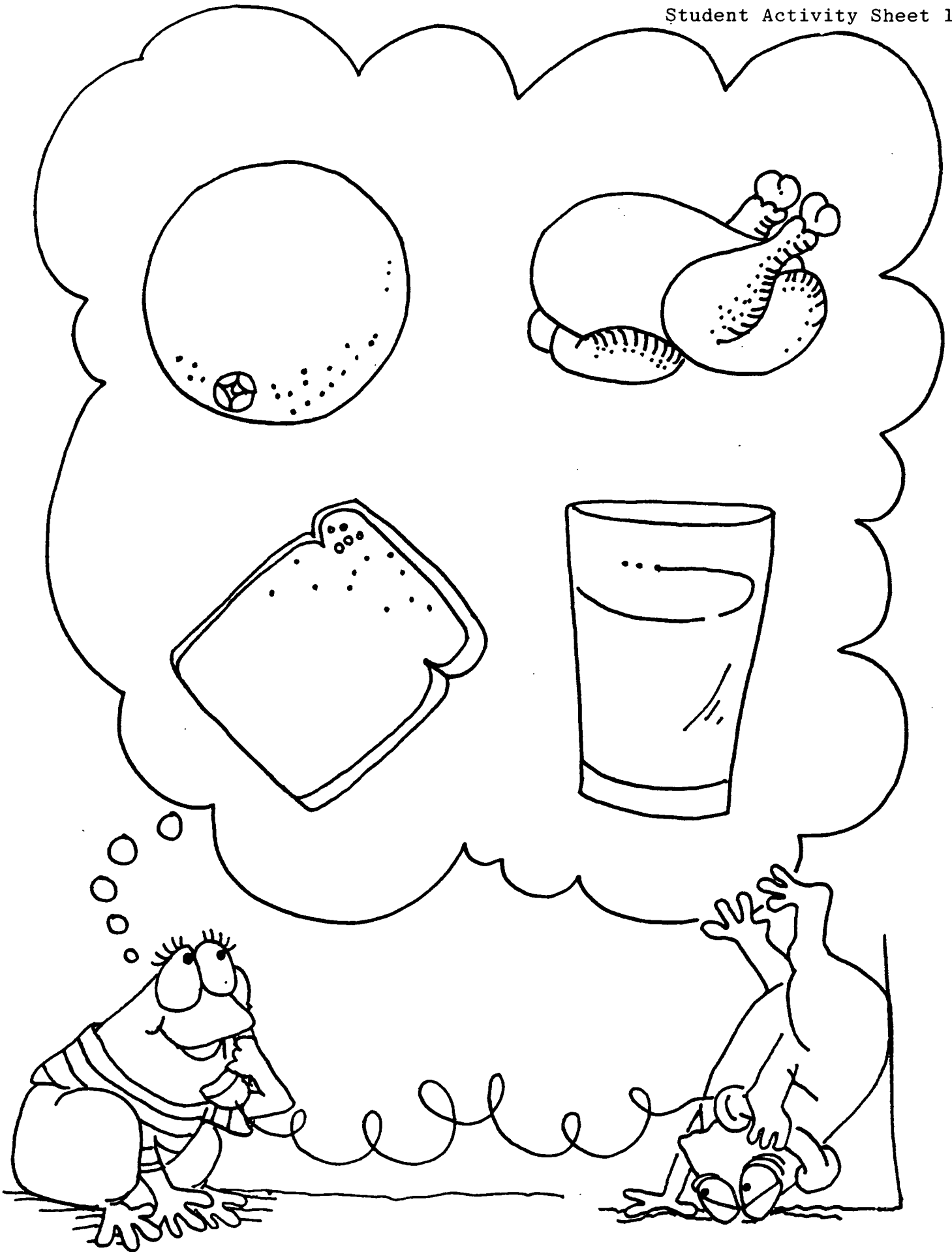


2. Circle the two foods in each food group square that belongs in that food group.

<p><u>Fruit and Vegetable</u></p>	<p><u>Bread and Cereal</u></p>
<p><u>milk</u></p>	<p><u>meat</u></p>

3. Circle the four foods that would make a good breakfast.





Fill Flops Stomach
with good food!



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In my 4-H Nutrition program we are learning about food. Flip and Flop, two frog puppets, are teaching me about foods that are good for me and foods that are not good for me. Flip always eats good food. Flip has lots of energy to jump from one lily pad to another all day long. Flop does not eat good food. Flop has very little energy and can hardly jump at all. In my foods program I will learn:

- To taste new foods.
- To tell the difference between foods that are good for me and foods that are not good for me.
- That eating many different kinds of good food will help me grow, have lots of energy and feel good.

I need your help so that I can learn all of this. During the program I will bring home activity sheets with ideas of things we can do together. There will be games, riddles and recipes to try. Let's do the activities together, they will be so much fun.

Love,

FUN WITH FOOD

In my first lesson I learned to tell the difference between foods that are good for me and foods that are not so good for me. I also learned that I will feel good and have lots of energy if I eat many different kinds of good foods. Help me remember and have fun too:

- Help me fill out the Super Eater Chart. You and I can choose five foods that are good for me and that we have at home. Please write on the chart. Everytime I eat one of these foods I can color the frog cartoon next to the food. When I have eaten all 5 foods then I become a Super Eater. Please help me remember to do this. Maybe the refrigerator is a good place to put the chart.
- Give me foods to separate into groups; those that are good for me and those that are not so good for me. Use actual foods or help me cut pictures out from magazines and glue them onto cards. Tell me why the food is good for me.
- Play Food Treasure Hunt with me. Use real foods or pictures of foods. Hide them all over the house. When I find them we can talk about where the food comes from; like an egg from a chicken, milk from a cow, carrots from the ground, an apple from a tree. We can also talk about what food group that food is in; Fruit and Vegetable, Bread and Cereal, Milk or Meat.
- Help me make my own snack by slicing a banana and pouring my own milk or juice.
- Play a game with me like Riddley, Riddley, Ree:

(Game A) Riddley, Riddley, Ree,
I'm eating something that you can't see.
It smells sweet
It feels soft
It is yellow on the outside and white on
the inside
Can you guess what I am eating? (Answer: Banana)

(Game B) Riddley, Riddley, Ree,
I'm eating something that you can't see.
It is round,
It is orange and its juice tastes sweet.
Can you guess what I am eating? (Answer: Orange)

(Game C) Riddley Riddley, Ree,
I'm eating something that you can't see.
It is brown,
Tastes salty and crunches.
Can you guess what I am eating? (Answer: Peanuts)

Maybe you and I can think of other fun food games to play. Let's make up our own game. Any good food can be used. Thank you for helping me!



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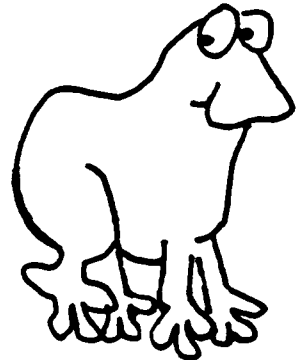
Super Eater Chart

CHOOSE FIVE GOOD FOODS TO EAT THIS WEEK

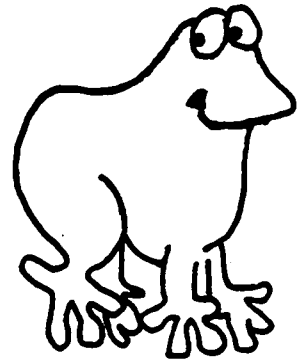
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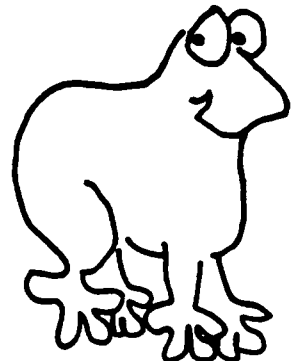
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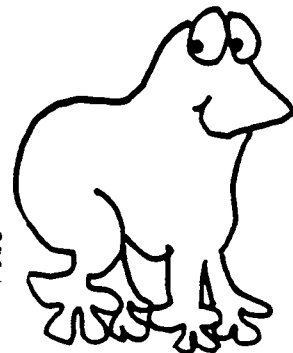
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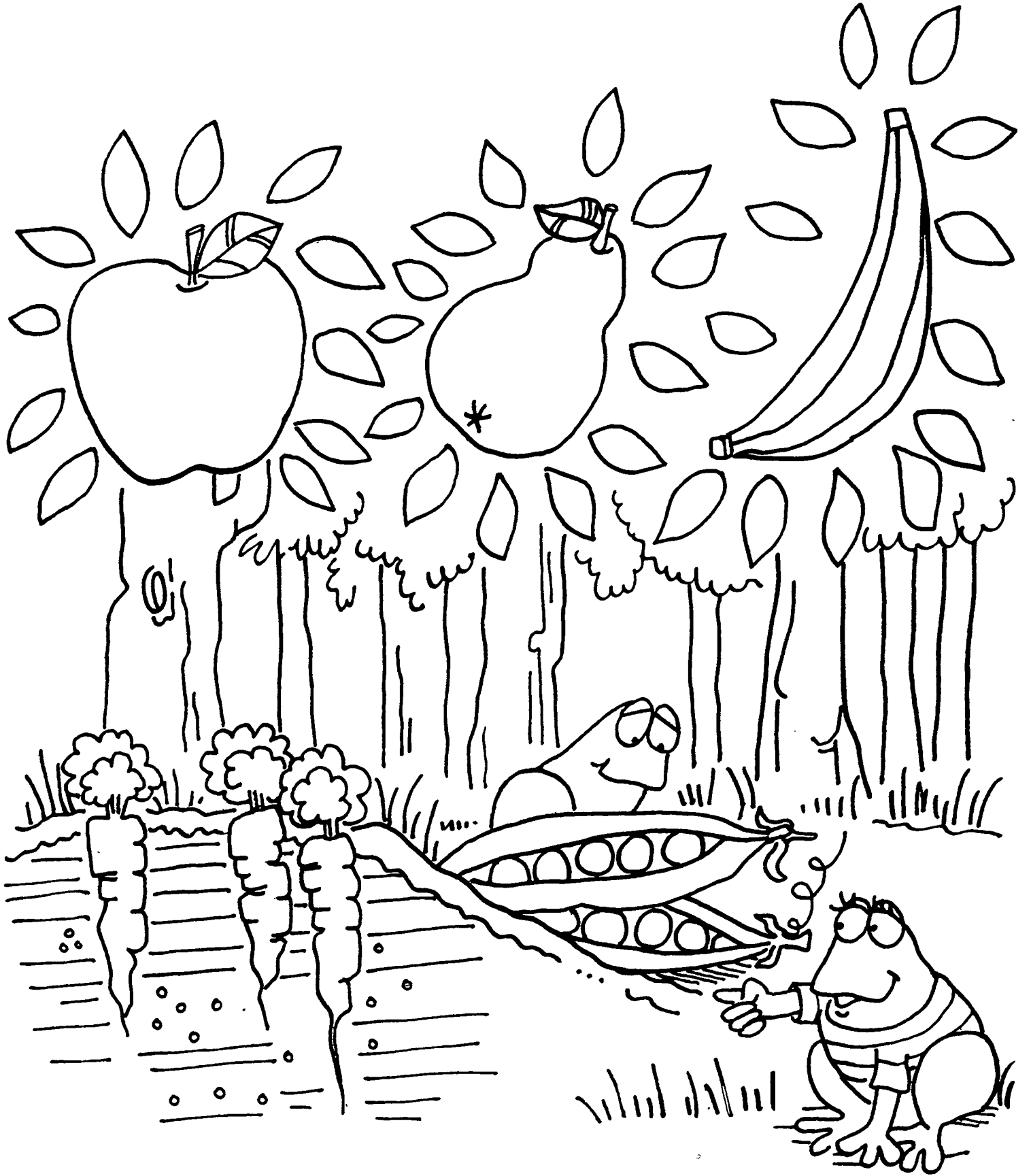


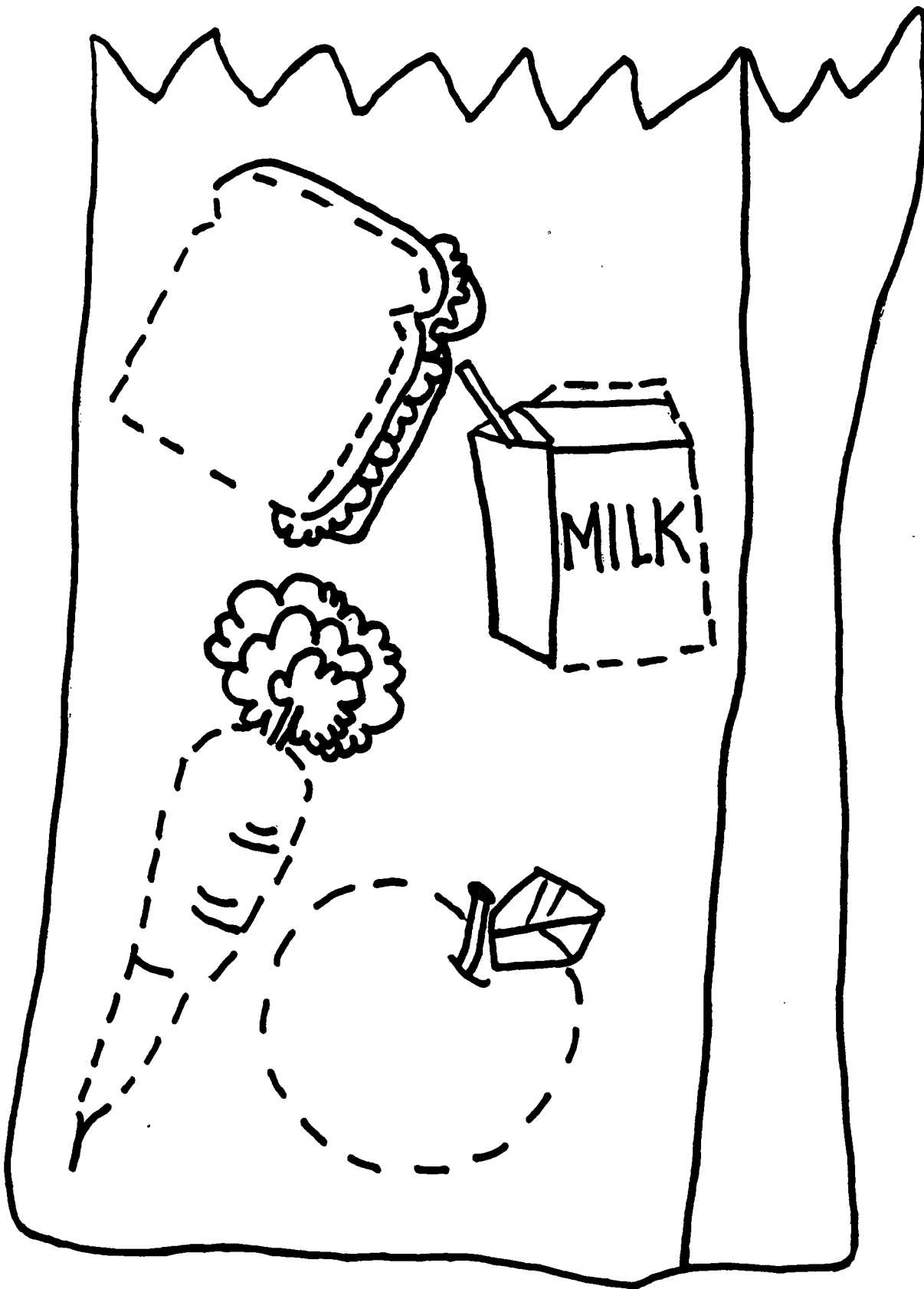
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5. _____







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FUN WITH FOOD Fruits and Vegetables

Today I learned about the foods in the Fruit and Vegetable group. I learned how to tell what each food was blindfolded by touching and smelling it. I learned that too much sugar is not good for me. I learned that I need many different kinds of foods, including fruits and vegetables for good health. Help me remember and have fun too:

- Help me fill out the Super Eater Chart. You and I choose five fruits or vegetables that are good for me and that we have at home. These fruits or vegetables are written on the chart. Everytime I eat one of these fruits or vegetables I can color the frog cartoon next to that fruit or vegetable. When I have eaten all 5 fruits or vegetables then I become a Super Eater. Please help me remember to do this. Maybe the refrigerator is a good place to put the chart.
- Blindfold me and give me fruits and vegetables that have different sizes, shapes and weights. See if I can guess what they are.
- Ask me to look very closely at different foods. Use a magnifying glass if possible. Look at the different designs in the food. Look at the texture, color and detail. Good foods to use include oranges, apples, nuts, bread, potatoes and cereals.
- Give me a blank paper, a pencil and crayons and different fruits and vegetables; help me trace around the food on the paper, then I can color it.
- Take me to the grocery store and see how many fruits and vegetables I can name. Ask me which ones I would like to try this week.
- Help me make a fruit salad. First I pick out 2 or 3 fruits at the store. Then when we get home I can cut them up and mix them together.
- Help me make yum sicles. First I pour fruit juice into ice cube trays. When it is partially frozen I can put a toothpick or popsicle stick into it.
- Let's sprout seeds. We will need:
 - An old nylon sock, cheesecloth or strainer.
 - Two to four tablespoons of wheat, alfalfa, navy beans, red clover or rye seeds. (These are available at grocery stores.)

Lesson 2
Fun with Food
Fruits and Vegetables

- Container (1 quart or larger.)
- Paper towels

Then:

1. Soak 2-4 tablespoons of seeds overnight in 2 cups of warm water.
2. In the morning use a strainer or nylon stocking to drain and rinse the seeds with fresh water.
3. Spread seed around the bottom of the container. Seeds need space to sprout.
4. Place damp paper towels over seeds and cover the container so that the seeds are moist and dark.
5. Repeat #2, #3 and #4 every morning and evening. Seeds should sprout in 2-3 days.
6. Eat when they are $1\frac{1}{2}$ inches long. Use in salads, main dishes or as snacks.

Thank you for helping me!



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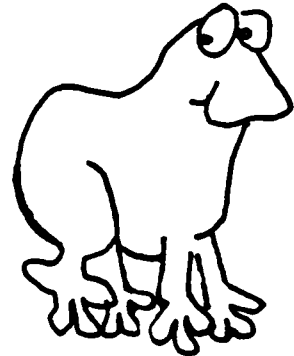
Super Eater Chart

CHOOSE FIVE GOOD FOODS TO EAT THIS WEEK

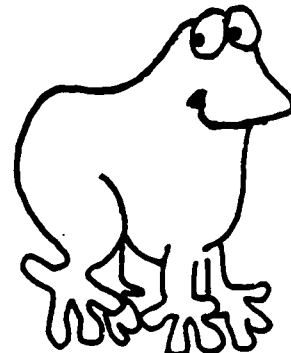
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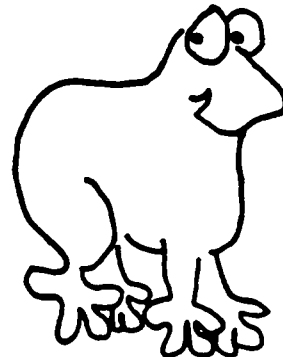
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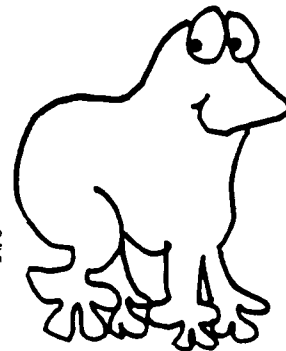
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Good Morning!



Fix A GOOD BREAKFAST FOR FLOP!



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FUN WITH FOOD Breads and Cereals

Today I learned about the foods in the Bread and Cereal group. I learned that bread and cereal foods are good for me and give me energy to play. I learned how to tell what each food was blindfolded by touching and smelling it. I also learned about what foods make good snacks. Help me remember and have fun too!

- Help me fill out the Super Eater Chart. You and I choose 5 breads or cereals that are good for me and that we have at home. These breads or cereals are written on the chart. Everytime I eat one of these breads or cereals I can color the frog cartoon next to that bread or cereal. When I have eaten all 5 breads or cereals I become a Super Eater. Please help me remember to do this. Maybe the refrigerator is a good place to put the chart.
- Blindfold me and give me Breads and Cereals that have different sizes, shapes and weights. See if I can guess the name of the food.
- Talk about all the cereals I can eat for breakfast and why it is important to eat breakfast.
- Help me become aware of the many different kinds of breads and cereals; show me different bread and cereal food like white and wheat bread, biscuits, white and brown rice, oatmeal, rolled wheat, cream of wheat and other bread and cereal foods.
- Let me help you measure or stir foods while you cook. I like to see how foods change when they cook.
- Help me make placemats by cutting out pictures from magazines, pasting them on cardboard and covering them with clear contact paper.
- Let me decide what foods we are going to eat for a meal, snack, party or picnic.
- Let me cut sandwiches into interesting shapes with a cookie cutter or a glass.
- Let me taste examples of different kinds of "breads": bagel, tortilla bread, English muffin, toast, French toast, etc.

Thank you for helping me!



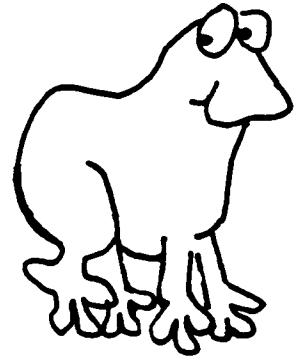
Super Eater Chart

CHOOSE FIVE GOOD FOODS TO EAT THIS WEEK

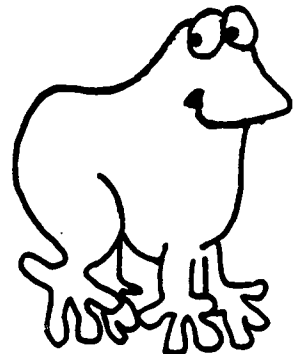
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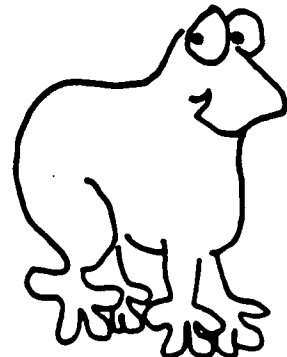
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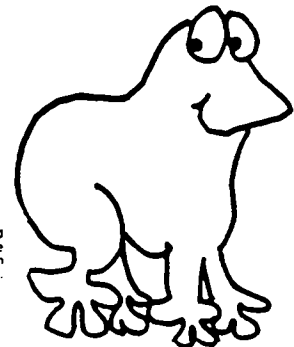
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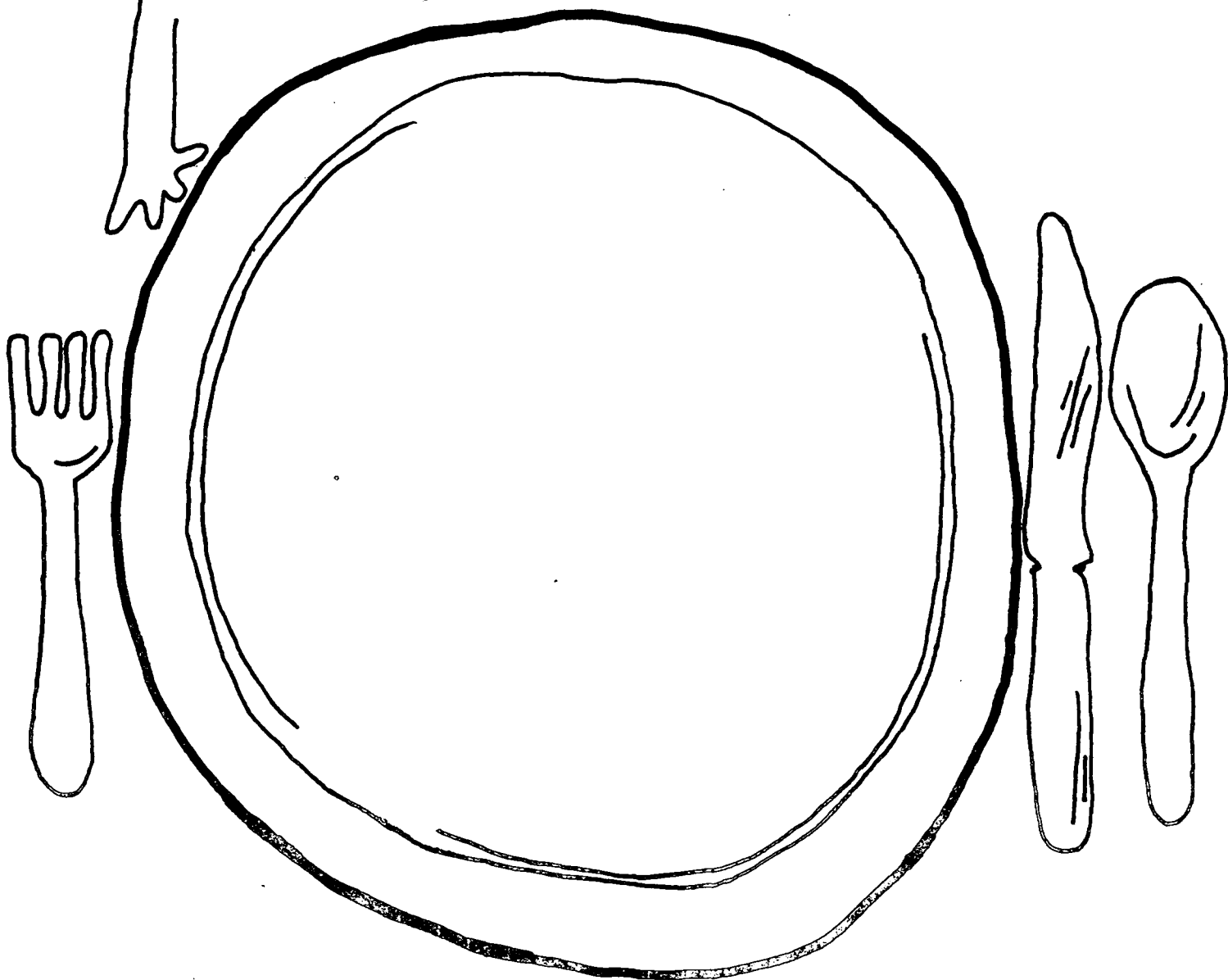


5. _____





Fix a Good Dinner for Flop!



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FUN WITH FOOD Milk Foods

Today I learned about the food in the Milk Group. I learned that Milk foods help build strong bones and teeth. I also learned that it is very important to brush my teeth after eating food, especially if the food is sticky or sweet

Help me remember and have fun too:

- Help me fill out the Super Eater Chart. You and I choose 5 Milk foods that are good for me and that we have at home. These Milk foods are written on the chart. Everytime I eat one of these Milk foods I can color the frog cartoon next to that Milk food. When I have eaten all 5 Milk foods then I become a Super Eater. Please help me remember to do this. Maybe the refrigerator is a good place to put the chart.
- Have a Milk food tasting party. I like to taste foods that we have in the house like 2% milk, whole milk, powdered or non-fat milk, milk with orange juice added, milk with smashed fruit such as a banana. I like to taste other milk foods such as white cheese, yellow cheese, yogurt, cottage cheese and custard.
- Make a food mobile. Draw pictures of food or cut them from magazines. Help me hang them from a coat hanger with string. Use pictures of good foods such as milk, breads and cereals, fruits and vegetables and meat.
- Make dough by mixing:

2 cups flour and 1/2 cup salt
1/2 cup water with 1/8 teaspoon food coloring
Add more water by tablespoons if needed
Add 2 tablespoons oil
Knead

Help me use the play dough to make my favorite good foods. Maybe we could play a game to see if I can make play dough foods from each food group. When we are done I could store it in the refrigerator in a covered glass or plastic container to use again.

- Show me how to take care of my teeth. The teeth can be a train track and the toothbrush the train that runs on the upper, lower, inside and outside tracks.
- Help me see the germs on my teeth by going to a drugstore or dentist's office and getting disclosure tablets. I chew a tablet (my mouth and tongue will remain red for a day but it is not harmful.)

Lesson 4
Fun with Food.
Milk

Red spots will appear where the germs are. I brush my teeth until all the red is gone.

- Let's make Melted Cheese Chews by cutting whole wheat bread into strips or triangles, spreading with margarine, grating or cutting cheese into thin slices, placing cheese on bread, toasting in oven, broiler or toaster oven until melted and eating it...yum, yum!

Thank you for helping me!



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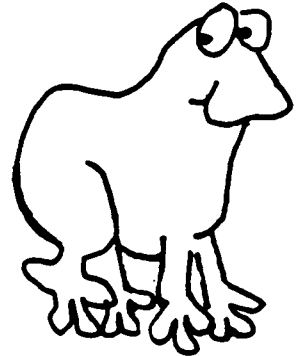
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CHOOSE FIVE GOOD FOODS TO EAT THIS WEEK

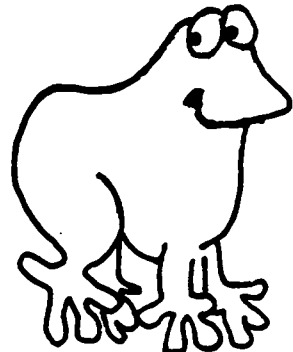
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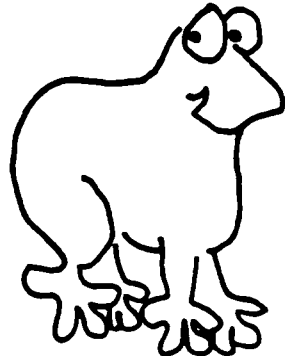
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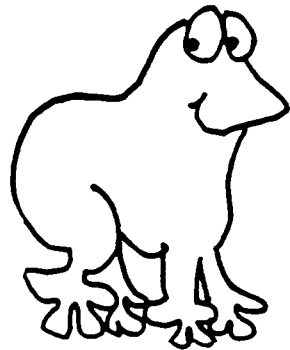
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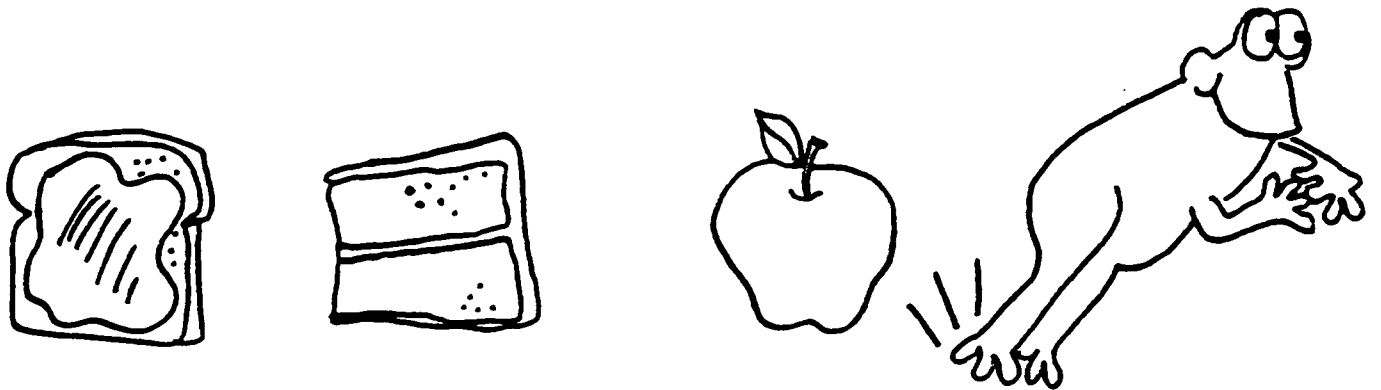
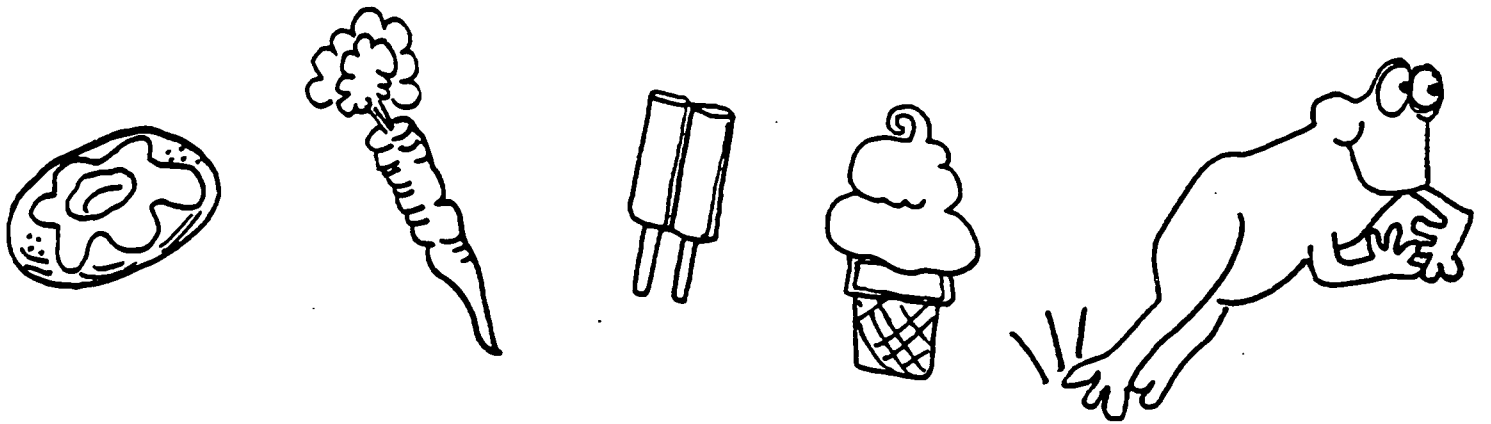
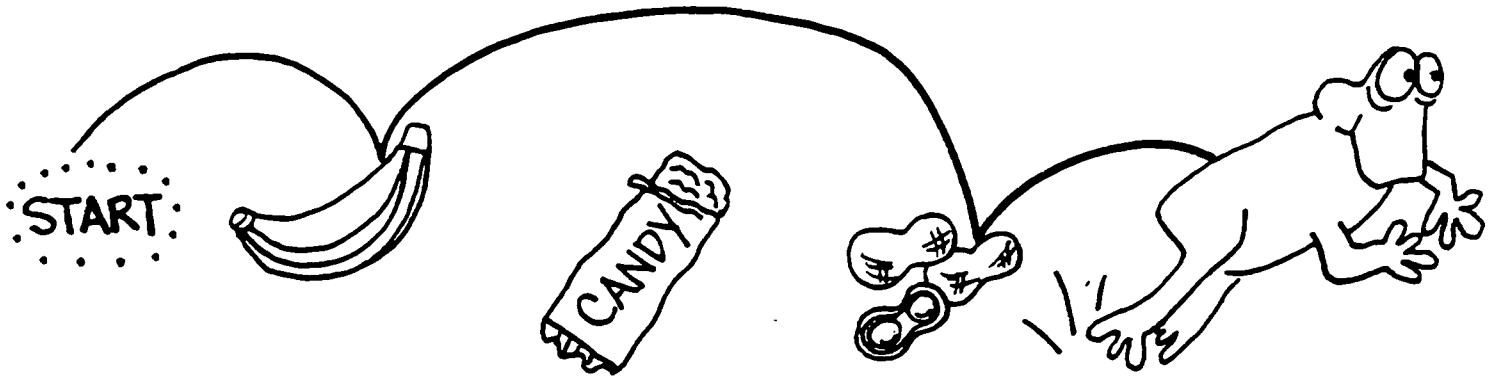


5. _____





Help Flop Hop To Good Foods...



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FUN WITH FOOD MEAT AND PROTEIN FOODS

Today I learned about the foods in the Meat Group. I learned that there are many foods that help me build strong muscles and a strong body. These foods include peanut butter, eggs, nuts, beans, fish, chicken, turkey, lamb, and beef.

Help me remember and have fun too:

- Help me fill out the Super Eater Chart. You and I choose five foods from the Meat Group that are good for me and that we have at home. These foods are written on the chart. Every-time I eat one of these meat foods I color the frog cartoon next to that meat. When I have eaten all 5 foods from the Meat Group then I become a Super Eater. Please help me remember to do this. Maybe the refrigerator is a good place to put the chart.
- Let me help with the shopping by having my own shopping list cards. We can make these cards by putting a picture or label of a food on a card. In the store I can try to find the foods in the pictures.
- Let me tell you the names of foods as I help you put away the groceries. I can separate the things for the refrigerator from those for the cabinet.
- Play food identification. I look through the kitchen with you and see if I can find foods from each food group; Fruits and Vegetables, Bread and Cereals, Milk, and Meat.
- Play feel bag. Put different Meat Group foods (beans, nuts, eggs, etc.) into a bag. I can feel each food and describe how it feels and what it is.
- Make "applewiches." Slice apple into rings, calling attention to the star in the middle. Let me spread peanut butter on the apple and top with another apple slice.

Thank you for helping me!



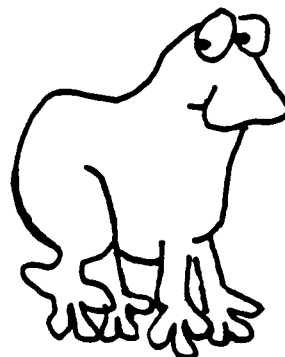
Super Eater Chart

CHOOSE FIVE GOOD FOODS TO EAT THIS WEEK

1. _____



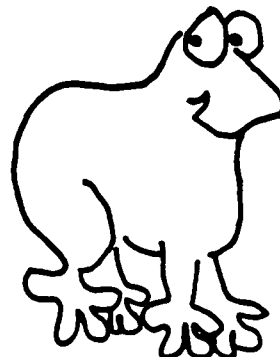
2. _____



3. _____



4. _____



5. _____



Oregon State University Extension Service

FUN WITH FOOD

Dear Parent,

Thank you so much for being involved with your child in the 4-H Nutrition Project. Will you help us by answering the following questions:

1. Did your child enjoy the Flip and Flop program? _____ Yes
_____ No. What parts of the program did your child talk about? _____

2. Was your child willing to try a wide variety of foods by being involved in the program? _____ Yes _____ No
3. What new foods did your child try? _____

4. Do you think the program was successful in helping your child learn more about food and nutrition? _____ Yes _____ No.
What did your child learn? _____

5. Did your child cut down on sweetened food as a result of the program? _____ Yes _____ No
6. Have you any suggestions that would make the program more useful to you and your child? _____

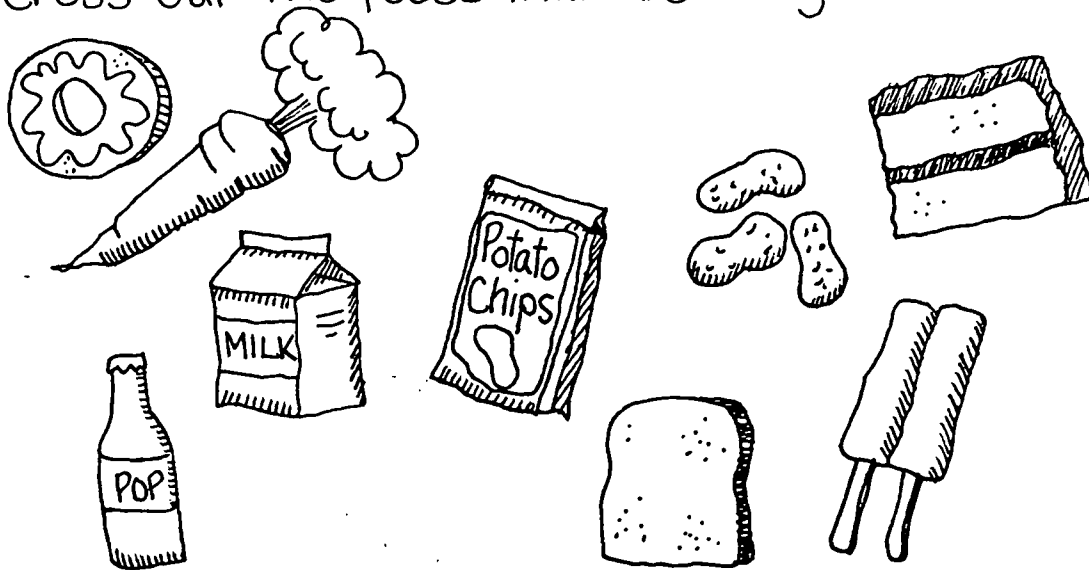
Thank you for your help! Please return this paper to your child's teacher.



Pre test _____ Name _____ Score _____

Post test _____ School _____

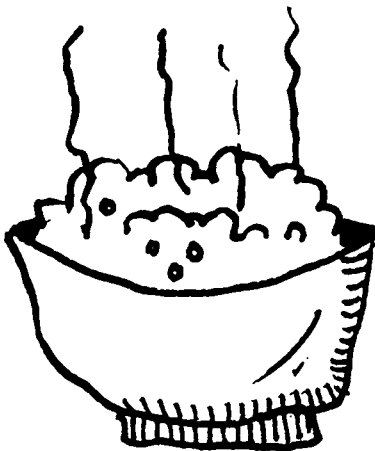
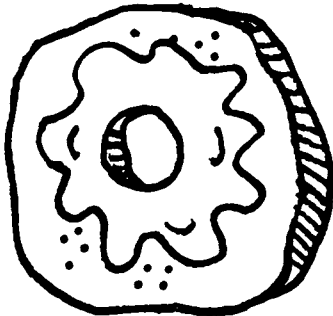
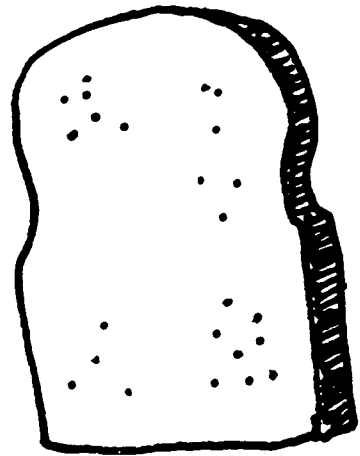
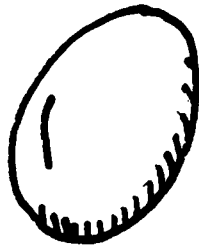
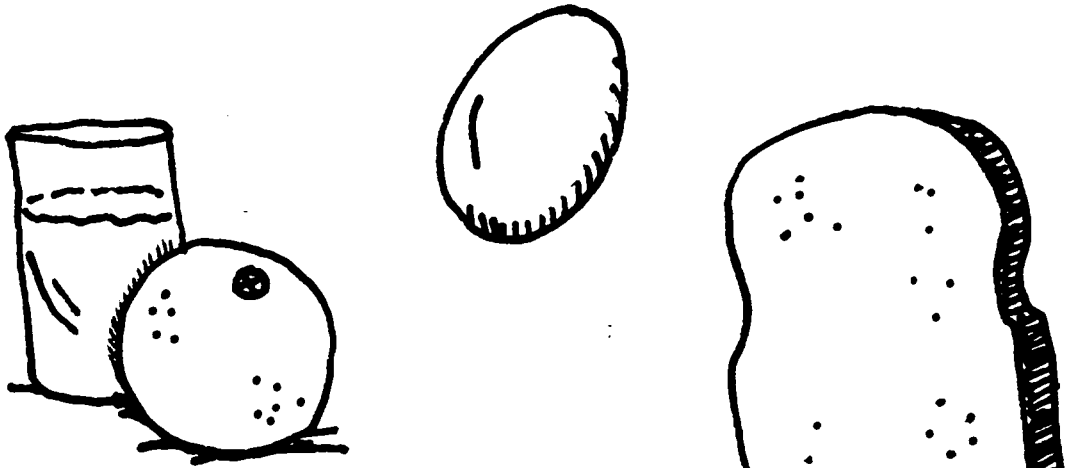
1. Circle the foods that are good for you.
Cross out the foods that are not good.

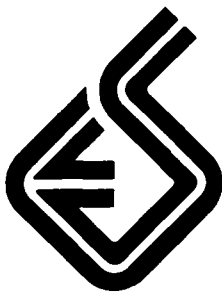


2. Circle the two foods in each food group square that belongs in that food group.

<p><u>Fruit and Vegetable</u></p>	<p><u>Bread and Cereal</u></p>
<p><u>milk</u></p>	<p><u>meat</u></p>

3. Circle the four foods that would make a good breakfast.





The Oregon State University Extension Service provides education and information based on timely research to help Oregonians solve problems and develop skills related to youth, family, community, farm, forest, energy and marine resources.

Extension's 4-H Youth program assists young people, their families, and adult volunteers to become productive and self-directing by developing their practical skills and knowledge. Professionals and volunteers together provide educational projects and activities in animal science, plant science, home economics, creative arts, and natural science.

Flip and Flop the Food Frogs was written by Bill Boldt, Oregon State University Extension 4-H/EFNEP Youth Specialist and Geneve Boldt. Margaret Lewis, Oregon State University Extension Nutrition Specialist wrote the Nutrition Ideas section.

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