

GETTING READY

It's time for a party! You can use part of this meeting to plan it. The party should help children:

Celebrate with their families what they have learned.

Share some of their learning with their families and others in the community.

Honor community workers or people who have helped with meetings.

Enjoy planning and carrying out a group activity.

Be sure every member has a job for the party. See that each child can do or show something that he and his family will be proud of.

PURPOSE OF MEETING

At this meeting you can help children learn to:

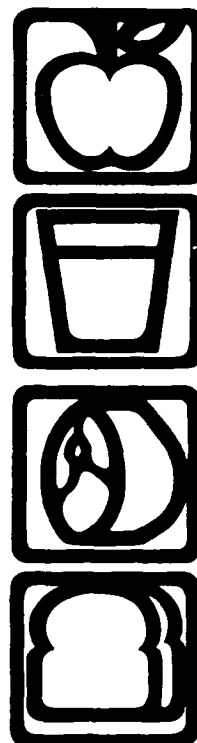
Use the Food Guide to judge what they eat.

Plan meals that are nutritious, economical, and look and taste good.

Be proud of their progress.

Thank someone who has worked in the community.

Work together to plan a party.



A SUGGESTED PLAN

As the children arrive, greet each one.

Let early-comers help prepare a simple snack, such as celery stuffed with peanut butter.

Elect a nutrient.

Purpose: to see if children can remember why they need certain nutrients.

Explain that you are going to have a "Nutrient of the Year Contest." Members will pretend they are different nutrients, and tell why they should be elected "Nutrient of the Year." If there are

What I Will Need

shirts or aprons
 cake or yarn
 soap towels

Ingredients: _____
 Equipment: _____



eight members or less, each will give a speech. If there are more than eight, assign two or more members to a nutrient. One child will make the speech for the nutrient. The others can make little "campaign" signs. Pick the nutrients from the following list.

1. iron
2. calcium
3. vitamin A
4. vitamin C
5. proteins
6. B vitamins
7. carbohydrates
8. fats

Read this example of a speech to the group.

"Vote for me, **Water!** You need me. What would you be like without me? All dried up. You couldn't live. Also you wouldn't have blood to carry other nutrients around in the body. Vote for me, **Water!** I'm important."

After the speeches, let members vote. Then point out that all the nutrients are important. To live, we need each one.

Do page 3 of Fun Sheet 10.

What I Will Need

paper
crayons

Fun Sheets 10
pencils

Fun Sheet Answers:

Hide and Seek

vitamin C: tomato, orange

vitamin A: liver; carrots

iron: liver, enriched bread, peanut butter, oatmeal

calcium: milk, cheese

Round Up

iron: help use energy and carry oxygen in blood

vitamin C: help heal cuts and keep gums healthy

calcium: help build strong bones and teeth

vitamin A: help see in dim light and grow

Do "4-4-3-2" in Fun Sheet 10.

Purpose: to help youth learn to use the Food Guide to judge what they eat.

If possible, give each member one or more pictures of the foods shown on the Fun Sheet. As a group, the children could then sort the pictures into piles for each food group. Explain that the number of recommended servings minus the number you ate equals the number you still need.

pictures of foods
listed in Fun Sheet,
page 2

Fun Sheet Answers:

Fruit and Vegetable Group $4 - 3 = 1$

Bread and Cereal Group $4 - 4 = 0$

Milk Group $3 - 3 = 0$

Meat Group $2 - 2 = 0$

A fruit or vegetable for a snack would help the child get 4 servings from the Fruit and Vegetable Group.

Plan meals.

Sing the song on the front page of the Fun Sheet or read the verses as a poem. Children might like to clap as they sing.

Point out that verse 3 tells us some clues for making meals look and taste good.

1. Pick flavors that taste good together, like mild and tangy.
2. Pick foods that feel different, like soft and crisp.
3. Pick foods that are pretty together, like dark and light, dull and bright.

Set out pictures of foods which are economical and easy to get in your area. Ask members to pick out pictures of food for meals for a day. Let them arrange the pictures for all to see. Do they have enough servings from each group? Are some flavors mild, one tangy?

Do the foods feel different? Are they pretty? Let children change the pictures until the answers to all these questions are "Yes."

Plan a party.

Ask members which things they did at meetings were the most fun. What have they done that they think is most important? What are they most proud of?

Let them make X's on page 4 of Fun Sheet 10. Talk about their progress. Point out "To Do at Home."

Together plan a party to celebrate what they have learned. If possible invite their families. Plan to invite a community worker and anyone who has helped with your meetings. Ask the children what they would like to show or teach the visitors. (The speeches or song might be good.) They might make a display. Decide what nutritious foods to serve. Decide who will do each job and who will welcome the guests.

Enjoy the snack (made by early-comers).

Announce the next meeting.

Be sure everyone knows what he is to do for the party. Leave the room clean.

WHAT HAVE THEY LEARNED?

What did children remember about the nutrients? How many filled out "4-4-3-2" without much help? Did they enjoy planning meals? Planning the party? Do they seem to feel proud of what they have done?

What I Will Need

lots of pictures
of food

Chalkboard or
large paper
and tape
chalk or
crayon

glasses for
water

napkins

plates?

silverware?

soap for dishes

dishcloth

towels

job chart

THINKING IT OVER

What did the children say was the most fun? The most important? They are most proud of? Did their answers surprise you?

You have done a big job with the group.
THANK YOU VERY, VERY MUCH!

FOR YOUR CHOICE

Other Activities for Meetings - for Later or for Now!

PEOPLE AND THEIR FOOD *Purpose: to help youth learn to plan nutritious foods to celebrate an occasion, make a person feel welcome, and express affection.*

As you plan the food for the party, ask children to think of foods that will help visitors feel welcome and at ease. Serve some foods the visitors like already, as well as some new foods.

FUN WITH SCIENCE *Purpose: to help youth tell how blood carries nutrients throughout the body.*

Explain that nutrients must travel to cells in all parts of the body. Blood carries nutrients through tubes called vessels. Let children look for blood vessels showing through their skin.

If possible, show a picture of a human heart. Fill a balloon with water. Hold it over a pan or the ground, and squeeze. The heart squeezes to pump blood like you squeezed your hand to pump the water. Let members open and close their fists like the pumping of the heart. Let children feel their blood being pumped (pulse) at different places on their bodies, (on the wrist, back under the chin, above the cheekbone, behind the ear lobe).

Children may ask about these words. Don't mention them, unless members ask. **Arteries** - vessels that carry blood away from the heart. **Veins** - vessels that carry blood toward the heart. **Capillaries** - tiny vessels that carry blood from arteries to veins.

WHERE DOES FOOD COME FROM?

Purpose: to help youth list steps in the production of food.

If members went to the bakery to see how bread is made, let them make buns this time. Bring some yeast dough already made. Use your favorite recipe or ask your Extension worker for one. Show the recipe and explain what you did. Children will enjoy kneading and shaping the buns and watching them rise and bake.

BUYING FOOD *Purpose: to help youth learn to make a list (and shop) for a meal.*

With the group, plan a simple meal to fix at a meeting. Let members make a list of foods they will need. Cross off foods you already have. Point out why they need a list at the store. (So they won't waste money getting the wrong thing, or waste time going back for a food.)

If possible, let members go with you to the store to get the food. You can show them how to choose the most economical form of each food.

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