Nutri-Kids Visit

THE ZOO

Student Workbook
Expanded Food and Nutrition Education Program (EFNEP)
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Oregon • Washington • Idaho

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Nutri-Kids Visit The Zoo
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Nutri-Kids Visit The Zoo was prepared by Bonnie A. Lorenz, former EFNEP program assistant, Michael H. Holroyd, Extension agent, Marion County; and Margaret Lewis, Extension agent, Lane County; Oregon State University. The 1996 version was revised by Joy Delgado, education graduate student; and Maria Souza, nutrition graduate student; Oregon State University.
Meet Zippy!

Zippy.
Pretest A

and foods in the right food group box on page 3. them.

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a line from the food group
to what it helps.
Recipe

Peanut Butter Balls

1. Mix together in:

1 1/2 cups with raisins

+ 1 teaspoon

+ 1/4 cup milk

+ 1/4 cup honey

+ 3/4 cup

2. Wash hands. Roll mixture into 1-inch balls.

Use 2 teaspoons per ball. Eat and enjoy!
Find the food that a hippo eats:
Apple Muffins

1. In mix 1 1/3 cups + 1/4 cup + 2 teaspoons + 1/2 teaspoon salt + 1 egg + 3/4 cup + 1/3 cup (chopped small) + 1/4 cup raisins.

2. Mix everything until moist, don’t stir too much.

3. Put in muffin pan (fill cups 2/3 full).

Bake at 400° for 20 minutes.
Carrot Apple Raisin Salad

1. Mix together in BIG:
   - 4 washed, grated carrots
   - + 3/4 cup raisins
   - + 1 washed apple cut into pieces

2. Mix together in small:
   - 1/2 cup plain yogurt
   - 2 Tablespoons honey

3. Add the yogurt to the mixed vegetables. Mix.

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Numbers

and peanuts to match numbers.

the pictures.

four 4

three 3

one 1

two 2
Deviled Eggs

1. In cover 10 eggs with cold water. Bring to boil, turn heat down, and simmer 15 minutes.

2. Cool eggs in cold water.


4. Put yolk in a bowl. Mash the yolk.

5. Add 1/2 cup mayonnaise and 2 teaspoons Dijon mustard. Mix. Stuff white with yolk mixture using a teaspoon. Makes 20 servings, 1/2 egg per person.

Note: If eggs are cooked in advance, store cooked unshelled eggs in the refrigerator.
Recipe

Banana Buses

1. Cut 1 banana in quarters the long way.

2. Cut 1 orange into slices.

3. Stick raisins and orange slices onto banana pieces with toothpicks.
Crossword Puzzle

Across
1. I am made of wheat and give you energy.
3. Melons, oranges, and apples are _____.
5. White drink for bones and teeth.

Down
2. I help you see at night.
3. What we eat.
4. A way to exercise.
5. The ____ group has protein to help blood, skin, and hair.
Tuna Salad

1. In a bowl, mix 2 cans of tuna + 1/4 cup of pickle relish, chopped pickles, and/or chopped celery, and enough mayonnaise to hold together (about 1/4 cup).

2. Now you have tuna salad.

3. Eat tuna salad by itself or spread on crackers or bread. Refrigerate if you have leftovers.
Lettuce Rolls

1. Wash 4 to 8 ounces cheese.

2. Put grated cheese on a lettuce leaf.

3. Roll and use toothpicks to hold.

Note: You can use peanut butter too.
People, Foods, Animals

a line from each food to who eats it.
Recipe

**Biscuits**

1. Mix in 2 cups + 4 teaspoons + $\frac{3}{4}$ teaspoon salt.

2. Cut in $\frac{1}{2}$ cup margarine with a pastry cutter or two table knives, until margarine is the size of peas. Add $\frac{1}{2}$ cup milk.

3. Mix together. Roll $\frac{3}{4}$-inch thick on floured board.

4. Cut dough into biscuits and place on cookie sheet.

5. Bake at $450^\circ$ for 10–12 minutes.
Trail Mix

1. In a mixing bowl, mix 2 cups of peanuts and 1/2 cup of raisins.

Note: You may use mixed nuts and dried fruits.
Where Am I Stored?

and GLUE to put food in the right place in the kitchen on page 20.

the pictures.

tofu

RICE

MILK

PEANUT BUTTER

TUNA

Grapes

Cheese

Carrot

Bread

Egg
Recipe

Vegetable Snacks

Wash and cut vegetables:
- carrot
- cauliflower
- jicama
- turnip
- broccoli
- radishes
- rutabaga
- parsnip
Recipe

Yogurt Milkshake

1. Mix in 1 (6-8 ounce) + 1 can concentrated + 2 + 2-3 cups ice cubes.

2. Blend until smooth.

Makes 20 5-ounce cups.

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Colors

three ♇ível and three ♆lue.

brown. yellow.
Fruit Kabobs

1. Wash fruit. Cut into chunks.

2. Add 1 bunch + 1 pint + 1 pint or

3. Spear with big toothpicks
Pretest A

and foods in the right food group

box on page 26.

them.
Fats, oils, and sweets
Milk foods
Meat and meat alternates
Vegetables
Fruits
Breads and cereals

Posttest A
Name______________________________
a line from the food group to what it helps.

[Diagram of a food pyramid with images of different food groups and their beneficial effects on health]

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Tacos

1. Cook 1 lb. ground meat in skillet

2. Heat 1 can

3. Wash and cut

Put in 2

4. Grate 8 ounces cheese

in

5. Put and other foods on table.

6. Put the ground meat + + + +

+ on a.
Lemonade

1. Squeeze a half lemon into a glass.

2. Add 2 teaspoons + 1/3 cup + ice cubes.

3. Stir.

Note: You can use a half orange instead of. Makes 1 serving.
The Expanded Food and Nutrition Education program (EFNEP) helps limited-income families in Oregon improve their nutrition practices. These include learning to:

• Stretch family food dollars

• Choose foods for better nutrition for family members

• Purchase food for nutritional needs

• Improve food production, preparation, storage, safety, and sanitation

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