

Family Activities



Introduction to the

Family Activities



This section of the Community Nutrition Action Kit is filled with a wealth of enjoyable activities for families. As they help families make food choices for a healthy diet, they encourage family fun!

The activities are meant to be “stand-alone” pieces.

Each activity is reproducible, and includes all the information and instructions needed to be carried out. Send them home with youth to enjoy with their parents, older siblings, grandparents, uncles, aunts, cousins, neighborhood friends or caregivers and watch the fun begin.

Here is a short description of each of the family activities:

- ◆ **Close Encounters of an Agricultural Kind** —Questions to ask farmers to learn about farm life.
- ◆ **Starting Small** —Instructions on how to grow a minigarden.
- ◆ **Super Us** —A checklist of eating and physical activity habits, and a goal-setting game.
- ◆ **Tips To Be Tops** —Tips to put the three Team Nutrition messages into action.
- ◆ **Pyramid Place Restaurant** —Use a restaurant menu to find food items for each of the food groups.
- ◆ **Grain, Fruit and Veggie Challenge** —A game to encourage eating fruits, vegetables and grains.
- ◆ **Supermarket Sleuth** —A question and answer sheet to learn to use the Nutrition Facts Label.
- ◆ **Cabinet Check** —Nutrition Facts Label comparisons of foods in the pantry.
- ◆ **Sense-able Scavenger Hunt** —A game to name foods that are crunchy, salty, sweet, soft, green, etc.
- ◆ **Family Taste Celebration** —Prepare an “old” family recipe for a family celebration!
- ◆ **Salad Bowl** —A check sheet of fruits and veggies eaten by other cultures.
- ◆ **Bread in a Bag** —A recipe for making homemade bread.

Close Encounters of an Agricultural Kind

Enjoy a day on a farm or a trip to a farmer's market...discover where food comes from and try new tastes. Here are some suggested questions you and your child can ask during your visit, or make up your own.

General questions:

1. What time do you start your day?
2. What do you eat when you get up in the morning?
3. Have you and your family always been farmers? If so, how have things changed over the years?
4. Do you get days off from your job?
5. What kind of farm machines do you have?

Fruit or vegetable farm:

1. Do you always plant seeds?
2. Do you always grow the same things?
3. How do you pick (harvest) the food?
4. What kind of bugs live in the fields?

Dairy farm:

1. How do you get the milk from the cow?
2. How much milk does one cow make in a day?
3. What other foods can you make from milk? Do you make these?

Poultry farm:

1. About how many chickens (turkeys) live in one house?
2. What do you feed the chickens (turkeys)?
3. Do these chickens (turkeys) lay eggs?

Meat farm:

1. What do the animals eat?
2. How many animals do you have?
3. What kinds of meat do these animals make?
4. Do these animals live in a barn?

Fish farm:

1. How many fish live in a tank?
2. How do the fish get in the tank?
3. What do you feed the fish?
4. How do you get the fish to the store?


FAMILY ACTIVITY 1: Buy a food that was seen at the farm or farmer's market. Take the food home and prepare it as part of a family meal.

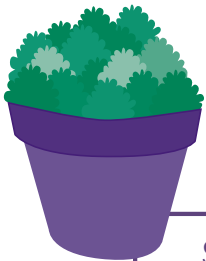
FAMILY ACTIVITY 2: Read *Granpa's Garden Lunch* by Judith Casely, *Green Grass and White Milk* by Alikei, and *This Year's Garden* by C. Rylant, or create a story about a child growing up on a farm.

Starting Small

You don't need a big field or even a backyard to grow some of your own food. You can grow some on a window sill, balcony, porch, deck, or doorstep!

Materials Needed:

- 
- Container – such as milk carton, bleach jug, coffee can, ice cream tub, or ceramic pot
 - Seeds
 - Soil
 - Plant fertilizer
 - Tray or plate
 - Water



Seeds that grow well in containers:

tomatoes
peppers
radishes
leaf lettuce
cucumbers
herbs

For a family gardening project or to stretch your imagination—start small. Follow these steps to create your own minigarden:

1. Select seeds to plant. See the box labeled “Seeds that grow well in containers” for ideas of seeds to select. For more information on variety selections, contact your local Extension office.
2. Select a container. Match the container to the size of the plant. For example, tomatoes require a much bigger container than herbs. Rinse the container. Punch holes in the bottom, if there are none.
3. In a bucket, combine soil with water until the soil is damp. Fill your container with the damp soil to ½ inch from the top.
4. Read the seed packet to see how far apart and how deep to plant seeds. Cover seeds gently with soil.
5. Keep the seed bed watered well. The seeds need a lot of water, but don't add it all at once. Pour some on, let it sink in, and pour more on. Stop pouring when you see water coming out the bottom of the container. Keep a plate or tray under the plant container so the container will not leak. Keep the soil moist, but not sopping wet.
6. Place container(s) in a sunny location.
7. Once a week, add fertilizer following directions on the label.
8. Turn the containers often, so that sunlight reaches all sides of the growing plants.
9. As the plants grow larger, use scissors to trim the leaves of side-by-side plants, so they do not touch each other.

FAMILY ACTIVITY 1: When the food is ready to be picked, pick it, wash it, and use it in family meals.

FAMILY ACTIVITY 2: Cut off the top 1 inch of a carrot, turnip, or beet. Put the top on a saucer, cut side down. Add just enough water to make the bottom of the vegetable top wet. Keep the saucer in a sunny window, add water every day so the bottom of the vegetable stays wet. Watch new leaves and roots grow!

Super Us

Join your child on the road to Super Me, and make it a family game...Super Us. Move your muscles—be more active every day, *and* make food choices for a healthy diet. Answer the questions below, and play the Super Us game.

HOW DO YOU AND YOUR FAMILY SCORE ON HEALTHY EATING? (✓ if yes)

Each day do you...

Family members (initials)

Eat breakfast?

___ ___ ___ ___

Eat at least 1 fruit?

___ ___ ___ ___

Drink 100% fruit juice?

___ ___ ___ ___

Eat at least 3 different vegetables?

___ ___ ___ ___

Eat at least 6 grain products?

___ ___ ___ ___

Eat whole-grain foods, such as whole-wheat bread or whole-grain cereal?

___ ___ ___ ___

Drink 2 percent or lower milk?

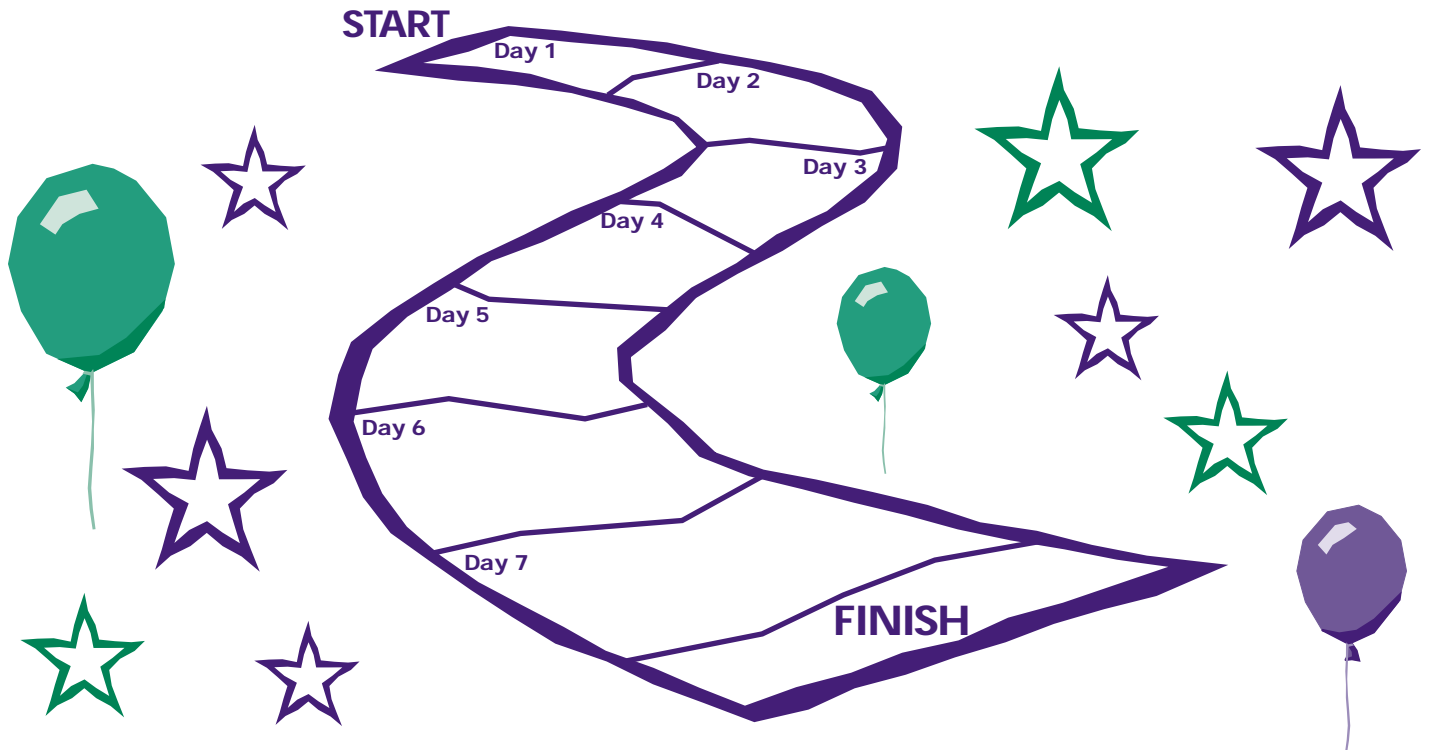
___ ___ ___ ___

Drink several glasses of water?

___ ___ ___ ___

Total your check marks: ___ ___ ___ ___

Use the game board below, and as a family, set a healthy eating goal to do each day—for at least a week. Family members should write in their initials on the game board each day they reach their goal. Continue the game with a new healthy eating goal each week... have fun with variety!!!



Super Us

Part 2



Encourage your child to be physically active. Set an example and join in. Being active throughout life is a goal worth setting. Keep in mind that physical activity helps in maintaining and improving body weight, *and* it's fun.

HOW DO YOU AND YOUR FAMILY SCORE ON PHYSICAL ACTIVITY? (✓ if yes)

Do you do these 2 or 3 times a week?

Family members (initials)

Play a sport, such as basketball, baseball, or soccer?	_____	_____	_____	_____	_____
Physical work, such as gardening?	_____	_____	_____	_____	_____
raking or lawn mowing?	_____	_____	_____	_____	_____
house cleaning?	_____	_____	_____	_____	_____
Aerobic activities, such as biking?	_____	_____	_____	_____	_____
roller bladeing?	_____	_____	_____	_____	_____
dancing?	_____	_____	_____	_____	_____
running or jogging?	_____	_____	_____	_____	_____
walking?	_____	_____	_____	_____	_____
skipping rope?	_____	_____	_____	_____	_____
swimming?	_____	_____	_____	_____	_____
Strength activities such as weight lifting?	_____	_____	_____	_____	_____
Flexibility exercises such as bending and stretching, sit-ups, or knee bends?	_____	_____	_____	_____	_____
Total your check marks:	_____	_____	_____	_____	_____

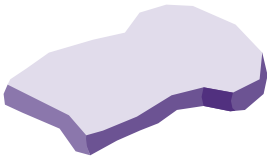
Family members who scored 0 points: You're a "couch potato." Set a physical activity goal and do it for at least a week. If you enjoy it, make it part of your regular routine. If you did not enjoy it, choose another activity and try again.

Family members who scored 1–3 points: You're a "mover." Keep up the good work. Try to do 30 minutes or more of moderate physical activity on most days of the week.

Family members who scored more than 4 points: You're a "mover and a shaker!" Excellent! Keep it up! Make sure you do different activities for variety.

Tips To Be Tops

Help your family to make food choices for a healthy diet by following these tips:



- **Fuel up on fruit**—eat a fruit for a snack or with a meal. Try orange smiles (slices) or a fruit kabob (cubes of fruit on a toothpick) or 100% fruit juice.
- **Vary your vegetables**—bite on beans and broccoli; crunch on carrots, corn, and cauliflower.
- **Get plenty of grains**—eat spaghetti, rice, cereal, bagels, breads, or other grains for power.
- **Blast off with breakfast**—it doesn't have to be boring—feast on leftovers, peanut butter and bananas on toast—use your imagination.
- **Find the fat**—check out the food label to help you pick foods lower in fat.
- **Snack smart**—try a milk smoothie—blend lowfat milk or plain yogurt with mashed fruit or fruit juice—that's smart yet satisfying!
- **Try new tastes**—try a new vegetable like jicama (pronounced: hi-cah-ma); taste kiwi fruit, yogurt, pita bread, dried apricots, whole-wheat pasta, turkey sausage...

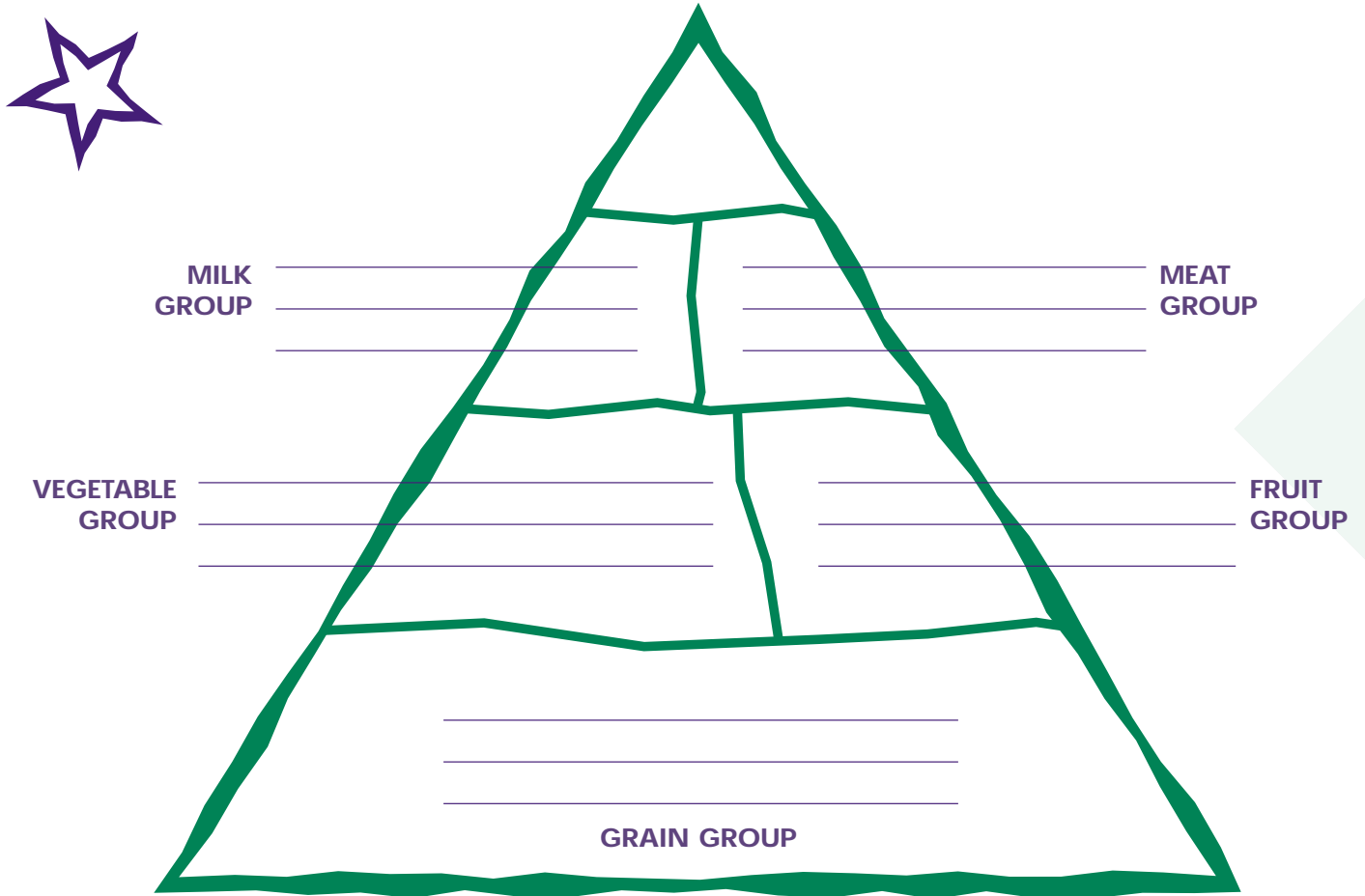
FAMILY ACTIVITY 1: Work together as a family and select a tip from above to try for a week. Write the tip on a piece of paper and put on refrigerator door as a reminder. Add a second tip and continue adding tips and make them habits.

FAMILY ACTIVITY 2: Have each member of your family add up separately the fruits and vegetables he or she ate today. If any of you ate less than 5...strive for 5 tomorrow. If anyone ate 5, excellent...keep up the good work!

Pyramid Place Restaurant



Check out a restaurant menu for “Pyramid Picks.” Find three items on the menu for each of the five major Food Guide Pyramid food groups and list them on the Pyramid picture below:



Did you find three menu items for each food group above? If not, think of foods to add to the menu which would expand the variety of the menu items and make suggestions to the restaurant manager.

CHALLENGE 1: If you don't know the ingredients in a menu item, ask one of the people working at the restaurant how the item is made, or ask for an ingredients sheet.

CHALLENGE 2: Order a vegetable or grain food that you've never eaten before...enjoy.



How to Use the Daily Food Guide

WHAT COUNTS AS ONE SERVING?

Breads, Cereals, Rice, and Pasta

- 1 slice of bread
- ½ cup of cooked rice or pasta
- ½ cup of cooked cereal
- 1 ounce of ready-to-eat cereal

Vegetables

- ½ cup of chopped raw or cooked vegetables
- 1 cup of leafy raw vegetables

Fruits

- 1 piece of fruit or melon wedge
- ¾ cup of juice
- ½ cup of canned fruit
- ¼ cup of dried fruit

Milk, Yogurt, and Cheese

- 1 cup of milk or yogurt
- 1½ to 2 ounces of cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 2½ to 3 ounces of cooked lean meat, poultry, or fish
- Count ½ cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about ⅓ serving)

Fats, Oils, and Sweets

LIMIT CALORIES FROM THESE especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

HOW MANY SERVINGS DO YOU NEED EACH DAY?

Calorie level*	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
about 1,600	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	2-3**	2-3**	2-3**
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

**Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

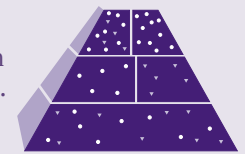
A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets.



These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.



Grain, Fruit, and Veggie Challenge

Almost everyone should have at least 6 servings from the Grain Group, 2 servings from the Fruit Group, and 3 servings from the Vegetable Group each day. Use this month of days to track how you and your family are doing eating grains, fruits, and vegetables. *The person who comes closest to meeting the goal of eating 6 grain foods, 2 fruits, and 3 vegetables each day plus points for trying Bonus Foods wins the challenge! This calendar is for _____.* (name)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____	Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____	Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____	Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____	Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____	Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____	Grains Δ Δ Δ Δ Δ Δ Fruits Δ Δ Veggies Δ Δ Δ Bonus Δ Total _____
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Color one Δ for each serving of grain product, fruit, and vegetable that you eat each day (one point each for a possible total of 11). If the “bonus food” is eaten, give yourself an extra 3 points! Possible grand total for each day = 14 points.

GRAIN, FRUIT, AND VEGGIE CHALLENGE

What counts as one serving?

Use these examples of servings sizes when marking the calendar on the other side:

Breads, Cereals, Rice, and Pasta Group (Eat at least 6 servings from this group each day)

1 serving =

- 1 slice of bread
- ½ hamburger or hot dog bun
- 2 taco shells
- 1 7-inch flour or corn tortilla

- 1 ounce ready-to-eat cereal
- ½ cup of cooked cereal
- ½ cup of cooked rice or pasta
- 5 to 6 small crackers



Fruit Group (Eat at least 2 servings each day)

1 serving =

- a whole fruit (medium apple, banana, orange, or peach)
- grapefruit half
- ¼ of a medium cantaloup

- ¾ cup 100% fruit juice
- ½ cup berries, cherries, or grapes
- ½ cup chopped, cooked, or canned fruit
- ¼ cup dried fruit

Vegetable Group (Eat at least 3 servings each day)

1 serving =

- 1 cup leafy raw vegetable, such as lettuce or spinach
- ½ cup cooked vegetables
- ½ cup chopped raw vegetables

- ¾ cup vegetable juice
- ½ cup tomato or spaghetti sauce
- ½ cup cooked dry beans
- 7 to 8 carrot or celery sticks



BONUS FOOD: Earn 3 bonus points each day by eating the food assigned to that calendar day.

For example, on the first day of the month try corn, the second day try green beans, and so on for each day of the month. Canned, frozen, or fresh foods are fine.

Day	Day	Day
1 Corn	12 Pineapple	23 Papaya
2 Green beans	13 Bagel	24 Collard greens
3 Kiwi	14 Zucchini	25 Banana
4 Cantaloup	15 Yam	26 Grapes
5 Whole-wheat bread	16 Kidney beans or lentils	27 Celery
6 Beets	17 Cucumber	28 Tortilla
7 Orange	18 Black-eyed peas	29 Alfalfa sprouts
8 Tomato	19 Brown rice	30 Bell pepper
9 Spinach	20 Brussels sprouts	31 Lima beans
10 Okra	21 Apple	
11 Whole-wheat pita bread	22 Carrot	

The person who comes closest to meeting the goal of 6 grain foods, 2 fruits, and 3 vegetables each day, plus extra points for trying Bonus Foods, wins the challenge!

Supermarket Sleuth

Your local grocery store provides you a wide variety of foods from which to select... different colors, different packages, choices of fresh, frozen, store-prepared, and canned foods...just to name a few. Become a “supermarket sleuth” and use the food label to help you make food choices for a healthy diet.

DIRECTIONS:

Together with your child, go to the grocery store and read the Nutrition Facts Labels and ingredient lists to answer the following questions:

What is your favorite cereal? (adult) _____
 (child) _____

Look at the Nutrition Facts Label on the box to answer these questions:

What is the size of a serving of cereal? (adult's favorite) _____
 (child's favorite) _____

What is the %Daily Value for dietary fiber in a serving? (adult's favorite) _____
 (child's favorite) _____

Read the ingredient list further down the Nutrition Facts Label to answer these questions:

What are the first three ingredients of the adult's favorite cereal? _____

What are the first three ingredients of the child's favorite cereal? _____

FACT: Ingredients are listed in order by weight—from greatest to least. For example, a cereal listing rice first, means the cereal has more rice than any other ingredient. If sugar is listed in the first three ingredients, the cereal is probably high in sugar.

FAMILY ACTIVITY: As a family, try a cereal that has a higher %Daily Value for fiber and lower amount of sugars than what you are already eating. You'll add variety to your food choices as well as new tastes.

Cabinet Check

Reading Nutrition Facts Labels can help you choose foods for a healthy diet. Check out the %Daily Value (%DV) column. The %DV shows how much of a nutrient in one serving contributes to your overall day's diet. For example, if a serving of a food has a 45%DV for total fat, that means you have used up almost half of your daily fat intake. The %DV can help you determine quickly and easily if a food product is high or low in a nutrient. It is wise to choose foods with **low** number for the %DV for fat, saturated fat, cholesterol, and sodium and a **higher** number for the %DV for fiber, vitamin A, vitamin C, calcium, and iron. Along with your child, take a few minutes to compare the two labels below. Which one has more fiber?

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 5g			20%
Sugars 3g			
Protein 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		30g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		30g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Now look at the Nutrition Facts Labels in your own cabinets and answer the following questions:

Cookies: Compare the %DV for total fat for two different types of cookies. Which cookie has less total fat? _____

How many of the lower fat cookies count as a serving? _____

How many cookies do you usually eat as a serving? _____

If you eat two servings, what is the %DV for total fat that you have eaten? _____

Cereals: Compare the %Daily Value for dietary fiber for two different cereals. Which cereal has more fiber (higher %DV)? _____

Vegetables: Compare the %Daily Value for vitamin A in canned or frozen vegetables. What vegetables are good sources of vitamin A (10%DV or higher, for vitamin A)? _____

Milk and Juice: Compare the %Daily Value for vitamin C in milk and orange juice. Which has the higher %DV? _____

Compare the %Daily Value for calcium in milk and orange juice. Which has the higher %DV? _____

FAMILY ACTIVITY: On your next food shopping trip, use the Nutrition Facts Label to help you choose one new product that is lower in fat, cholesterol, or sodium *and* higher in fiber, vitamin A, vitamin C, calcium, or iron.

Sense-able Scavenger Hunt

You are a detective on special assignment. Your mission is to find as many foods, as you can, that fit in the boxes below.

Draw or write the name of the food in the boxes. Some foods may even fit into more than one box. For example, kiwi is brown on the outside but green inside, so it could go in two different boxes. Circle the foods you have tried before. Your next detective assignment is to taste some of the foods you have not eaten before.

Crunchy Foods	Brown Foods
Cold Foods	Good Smelling Foods
Soft Foods	Green Foods
Salty Foods	Sweet Foods

FAMILY ACTIVITY: Think about your five senses, and plan and prepare a “sense-able” meal. See if family members can identify the senses they are using to enjoy the foods.

Family Taste Celebration



Many families use special foods for family gatherings and celebrations big and small. Take a few minutes to think about the special foods you prepare.



Encourage your child to explore his/her food heritage. Often, foods that were prepared as every day foods many years ago have become today's celebration foods. For example, great grandmom's crumb cake which she made every week...you may make once a year as part of a holiday breakfast. Or the homemade ravioli that was made weekly, has been replaced by the store-bought variety. Suggest that your child talk to older family members about the foods they or their grandparents ate when they were younger. Here are a few questions to get them started:

◆ What countries did our relatives come from? _____

◆ What recipes or foods did you eat when you were younger, that can be traced back to these countries? _____

◆ Do you have any recipes that have been handed down from generation to generation? _____

FAMILY ACTIVITY 1:

Purchase the ingredients for one special family recipe. Have your child learn how to make the recipe by observing and helping an adult who knows how to prepare the item.

FAMILY ACTIVITY 2:

Read with your children such food-related books as the following: *Tony's Bread* or *Watch Out for Chicken Feet in Your Soup*, both by Tomie dePaola, or have your child create a story about a special family recipe.

Discuss with your child what was discovered about his/her family food heritage. Discuss the family recipes and make a shopping list for one of these recipes. Have your child track down the ingredients when you go to the grocery store. Together with your child, prepare the recipe and enjoy a celebration of family history.

Salad Bowl

The foods and recipes contributed by the many ethnic groups making up the United States population are what make the foods we eat so wonderful. It is interesting to learn how many of the fruits and vegetables eaten by different ethnic groups are eaten by your family.

Using a colored pencil, circle the foods your family now eats from the list below.

ASIAN

Fruits:

- apple
- banana
- carambola
- Chinese banana
- Chinese pear
- dates
- fig
- fruit juices
- grape
- guava
- kumquat
- kitchi
- lime
- loquat
- lychee
- mango
- orange
- papaya
- passion fruit
- persimmon
- pineapple
- pomelo
- pomegranate
- plum
- tangerine
- watermelon

Vegetables:

- bamboo shoots
- bean sprouts
- bitter melon
- bok choy

broccoli

- celery
- cucumber
- daikon
- eggplant
- fuzzy melon
- ginger
- leek
- mushroom
- mustard greens
- napa cabbage
- onion
- potato
- snow peas
- spinach
- squash
- taro
- tomato
- turnip
- water chestnut
- winter melon
- yam

AFRICAN-AMERICAN

Fruits:

- apple
- banana
- berries
- fruit juices
- peach
- watermelon

Vegetables:

- beets
- broccoli
- cabbage
- chard
- collard greens
- corn
- garlic
- green beans
- green pepper
- hominy
- hot pepper
- kale
- mustard greens
- okra
- onion
- potato
- spinach
- squash
- sweet potato
- tomato
- yam

LATINO

Fruits:

- apple
- avocado
- banana
- canned fruit
- cherimoya
- coconut
- guava
- lemon
- lime

mango

- melon
- orange
- papaya
- passion fruit
- pineapple
- strawberry
- sugar cane
- zapote

Vegetables:

- agave
- avocado
- cabbage
- cactus leaves
- carrot
- cassava
- chilies
- corn
- jicama
- onion
- peas
- potato
- squash
- squash blossoms
- sweet potato
- tomatillo
- tomato
- turnip

NATIVE AMERICAN

Fruits:

- blackberry

blueberry

- canned fruit
- chokeberry
- crab apple
- cranberry
- currants
- elderberry
- grapes
- ground cherry
- huckleberry
- musk melon
- peach
- persimmon
- raspberry
- salmon berry
- strawberry
- watermelon
- wild plum
- wild rhubarb

Vegetables:

- bitter root
- cactus leaves
- corn
- Jerusalem artichoke
- kelp
- miners lettuce
- mushroom
- pumpkin
- turnip
- wild carrot
- wild celery
- wild potato

FAMILY ACTIVITY: Choose a food that you are not familiar with from the list, circle the name with a pencil. Purchase the food, prepare, and eat it. Select a new food item to try each week. Adding new fruits and vegetables will expand the variety of foods your family eats.

A Recipe for Fun

BREAD IN A BAG (4)

Materials needed:

- A heavy-duty zipper lock freezer bag (1 gallon size)
- Cookie sheet
- Measuring spoons
- 13-inch x 9-inch baking pan
- Measuring cup
- Pastry towel or cloth
- 8½-inch x 4½-inch glass loaf pan



Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 package rapid rise yeast
- 1 cup hot water (125° F)
- 3 tablespoons sugar
- 3 tablespoons vegetable oil
- 3 tablespoons nonfat dry milk
- 1 cup whole-wheat flour

1. Combine one cup all-purpose flour, yeast, sugar, dry milk, and salt in a freezer bag. Squeeze upper part of the bag to force out air and then seal the bag.
2. Shake and work the bag with fingers to blend the ingredients.
3. Add hot water and oil to the dry ingredients in the bag. Reseal the bag and mix by working with fingers.
4. Add whole-wheat flour. Reseal the bag and mix ingredients thoroughly.
5. Gradually add remaining cup of all-purpose flour to the bag. Reseal and work with fingers until the dough becomes stiff and pulls away from sides of the bag.
6. Take dough out of the bag, and place on floured surface.
7. Knead dough 2 to 4 minutes, until smooth and elastic.
8. Cover dough with a moist cloth or pastry towel; let dough stand for 10 minutes.
9. Roll dough to 12-inch x 7-inch rectangle. Roll up from narrow end. Pinch edges and ends to seal.
10. Place dough in a greased glass loaf pan; cover with a moist cloth or pastry towel.
11. Place baking pan on the counter; half fill with boiling water. Place cookie sheet over the baking pan and place loaf pan on top of the cookie sheet; let dough rise 20 minutes or until dough doubles in size.
12. Preheat oven, 375° F, while dough is rising (about 15 minutes).
13. Place loaf pan in oven and bake at 375° F for 25 minutes or until baked through.

FAMILY ACTIVITY: For several weeks, as part of your weekly food shopping trips, try a bread eaten in a different country of the world, such as, pita bread from the Middle East, lavash from Russia, chapatis from India and East Africa, English muffin from Great Britain, rye bread from Sweden, and bread sticks from Italy.