

Raisin Fruit Cup

Ingredients for 10 students:

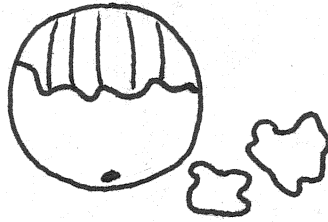
2 oranges, peeled, seeded, and sliced

1 medium banana, peeled and sliced

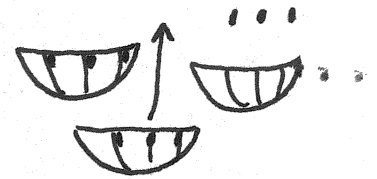
1 tablespoon of raisins

1/3 cup low fat vanilla yogurt

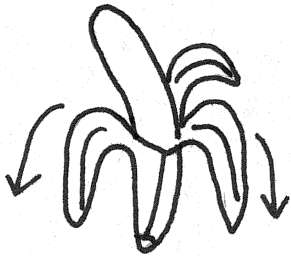
1/2 teaspoon of ground cinnamon



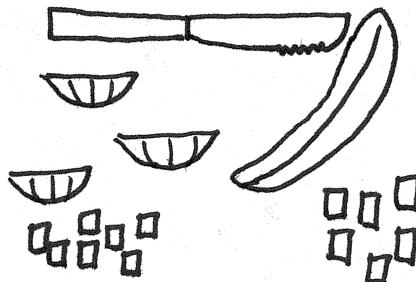
peel the orange



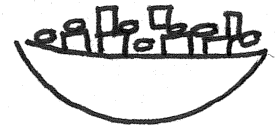
take the seeds out of each section



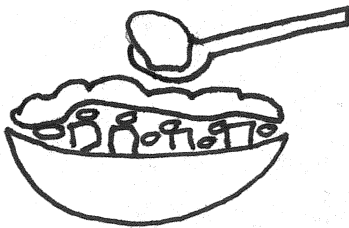
peel the banana



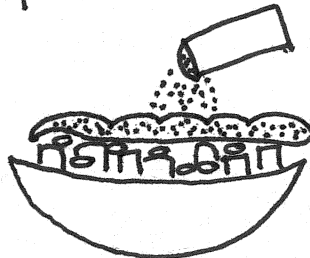
cut the orange and banana into pieces



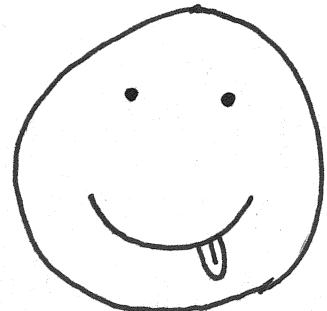
put the fruit pieces and raisins in a bowl



put some yogurt over the fruit



sprinkle some cinnamon on the yogurt



enjoy!

Raisin Accordion Book
(Tune of
If You're Happy
and You Know It)

R-a-i-s-i-n,
R-a-i-s-i-n,
It's a grape
that has dried.
R-a-i-s-i-n





PRUNES, FIGS, DATES, RAISINS

(Science / Math)

Plums-prunes

Figs

Book: Raisin & Grape by Tom Amico and James Proimos



Nutrition Link: Key concepts:

1. Raisins are dried fruit, which began as grapes that dried in the sun.
2. Raisins can be purple or yellow.
3. Raisins give you fiber, iron, and potassium.
4. Fiber acts like a sponge when we eat it so it cleans out our system. Iron helps make our blood strong and potassium helps make the heart strong and helps our muscles work.

Objective: To show increasing ability to compare, match, and sort objects into groups according to common attributes. Students will sort objects into three or more different groups.

Supplies: Fresh and dried Prunes (plums), Figs, Dates, Raisins (grapes); paper plates divided into thirds per student; graph/chart paper (1 for size, shape, & color, and another for taste testing).

Directions: The teacher will discuss with the students what the fruit looks like when it is picked fresh and then what it looks like when it is dried. They can then discuss what the outside of the fruit looks like, what is in the inside, and the different size and shapes of the pits/seeds. Do they all have pits/seeds?

The teacher can then leave out one of each of the fresh fruits to show the students how the fruit changes shape when it starts to dry out. Discuss with the students what they should watch for.

The students will then sort the fresh & dried fruits by size, shape, and color onto their divided plates. The teacher will then chart the students' choices on a graph. The students can then taste the fresh & dried fruit and the teacher will chart their reactions the fresh & dried fruit.



Raisins


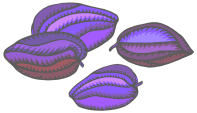
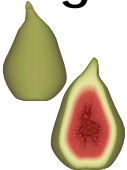




Dates

DRDP #2 Indicator Math: Measure 26(Classification)



Prunes, Figs, Dates, & Raisins

Fruit				
Plums 				
Prunes 				
Figs 				
Dates 				
Grapes 				
Raisins 				





Harvest of the Month Dried Fruits La Cosecha del Mes Fruta Seca



Why Are We Here? ¿Por qué estamos aquí?

- Obesity is a big problem in this country.
- Each month we will come to the classroom to talk about healthy eating.


- La obesidad es un gran problema en este país.
- Cada mes vendremos al salón para hablar sobre la alimentación saludable.

Eat Your Colors

Dried fruit can be brown, blue or purple

- Fruits and vegetables come in a rainbow of colors.
- Eat a variety of colorful fruits and vegetables everyday.
- Fruits and vegetables may help maintain heart and cholesterol levels that are already healthy
- They may help maintain healthy aging, memory function and urinary tract health



Coma Sus Colores

La fruta seca puede ser marrón, azul o morada

- Las frutas y las verduras vienen en una variedad de colores.
- Coma varias frutas y verduras cada día.
- La fruta ayuda a mantener niveles de colesterol saludables en el cuerpo
- La fruta ayuda a mantener la buena memoria en la edad avanzada y también a mantener el tracto urinario saludable.



Why Should We Eat Dried Fruits?

- Most dried fruits are a great source of vitamin C, which helps the body fight illnesses and keeps the immune system healthy.
- They also have calcium, vitamin A and vitamin B
- Dates, dried figs, prunes and raisins are a good source of fiber which promotes bowel regularity and protects against heart disease, cancer and diabetes.
- Prunes and raisins have potassium which helps control blood pressure, maintain muscle contractions and a healthy nervous system
- Dried figs and raisins provide iron which is an essential mineral for maintaining the delivery of oxygen throughout the body.



¿Porqué debemos comer fruta seca?

- Las frutas secas también son ricas en calcio, Vitamina A, Vitamina B y Vitamina C la cual nos ayuda combatir las infecciones
- Casi todos las frutas secas como el dátil, el higo, la ciruela y las pasas son una fuente de fibra dietética. La fibra ayuda a mantener constante el nivel de azúcar en la sangre
- Las frutas secas son una fuente rica en potasio. El cuerpo necesita del potasio para mantener el sistema nervioso saludable y mantener en buen estado las contracciones musculares
- Los higos y las pasas contienen hierro, un mineral esencial e importante para la energía



How To Select, Store and Serve?

- Dried fruits are available all year.
- Look for dried fruits sold in bulk quantity
- Buy dried fruits without added sugar. They are already sweet.
- Store in a cool, dry location like a cupboard or refrigerator
- Freeze dried fruits before chopping. They will be less sticky and easier to chop



¿Cómo escoger, guardar y servir?

- Las frutas secas se encuentran durante todo el año
- Busque frutas secas que se vendan en cantidades grandes y sin azúcares
- Almacene frutas secas en recipientes herméticos para que se mantengan frescas
- Almacene en un lugar fresco y seco como la alacena o el refrigerador
- Congele la fruta seca antes de cortarla. Así será más fácil de cortar.



Fruit Facts

- Fruits become dry when their moisture content drops below 20 percent
- Dried fruits are the result of either natural or mechanical processes
- California's grape growers happened upon raisins accidentally when an early heat wave dried the grapes on the vine
- On average, Americans consume about two pounds of raisins per year, slightly ahead of fresh grape consumption



Verdades sobre la Fruta Seca

- Las frutas se secan cuando la cantidad de humedad baja a 20%.
- Las frutas se pueden secar naturalmente o mecánicamente
- Las pasas se descubrieron en California un verano cuando los cultivadores de uvas hallaron sus uvas secas por una sequía
- La gente en este país consume aproximadamente 2 libras de pasas cada año; lo cual es un poco más de las uvas que se consumen cada año



Home Grown Facts

- 28.5 million pounds of dates grow in Southern California
- California's San Joaquin Valley grows 20 percent of the world's figs and 99 % of the nation's!
- California is the world's leader of dried plums, producing about 65% of the world's supply and 99% of the nation's!
- In the U.S., raisins are produced almost exclusively in California's Central Valley



Verdades sobre donde se cultivan

- 28.5 millones de libras de dátiles se siembran en el sur de California
- En California el Valle de San Joaquin siembra más de 20% de los higos del mundo y casi 99% de los higos de la nación.
- California produce más ciruelas que en todas las otras partes del mundo. California produce 65% de las ciruelas de todo el mundo y 99% dentro de la nación.
- Las pasas producidas en este país son producidas exclusivamente en el Valle Central de California.



Healthy Eating and Physical Activity Go Hand in Hand! ¡Comer saludable y la actividad física van de mano a mano!



- Its important to promote exercise as well as healthy eating.
- Children need to get at least 60 minutes of activity a day.
- Adults need at least 30 minutes of physical activity a day.

- Es importante promover ejercicios tanto como comer saludablemente.
- Los niños deben tener por lo menos 60 minutos de actividad física cada día.
- Los adultos necesitan hacer 30 minutos de actividad física cada día.



How Can We Be MORE Active? ¿Cómo podemos ser más activos?



- Physical activity can be as simple as picking up toys or helping to clean the house.
- Take the stairs instead of the elevator
- Limit activities like watching TV and playing video games.
- Instead go for a walk or play in the park together

- Los ejercicios pueden ser tan simples como recoger juguetes o limpiar la casa.
- Use las escaleras en ves del elevador.
- Limite el tiempo que los niños usan viendo la televisión o jugando con videos.
- Vaya al parque para caminar o jugar.



**Thank You!!!
Gracias!!!**

We hope to see everyone eating more dried fruits and being more active.

Esperamos verlos a todos comer mas frutas secas y hacer más ejercicios.



Student Classroom Activity

Portion Control

December 2008 Prunes, Figs, Dates, Raisins

Music and Movement: Sparks CD #19 Body Rock (2:36)

Music and Movement: Sparks CD #28 Freeze Dance (2:16)

Hula hoops may be used this month with this Music activity.

Read Facts: Cycle II poster big book

Grapes to Raisins by Inez Snyder

Raisin and Grape by Tom Amico

Using your classroom calendar, show the children that everyday we should eat anytime foods. But sometimes we may eat small portions of sometimes food. (Using your classroom calendar, have the children count how many portions of fruits and vegetables they eat and also the portions of sometimes foods.)

Question: What are anytime foods?

These are foods that are good to eat anytime. They are healthy foods with nutrients to help you grow up healthy.

Examples: fruits and vegetables, nonfat and low fat milk, whole-grain bread, extra lean meat, eggs, cheese, and water. (These are some examples).

Question: What are sometimes foods?

Candy, cookies, donuts etc. are sometimes food.

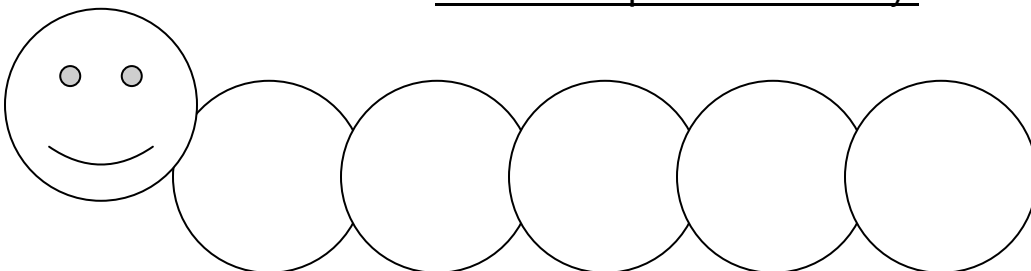
Activity 1: Read, The Very Hungry Caterpillar by Eric Carle

Count food items that the caterpillar eats each day. What happens to the caterpillar when it over eats vs. when it eats one green leaf.

Activity 2: Counting Fruits and Vegetables to feed the caterpillar.

Have children paste anytime foods in caterpillar circles. Also allow children to paste 1 sometime food, in order to illustrate moderation and portion control.

* Goal is to present 1 activity.



Parent Nutrition Education

December: Portion Control

Objective: To become familiar with size of foods a toddler, an elementary school-age child, and an adult need.

ASK: What do you think is the biggest difference between our diets and our children's diets?

POINT OUT:

Our needs and our children's needs don't differ much. The biggest difference is in the portion sizes. For example, milk is needed by children for making and growing good bones. Parents need it to maintain bone health and prevent osteoporosis (a disease caused by a decrease in bone density causing weak bones). This is like a piece of wood that has become weak as it gets old. However, the amounts needed differ.

ACTIVITY:

1. Provide 3-5 samples (real foods, plastic foods, pictures, or empty food packages) from the following food groups for the listed age groups. Vary the food groups and the ages.

Examples of samples:

- A toddler's daily food intake. Compare these portions to a child's needs.
- An elementary student's fruit and vegetable needs in one day. Compare these portions to an adult's needs.
- An adult's daily intake of Grains. Compare these portions to a child's need.

2. Review what a cup looks like.

- You can use a measuring cup to demonstrate a 1 cup serving.
- Also, 1 hand is approximately $\frac{1}{2}$ cup, while 2 hands together hold about 1 cup.

3. In small groups, ask parents to explore and discuss portions for a toddler, an elementary school aged child, and an adult.

Discuss differences using the following table as a guideline.

Note: This can be a complicated chart for many people to follow. Spend a lot of time making sure it is understood by parents or modify it as you see fit.

Parent Nutrition Education

FOOD GROUPS	Cups per Age Group		
	Toddler	Elementary School Age	Adults
Fruit (cups)	1	1.5	1.5-2.5
Vegetables (cups)	1.5	1.5-2.5	2.5-3.5
Grains (1 slice or ½ cup)	3-4	5-6	6-9
Protein- beans or meat (ounces or meatballs)	2-3	4-5	5-6.5
Milk (cups)	2	2-3	3
Oils (teaspoons)	3-4	4-5	5-8

Note: Recommendations are set across a range because of the needs of different individuals (men versus women, teenagers versus young children under 12 years old, etc.) and their activity levels.

- This table is based on MyPyramid and it encourages us to eat from different food groups.
- Each food group offers us different nutrients that our body needs to be healthy at all ages.
- The goal is to eat enough from each group and not eat most of our calories from one or two food groups.

DID YOU KNOW....Making your child's plate

Here is a guide for you to use:

1 tablespoon of each food per each year of life per meal (up to 5 years of age)

Example for a 4 year old child:

- 4 spoons or ¼ cup fruit
- 4 spoons or ¼ cup vegetables
- 4 spoons or ¼ cup rice
- 4 spoons or ¼ cup beans
- ½ cup of milk

REVIEW: “Portion Distortion” Handout and “Healthy Eating for your Preschooler” Handout. Note the examples of portions in the “Help with Servings” column.

REVIEW: “How to measure your meal” Place Mat Poster and discuss the importance of a balanced plate

Resource: www.mypyramid.gov allows you to determine the amounts of food you need each day based on your age, gender, height, weight, and exercise level.

Carrot Raisin Salad

Ingredients:

12 carrots (medium), shredded

3/4 cup raisins

6 tsp sugar

Juice of three lemons

Directions:

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon.
2. Serve chilled.

Serves 40