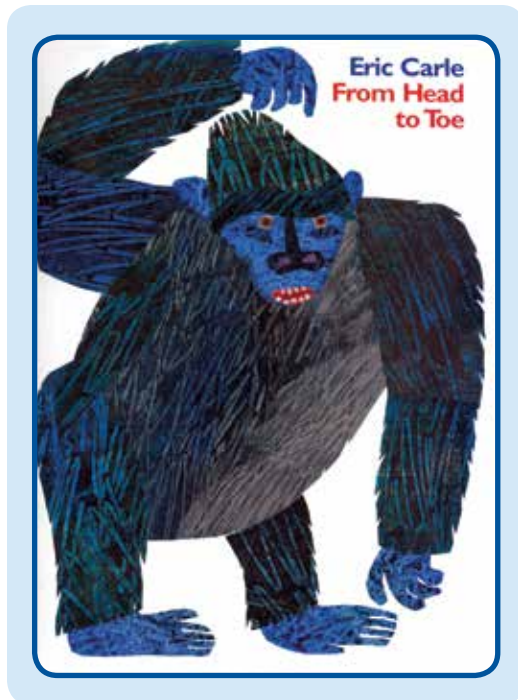


From Head to Toe



About the book:

From Head to Toe
by Eric Carle

Publisher: Harper Collins Publishers, Inc.
ISBN#: 978-0-06-443596-3

Nutrition Objectives

- Identify what parts of fruit contain fiber.
- Recognize 100% juice over imitation drinks.

Physical Education Objectives

- Promote the importance of being physically active every day.
- Exhibit a positive attitude toward doing physical activity.

Activities

- Nutrition Activity #1: Real vs. Imitation
- Nutrition Activity #2: Juicy Jigglers
- Physical Activity #1: Swing Your Partner

Parent Newsletter

- Which Juice?

Content Standards

- Math—Measuring

Intent of Lesson

Children will enjoy moving like a variety of exotic animals. Then they will explore the healthy fruits that many animals eat and that are healthy for the children to eat. Concerns about juice and sweet fruit treats are addressed.

Previewing (5 minutes)

We are going to learn about becoming and staying healthy – that includes exercising and eating the right foods every day.

“Let’s get started and get moving from head to toe!” ...

Active Reading: (10 minutes)

Go through *From Head to Toe* by Eric Carle page by page and have the children (and you!) act out the animal steps... “You Can Do It!”

| | | | | | |
|---------|---------|---------|-----------|--------|----------|
| Penguin | Buffalo | Seal | Cat | Camel | Elephant |
| Giraffe | Monkey | Gorilla | Crocodile | Donkey | Me... |

Summarizing (5 minutes)

“You did it! Sit down and rest now and let’s take a minute and talk about eating right. One important kind of food that we need is fruit. Eating fruits in a rainbow of colors helps give us lots of important vitamins and minerals that help keep us healthy. To get us started thinking about fruits, let’s learn a new song. We will sing it just like Twinkle, Twinkle, Little Star only we will use different words for the fruit song...” (see next page for song)

**Strawberries, bananas,
watermelon too;**

**Good for me
and good for you!**

**They are tasty;
they are sweet**

**All are such
a yummy treat.**

**Strawberries, bananas,
watermelon too;**

**Good for me
and good for you.**

Real vs. Imitation

Directions:

1. Ask students to name their favorite fruits. Point out the MyPlate fruit group. Show some fruit food model cards. Show that a serving of fruit is 1 cup (baseball-sized serving) and that they should get at least 2 cups of whole fruit each day.
2. Whole fruit has FIBER in the skin and pulp. Using food model cards, have children choose ones where they can eat the skin and pulp.
A: pear, kiwi, blueberries, plums, apples.
3. Sometimes instead of eating the whole fruit you might drink a fruit juice. Reading the label is very important – if it doesn't say 100% fruit juice, then there are things added to it especially sugar. Let's experiment...
 - Juice an orange and pour into a clear cup. Explain that this is 100% fruit juice without any sugar added to it.
 - In a different cup, mix 1/2 cup of water with 1/4 cup of sugar. Add 1 T. of freshly squeezed orange juice and a few drops of food coloring.
 - Explain that some drinks that say "juice" really aren't 100% juice and have other things in them and often very little real fruit juice (usually less than 10%).
 - Which drink do you think is healthier? Why?
 - Allow each child to juice his own orange and enjoy!



15-20 minutes

Equipment:

- MyPlate Poster
- Baseball
- Food model cards (National Dairy Council, 200 cards, 1-800-426-8271)
- One (1) Orange
- Two (2) Clear Cups
- Water
- Sugar
- Food Coloring
- Juicer
- Tablespoon

Juicy Jigglers!



20 minutes

Equipment:

- Blender
- Saucepan
- Stove/hot plate/microwave
- 8x8 pan
- Strawberry kiwi juice
- Frozen strawberries
- Unflavored gelatin
- Sugar/substitute

Directions:

This recipe provides a healthy twist to the gelatin-based jiggle squares that are high in sugar and artificial coloring. Making them will provide youth a great learning experience in working together, measuring, and following directions.

Juicy Strawberry Squares

- 1 ½ cups strawberry kiwi juice, divided
- 1 cup frozen strawberries
- 2 envelopes unflavored gelatin
- 1 tablespoon sugar or sugar substitute

Nutrition Facts

per square:

10 calories,
2 g. sugar,
10% vitamin C

In a blender, blend together 1 cup of juice and the frozen fruit until smooth. Pour into a small saucepan and bring to a boil or microwave. Stir occasionally. Meanwhile, place the remaining ½ cup juice in a large bowl. Sprinkle the gelatin over the juice and let stand 1 minute. Add the hot juice and stir until the gelatin completely dissolves, about 5 minutes. Stir in the sugar. Pour the mixture into an 8X8 inch pan. Refrigerate until firm, about 3 hours. To serve, cut into squares. Makes 24 squares.

Try other fruit and juice combinations.

Adult supervision is needed with blender and heating appliances to prepare recipe.

Swing Your Partner



15-20 minutes

Connection:

Move and stop suddenly to practice balance and control or move creatively with a prop.

Equipment:

- Variety of music
- Scarves, broom, spoons or household utensils, stuffed animal, pompom other objects
- Video demonstration:
<https://www.youtube.com/watch?v=oTU0rqbscfE&list=UUj-FmcdznusII4O59us1BuQ>

Directions:

Freeze Dance

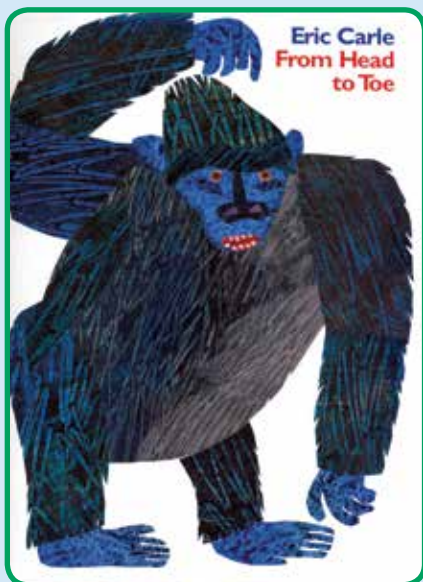
1. Everyone dances to music.
2. Stop the music suddenly—everyone freezes in place.
3. Begin again, starting and stopping the music.

OR

Swing Your Partner

1. Give dancers a choice of partners: a broom, scarf, fan, stuffed animal, pair of wooden spoons or other household item.
2. Put on music and have each dancer move about the floor with his or her “partner”.
3. Take turns dancing with new partners.
4. Discuss: “How different is it to dance with a scarf compared to a broom?” (Ask additional questions, substituting other objects used in the dance.)
5. Change music to create a different mood or rhythm.

Adapted from Curious George Family Activities, PBS.org



Family Fun

For a family activity check out the book, *From Head to Toe* by Eric Carle, from your local library. Read together. Repeat the actions of the animals with your child.

Practice reading the labels on page 2.

Which Juice?

Healthy Beverages

A balanced diet includes a variety of foods. Like foods, most beverages can fit into a healthful diet when chosen wisely.

Fruit juice can provide Vitamin C to help heal cuts and bruises, fight infection and use iron from other foods. Vitamin A in some juices can promote healthy eyes and skin. Carbohydrates provide energy, but also provide sugar. Therefore, it is important to select the fruit juices that you give to children carefully.

Enjoying fruit juices is one way for young children to get ample amounts of fruit in their diet. Children, between the ages of 1 and 6, should consume no more than 1/2 to 3/4 cup of juice a day. Because juice is convenient, it's easy to drink too much. Drinking too much can be a problem:

- Juice has calories. If a child drinks large amounts of juice, he is getting more calories than he needs. This may contribute to overweight.
- If juice replaces milk or calcium-fortified beverages, your child may not get enough bone building calcium.
- Sipping juice may promote cavities.

Which Would You Buy?

Orange juice, orange drink or orange soda? Each has a distinctive flavor. Your family may prefer one beverage more than another. Labels can help you choose beverages for your family based on their nutritional value.

Nutrition Facts labels can tell you how many calories and how the nutrients differ. The ingredient list will tell what was used to make the product. 100% orange juice is the best for nutritional value. Orange drink has some juice with Vitamin C and sugars added. Orange soda is flavored water with added sugars.

Be Label Smart

Orange Juice 100% Juice

| Nutrition Facts | |
|--|---------------|
| Serving Size 8 fl oz (240g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 112 | |
| | %Daily Value* |
| Total Fat 0g | 0 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | 0 % |
| Cholesterol 0mg | 0 % |
| Sodium 0mg | 0 % |
| Total Carbohydrate 28g | 8 % |
| Dietary Fiber 0g | 0 % |
| Sugars 21g | |
| Protein 2g | |
| Vitamin A 0% • Vitamin C 200% | |
| Calcium 3% • Iron 0% | |
| <small>* Percent Daily Values are based on a 2,000 calorie diet.</small> | |

Ingredients: Orange juice (not from concentrate)

Orange Drink Made with 5% Juice

| Nutrition Facts | |
|--|---------------|
| Serving Size 12 fl oz (240g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 120 | |
| | %Daily Value* |
| Total Fat 0g | 0 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | 0 % |
| Cholesterol 0mg | 0 % |
| Sodium 30mg | 1 % |
| Total Carbohydrate 31g | 10 % |
| Dietary Fiber 0g | 0 % |
| Sugars 29g | |
| Protein 0g | |
| Vitamin A 0% • Vitamin C 70% | |
| Calcium 0% • Iron 0% | |
| <small>* Percent Daily Values are based on a 2,000 calorie diet.</small> | |

Ingredients: Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)

Orange Soda

| Nutrition Facts | |
|--|---------------|
| Serving Size 8 fl oz (240g) | |
| Servings Per Container 1.5 | |
| Amount Per Serving | |
| Calories 120 | |
| | %Daily Value* |
| Total Fat 0g | 0 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | 0 % |
| Cholesterol 0mg | 0 % |
| Sodium 35mg | 1 % |
| Total Carbohydrate 32g | 11 % |
| Dietary Fiber 0g | 0 % |
| Sugars 32g | |
| Protein 0g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 0% • Iron 0% | |
| <small>* Percent Daily Values are based on a 2,000 calorie diet.</small> | |

Ingredients: Water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)



Orange Banana Frosty

Servings: 2 – 1/2 cup servings

Ingredients:

- 1 frozen banana
- 1/2 cup plain low-fat yogurt
- 1/2 cup prepared orange juice

Instructions:

Put all ingredients in a blender and mix well. Add more liquid if you want the drink thinner.



Funding for this project provided by The Wellmark Foundation

Nutrition Facts: 120 calories; 1g total fat; .5g saturated fat; 5mg cholesterol; 45mg sodium; 25g carbohydrates; 4g protein

Sources: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service
http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=46