

# Barstow Unified School District

## Nutrition Services Department



### Enrichment Activities for Curbside Meal Service

#### Thursday – Week # 2

Nutrition Education in schools help prepare students for life.  
Children who develop healthy habits at an early age are more likely to be well, stay well and do well in school.

**For more information:**

Nutrition Education: NO KID HUNGRY  
USDA: MyPlate.gov  
California Department of Education  
**Barstow USD – Nutrition Services # 760-255-6069**  
**BarstowSchoolCafe.com**

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1. Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
2. Fax: 202-690-7442
3. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

**B F S E A Y A P A P A P**  
**R C Q L S R R P E A R**  
**O H U P B A N A N A**  
**C P A P Y R E L E C**  
**C S S A Y A M S T E**  
**O A H E G N A R O K**  
**L E C A R R O T S I**  
**I P G R A P E S K W**  
**B E G G P L A N T I**

Answers on page 36

## Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit?

(On cereal, as a snack, for dessert, with dinner or on pancakes.)

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Name a vegetable you would like to try:

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How will you eat this vegetable? (As a snack, with dip, or for lunch.)

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# Snack Recipes

## BUGS ON A LOG

Easy, fun, and nutritious! Try all the different variations. What are your ideas?

### Logs:

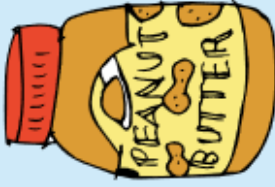
- Celery sticks (about 3 in.)
- Carrot sticks (about 3 in.)
- Cucumber sticks (about 3 in.)
- Apple slices (remove cores)

### Spreads:

- Fat-free cottage cheese
- Fat-free cream cheese
- Peanut butter
- Hummus

### Bugs:

- Raisins/dried cranberries
- Chopped nuts
- Sunflower seeds

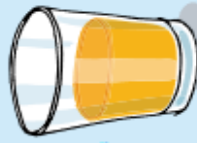


## WIGGLY FINGERS

### What do you need?

- 3 packages unflavored gelatin
- 1/2 cup 100% pineapple juice
- 1 cup 100% orange juice
- 1 cup boiling water

(Note: You can replace the pineapple juice and orange juice with any combination. Try grape and other 100% juices, too!)



### Here's how to make them:

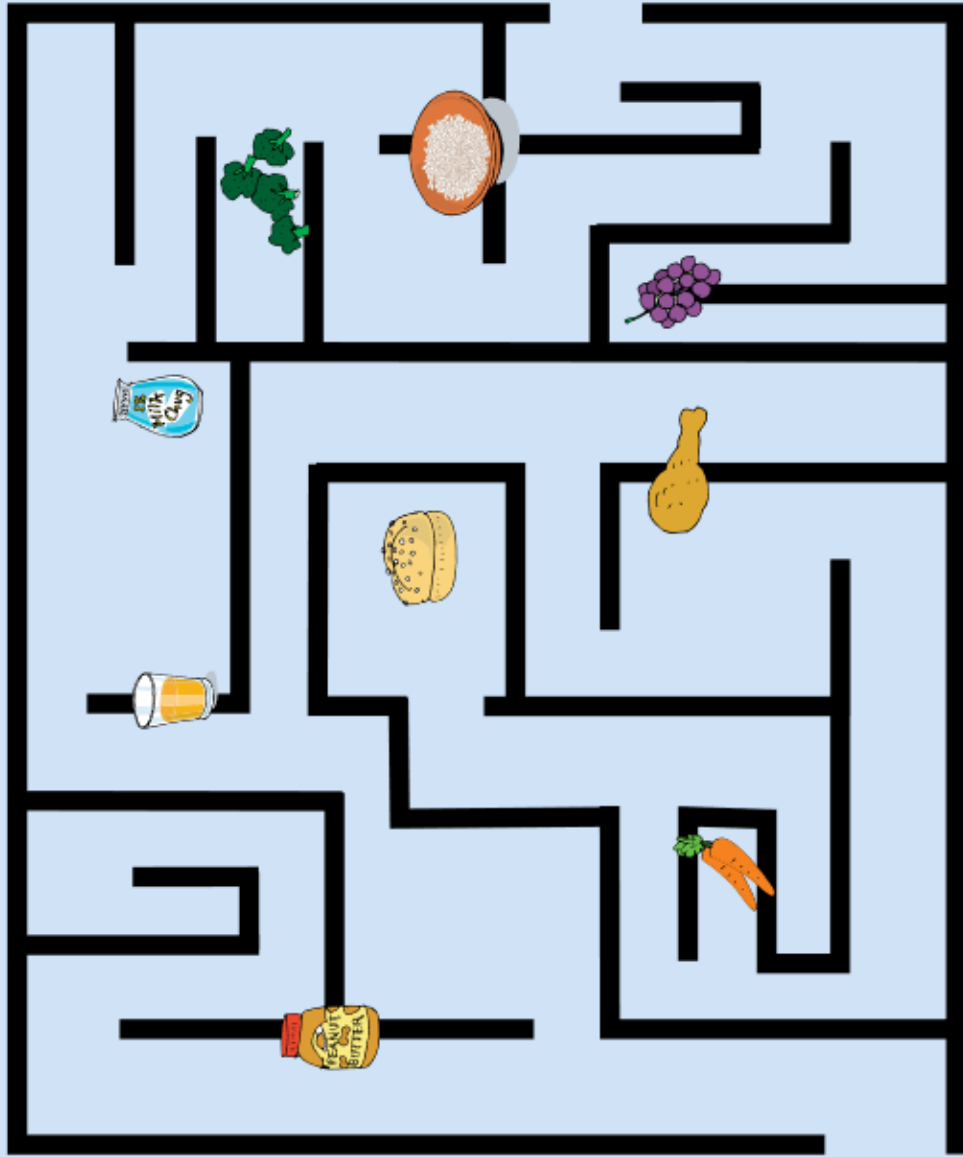
1. Mix gelatin with a little of the pineapple juice.
2. Add 1 cup boiling water slowly, stirring constantly until gelatin is dissolved.
3. Add remaining juices.
4. Pour into 9"x 12" pan.
5. Chill until set.
6. Cut into finger lengths.
7. Store in covered container in refrigerator.



# MyPyramid Maze

..... and help her find foods from each food group on the way to .....

Lead the pal from MyPyramid through the maze



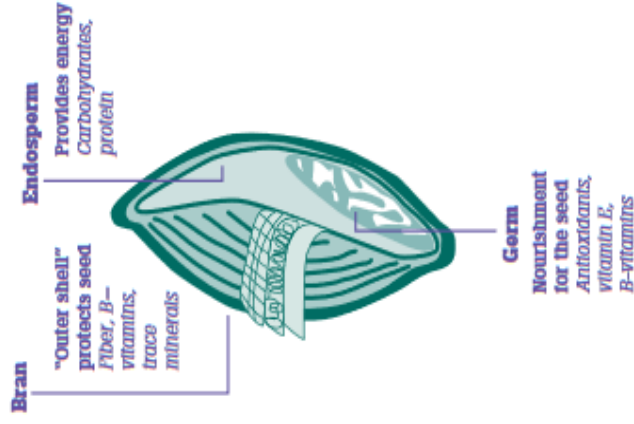
MyPyramid for Kids.


















# Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

## Whole grain kernel



## Some Examples of Whole Grains:

- brown rice 
- buckwheat 
- bulgur (cracked wheat) 
- oatmeal 
- popcorn 
- whole-wheat cereal 
- muesli 
- whole-grain barley 
- whole-grain cornmeal 
- whole rye 
- whole-wheat bread 
- whole-wheat crackers 
- whole-wheat pasta 
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas 
- wild rice 
- whole cornmeal 
- shredded wheat cereal 

## Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for up to half of the flour in a recipe.
- Eat whole-grain crackers.
- Once a week or more, try a lowfat meatless meal or main dish that features whole grains (such as red beans and brown rice).



## MyPlate Word Blanks: "Winter Feast"

**How to play:** Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story back to them.

### WORD LIST

1. Boy's name: \_\_\_\_\_
2. Verb (past tense): \_\_\_\_\_
3. Noun (plural): \_\_\_\_\_
4. Verb (ending in "ing"): \_\_\_\_\_
5. Noun (plural): \_\_\_\_\_
6. Noun (plural): \_\_\_\_\_
7. Shape: \_\_\_\_\_
8. Adjective: \_\_\_\_\_
9. Vegetable (plural): \_\_\_\_\_
10. Adjective: \_\_\_\_\_
11. Vegetable (plural): \_\_\_\_\_
12. Man's name: \_\_\_\_\_
13. Vegetable (plural): \_\_\_\_\_
14. Name: \_\_\_\_\_
15. Noun (plural): \_\_\_\_\_
16. Protein food: \_\_\_\_\_
17. Fruit (plural): \_\_\_\_\_
18. Noun: \_\_\_\_\_
19. Adjective: \_\_\_\_\_
20. Adjective: \_\_\_\_\_

..... Fold Here .....



## "Winter Feast"

(1) \_\_\_\_\_ (2) \_\_\_\_\_ out of bed and pulled up the shades to his window. He looked outside and saw (3) \_\_\_\_\_ falling from the sky. The winter holiday season was (1) \_\_\_\_\_'s favorite time of the year. His whole family was coming over for dinner today and he wanted to surprise them by (4) \_\_\_\_\_ a pizza feast!

It was time to hit the kitchen. His mom heated the (5) \_\_\_\_\_, while (1) \_\_\_\_\_ mixed dough for the crust with his (6) \_\_\_\_\_ -- after washing them first, of course. His mom had bought whole wheat flour at the store, which he kneaded into a perfect (7) \_\_\_\_\_ crust, rolling it out nice and (8) \_\_\_\_\_.

(9) \_\_\_\_\_ were his favorite vegetables, which he blended up with some tomatoes for the sauce. Then he sprinkled some low-fat (10) \_\_\_\_\_ cheese on top of that -- making a smiley face just for fun. The toppings were the best part! He used everyone's favorites: (11) \_\_\_\_\_ for Uncle (12) \_\_\_\_\_, (13) \_\_\_\_\_ for Cousin (14) \_\_\_\_\_, and (15) \_\_\_\_\_ for Grandma. Next, he threw on some (16) \_\_\_\_\_ for his mom, who loved her protein. Then it was time for his secret ingredient: (17) \_\_\_\_\_! He thought fruit would add a little extra fun!

His mom popped it in the (18) \_\_\_\_\_ to bake it and it smelled great! And it was ready just in time, too! As the family arrived at the front door, he announced, "On tonight's menu, we have (1) \_\_\_\_\_'s World-Famous (19) \_\_\_\_\_ Pizza! So come on in and dig in!" And that's just what they did! The evening was (20) \_\_\_\_\_ and merry, as they ate together around the fire.