

Barstow Unified School District

Nutrition Services Department



Enrichment Activities for Curbside Meal Service

Thursday – Week # 3

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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1400 Independence Avenue, SW
Washington, D.C. 20250-9410
2. Fax: 202-690-7442
3. Email: program.intake@usda.gov

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Safe Minimum Cooking Temperatures Charts

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Date Last Reviewed April 12, 2019

Eat Smart With MyPyramid For Kids

Draw a circle around the foods that are in the Grain Group



Bread



Sweet potato



Popcorn



Pasta (bow tie)



Cereal



Candy

Draw a rectangle around the foods that are in the Vegetable Group



Carrots



Spinach



Grapes



Pasta (macaroni)



Broccoli



Swiss cheese

Draw a square around the foods that are in the Fruit Group



Corn



Orange juice



Apple



Banana



Strawberries



Muffin

Draw a triangle around the foods that are in the Milk Group



1% Milk



Yogurt



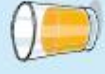
Egg



American cheese



Cookies



Orange juice

Draw an oval around the foods that are in the Meat and Beans Group



Peanut Butter



Egg



Beans



Chicken



Pork chop



Fish

Basics at a Glance

Recipe Abbreviations

- approx. = approximate
- tsp or t = teaspoon
- Tbsp or T = tablespoon
- c = cup
- pt = pint
- qt = quart
- gal = gallon
- wt = weight
- oz = ounce
- lb or # = pound (e.g., 3#)
- g = gram
- kg = kilogram
- vol = volume
- mL = milliliter
- L = liter
- fl oz = fluid ounce
- No. or # = number (e.g., #3)
- in. or " = inches (e.g., 12")
- °F = degree Fahrenheit
- °C = degree Celsius or centigrade

Volume Equivalents for Liquids



60 drops	= 1 tsp	= 0.5 fl oz
1 Tbsp	= 3 tsp	= 1 fl oz
1/8 cup	= 2 Tbsp	= 2 fl oz
1/4 cup	= 4 Tbsp	= 2.65 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 3 fl oz
3/8 cup	= 8 Tbsp	= 4 fl oz
1/2 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 6 fl oz
3/4 cup	= 12 Tbsp	= 7 fl oz
7/8 cup	= 14 Tbsp	= 8 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 16 fl oz
1 pint	= 2 cups	= 32 fl oz
1 quart	= 2 pt	= 128 fl oz
1 gallon	= 4 qt	

Equivalent Weights



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Fraction to Decimal Equivalents



1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight



Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume



Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L



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