

What You Will Need

Equipment:

small paper plates, plastic zipper bags, plastic forks, plastic Spoons, can opener, measuring tablespoon, dry measuring 1 cup, mixing bowl, stirring spoon and paper towels

Ingredients:

Vanilla yogurt, Strawberries, Apples, Blueberries, Bananas, Oat O's, Brown rice, Black beans, Can of Corn, and Can of Tomatoes and Green Chilies

Other Possible Activities:

Just Dance

Have the students stand in a circle, facing the circle center. Select one student to be the leader. The leader should move to the center of the circle. The leader will dance to the 30 second snippet of music, and the remaining students will replicate the dance of the leader. After 30 seconds have elapsed, that student should quickly select another student to be the leader. The new leader will dance to the next 30 second music snippet, and the remaining students will replicate this dance. Continue playing as long as time will allow. Twenty music files are available at . Play on a tablet, computer, phone, etc.

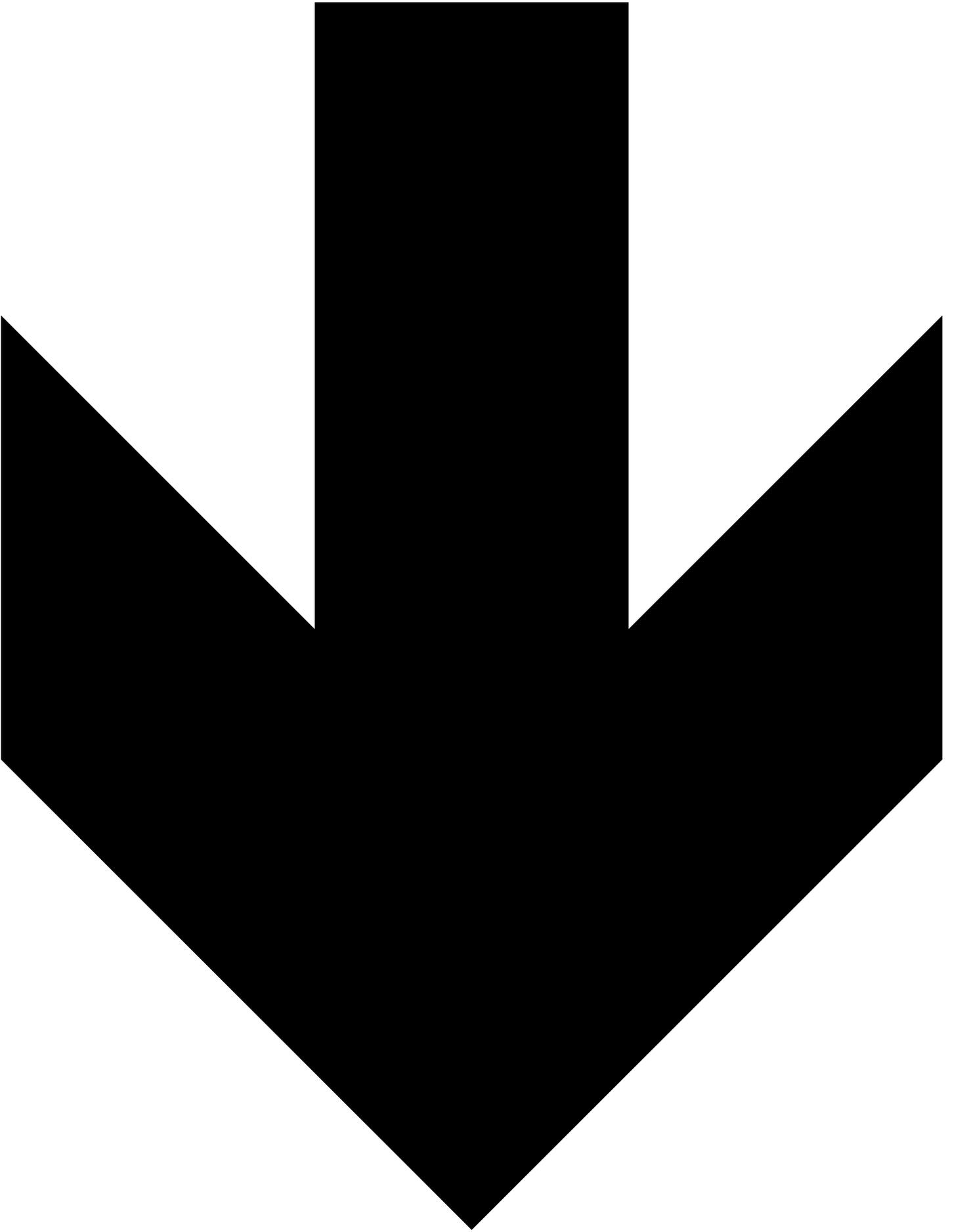
Up, Down, Left or Right

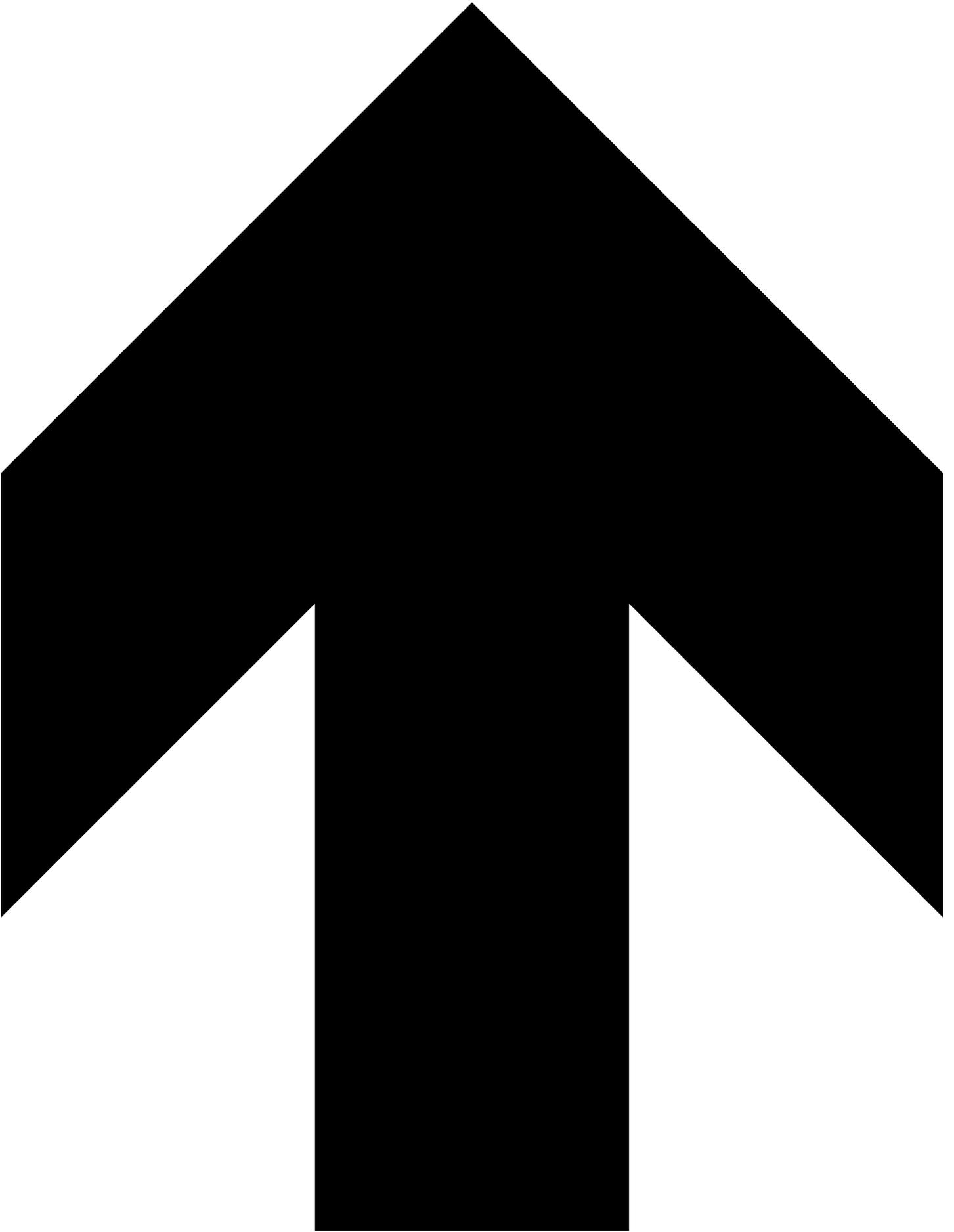
Have the students stand in rows, facing the nutrition educator. The educator will hold arrow cards, one at a time, so they are visible by the students. Copies of the arrow cards can be made, or one card can be rotated to achieve the different directions described below. When the students see an ↑ arrow, they should jump once in place. When the students see a ↓ arrow, they should crouch down to the floor. When the students see a ← arrow, they should slide one step left. When the students see a → arrow, they should slide one step right. Continue playing as long as time will allow. To further challenge the students, the educator can increase the speed at which the arrows are shown, or select a student to show the arrows.

Freeze Frame

Have the students stand in rows, facing the nutrition educator. The students should dance, however they wish, to the music that is played. When the educator shouts "Freeze!" and stops the music, all the students should freeze just as they are. To further challenge students, the educator can call out additional requests: dance on only one foot, place one hand behind your back, place a finger on your nose, clap both hands, place an elbow in the air, place both hands on hips, place one hand on a knee, keep one foot stuck to the ground, smile, etc. Continue playing as long as time will allow. See who can make the silliest "frozen" pose! Examples of music to use: Smart Fruit & Veggie Songs by info@abridgeclub.com; Better Bodies and Brains, Let's Get Moving by Dr. Jean; Hop to Health Jr. by Bluecross & Blue Shield of KC.







Dancing Fruit

Makes 1 serving

Ingredients (per child):

- 1 tablespoon vanilla yogurt
- 6 small bites of fruit (strawberries, blueberries, apples, grapes, raspberries, etc.)
- 1 tablespoon oat O's (crushed)



Directions:

1. Remember to wash hands.
2. Your child can help wash the fruit.
3. Cut the fruit (if necessary) into bite-sized pieces.
4. Your child can pour the oat O's in a gallon zipper bag. Zip the bag closed.
5. Your child can use a rolling pin (or canned good) to roll over the O's and crush.
6. Your child can place 12 fruit pieces into a container with a lid.
7. Add one tablespoon of yogurt to the container and close.
8. Shake to coat the fruit pieces.
9. Open the container and sprinkle with crushed oat O's.
10. Ready to enjoy with a fork.

Hint: Other fruits can be substituted, or added depending upon season or taste.

Nutrition Facts: 1 serving provides 45 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 11g total carbohydrate, 1g dietary fiber, 8g sugar, 1g protein, Vitamin C 4%, Calcium 2% , Iron 4%

Rumba Rice

Servings - 4

Ingredients:

- 1 cup brown rice (steamed)
- 1 15-ounce can reduced sodium black beans (drained and rinsed)
- 1 14.75-ounce can no salt added corn (drained)
- 1 10-ounce can tomatoes and green chilies (drained)



Directions:

1. Remember to wash hands.
2. Steam rice according to package directions
3. Use a can opener to open each can.
4. Your child can pour the can of corn into a strainer to drain. Add to the prepared rice.
5. Your child can pour the can of beans into a strainer and rinse under running tap water. Add to the prepared rice.
6. Your child can pour the can of tomatoes and green chilies in a strainer to drain. Add to the prepared rice.
7. Your child can help stir to combine all ingredients.
8. Ready to serve or refrigerate until needed.

Hint: This dish can be varied using different varieties of beans, or pasta can be substituted for rice. This dish can be served cold or hot.

Nutrition Facts: One serving provides 210 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 670mg sodium, 49g total carbohydrate, 7g dietary fiber, 6g sugar, 8g protein, Vitamin C 10%, Iron 10%, Calcium 6%