

Dear Educator,

Kick off your school year by promoting healthy lifestyles among your students and their families through the **Cool Food for Kids™** health education program brought to you by the National Frozen and Refrigerated Foods Association (NFRA) in partnership with curriculum specialists Young Minds Inspired (YMI).

The **Cool Food For Kids™** program is designed to help students understand more about healthy food choices, well-balanced meals, portion control, and the benefits of physical activity. Included are reproducible student activity masters and a teacher's guide with extended activities to enrich the learning. In addition, the program provides a fall semester calendar wall poster with *Cool Nutrition Tips* and *Cool Family Fun Tips* that coincide with special days, weeks, or month-long celebrations to build positive routines and reinforce healthy habits throughout the first months of school.

Also included is a reproducible parent letter with a family pledge to send home with your students. The dedicated parent take-home provides information for parents to keep their family's health, nutrition, and fitness top-of-mind, while enjoying the convenience frozen foods offer a family's busy lifestyle.

We urge you to share this valuable program with other teachers in your school. Although the materials are copyrighted, you may copy them for educational purposes. Please return the enclosed card to let us know your opinion of the program. We depend on your feedback to continue providing free educational programs that make a real difference in the classroom.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief



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Target Audience

This program is designed for students in grades 3-6 but may be tailored to suit the needs and abilities of your students.

Standards Alignment

The Cool Food for Kids™ program will:

- Educate students about making balanced food choices.
- Help students better understand portion control.
- Encourage students' physical activity.
- Support parents as they incorporate health, nutrition, and physical activity into their family's daily lives.

Program Components

This 6-page poster guide includes:

- Teaching suggestions.
- Three reproducible student activity sheets.
- One reproducible parent letter and family pledge.
- A calendar wall poster.
- A reply card for your important comments.

How to Use This Program

1. Photocopy this teacher's guide and the reproducible activity sheets before displaying the poster in your classroom. Make a master copy of these program components to share with other teachers in your school.
2. Photocopy the activity sheets for each student to complete the lessons. Review the directions with students before completing the activities in class.
3. Photocopy and send the parent letter and family pledge home with students upon completion of the program.

How to Use the Poster

Display the poster in a prominent classroom location to pique student interest. As part of your calendar time or morning announcements, refer to the poster and discuss the *Cool Nutrition Tips* and *Cool Family Fun Tips*. Encourage students to follow through with the tips at home and allow time to share their experiences the following day.

In the blank days on the calendar, encourage students to add their own *Cool Nutrition Tip* or *Cool Family Fun Tip*.

Activity 1 How Cool Are You?

Ask students to brainstorm what they already know about nutrition, healthy eating, MyPyramid food groups, and benefits of physical activity. Distribute the activity sheet and read each of the statements aloud, asking students to circle T if they believe the statement is true and F if they think it is false. Discuss each of the statements as a group. For the true statements, probe why students believe it is true. For false statements, prompt students to correct the sentences so they become true statements. Ask students to count the number of statements they answered correctly and use the *Cool Alert* to measure their success. Encourage students to share the quiz with their parents and discuss each statement together.

Answers: 1. True; 2. False – It's recommended to eat foods from all food groups every day. 3. False – Breakfast is the most important meal of the day. 4. True; 5. True; 6. True; 7. True; 8. False – Regular exercise can improve your mood.

Extension Activity: Have older students write 3 to 5 questions about healthy habits and host a game show in which students compete to see which team can answer the most questions correctly.

Activity 2 Stock Your Freezer!

Prior to completing this activity, ask students to survey what's in their freezer at home and share with the class.

Part A. Draw students' attention to the MyPyramid food pyramid in the middle of the page and have them follow the directions for coloring each food group the recommended color. Review each food group and the suggested servings. Then ask students to unscramble the food names and draw a line from each food to the correct food group. Emphasize that some foods may represent more than one food group.

Answers: 1. Waffle (Grains); 2. Beef Lasagna (Meat, Grains, Milk); 3. Spaghetti and Meatballs (Meat, Grains, Milk); 4. Spinach Quesadilla (Vegetables and Grains); 5. Berry Parfait (Fruits and Milk); 6. Strawberry Smoothie (Fruits and Milk); 7. Veggie Pizza (Vegetables, Grains, Milk); 8. Broccoli (Vegetables); 9. Frozen Yogurt (Milk); 10. Chicken Strips (Meat).

Part B. Ask students to stock their freezer by making a grocery list. Challenge them to list as many frozen foods as possible under each food group.

Extension Activity: For younger students, have them create a *Cool Foods Book* by creating a page dedicated to each food group. Students can illustrate foods that represent the food group or cut pictures of frozen foods from a magazine and glue them to the appropriate page. For older kids, have them expand on the *Cool Foods Book* by indicating the appropriate serving size for each food group and including recipes from www.EasyHomeMeals.com.

Activity 3 Keeping My Cool

Part A. Introduce the activity by explaining how to use the chart and encouraging students to complete the chart throughout the week. You may choose to allow class time for students to record their breakfast and lunch.

Part B. Once students have completed their chart, ask them to analyze their results and answer the questions below the chart.

Part C. Send the completed chart home and ask parents to work with their child to establish family goals for incorporating the food groups into each of their meals and engaging in physical activity 60 minutes each day.

Extension Activity: For younger and older students, ask them to graph the number of servings consumed per day in each food group. For older students, encourage them to share their information in different types of graphs like a pie chart.

Cool Food for Kids Family Pledge

To continue your students' learning beyond the classroom, sign your name and photocopy the family pledge to send home with each student. Ask students to share the pledge with their family and see if they can get all family members to sign the pledge together.

Culminating Activity

To wrap up the unit of study, create a *Cool Kids Cookbook*. Ask students to select their favorite recipes from

www.EasyHomeMeals.com and compile them into a recipe book that can be photocopied for each student to take home.



1 How Cool Are You?

Think you're pretty cool? Let's find out with this "cool foods" quiz. For each question, circle **T** if you think the statement is **True** or **F** if you think it is **False**. After you review the answers in class, find out how cool your parents are by having them take the quiz too!

COOL ALERT:

8 or more correct = You're A Cool Kid!

5-7 correct = Freeze! See if you can find more cool nutrition facts!

4 or fewer correct = Chill out and learn more about cool foods for kids.

1. Kids should spend at least 60 minutes a day on physical activity like riding your bike, rollerblading, dancing, or swimming. **T or F**
2. It's not important to eat foods from all food groups every day. **T or F**
3. It's fine if you decide to skip breakfast a couple times a week. **T or F**
4. Frozen foods can be part of any meal – breakfast, lunch, snacktime, and dinner. **T or F**
5. Eating at the dinner table with your family is an example of a healthy eating practice. **T or F**
6. Keeping a cool balance means making good food choices and controlling the amount of food you eat. **T or F**
7. When choosing a snack it's a good idea to look at the serving size on the nutrition label. **T or F**
8. Regular exercise doesn't improve your mood. **T or F**



Bring your family together by going to www.EasyHomeMeals.com for delicious and simple recipes like the one below.

Happy Pancakes

Ingredients

- 6 Frozen Pancakes
- 2 cups Strawberries
- 1 cup Blueberries
- ½ cup Semi-sweet Chocolate Chips



Directions:

Prepare pancakes according to package directions. Slice strawberries. On each pancake create a face with blueberries as eyes, chocolate chips for the smile; place strawberry slices around edge of pancake.



Cool Family Fun!

Help your family get up and moving each day. Hula hoops, jump ropes, and limbo can be so fun! See who can hula the longest, jump the fastest, or go the lowest.



2 Stock Your Freezer!

Part A. Uh-oh! Looks like a mix-up in the freezer aisle! Can you put these cool foods back where they belong? First, color the MyPyramid and review the food groups in class. Then unscramble the frozen food names and draw lines to show the correct food group for each one.

Cool Tip:
Some foods may belong to more than one food group.

1. fawfel

2. efeb gasanal

3. ghapseitt dna lalstemab

4. pnichas euqaslalid

5. erryb partaif

6. yrerwartsb mtohoeis

7. giegev zaizp

8. ccorboil

9. enzfro gyorut

10. hneccik pirsts

orange

green

red

yellow

blue

purple

Grains

Vegetables

Fruits

Oil

Milk

Meat & Beans

Part B.

Do you have cool foods from all the food groups in your freezer? Stock up! Use the grocery list to list as many favorite foods for each food group as you can.

[illegible]

Go to **www.EasyHomeMeals.com** and create a cool menu for your family to enjoy. Don't forget to include foods from each food group!

Cool Family Fun!

Frozen foods can help you make a fresh and quick dinner – allowing you to spend more time together. Keep it active after dinner by going on a family bike ride or enjoying a game of freeze-tag.

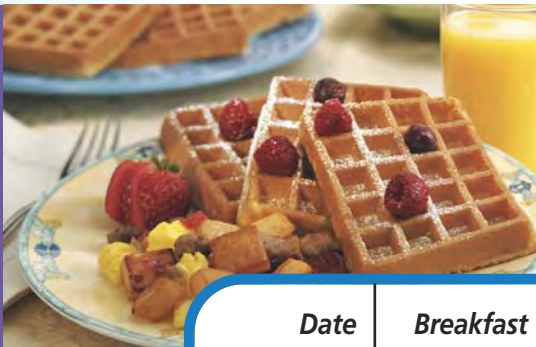


3 Keeping My Cool

Part A. Cool kids eat right and stay active every day. This week, keep your cool by tracking your breakfast, lunch, snack, and dinner food choices along with your daily physical activity. Need help? Check out our 4 Cool Tips.

Cool Tip 2:

Get your day started off right! Breakfast is the most important meal of the day.



Cool Tip 3:

It's easy to put a cool dinner together. Try frozen foods like vegetables, macaroni and cheese, and breaded shrimp.



Cool Tip 1:

Snacks help you "cool" your hunger between meals. Check the serving sizes on the nutrition label to keep your food portion at just the right amount.



Date	Breakfast	Lunch	Snack	Dinner	Physical Activity
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Cool Tip 4:

Get your family up and moving by planning fun activities after dinner.



Cool Family Fun!

To help you reach your family food and activity goals, visit www.EasyHomeMeals.com for cool breakfast, lunch, snack, and dinner recipes, and ideas for fun family activities.

Part B. So, did you keep your cool all week? Check it out!

What food group did you eat from the most? _____

What food group did you eat from the least? _____

How much physical activity did you average every day? _____ minutes

Part C. Now you're cool — but what about the rest of your family? Use your chart to set cool food and activity goals for everyone at home.

Family Food Goals:

Family Activity Goals:

Dear Parent/Guardian:

The curriculum specialists at Young Minds Inspired (YMI) have partnered with the National Frozen and Refrigerated Foods Association (NFRA) to bring this **Cool Food for Kids™** educational program to your child's school. Included in this program are fun activities, recipes, and "Cool Tips" to help your family maintain a healthy lifestyle and be the coolest in the neighborhood!

The **Cool Food for Kids™** program understands that most families are constantly on the go, with little time to prepare an elaborate meal. Frozen foods provide a healthy, convenient option. Frozen vegetables, juices, meats and seafood, prepared skillet meals, breads, pizza, pasta entrees, desserts and hundreds of balanced frozen food options are prepared in minutes and allow you the time to sit down with the family and enjoy a meal you can feel good about. Now, that's time well spent! Be sure to visit **www.EasyHomeMeals.com** for tasty, time-saving recipes and to enter the **Cool Food for Kids™ Sweepstakes.***

Included below is the *Keeping It Cool* family pledge to encourage your family to work together and make healthy eating and physical activity a part of your daily lives. Ask each family member to read and sign the pledge. Then, post the pledge in a visible place, like on the refrigerator, to keep your family motivated.

We hope your family enjoys participating in the **Cool Food for Kids™** program and finds that the convenience of frozen foods helps you spend more time together!

*No purchase necessary. Ends 11/27/09



Keeping It Cool

We're keeping it cool at every meal
With frozen foods that are ideal.

Cool fruits and veggies, grains, milk, and meat
Make it easy to control the amount we eat.

And in between meals, we've got time for fun
Like a family bike ride or a family run.

That's why we're making this pledge today
To be the coolest family in the U.S.A.!



Signature _____

Signature _____

Signature _____

Signature _____

Teacher's Signature _____

allens
StreamSupreme

BIRD'S EYE
FOODS

Dole

Killarney's
Eggo

EL MONTEREY
A FAMILY TRADITION SINCE 1954

Green
Giant

Toaster Strudel

HEALTHY
& CHOICE

HOT POCKETS

HUNGRY-MAN

JJ
Jimmy Dean

Kahiki
RESTAURANT QUALITY

Kid Cuisine

New York

Mrs. T's
Pierogies

ON-COR

RED BARON

Rosina

Stouffer's

SeaPak
SHRIMP CO.

TAI BEI

TOMBSTONE

Totino's

Tyson

Welch's

Pillsbury