



Dear Educator,

Set the tone for the school year by promoting healthy lifestyles among your students, all while building math skills, with this **Cool Food for Kids™** program, brought to you by the National Frozen and Refrigerated Foods Association (NFRA) in partnership with the award-winning curriculum specialists at Young Minds Inspired (YMI).

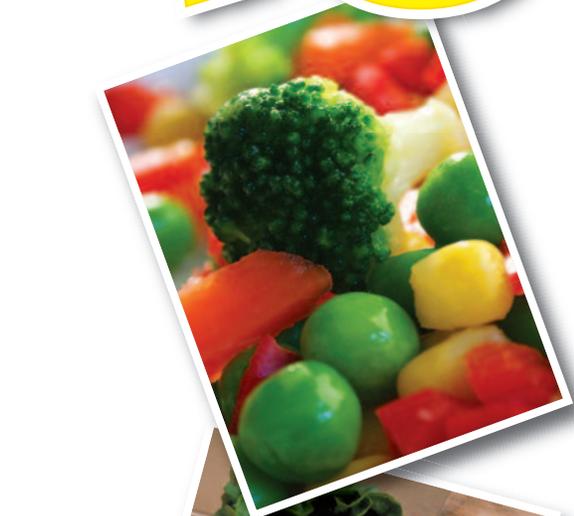
Cool Food for Kids™ is designed to help students use math to understand more about healthy food choices, well-balanced meals, portion control, and the benefits of physical activity. The program includes reproducible student activities and a teacher's guide with extended activities to enrich learning. In addition, there is a colorful wall poster that features the newly updated USDA MyPlate food guidelines and a whole semester of fun and nutritious seasonal recipe ideas.

Also included is a reproducible letter to parents with tips for involving their child in meal planning and preparation and for using time in the kitchen to help their child practice basic math skills.

We hope you will share this valuable program with other teachers in your school. Although the materials are copyrighted, you may make as many copies as you need for use in your classroom and school. Please return the enclosed reply card to let us know your opinion of this 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



is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs. For questions contact us at 1-800-859-8005 or email us at feedback@ymiclassroom.com.

TARGET AUDIENCE

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

NATIONAL STANDARDS ALIGNMENT

The Cool Food for Kids™ program will reinforce basic math skills as it:

- Educates students about making balanced food choices.
- Helps students understand more about calorie counting and portion control.
- Encourages students to be physically active.
- Encourages parents to make mealtime family time and involve their child in meal planning and preparation.

PROGRAM COMPONENTS

This six-page poster guide includes:

- Teaching suggestions.
- Three reproducible student activity sheets.
- One reproducible take-home letter with ideas parents can use to make time in the kitchen with their child a fun experience.
- A colorful and informative wall poster.
- A reply card for your important comments.

HOW TO USE THIS PROGRAM

- 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.
- Make photocopies of the activity sheets for each of your students and schedule time to complete each activity in class.
- Photocopy and send the parent letter home with students upon completion of the program.

HOW TO USE THE POSTER

Display the poster in a prominent classroom location to build student interest. Refer to the new MyPlate food guidelines when talking with your students about healthy eating. Use the fun math puzzles on the poster to celebrate each new month as well as teach about good nutrition. You might want to have students challenge their parents to solve the problems, too.



ACTIVITY 1

Cool Kids Count Calories

The USDA's new *Dietary Guidelines for Americans* focus on balancing calories with physical activity. Talk with your students about calories and why keeping track of what they eat each day is important. Refer to the five food groups on the poster as you explain the importance of eating a balanced diet. Allow time for students to determine their estimated average calorie needs.

Older students can create their one-day menu choices in class or as an at-home assignment; younger students can work as a class to develop a menu for a daily calorie target amount or with partners who have the same estimated daily calorie need. Explain to your students that they can change the serving sizes as they make their choices and remind them that they will need to multiply or divide the number of calories if they do so. (For example, 2 medium carrots = 60 calories, and 1 cup of ice cream = 270 calories.)

Extended activity: Older students can use the USDA Calorie & Weight Pocket Guide (www.hoptechno.com/book20.htm) to plan a week's worth of balanced menus.



ACTIVITY 2

Cool Kids Get Moving

Begin by having students complete the crossword puzzle on the activity master. Then, as you review the answers, talk with your students about the importance of getting plenty of exercise every day. Provide time for students to share their favorite types of activities.

Answers: 1. five; 2. muscles; 3. fruit; 4. exercise; 5. water; 6. activity; 7. snack; 8. hour

Next, divide the class into teams of 5-6 students each. Explain that their challenge is to create an original, two- to three-minute choreographed "rap" that focuses on the importance of eating a balanced diet and getting at least one hour of exercise each day. Explain that the rap can be as short as a simple, repeated phrase or it can be longer; the important thing is the message. Once groups have written their rap, they can add movements. It's a great way to get the energy flowing. If possible, videotape students performing the raps to show at back-to-school night or during parent-teacher conferences.

Extended activity: Coordinate with other teachers in your school to have your students teach their raps to other classes.

ACTIVITY 3

Cool Kids Snack Smart

Answers to chili dip for 4:

4.5 oz. frozen chili; 4 oz. cream cheese; 1/6 cup salsa; 1/6 cup shredded cheddar cheese; 1/8 cup ripe olives; 1/8 cup green onion; 1/2 bag chips

Answers to chili dip for 24:

26.25 oz. frozen chili; 24 oz. cream cheese; 1 cup salsa; 1 cup shredded cheddar cheese; 3/4 cup ripe olives; 3/4 cup green onion; 3 bags chips

Answers: 8 people can have 18 chips each, 1 bag contains 12 servings

Answers to smoothies for 4:

4 large bananas; 1 pint lemon sherbet; 2 cups frozen strawberries

Answers for smoothie for 1:

1 banana; 1/4 pint lemon sherbet; 1/2 cup frozen strawberries

Extended Activity: Encourage students to work with a parent or guardian to make one of the three recipes at home.

REPRODUCIBLE PARENT LETTER

Kitchen Time Makes Math Cool

Send a copy of the parent/guardian letter home with each student. Tell them they should complete the form at the bottom of the sheet as a family and bring it to class the following day. Tell students you will set aside class time for them to share their favorite family recipe and any traditions associated with it.

RESOURCES

NATIONAL FROZEN AND REFRIGERATED FOODS ASSOCIATION
EasyHomeMeals.com • [facebook.com/EasyHomeMeals](https://www.facebook.com/EasyHomeMeals)
U.S. DEPARTMENT OF AGRICULTURE MYPLATE FOOD GUIDELINES • www.choosemyplate.gov
YOUNG MINDS INSPIRED • www.ymiclassroom.com



Dear Parent/Guardian:

The curriculum specialists at Young Minds Inspired 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.

We know that most families are constantly on the go, with little time to prepare an elaborate meal. Frozen vegetables, meats and seafood, pizza, entrees, desserts, and hundreds of balanced frozen food options can be prepared in minutes. These foods allow you the time to sit down with the family and enjoy a meal you can feel good about.

We encourage you to make mealtime family time in your home, and to involve your child in planning and preparing meals. Preparing food is a great way to teach important math skills, so we've included some quick tips to make the time fun and educational, too! We've also included two quick, easy, and nutritious recipes we think you might like to try.

HEALTHY TOMATO TORTELLINI SOUP

INGREDIENTS (Serves 4)

- 1 16-ounce bag frozen meat or cheese tortellini
- 3 15-ounce cans vegetable stock
- 1 1/2 cups crushed tomatoes
- 2 tsp. garlic salt
- 2 cups frozen mixed vegetables
- Hot sauce to taste
- Pinch of sugar
- Parmesan cheese, grated

In a large pot, heat the vegetable stock, tomatoes, spices, and vegetables on medium high for 5 minutes. Add the tortellini and cook until tender (4-6 minutes). Add hot sauce and sugar to taste. Garnish with freshly grated Parmesan cheese.



TANGY LEMON PEPPER SHRIMP WITH BROCCOLI

INGREDIENTS (Serves 2-3)

- 1 12-ounce package frozen shrimp scampi
- 1/2 pound penne pasta
- 1 10-ounce package frozen broccoli
- 1/2 teaspoon lemon pepper seasoning
- 1 teaspoon Dijon mustard
- 1/2 cup chicken broth

Cook pasta according to package directions, until *al dente*. Heat large sauté skillet on medium for 1 minute. Add frozen shrimp to pan and sauté 5 minutes. Defrost broccoli in microwave according to package directions. Drain broccoli and add to skillet with shrimp. Whisk lemon pepper, Dijon mustard and chicken broth in a small bowl. Pour mixture over shrimp and broccoli. Stir well to incorporate all ingredients. Simmer for additional 3 to 4 minutes (or until shrimp are fully cooked) stirring frequently. Toss shrimp and broccoli with pasta and serve.

COOL TIPS FOR PARENTS

There are lots of ways you can make mealtime special and make the most of time in the kitchen with your child. For example:

- Involve your child in planning family meals and talk about the importance of eating balanced meals.
- Ask your child to help you prepare family meals. He or she can read the recipe instructions and measure and mix ingredients, prepare baking pans, etc.
- Play simple math games as you cook. While he or she is helping you measure, your child can practice counting, weighing, measuring, and working with fractions.
- Finally, make grocery shopping a family activity, too.

SHARING FAMILY FAVORITES

Your child's teacher will be asking students to share with the class one of their family's all-time favorite recipes and any family traditions associated with it. Please help your child answer these questions. Then sign the sheet and have your child bring it back to class on the next school day.



For quick and easy family recipe ideas and to enter the **COOL FOOD FOR KIDS™ SWEEPSTAKES***, visit EasyHomeMeals.com and facebook.com/EasyHomeMeals

Our favorite family recipe is called

The main ingredients it contains are

This recipe is special to our family because

Parent/Guardian Signature

Date

* No purchase necessary. Ends xx/xx/xx.



ACTIVITY 1 Cool Kids Count Calories

You've probably heard lots of talk about calories and how some foods have more calories than others. Calories are a unit of energy. The number of calories a food has tells us how much energy our body will get from that food.

It's important to get enough calories every day. It's also important to eat balanced meals with choices from the different food groups each day. But when you eat too many calories—and don't get enough exercise to burn the extra ones off—you will probably gain weight.

How many calories should you have each day? Find your age and activity level in the chart and circle the correct number.



My Estimated Daily Calorie Needs

AGE	BOYS			GIRLS		
	Not Active	Moderately Active	Very Active	Not Active	Moderately Active	Very Active
8	1,400	1,600	2,000	1,400	1,600	1,800
9	1,600	1,800	2,000	1,400	1,600	1,800
10	1,600	1,800	2,200	1,400	1,800	2,000
11	1,800	2,000	2,200	1,600	1,800	2,000



6 oz.
FRUIT YOGURT
200 calories

6 oz.
APPLE JUICE
155 calories

3
CHICKEN NUGGETS
180 calories

6 oz.
EGGROLL W/ MEAT
120 calories

1 cup
CORN FLAKES
110 calories

1/2 cup
CORN
90 calories

1
SLICE CHEESE PIZZA
255 calories

1 cup
SPAGHETTI W/ MEATBALLS
310 calories

1
MEDIUM APPLE
80 calories

1
CHEESE-BURGER
565 calories

1 cup
MAC & CHEESE
155 calories

1 oz.
MIXED NUTS
165 calories

1
CHOCOLATE CUPCAKE
155 calories

8 oz.
SKIM MILK
85 calories

1/2 cup
ICE CREAM
135 calories

12 oz.
COLA
150 calories

1/2 cup
STRAWBERRIES
25 calories

1
SCRAMBLED EGG
105 calories

1/2 cup
GREEN BEANS
25 calories

1
WAFFLE
100 calories

6 oz.
MEDIUM CARROT
30 calories



1/2 cup
RICE
110 calories

1
ROASTED CHICKEN BREAST
140 calories

MY MENU

Now that you know your daily calorie needs, choose foods from the circles on this sheet to create three balanced meals and a wholesome snack for the menu planning chart below. You can find lots of these choices in the "cool" frozen food aisle of your grocery store.

Breakfast	Lunch	Snack	Dinner
1. _____ FOOD	1. _____ FOOD	1. _____ FOOD	1. _____ FOOD
SERVING SIZE _____ CAL. _____			
2. _____ FOOD	2. _____ FOOD	2. _____ FOOD	2. _____ FOOD
SERVING SIZE _____ CAL. _____			
3. _____ FOOD	3. _____ FOOD	3. _____ FOOD	3. _____ FOOD
SERVING SIZE _____ CAL. _____			
4. _____ FOOD	4. _____ FOOD	4. _____ FOOD	4. _____ FOOD
SERVING SIZE _____ CAL. _____			

Write the items you choose for each meal, the serving size, and the number of calories.

For quick and easy family recipe ideas and to enter the **COOL FOOD FOR KIDS™ SWEEPSTAKES***, visit EasyHomeMeals.com and facebook.com/EasyHomeMeals

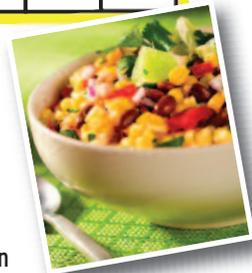
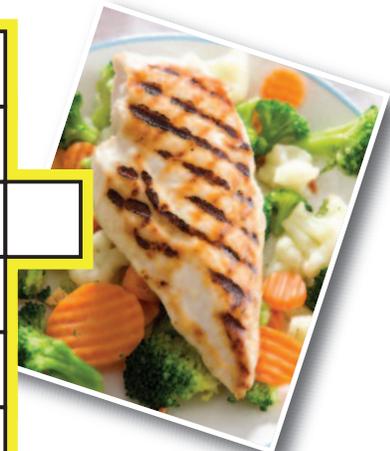
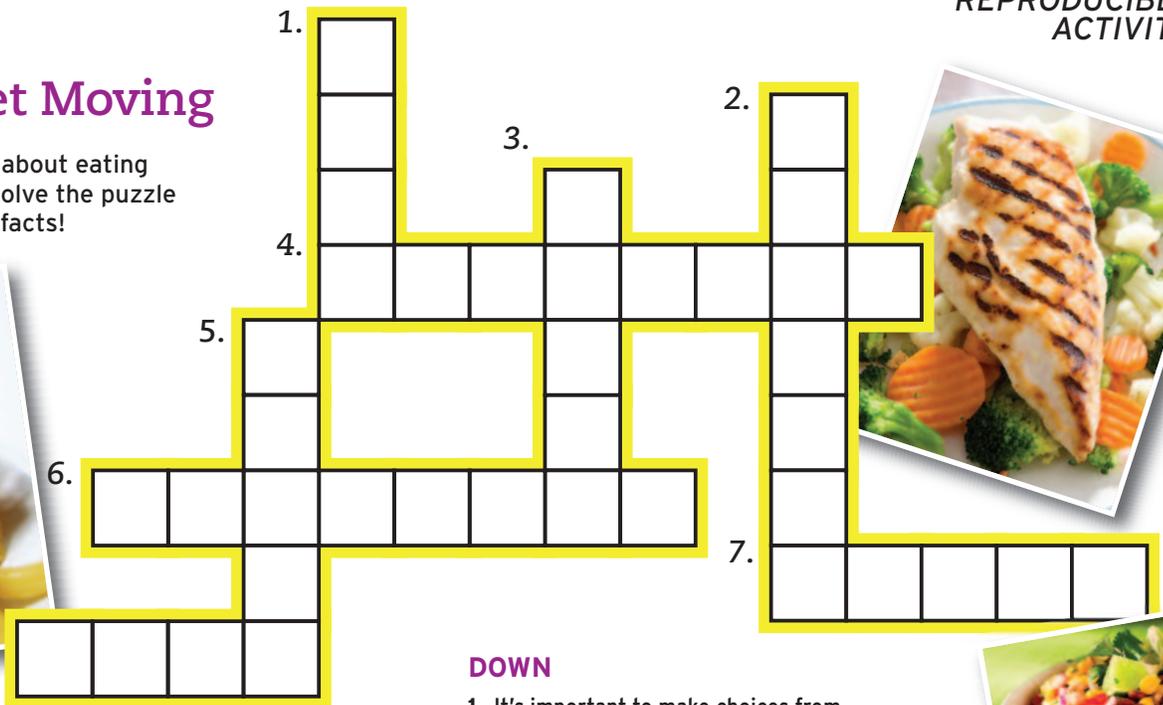
* No purchase necessary. Ends xx/xx/xx.



ACTIVITY 2

Cool Kids Get Moving

How much do you know about eating right and being active? Solve the puzzle to learn some important facts!



ACROSS

4. One of the best things you can do to have a healthy body is get plenty of _____.
6. How much food you need each day depends on your age, sex, and _____ level.
7. It can be a good idea to have a healthful _____ after you exercise.
8. Kids your age should get at least one _____ of exercise each day.

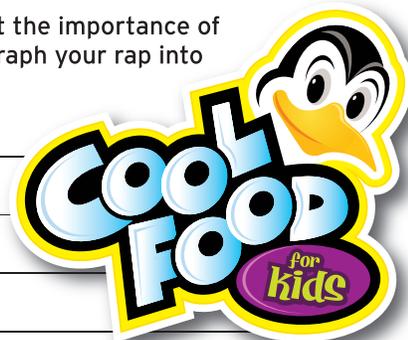
DOWN

1. It's important to make choices from each of the _____ food groups.
2. Exercise is good for your heart, lungs, and _____.
3. Instead of reaching for the cookies or candy when you want a snack, have a piece of _____ instead.
5. In addition to exercise and a balanced diet, it's important to drink plenty of _____ every day.

Now, let's get moving! With the other members of your team, you're going to create a rap about the importance of exercise and a balanced diet. Then you're going to use different kinds of movements to choreograph your rap into a 2-3 minute routine. You can slide, hop, turn, jump, or use any other movement you like.

Our team name: _____

Use this space to write ideas for your rap. _____



Here's an easy recipe for a quick, healthful snack that you can make at home:

BERRY PARFAIT

INGREDIENTS (Serves 4)

- 2 cups 2% cottage cheese
- 2 cups mixed berries, thawed
- 1 cup granola
- 4 tablespoons chopped almonds

In each of four serving dishes, layer 1/4 cup of cottage cheese, 1/8 cup of granola, and 1/4 cup of mixed berries. Repeat the layers in each dish. Top each parfait with 1 tablespoon of chopped almonds.



NEW PIX
T/C

Use the back of this sheet to make notes about the movements you will use in your rap.

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facebook.com/EasyHomeMeals

* No purchase necessary. Ends xx/xx/xx.





ACTIVITY 3 Cool Kids Snack Smart

It's normal for kids to have a snack between meals, because your body is growing, and it needs that extra nutrition. But it's also important to eat healthful snacks. You can reach for the cookies once in a while, but make some better choices, too. Try to have snacks that include protein (found in meat, eggs, dairy products), carbohydrates (fruits, vegetables, and whole grains are good sources), vitamins (also found in fruits and vegetables), and minerals like calcium (found in milk and other dairy products).

Here are two recipes for healthful snacks that you can make at home. Read the recipes and decide which one you might like to try first. Then put your math skills to work by solving the Math Challenge below each recipe.

CHILI DIP

A

B

(Serves 8)

8 $\frac{3}{4}$ ounces frozen chili with beans, prepared according to the package directions

8 ounces cream cheese, softened slightly

$\frac{1}{3}$ cup thick and chunky salsa

$\frac{1}{3}$ cup shredded cheddar cheese

$\frac{1}{4}$ cup ripe olives, sliced

$\frac{1}{4}$ cup green onion, chopped

1 bag tortilla chips or corn chips

Instructions: Spread the softened cream cheese on a serving platter. Top with chili, salsa, cheddar cheese, olives, and green onion. Serve with chips.

MATH CHALLENGE

- Change the amounts of the ingredients so you could make enough dip for 4 people. Write the new amounts in Column A. Round the amount of frozen chili to the nearest half ounce.
- Change the amounts of the ingredients so you could make enough dip to serve 24 people. Write the new amounts in Column B.

Round your answers to the next 2 questions up or down to the closest whole number.

- If your bag contains 138 tortilla chips, how many chips can 8 people have? _____
- If the recommended serving size is 11 chips, how many people would one bag serve? _____

BANANA BERRY LEMON SMOOTHIE

A

B

(Serves 2)

2 large ripe bananas, peeled

$\frac{1}{2}$ pint lemon sherbet

1 cup frozen strawberries, cut in half

Instructions: Combine the bananas, sherbet, and strawberries in a blender or food processor. Cover and blend until smooth.

MATH CHALLENGE

- Change the amounts of the ingredients so you could make smoothies for 4 people. Write the new amounts in Column A.
- Change the amounts of the ingredients so you could make half the smoothie recipe. Write the new amounts in Column B.

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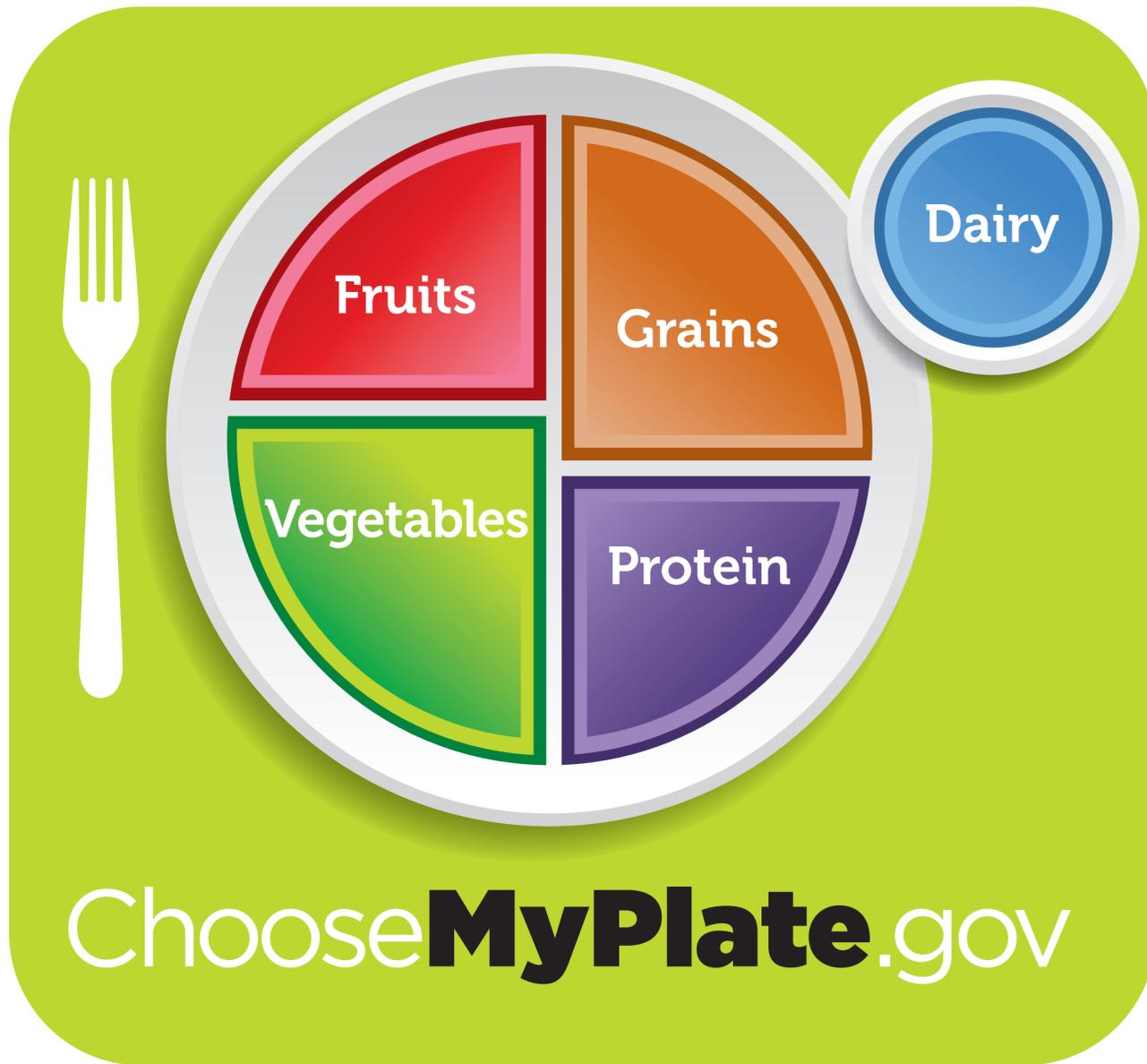
Smart Food Choices + Physical Activity = Cool Kids



FRUITS
Focus on fruits.



VEGETABLES
Vary your veggies.



DAIRY
Get your calcium-rich foods.



GRAINS
Make at least half your grains whole.



PROTEIN
Go lean with protein.

Have Some Fun with Math in the Kitchen

SEPTEMBER is
National Pancake Day

MATH PUZZLER:
How many cups are in a gallon of maple syrup?

NOVEMBER is
Good Nutrition Month

Breakfast is the most important meal of the day. Try these fast and easy meals:

- 1 waffle with 1 Tbsp. of peanut butter
- 2 pancakes with 2 Tbsp. of berries
- 1 bagel with 2 Tbsp. cream cheese
- 1 fruit smoothie made with 1 cup frozen fruit and 8 ounces of juice

MATH PUZZLER: If one average pancake is 5" wide, how many whole pancakes could you fit in the bottom of a 12 x 12" pan? If average waffle is 4" square, how many waffles could you fit?

DECEMBER is
National Chocolate Day

MATH PUZZLER:
If there are 4 servings in a pint of ice cream, how many servings are in a gallon?

OCTOBER is
National Pizza Month

MATH PUZZLER:
If a medium frozen pizza serves 4 people, how many pizzas would you need to serve 15 people?



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