

Dear Educator,

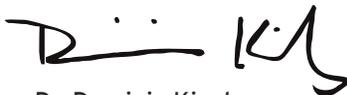
Start the school year right by promoting healthy lifestyles with your students, all while building important language arts skills that address Common Core State Standards for English Language Arts and Literacy.

Now in its fifth year, **Cool Food for Kids™** is an engaging health and nutrition program brought to you by the National Frozen & Refrigerated Foods Association (NFRA) in partnership with the award-winning curriculum specialists at Young Minds Inspired (YMI). Designed to help students learn more about healthy food choices, well-balanced meals, and the importance of physical activity, this year's program presents these topics in classroom activities that will also strengthen vocabulary, spelling, and writing skills.

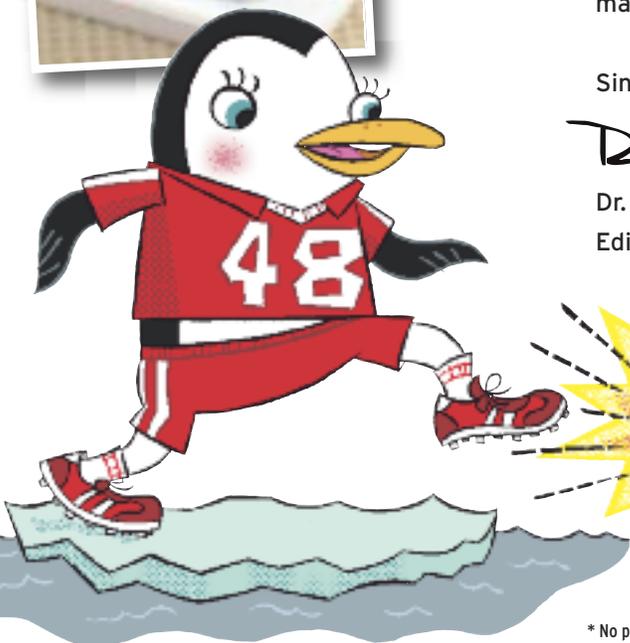
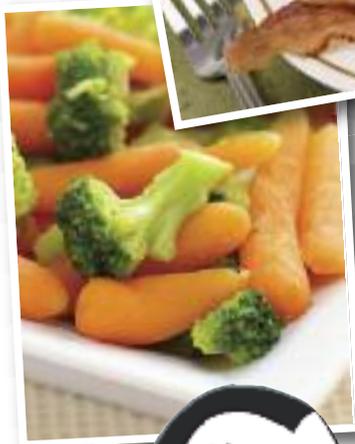
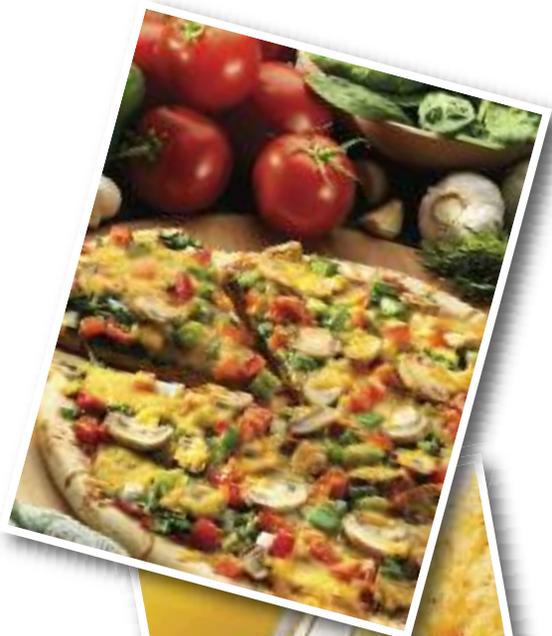
Cool Food for Kids™ also includes a variety of quick-and-easy recipes for students to share with their families and a reproducible letter to parents with information about healthful selections available in the frozen and refrigerated food aisles of their local supermarket. Parents can also win a family Ski or Sea Vacation by entering the **COOL FOOD FOR KIDS™ SWEEPSTAKES*** at **EasyHomeMeals.com** or at **facebook.com/EasyHomeMeals**, where they will find additional information and recipes for a healthy lifestyle.

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 classroom use. Please return the enclosed reply card to let us know your opinion of this program, or comment online at **www.ymiclassroom.com/coolfoodforkids.html**. 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



* No purchase necessary. Ends 11/30/12.



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.

STANDARDS ALIGNMENT

The Cool Food for Kids™ program aligns with the Common Core State Standards for English Language Arts. For details, visit www.ymiclassroom.com/coolfoodforkids.html.

PROGRAM COMPONENTS

This six-page poster guide includes:

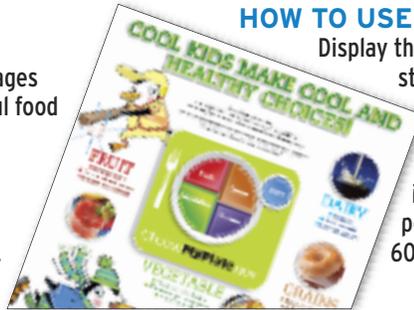
- Teaching suggestions.
- Three reproducible student activity sheets.
- One reproducible take-home letter that encourages parents to involve their child in making healthful food choices and planning meals.
- A colorful and informative wall poster.
- A reply card for your important comments. Or comment online at www.ymiclassroom.com/coolfoodforkids.html.

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.
- Fill in the "return by" date, photocopy the parent letter, and send it home with students upon completion of the program. Provide time for students to share their shopping experiences when they bring the letter back to school.

HOW TO USE THE POSTER

Display the poster in a prominent classroom location to build student interest. Refer to the USDA's MyPlate food guidelines (www.choosemyplate.gov) and the suggestions on the poster when talking with your students about healthy eating. Discuss the activities in which the Cool Food penguins are engaged on the poster as you encourage your students to get at least 60 minutes of exercise each day.



ACTIVITY 1

Cool Kids Make Smart Choices

The USDA's Dietary Guidelines for Americans focus on a balanced diet and a physically active lifestyle. Refer to the five MyPlate food groups on the poster and the tips on the activity master as you explain the importance of eating a balanced diet. After your students have completed the quiz—either as a group or independently—discuss the answers as a class.

Answers: 1. vitamins; 2. fruit; 3. exercise; 4. television; 5. salt; 6. sugar; 7. seafood; 8. snack

Extended activity: Have students work in small groups to identify more Cool Food and lifestyle choices. Provide time for sharing and discussion.

ACTIVITY 2

My Food Plan is Cool

Review the MyPlate guidelines on the activity sheet with your students; remind them of what they learned in Activity 1. Provide time for students to write down what they had to eat yesterday and to decide whether they followed the MyPlate guidelines. Provide time for students to share what they wrote. Students can create their Cool Food Plan during class or on their own at home. Be sure to plan some time for students to share how well they followed their plans.

Extended activity: Have your students develop a seven-day Cool Food Plan and keep their Cool Plan Diaries for an entire week.

ACTIVITY 3

Cool Kids on the Move

After your students have filled in the spaces on the activity master and completed their Cool Kids Activity Cards, lead a class discussion about the importance of getting at least 60 minutes of exercise each day. Ask your students to talk about their favorite activities and their personal bests and accomplishments and to share their advice for doing well in their favorite activity. Then, have a few students demonstrate their favorite activities for the class. *Note:* Students can either paste a small photo or a small "self-portrait" in the space provided on the card.

Extended activity: Have each student pick a new (to them) activity and include it in his or her daily routine for a week. Then provide time for students to share what and how they did.

REPRODUCIBLE PARENT LETTER Cool Food Adventure

Fill in the return date and send a copy of the parent/guardian letter home with each student. Explain that they should complete the form at the bottom of the sheet as a family—during and after their next trip to the supermarket—and bring it back to class. Tell students you will set aside class time for them to share their grocery shopping experiences and the recipe their family chose.



RESOURCES

NATIONAL FROZEN & REFRIGERATED FOODS ASSOCIATION
• EasyHomeMeals.com • [facebook.com/EasyHomeMeals](https://www.facebook.com/EasyHomeMeals)
• twitter.com/EasyHomeMeals
USDA MYPLATE FOOD GUIDELINES • www.choosemyplate.gov
YOUNG MINDS INSPIRED
www.ymiclassroom.com/coolfoodforkids.html



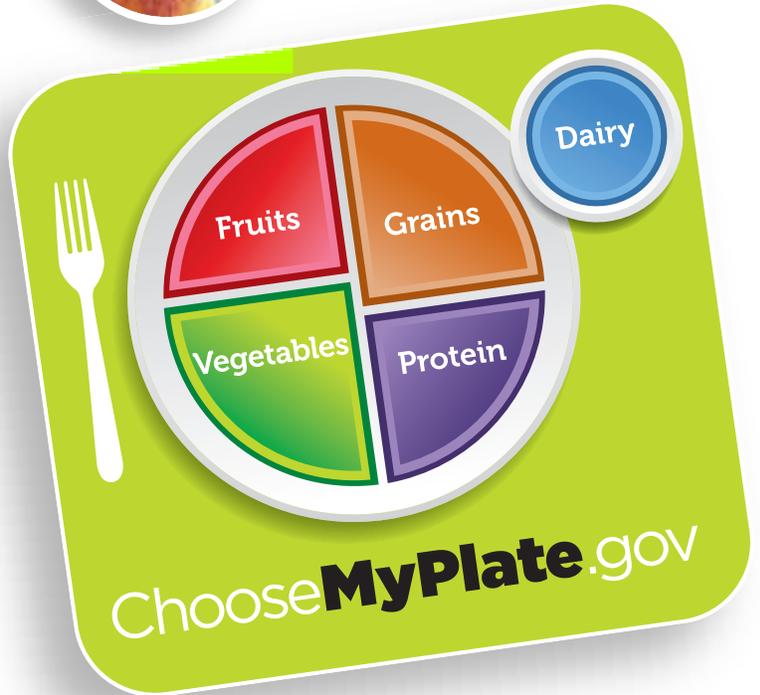
Dear Parent/Guardian:

The National Frozen & Refrigerated Foods Association (NFRA) has partnered with the curriculum specialists at Young Minds Inspired (YMI) to bring this Cool Food for Kids™ educational program to your child's school. Designed to teach your child about healthy food choices, well-balanced meals, and the importance of physical activity, it also provides opportunities to practice important language arts skills.

Like most families, you are probably busy with work, school, and community activities—and time may be a precious commodity. The choices you find in the frozen and refrigerated food aisles of your local grocery store provide many healthful, balanced, and nutritious options that can be prepared in minutes—allowing you to sit down with the family and enjoy a meal you can feel good about.

We encourage you to make your next trip to your local supermarket a family affair. First, visit **EasyHomeMeals.com** with your child and select a recipe. Then investigate the frozen and refrigerated food aisles and select the ingredients as well as other favorite healthful foods. This letter contains just a few examples of choices you might consider for each of the sections of the U.S. Department of Agriculture MyPlate food guidelines (for more information about MyPlate, go to **www.choosemyplate.gov**). As you make your food selections, have your child record them in the space below.

Your child's teacher will be asking students to share some of the selections their families made and the recipes they tried or plan to try soon. After your trip to the store, please sign this sheet and have your child bring it back to class by



FRUIT

- Orange juice
- Frozen strawberries
- Frozen mixed fruit



GRAINS

- Fresh (refrigerated) whole wheat pasta
- Frozen whole wheat bagels
- Frozen vegetable risotto



Our favorite family recipe is called

The main ingredients it contains are

This recipe is special to our family because

Parent/Guardian Signature

Date

VEGETABLE

- Frozen green beans
- Frozen sugar snap peas
- Frozen carrots



DAIRY

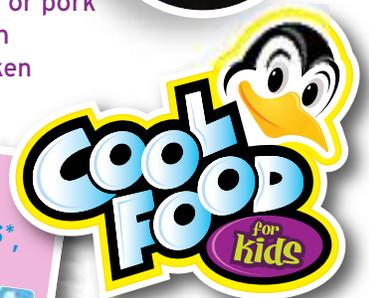
- Cheese
- Fat-free milk
- Low-fat yogurt



PROTEIN

- Lean cuts of beef or pork
- Frozen fish
- Frozen chicken
- Eggs

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



* No purchase necessary. Ends 11/30/12.



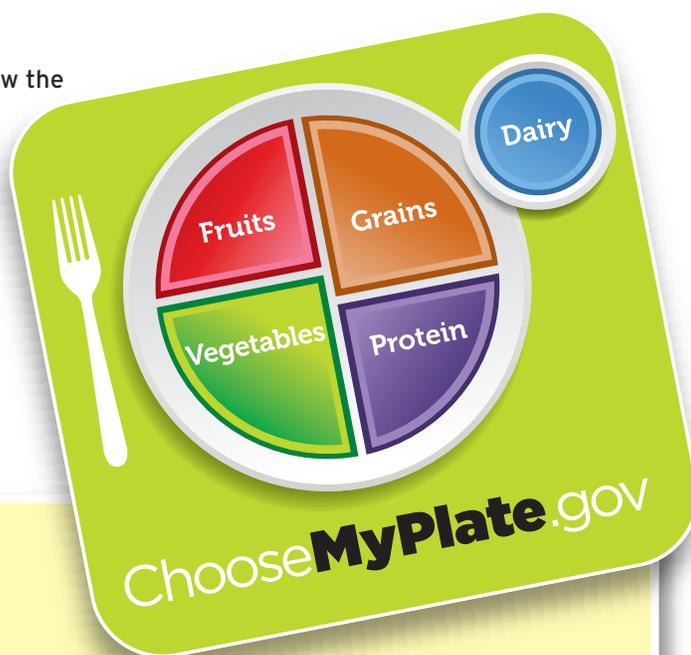
ACTIVITY 1

Cool Kids Make Smart Choices

It's easy to have healthful, balanced meals! All you have to do is follow the simple MyPlate guidelines from the U.S. Department of Agriculture.

HERE ARE SOME COOL TIPS FOR COOL FOOD CHOICES:

- Make half your plate fruits and vegetables.
- Make at least half of all the grains you choose whole grains.
- Don't forget the dairy. Have fat-free or 1% milk with your meal.
- Vary your protein choices (meat, poultry, fish, eggs, etc.).
- Want a treat? Whip up a fruit smoothie instead of reaching for a candy bar.
- Add some frozen veggies (carrots or sugar snap peas, for example) to your favorite dish, or eat them as a side. They're quick, easy, and good for you.



Cool Kids eat a balanced and healthful diet and stay active, too. What's your Cool Food and Lifestyle Choices IQ? Fill in the blanks in the following sentences to find out. (We've given you the first letter of the missing word to help you get started.)

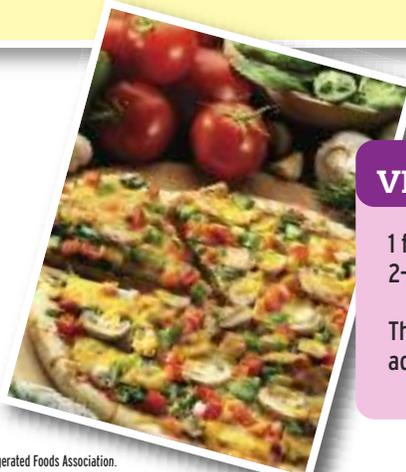
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1. Choose vegetables that are red, orange, and dark green. They're full of **v** _____ and minerals.
2. It's important to start the day off right with a good breakfast that includes a serving of **f** _____.
3. To stay healthy, it's important to eat balanced meals that contain choices from the food groups on the MyPlate guide, and to get at least 60 minutes of physical **e** _____ each day.
4. One good way to stay healthy and active is to reduce the amount of time you spend watching **t** _____.
5. Instead of adding lots of extra **s** _____ to season your food, add spices and herbs instead.
6. Instead of a soda that has **s** _____, drink water or other unsweetened drinks.
7. Twice a week, make fish or other **s** _____ the protein on your plate.
8. Instead of a candy bar, have fruit, vegetables, or unsalted nuts when you want a **s** _____.



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

YOUR SCORE: Five or more answers correct? You're a Cool Kids Superstar! Fewer than five correct? It's time to focus on the MyPlate guidelines.



VEGGIE PIZZA

- 1 frozen cheese pizza
- 2-3 cups frozen vegetables (broccoli, peppers, mushrooms, etc.)

Thaw veggies. Top frozen pizza with a variety of vegetables. Sprinkle with additional cheese if desired. Bake according to package directions. Serves 4.

Try this cool family recipe!



ACTIVITY 2

My Food Plan is Cool

Making a Cool Food Plan is easy if you follow the MyPlate guidelines! You learned about some of them in Activity 1. Here are a few more.

- Eat more vegetables and whole grains. These foods have the nutrients you need for good health.
- Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and frozen broccoli along with other vegetables.

- Add fruit as part of your main or side dishes or as dessert.
- Cut back on foods that are high in solid fats, added sugars, and salt—things like cookies, candy, sweetened drinks, and fatty meats. Have these as an occasional treat, not an everyday food.
- Drink water instead of sugary drinks like soda.



How well does what you eat match with the MyPlate guidelines you've learned about? To find out, make a list of everything you ate yesterday. Then, put a check mark in front of the things that match the guidelines and an X in front of the things that don't.

For breakfast I had:

For lunch I had:

_____	_____
_____	_____
_____	_____

For dinner I had:

For snack I had:

_____	_____
_____	_____
_____	_____

Now, make your own personal Cool Food Plan that follows the MyPlate guidelines. In the space below, list what you would like to have tomorrow.

For breakfast I will have:

For lunch I will have:

_____	_____
_____	_____
_____	_____

For dinner I will have:

For snack I will have:

_____	_____
_____	_____
_____	_____

As you go through the day tomorrow, use the back of this sheet to keep a Cool Food Plan Diary. After each meal, describe what you actually had and describe how well you did at following the MyPlate guidelines.

CAESAR PASTA SALAD WITH GRILLED CHICKEN

- 1/2 cup plus 2 Tbsp. light Caesar salad dressing, divided
- 4-5 ounces skinless frozen chicken breast halves (thawed)
- 2 cups multi-grain rotelle (spirals)
- 2 cups shredded Parmesan or other Italian pasta cheese
- 3 cups romaine lettuce leaves, torn
- 1 1/2 cups cherry or grape tomatoes, halved
- 1/2 cup croutons
- Fresh ground black pepper to taste

Cook the pasta according to package directions. Rinse with cold water and drain. Brush the chicken with 2 Tbsp. of dressing. Cook until chicken is no longer pink in the center (4-5 minutes per side). Remove chicken from pan, cool, and cut into chunks. Combine pasta and remaining dressing in a large bowl. Add chicken and 1 1/2 cups cheese. Toss well. Add lettuce and tomatoes and toss. Transfer to serving plates and top with remaining cheese and croutons. Add pepper to taste. Serves 6.



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* No purchase necessary. Ends 11/30/12.



ACTIVITY 3

Cool Kids on the Move

To be a cool and healthy kid, it's important to follow the MyPlate guidelines when you choose what you eat. And it's important to get lots of regular exercise, too. That means at least 60 minutes of exercise each day.

What are your favorite ways to get exercise? Do you like to walk, swim, dance, or play sports? Use this chart to list the things you do regularly and how often you do them. Does what you do add up to at least 60 minutes every day? If not, what else can you do each day? List some ideas in the spaces below.



What I Do for Exercise	How Often I Do It
_____	_____
_____	_____
_____	_____

One good way to make sure you get the exercise you need is to make a plan and write it down. Use the back of this sheet to write your Cool Kids Daily Exercise Plan. List each activity you will do and how long you will do it.



Then, fill in the blanks on the card and include a picture of yourself to make your own personal Cool Kids Activity Card!

Name

Age

My Favorite Kind of Physical Activity

How Often I Do This Activity

The Physical Feat I'm Proudest Of



Try
this cool
family
recipe!

BERRY BANANA SMOOTHIE

- 1 1/2 cups frozen berries (strawberries, blueberries, raspberries)
- 1 banana
- 1 cup low-fat vanilla yogurt
- 1/2 cup skim milk
- 1/2 cup apple juice



Combine all ingredients in a blender until smooth. Serve and enjoy! Serves 2.

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



COOL KIDS MAKE COOL AND HEALTHY CHOICES!

Cool Kids follow the U.S. Department of Agriculture MyPlate guidelines! And they get at least 60 minutes of exercise every day!

What are your favorite choices from each of the food groups?
What is your favorite way to exercise?



DAIRY

- Cheese
- Fat-free milk
- Low-fat yogurt



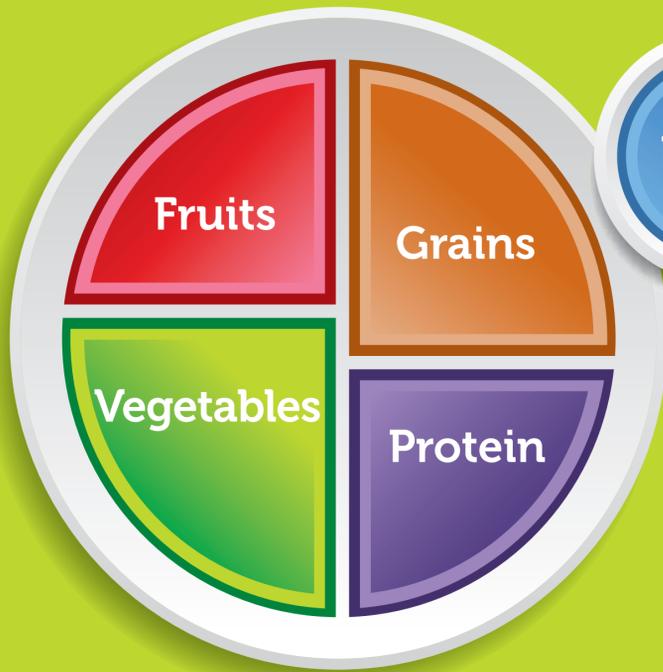
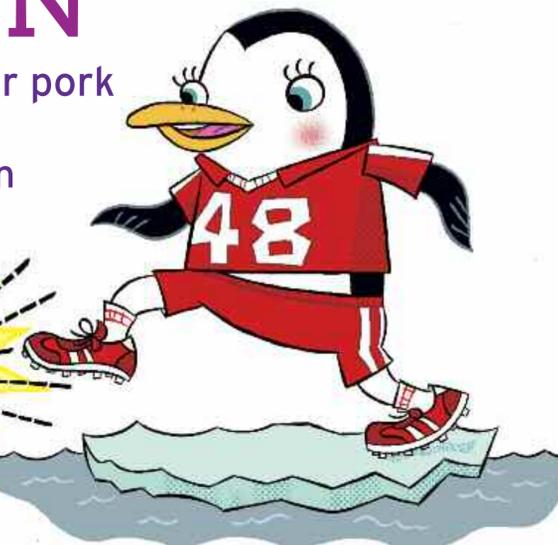
GRAINS

- Fresh (refrigerated) whole wheat pasta
- Frozen whole wheat bagels
- Frozen vegetable risotto



PROTEIN

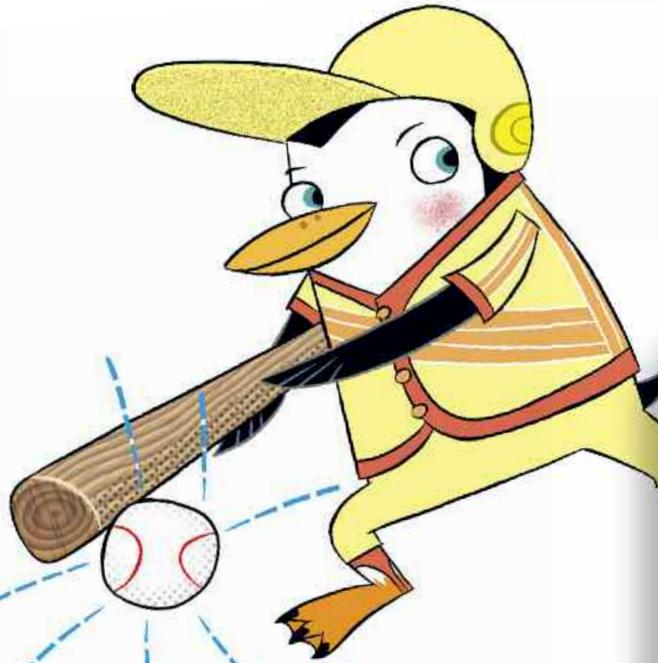
- Lean cuts of beef or pork
 - Frozen fish
 - Frozen chicken
 - Eggs



Choose **MyPlate.gov**

VEGETABLE

- Frozen green beans
- Frozen sugar snap peas
- Frozen carrots



FRUIT

- Orange juice
- Frozen strawberries
- Frozen mixed fruit



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