

## Dear Educator,

The **Cool Food for Kids™** program is back with new standards-based learning activities to enhance your health and nutrition curriculum in the new year.

Brought to you by the National Frozen & Refrigerated Foods Association (NFRA) in partnership with the award-winning curriculum specialists at Young Minds Inspired (YMI), this January e-kit features:

- A digital whiteboard activity, **How Cool Are You?**, that reinforces MyPlate dietary guidelines.
- One classroom activity that challenges students to think creatively about good nutrition as they explore the variety of beyond cool helpful food choices available in the dairy aisle. The Dairy Aisle...**Beyond Cool!**
- The second classroom activity takes students on a culinary tour to discover real frozen foods from around the globe. It's Real Food. **Frozen!**

Please feel free to share these **Cool Food for Kids** materials with other educators in your school. Although the materials are copyrighted, you may make as many copies as you need for classroom use.

We are very interested in your opinion of **Cool Food for Kids** program materials. Please share your comments at [www.ymiclassroom.com/coolfoodforkids](http://www.ymiclassroom.com/coolfoodforkids). We depend on your input to continue providing free educational programs that make a real difference in the classroom.



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## 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 Health Standards Alignment

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

## How to Use This Program

- Photocopy the activity sheets for your students and make a master copy to share with other teachers in your school.
- Review the material and schedule class time to complete the activities.
- Send materials home and encourage students to share what they learn with their family.

## Digital Whiteboard Activity:

### How Cool Are You?

Launch the program with this interactive MyPlate nutrition quiz, available at the Cool Food for Kids microsite, [www.ymiclassroom.com/coolfoodforkids](http://www.ymiclassroom.com/coolfoodforkids). Display the activity on your classroom digital whiteboard or computer and have students compete in teams to answer each quiz question. For questions 1-5, which review the five food groups, ask students to name additional frozen and refrigerated foods that belong to each food group. For questions 6-7, which focus on combining foods for a balanced meal, challenge students to come up with their own creative ideas for good nutrition.



## ACTIVITY 1

### The Dairy Aisle — Beyond Cool

This activity introduces students to some creative ways they can use foods from the dairy aisle to make great-tasting snacks and meals. Have students complete the activity individually or in small groups, then compare answers in class. Follow-up by working as a class to create your own cool recipe ideas using the foods listed on the activity sheet and other foods found in the dairy aisle.

#### Answers

Recipes: Detailed recipes can be found at [EasyHomeMeals.com/recipe](http://EasyHomeMeals.com/recipe). Type the recipe title into the “Keywords” search box.

1. Mac and Cheese with Veggies—a,c,d,j
2. Strawberry-Topped Waffles with Sweet Cream Sauce—b,e
3. Fruit Kabobs and Yogurt Dip—h,i
4. Southwest Potato Pancakes—c,g,d,f

Cool Kid Challenge: Following are the food groups represented by each recipe. Students should add foods to their meal plan from the remaining food groups.

1. Mac and Cheese with Veggies: dairy, grain, vegetables, protein
2. Strawberry-Topped Waffles with Sweet Cream Sauce: fruit, dairy, grain
3. Fruit Kabobs and Yogurt Dip: dairy, fruit
4. Southwest Potato Pancakes: vegetables, dairy

#### Extended Activities

- Have students list their favorite dish for breakfast, lunch, and dinner. Help them determine which foods from the refrigerated dairy aisle are used in making each dish.
- Bring in a collection of cookbooks, and have kids look for recipes that use at least one food from the refrigerated dairy aisle as an ingredient. Challenge them to make comparisons, such as finding the recipe that includes the most dairy aisle ingredients as well as the fewest, for example.

## ACTIVITY 2

### Real Food. Frozen — Cool Foods from Around the World

This activity takes students on a world tour down the frozen foods aisle of their supermarket as they match foods to the countries where they were first grown or created. Have students complete the first part of the activity individually, then compare answers as a class and call on students to locate each country on a globe or world map. Have students complete the Cool Kids Challenge as homework, using Internet or library resources, and then share their research in class.

#### Answers

1-g, 2-a, 3-d, 4-c, 5-e, 6-f, 7-h, 8-b.

#### Extended Activities

- Explore international cuisines by having students share what they already know about foods and dishes from other countries — Asian, Indian, Italian, Mexican, etc. Make a list for each country to create a bar graph that shows which cuisine is your class favorite.
- Host an international food tasting party. Invite families to prepare samples of a frozen food that represents their family’s heritage to share with the class.



## Resources



[EasyHomeMeals.com](http://EasyHomeMeals.com)

- Facebook.com/EasyHomeMeals
- Twitter.com/EasyHomeMeals
- Pinterest.com/EasyHomeMeals
- YouTube.com/EasyHomeMeals
- TheDishDiary.Tumblr.com

## The Dairy Aisle – Beyond Cool

Cool Kids head to the dairy aisle when they want to get creative. With so many foods to choose from, it's easy to find ideas for a great-tasting meal or snack.

Try it yourself. Figure out which refrigerated foods you would choose from the dairy aisle to complete the **Beyond Cool** recipes shown below. Write the letters of the foods you choose in the answer spaces. Need a hint? You can find these recipes at **EasyHomeMeals.com**.



### 1. Mac and Cheese with Veggies

- Small pasta shell macaroni • \_\_\_\_\_
- Frozen mixed peas and carrots • \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Strawberry-Topped Waffles with Sweet Cream Sauce



- Frozen strawberries
- Frozen waffles
- \_\_\_\_\_
- \_\_\_\_\_

### 3. Fruit Kabobs and Yogurt Dip

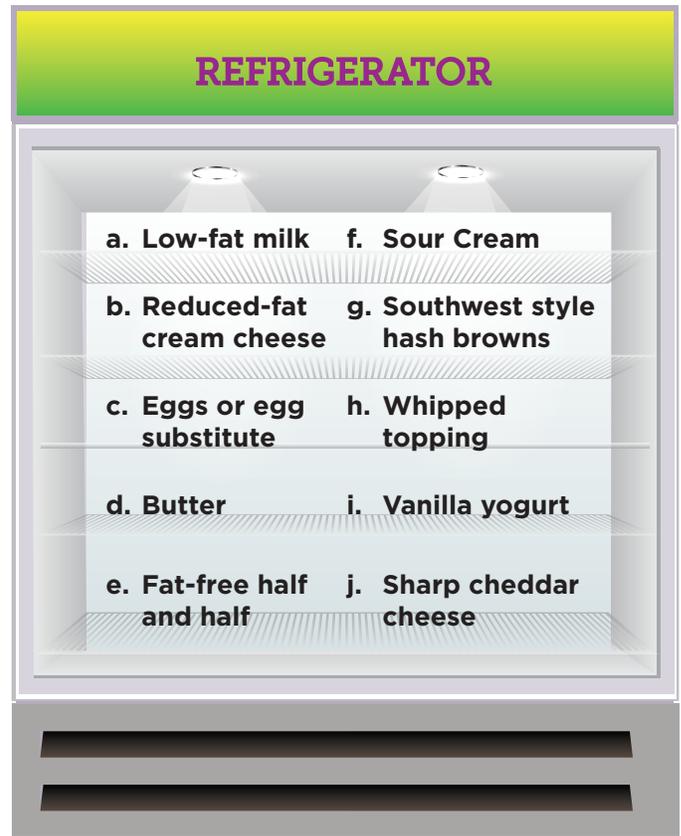


- Fresh pineapple, strawberries, and bananas
- \_\_\_\_\_
- \_\_\_\_\_

### 4. Southwest Potato Pancakes



- Red bell pepper
- Green bell pepper
- Baking mix
- \_\_\_\_\_
- \_\_\_\_\_



## REFRIGERATOR

- a. Low-fat milk
- b. Reduced-fat cream cheese
- c. Eggs or egg substitute
- d. Butter
- e. Fat-free half and half
- f. Sour Cream
- g. Southwest style hash browns
- h. Whipped topping
- i. Vanilla yogurt
- j. Sharp cheddar cheese

## The Dairy Aisle – Beyond Cool

Pick one of the recipes above and make it part of a balanced meal, with foods from all five food groups. Describe your meal and the food group or food groups for each dish in the space below

Dishes	Food Group(s)
Beyond Cool Recipe:	

**Recipe Sources:** Mac and Cheese with Veggies: <http://easyhomemeals.com/recipe/mac-and-cheese-with-veggies/detail>; Strawberry-Topped Waffles with Sweet Cream Sauce: <http://easyhomemeals.com/recipe/strawberry-topped-waffles-with-sweet-cream-sauce/detail>; Fruit Kabobs and Yogurt Dip: <http://easyhomemeals.com/recipe/fruit-kabobs-and-yogurt-dip/detail>; Southwest Potato Pancakes: <http://easyhomemeals.com/recipe/southwest-potato-pancakes/detail>



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# Real Food. Frozen – Cool Foods from Around the World

Cool Foods come from countries all over the world. In fact, whenever you walk down the freezer aisle in your supermarket, you are taking a world tour! See for yourself. Draw a line from the frozen foods in the freezer case on the left to the countries in the case on the right where they were first grown or created.

## Cool Kids Challenge!

Want to learn more about where your favorite frozen foods come from? You can research the history of all kinds of food on the Internet and in your school library. Choose one of the foods listed above or another frozen food that your family enjoys. Find out where it was first grown or created. Then write a paragraph telling the story of that food in the space below.



The Story of \_\_\_\_\_

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## Every Cool Kid Knows...

Most frozen foods come in right-size portions so it's easy to eat just enough for a balanced diet.

Visit [EasyHomeMeals.com](http://EasyHomeMeals.com) to find healthful family recipes.

