

## Dear Educator,

Back-to-school season is the perfect opportunity to encourage students to try new foods that provide great nutrition in a creative and appealing way. To help you get started, the National Pork Board and the award-winning curriculum specialists at Young Minds Inspired (YMI), have teamed up to create this latest supplement to the *Step Up to a Healthier You* Family and Consumer Sciences program, available online at [ymiclassroom.com/lesson-plans/pork/](http://ymiclassroom.com/lesson-plans/pork/).

The activities in this supplement provide new ideas for incorporating lean cuts of pork into a healthy, balanced diet. Activity 1 will inspire students to add interest and appeal to lunch-time ham sandwiches loaded with nutrients. Activity 2 is a take-home reminder about proper guidelines for cooking pork, along with a delicious pork tenderloin recipe for students to make at home with their families.

We encourage you to share this valuable supplement with your school's food service director and your fellow educators. Although it is copyrighted, you may make as many copies as you need.

Sincerely,



Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



YMI is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at [ymiclassroom.com](http://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](mailto:feedback@ymiclassroom.com).

## Target Audience

This supplement is designed for students in middle/junior high school Family and Consumer Sciences classes. It can be tailored to suit your students' needs and abilities.

## National Standards Alignment

This supplement meets the following Family and Consumer Sciences Standards:

- Demonstrate nutrition and wellness practices that enhance individual and family well-being.
- Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.

## How to Use This Program

Review the information in this guide and on the activity masters. Make photocopies of the activity masters for each student and schedule time to complete the activities in class. Have students take the activity sheets home.

## Activity 1 Amped-Up Ham Sandwiches!

This activity provides guidance on how to make healthful and delicious sandwiches with deli ham – one of pork's tastiest forms. Review the nutrition information with students as well as the suggested recipes. Then, have students work individually or in groups to develop their own unique ham sandwiches!

Students may use the following online resource for ideas and inspiration: [www.yummly.com/recipes/ham-sandwich-healthy](http://www.yummly.com/recipes/ham-sandwich-healthy)

## Activity 2 Make Mealtime Family Time

This take-home activity equips parents with key guidelines on cooking pork safely. It also provides a family-friendly pork tenderloin recipe for students to try at home. In a week or two, survey your students to see who has helped their family make the suggested recipe.

**Activity Extension:** Have students go online to research the National Pork Board's suggested pork recipes at [yummly.com/page/pork](http://yummly.com/page/pork) and choose a variety of healthful recipes they think their family would enjoy.

## Resources

### Recipes For Kids:

[www.allrecipes.com/recipes/1299/everyday-cooking/family-friendly/kid-friendly/pork/](http://www.allrecipes.com/recipes/1299/everyday-cooking/family-friendly/kid-friendly/pork/)

### Pork and Health:

[www.pork.org/health/](http://www.pork.org/health/)

### Dietary Guidelines for Americans:

[www.choosemyplate.gov/snapshot-2015-2020-dietary-guidelines-americans](http://www.choosemyplate.gov/snapshot-2015-2020-dietary-guidelines-americans)

### U.S. Department of Agriculture MyPlate:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

### Young Minds Inspired:

[www.ymiclassroom.com](http://www.ymiclassroom.com)



# Amped-Up Ham Sandwiches!

It's back-to-school time – a great opportunity to get creative with your lunch. Ham is a delicious and nutrient-rich form of pork, and a perfect centerpiece for sandwiches. You can buy deli ham, cook a whole ham and slice it, or even use canned ham!

On its own, ham has great nutritional value. It's an excellent source of protein, which is essential for building muscles and repairing your body tissues. Ham is also rich in zinc, which helps boost your immune system, and other vitamins that give you energy and keep your body moving.

When you add vegetables and dairy products like cheese, then wrap your sandwich in a whole grain package, you're getting even healthier! Below are some ideas for "amped-up" ham sandwiches sure to tickle your taste buds and fuel your health.

## Ham Sandwich Ideas

- **The Classic:** Place slices of ham and Swiss cheese on whole grain bread and top with lettuce, tomato, and pickles. Spread mustard on the bread for extra spice!
- **Pita-Licious:** Fill pita pockets with ham, sliced apples, cucumbers, and honey mustard for a perfect combination of sweet, salty, and sour.
- **Grill It:** Layer ham, cheddar cheese, and avocado slices on your favorite bread, spread a thin layer of butter on the outsides of the bread, and grill to melty deliciousness!
- **Hawaiian Ham Burrito:** Stir together chopped ham, lowfat mayo, pineapple chunks, and diced red onion. Serve in a whole wheat wrap.

## Design Your Own Ham Sandwich

**Directions:** Create a brand new ham sandwich that includes at least two of the following add-ons: vegetables, whole grains, and dairy. The more creative you can be, the better!

**Bonus:** Make your sandwich at home and bring it to school to impress your friends.

**Name of My Sandwich:** \_\_\_\_\_

**Ingredients:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Preparation:**

\_\_\_\_\_

\_\_\_\_\_

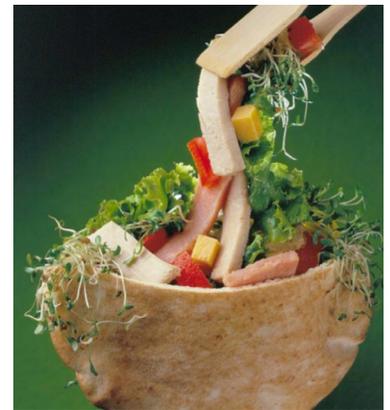
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**Why My Sandwich is Healthy and Delicious:**

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# Make Mealtime Family Time

## Dear Parent,

Pork can be part of a delicious, well-balanced meal that the whole family will love. Lean cuts, like pork chops and tenderloin, are great choices because they are rich in nutrients and low in calories, cholesterol, and fat. Below you will find information on cooking pork safely as well as an easy-to-prepare, kid-friendly recipe. Invite your child into the kitchen and enjoy fun family time as you cook up a feast tonight!

## Cooking Pork Safely

The USDA and National Pork Board recommend cooking pork to a minimum internal temperature of 145°F, followed by a 3-minute rest. Ground pork should be cooked to a minimum internal temperature of 160°F. It is best to use a digital cooking thermometer to measure your pork's temperature, inserting it at the thickest part of the cut once you've reached your cooking time. This will ensure that your pork is safe, juicy, tender, and delicious! For tips on using a meat thermometer, visit [www.pork.org/blog/using-meat-thermometer](http://www.pork.org/blog/using-meat-thermometer).

## Healthy Recipe Tips

➔ Using a spice rub or juice-based marinade adds flavor to pork without adding fat.

➔ Roasting and broiling are the leanest cooking methods for pork.

## Cider-Glazed Pork Tenderloin

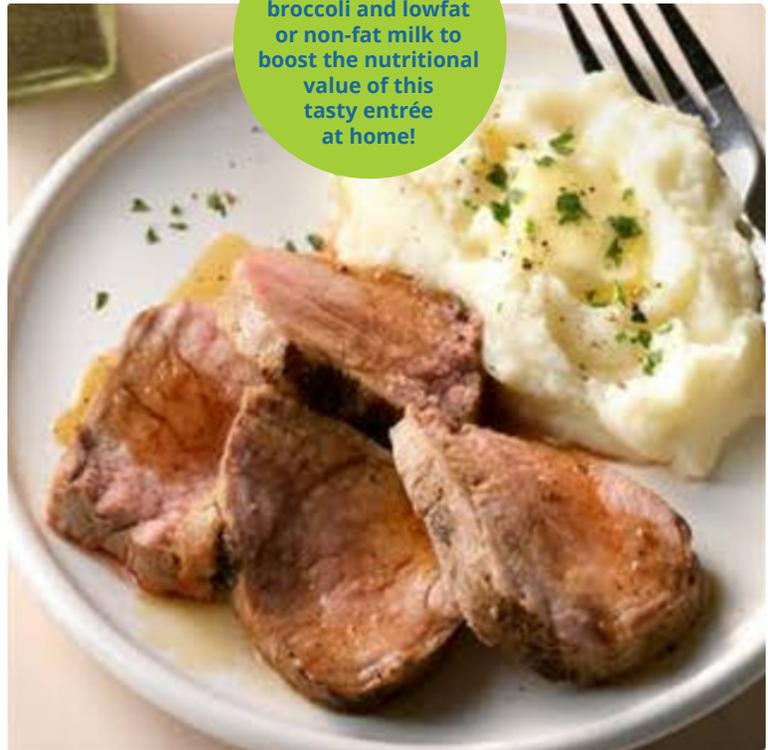
30 minutes prep/cook time; serves 4.

### Ingredients:

- 1 pork tenderloin (1 pound)
- 1/4 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 tablespoon olive oil
- 3/4 cup apple cider or juice
- 1/4 cup maple syrup
- 2 tablespoons cider vinegar

### Directions:

1. Preheat oven to 425°. Cut tenderloin in half to fit skillet; sprinkle with salt and 1/4 teaspoon pepper. In a large skillet, heat oil over medium-high heat; brown pork on all sides. Transfer to a 15x10x1-in. pan. Roast until a thermometer reads 145°, 12-15 minutes.
2. Meanwhile, in same skillet, bring cider, syrup, vinegar, and remaining pepper to a boil, stirring to loosen browned bits from pan. Cook, uncovered, until mixture is reduced to a glaze consistency, about 5 minutes.
3. Remove pork from oven; let stand 5 minutes before slicing. Serve with glaze.



### Nutrition Facts

3 ounces cooked pork with 1 tablespoon glaze: 239 calories, 7g fat (2g saturated fat), 64mg cholesterol, 200mg sodium, 19g carbohydrate (17g sugars, 0 fiber), 23g protein.

For more information, please visit <https://www.pork.org/cooking/pork-temperature>.

For more tasty and nutritious pork recipes and tips, visit <https://www.yummly.com/page/pork>.

