

Dear Parents and Caregivers,

Shopping and cooking take time and energy, and any help families can get is an important improvement. This program, from the National Pork Board, provides a reminder that pork is a convenient meal choice for busy families.

Developed by the award-winning curriculum specialists at Young Minds Inspired (YMI), this activity will help your child explore the vitamins and minerals found in pork and discover how these nutrients support the body. Using this knowledge and USDA MyPlate guidelines, your child will also plan a week's worth of balanced meals.

You will also find tips on cooking temperature recommendations for pork, which improve flavor and texture without compromising food safety, as well as cooking techniques for this lean protein that you and your child might use to research recipes for your family to try.

We hope you enjoy exploring these activities with your child and find them helpful in planning family mealtime.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005, or by email at feedback@ymiclassroom.com.

What's Cooking?

Grade Level

Grades 6-8

What Your Child Will Learn

The activities in this program will help:

- Reinforce nutrition and wellness practices, including the USDA MyPlate guidelines.
- Promote balanced meal planning.
- Raise awareness about food preparation techniques.

How to Use the Activity

There is one standards-based activity in this program, along with ideas for your family to do at home. Download and print the activity sheet before getting started. Your child will need access to the Internet for the activity.

Pork and Nutrition

Lean sources of protein, found in several cuts of pork like tenderloin, are an important part of a healthy, well-balanced diet. Pork is also a good source of nutrients like thiamin, niacin, vitamin B6, and riboflavin. Pork not only helps meet the USDA Dietary Guidelines, but also provides a tasty and important variation in the protein component that makes up the USDA MyPlate guidelines.

Activity Nutrients You Need

Part 1. Provide your child with a copy of the activity sheet. Have them go online to pork.org/cooking/pork-nutrition/vitamins-and-minerals for background on the top ten nutrients that pork provides, in addition to being an excellent source of protein — iron, magnesium, phosphorus, potassium, zinc, thiamin, riboflavin, niacin, vitamin B12, and vitamin B6.

Then have your child research these nutrients and complete the chart on the activity sheet by summarizing facts for five of the nutrients. Your child can research all 10 by making a copy of the

chart on the back of the sheet to list the other five nutrients.

Part 2. Have your child use this chart on the activity sheet to plan five dinner menus that meet the MyPlate guidelines. A cut of pork must be selected for at least two of the dinners.

To explore cuts of pork and recipes, your child can go to pork.org/cooking/cuts and yummly.com/page/pork.

Make Mealtime Family Time

The U.S. Department of Agriculture (USDA) recommends cooking pork chops, roasts, and tenderloin to an internal temperature of 145°F, followed by a 3-minute rest. For cooking ground pork, 160°F is recommended.

Build your family's recipe collection by having your child research pork recipes featuring various cooking techniques listed below that they think your family will enjoy. Encourage them to explore global cuisines and share information about the country of origin. Review the recipes together and pick your favorites to try at family mealtimes. Have your child design a cookbook with the recipes you find so that you'll have them on hand.

Pork Cooking Techniques:

- **Grilling** – cooking over direct medium heat
- **Roasting** – cooking uncovered in a shallow pan
- **Broiling** – cooking 4-5 inches from heat
- **Barbecuing** – cooking over indirect medium heat
- **Braising** – simmering with a liquid in a covered pot
- **Sautéing** – using cooking oil in a pan over medium-high heat

Resources

- Pork Nutrition: pork.org/cooking/pork-nutrition
- About Cooking Pork: pork.org/cooking
- Pork Recipes: yummly.com/page/pork
- USDA MyPlate: choosemyplate.gov

Activity

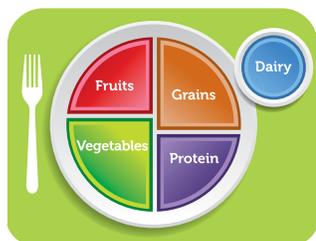
Nutrients You Need



Pork offers a wide array of healthy nutrients in a meat that is lean and low in calories. Learn more about how these nutrients can help you build healthy menus that meet USDA guidelines while offering tasty and delicious meal variations.

Part 1 Check out the nutrients in pork at pork.org/cooking/pork-nutrition/vitamins-and-minerals, then research five of the nutrients. Use this chart to organize your research.

Nutrient Information			
Nutrient	Function and Importance	Body System That Uses This Nutrient	% Recommended Daily Value in 3 Oz. of Pork



Part 2 Now plan a week's worth of dinners for your family, including two pork options, using the MyPlate guidelines. See choosemyplate.gov for additional information. There are lots of great pork recipes available at yummys.com/page/pork to get you started!

	Monday	Tuesday	Wednesday	Thursday	Friday
 Fruits					
 Vegetables					
 Grains					
 Dairy					
 Protein					

