

## Dear Parents and Caregivers,

As your child is growing and making more independent decisions, take the opportunity to encourage them 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 these materials for your family.

The activity and “Make Mealtime Family Time” tips in this program provide ideas for incorporating lean cuts of pork into a healthy, balanced diet. The activity will inspire your child to add interest and appeal to lunchtime ham sandwiches loaded with nutrients. The tips for families features a reminder about proper guidelines for cooking pork, along with a delicious pork tenderloin recipe your family can 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](mailto:feedback@ymiclassroom.com).

# Family Sandwich Challenge

## Grade Level

Grades 6-8

## What Your Child Will Learn

The activity in this program will help:

- Reinforce nutrition and wellness practices.
- Promote meal planning.
- Raise awareness about food preparation techniques.

## How to Use the Activity

There is one standards-based activity in this program, along with tips for parents and caregivers. Download and print the activity sheet. Your child will need access to the Internet for the activity.

## Activity 1 Amped-Up Ham Sandwiches!

This activity provides guidance on how to make balanced and delicious sandwiches with deli ham – one of pork’s tastiest forms. Talk with your child about the nutrition information and the suggested recipes on the sheet. Then, have your child develop their own unique ham sandwich. They may use the following online resource for ideas and inspiration:

[yummys.com/recipes/ham-sandwich-healthy](http://yummys.com/recipes/ham-sandwich-healthy)

## Make Mealtime Family Time

This page for parents and caregivers provides key guidelines on cooking pork safely, as well as a family-friendly pork tenderloin recipe for you to try at home.

Engage your child in planning family meals and helping you brainstorm options. Have your child go online to research the National Pork Board’s suggested pork recipes at [yummys.com/page/pork](http://yummys.com/page/pork) and choose a variety of healthful recipes they think your family would enjoy. Have them assemble the recipes and shopping lists in a recipe book for the family.

## Resources

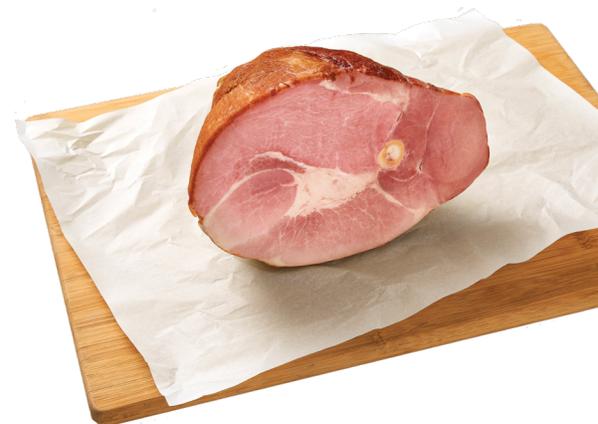
**Easy & Simple At-Home Cooking:**  
[bit.ly/3a1i6KT](http://bit.ly/3a1i6KT)

**Pork Nutrition:**  
[pork.org/cooking/pork-nutrition](http://pork.org/cooking/pork-nutrition)

**Dietary Guidelines for Americans:**  
[dietaryguidelines.gov](http://dietaryguidelines.gov)

**USDA MyPlate:**  
[choosemyplate.gov](http://choosemyplate.gov)

**Young Minds Inspired:**  
[ymiclassroom.com/at-home-learning](http://ymiclassroom.com/at-home-learning)



Activity

# Amped-Up Ham Sandwiches

It's time 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 plays a role in building muscles. Ham is also a good source of zinc, which helps support 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 creating a more balanced meal. 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 flavor!
- **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!

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

**Ingredients:**

_____	_____
_____	_____
_____	_____

**Preparation:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

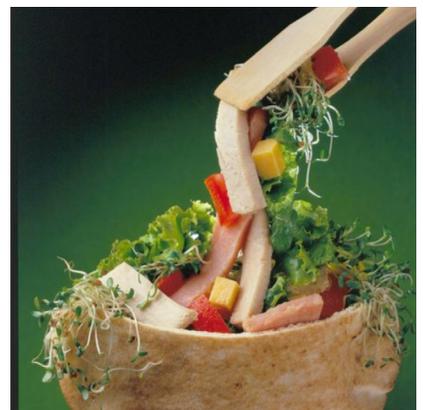
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**Why My Sandwich is Healthy and Delicious:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Make Mealtime Family Time

## Tips for Parents & Caregivers

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 nutrient rich. 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 [pork.org/blog/using-meat-thermometer](http://pork.org/blog/using-meat-thermometer).

## 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.

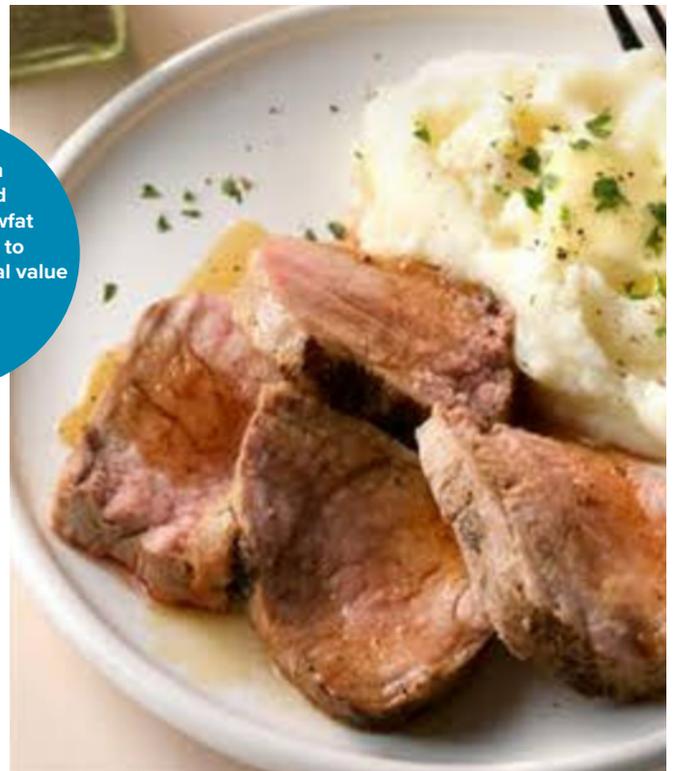
For more information, please visit [pork.org/cooking/pork-temperature](http://pork.org/cooking/pork-temperature).

For more tasty and nutritious pork recipes and tips, visit [yummys.com/page/pork](http://yummys.com/page/pork).

## Healthy Recipe Tips

- ➔ Using a spice rub or juice-based marinade adds flavor to pork without adding fat.
- ➔ Roasting and broiling are lean cooking methods for pork.

Pair this dish with steamed broccoli and lowfat or non-fat milk to boost the nutritional value of this tasty entrée at home!



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