



Dear Educator,

Encourage and support healthy lifestyle choices among your students and their families with the **Cool Food for Kids™** health education program brought to you by the National Frozen and Refrigerated Foods Association (NFRA) in partnership with curriculum specialists Young Minds Inspired (YMI). **This program also offers you a chance to win \$50 in supplies for your classroom (see details at right).**

Cool Food for Kids™ is designed to help children understand more about food choices, portion control, and the benefits of physical activity. It will engage your students in the work of building positive routines that will serve them well as their independence grows and also lay the groundwork for adopting healthy habits as adults. In addition, the program provides information for parents to help keep their family's health, nutrition, and fitness in check, while enjoying the convenience that frozen foods offer to support today's busy lifestyles.

We urge you to share this valuable program with other teachers in your school. Although the materials are copyrighted, you may copy them for educational purposes. Please return the enclosed reply card to let us know your opinion of the program. 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



You could win \$50 in classroom supplies!
Just return the enclosed reply card by November 28, 2008 to enter the Cool Food for Kids™ Teacher Sweepstakes.
For more information, visit www.ymiteacher.com/classroomsupplies.html



is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiteacher.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 but may be tailored to suit the needs and abilities of your students.

Standards Alignment

This program aligns with the National Health Standards for grades 3 – 6. For details, please visit www.ymiteacher.com/pdf/coolfoodstandards.pdf.

Program Objectives

The **Cool Food for Kids™** program will:

- Educate students about making balanced food choices.
- Help students better understand portion control.
- Encourage students' physical activity.
- Support parents as they incorporate health, nutrition, and physical activity into their family's daily lives.

Program Components

- This 6-page poster guide.
- Three reproducible student activity sheets.
- One reproducible parent letter.
- A reply card for your important comments and to participate in the sweepstakes.

How To Use This Program

1. 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 in your school.
2. Photocopy and send the parent letter home with students as you begin the program.
3. Photocopy the activity sheets for each student to complete the lessons. Review the directions with students before completing the activities in class.

How To Use the Poster

Display the poster in a prominent classroom location to pique student interest. Review the poster together with students and have them identify the featured frozen foods to determine whether they can be enjoyed at breakfast, snack time, or dinner. Draw their attention to the food pyramid and ask them which foods in the freezer belong to which food groups. Then help students read all of the notes and messages featured on the refrigerator image. Challenge students to go home and check out the food groups represented in their freezer.

Activity 1 Start Cool

Begin by drawing students' attention to the wall poster included in the kit to identify the frozen breakfast foods featured. Next have students talk about the food items they had for breakfast, then distribute the activity sheets.

Part A.

Help students identify the healthy breakfast choices featured on the activity master, including a waffle with blueberries and a glass of juice, an egg, cheese, and sausage breakfast croissant sandwich and a glass of juice, and French toast sticks with peanut butter and strawberries and a mini-carton of milk. Explain that they will determine which food group or groups each item represents and color in a block on the chart accordingly. Note: Some items, such as the breakfast sandwich, may cover more than one group.

Part B.

Read over the information with students and direct them to sign the Breakfast Pledge. Remind them to share the information with their parents at home. Finally, have students participate in three minutes of jumping jacks as a quick-start reminder of their 60-minute physical activity needs for the day.

Activity 2 Know When to Cool It

Additional Materials Needed

(optional): Packaging from frozen snack food.

First have students identify the frozen snack items featured on the poster, then talk about their favorite snack foods. Distribute the activity sheets.

Part A.

Help students determine that all the featured snacks are shown in healthy portions of one serving size. Have students

share which of the featured snacks they would choose and why. Explain how understanding snack portion size helps control overeating. You might have the packaging from a frozen food snack item available to show students where to find serving size information.

Part B.

Have students complete the snack self-inventory. You might review students' work with them individually to help them determine if they are keeping their portion control in check.

Part C.

Review the information with students. Encourage them to challenge their parents to complete the snack self-inventory with the questions from Part B and to try the featured healthy snack recipe.

Activity 3 Keep A Cool Balance

First have students identify the frozen dinner foods featured on the poster. Then distribute the activity sheets.

Part A.

Have students complete the word search to find frozen dinner food items.

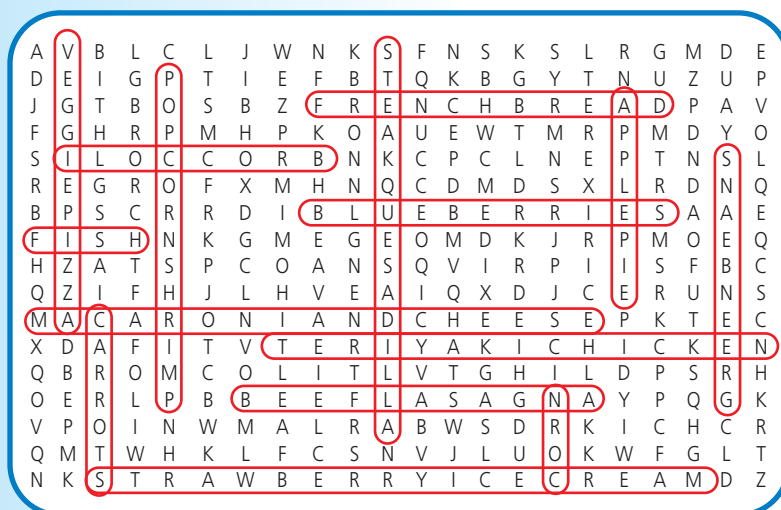
Part B.

Have students use the dietary guidelines featured to create a balanced dinner, choosing only from among the frozen foods items found in the word search.

Part C.

Help students create and record their conversation starters on the activity sheet. Students may come up with their own ideas; however, some suggestions include: "My best moment today was when ____"; "The funniest thing that happened to me today was ____"; "A fun family activity for after dinner is ____", etc. Remind students to review the remaining activity information together with parents and cut out the conversation strips to use at home.

Answers to Activity 3 Word Search



Dear Parent/Guardian:

The National Frozen and Refrigerated Foods Association (NFRA), in partnership with curriculum specialists Young Minds Inspired (YMI), have teamed up to bring this **Cool Food for Kids™** program to your child's school to support your effort of incorporating health, nutrition, and physical activity in your family's daily lives. Be sure to review the completed activities with your child to discover tasty recipes and cool tips. By doing so, your family will be the coolest in the neighborhood! **And your family could win a great "Sea or Ski" vacation or other prizes (see details below).**



A Cool Balance

Frozen foods can play a big role in lightening a parent's load. Among their many advantages, frozen foods boast convenience, nutrition, and value, making them a dependable choice. A wide range of fruits, juices, vegetables, breads, potato products, seafood, meats, snacks, and desserts are available from the freezer case to help families plan nutritionally balanced meals. Remember to limit sweets, include whole grains often, provide a variety of vegetables, go lean with protein sources, and offer calcium-rich foods.

Be sure to visit **www.EasyHomeMeals.com** to find tasty and balanced recipes featuring frozen foods for easy meal preparation. Below is a sample recipe from the website. Try it for your family's next dinner!

Citrus Chicken Stir Fry

Prep time: 20 minutes. Serves 4.

Ingredients:

- 1 package (10 oz.) Chicken Breast Tenders
- 1 tablespoon cooking oil
- 1 package (16 oz.) frozen stir-fry vegetables
- 1/2 cup stir-fry sauce
- 1/2 cup orange juice
- 2 tablespoons brown sugar
- 2 cups hot cooked rice
- 1/4 cup sliced almonds



Instructions:

Wash hands. Prepare chicken according to package directions. Cut tenders in half crosswise. In a large skillet heat oil to medium-high; add vegetables and stir-fry 5 minutes. Add stir-fry sauce, orange juice, and brown sugar. Continue cooking over medium heat 3 minutes. Toss cooked chicken with the vegetable mixture. Serve over rice. Top with almonds. Chill. Refrigerate leftovers immediately.

A Cool Fit

The convenience of frozen foods gives your family more time together. Why not make it active to keep a healthy family lifestyle? These ideas are sure to get everyone up and moving!

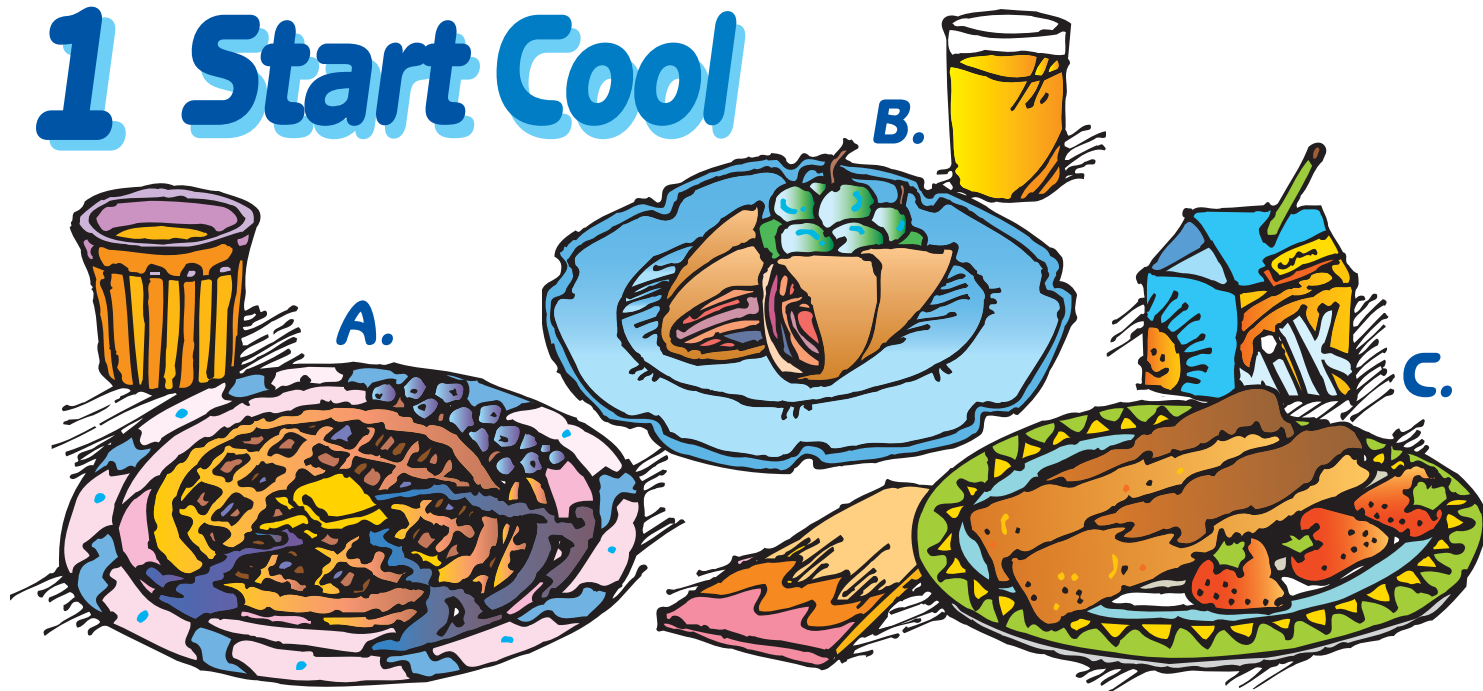
- **Head for the hills** – or at least around the block – with a fast-paced walk. Mix it up by having your child make different animal movements as you go. For example, hop like a bunny or gallop like a horse!
- **Set the course.** Create an obstacle course using everyday objects such as stacks of books to jump over, a chair to crawl under, etc.
- **Hoola hoops, jump ropes, and limbo – oh my!** See whether parent or child can hoop the longest, jump the fastest, or go the lowest.

Check out
www.EasyHomeMeals.com to
enter the **Cool Food for Kids™**
Parent Sweepstakes. Your family
could win a "Sea or Ski" vacation,
a Trek® bike, or a Nintendo®
Wii Console with Wii Fit™!

*No purchase or payment of any kind is necessary to enter or win this sweepstakes. Open to legal residents of the 50 US & DC, 18+ age of majority & older on date of entry. Sweepstakes ends 11/28/08 at 11:59:59 PM ET. Entry details & Official Rules at www.EasyHomeMeals.com. Void where prohibited.



1 Start Cool



Part A. Breakfast is the most important meal of the day. Make it count with some of these cool choices!

In the chart, color the appropriate food groups each frozen breakfast food represents. Be sure to follow the color directions as you work. In the last block write your favorite frozen foods breakfast and see if you're starting cool!

Frozen Breakfast Choices	Grains (Yellow)	Vegetables (Green)	Meats/Beans (Brown)	Fruits (Red)	Milk (Purple)
A. Waffle with blueberries, juice					
B. Egg, cheese, and sausage breakfast croissant sandwich, juice					
C. French toast sticks with peanut butter and strawberries, milk					

Part B. Pledge to start cool! Sign the **Healthy Breakfast Pledge** and share it with your parents.

My Breakfast Pledge

I promise to eat a healthy breakfast every day to give my body the energy it needs.

My Signature Today's Date

Parent's Signature Today's Date

Cool Tips for You!

Did you know that you should get 60 minutes of physical activity each day? Follow your teacher's directions to get a "jump" start on your daily requirement!

Cool Tips for Your Family!

Is your family in a hurry to get to school or work on time? Stay cool and don't miss out on a balanced breakfast to start your day.

Check out
www.EasyHomeMeals.com
for simple recipes and to
enter the Cool Food for Kids™
Parent Sweepstakes.*



2 Know When to Cool It

Part A. The snacks you eat between breakfast, lunch, and dinner help “cool” your hunger. But do you know how to control the amount, or portion, of a snack to keep you from eating too much? Check out the frozen snack foods below and decide which you would choose for a healthy snack and why! Remember to check the serving sizes listed on the nutrition label to keep your food portion at just the right amount!



1 mini calzone



1/2 cup of frozen yogurt



4 pizza rolls



1/2 cup of frozen fruit

To cool my hunger, I choose _____ for my snack because _____.

Part B. Complete this snack self-inventory. What do your answers tell you about your snack habits?

My favorite snack is _____. I usually eat _____ (amount of this snack). I think I eat _____ (too much or not enough) of this snack because _____. I eat this snack _____ (time of day and location). I like this snack because _____. Another snack I could choose is _____ because _____.

Part C. Challenge your parents to complete the snack self-inventory (Part B) to learn more about their snack habits. Then try this quick snack recipe featuring some frozen food favorites. Visit www.EasyHomeMeals.com for cool snack recipes.

Tropical Smoothie Recipe

- 1 1/2 cups orange juice
- 1 cup frozen low-fat vanilla yogurt
- 1 cup frozen mango chunks
- 2 ripe, medium bananas, peeled

Combine all ingredients in blender. Cover and blend until smooth. Makes 3 servings.

Cool Tips for Your Family

Keeping snack portions in control is key to developing healthy snack habits. Frozen snack foods can help, because they identify portion-controlled servings to help keep snacking in check. **Visit**

www.EasyHomeMeals.com for more cool tips and to enter the **Cool Food for Kids™ Parent Sweepstakes.***

Cool Tips for You!

Remember to balance snack time with physical activity. Try dancing or skipping rope to the beat of your favorite music after your next snack!



3 Keep A Cool Balance

Part A. Discover all the yummy frozen dinner foods hidden in the word search.

Broccoli	Apple pie
Carrots	Veggie pizza
Corn	Blueberries
Beef lasagna	Popcorn shrimp
Fish	Teriyaki chicken
French bread	Strawberry ice cream
Green beans	Steak quesadilla
	Macaroni and cheese

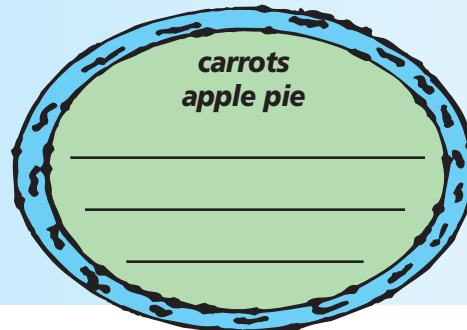
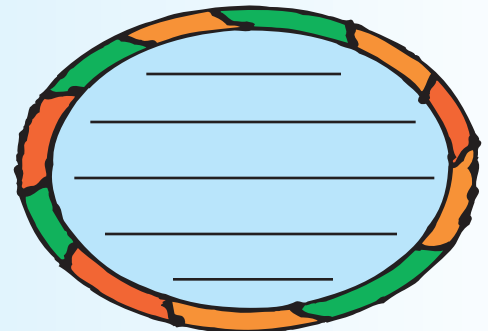
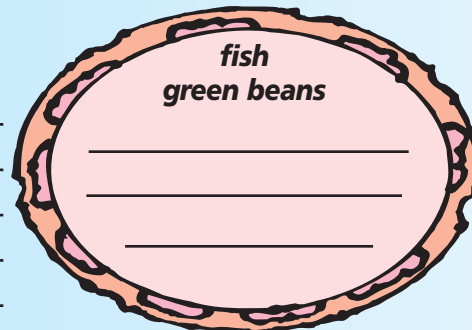
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Part B. What's for dinner? Put some cool dinners together by adding frozen food items from the word search to the dinner plates below - don't forget dessert. Remember you'll need a food from each food group to keep your cool dinner balanced!

To help you decide, the food scientists from the U.S. Department of Agriculture (USDA*) have divided foods into the following food groups and daily serving amounts. Check it out!

Food Group	# of Servings
Grains	6-9 servings
Vegetables	3-4 servings
Fruits	2-3 servings
Meat and Beans	2 servings (5-6 oz)
Milk	2-3 servings

(Note: A serving is about the size of your fist.)



*The USDA does not endorse any products or organizations.

Part C. Keep your conversation cool at dinner! Think up some conversation starters for your next family mealtime and write them on the lines below. Then, cut them out at home and keep them in a small bowl on the dining room table. Take turns with your family completing the conversation starters as you enjoy a family meal together!

Cool Conversation Starters

1. _____
2. _____
3. _____

Cool Tips for You!

Visit www.EasyHomeMeals.com with your parents to find cool dinners to prepare at home in less than 20 minutes!

Cool Tips for Your Family!

Frozen foods can help you make a fresh and quick dinner – allowing you to spend more time together! Keep it active after dinner with a friendly family dance-off or lively game of freeze-tag. Visit www.EasyHomeMeals.com for more cool tips and to enter the **Cool Food for Kids™ Parent Sweepstakes.***

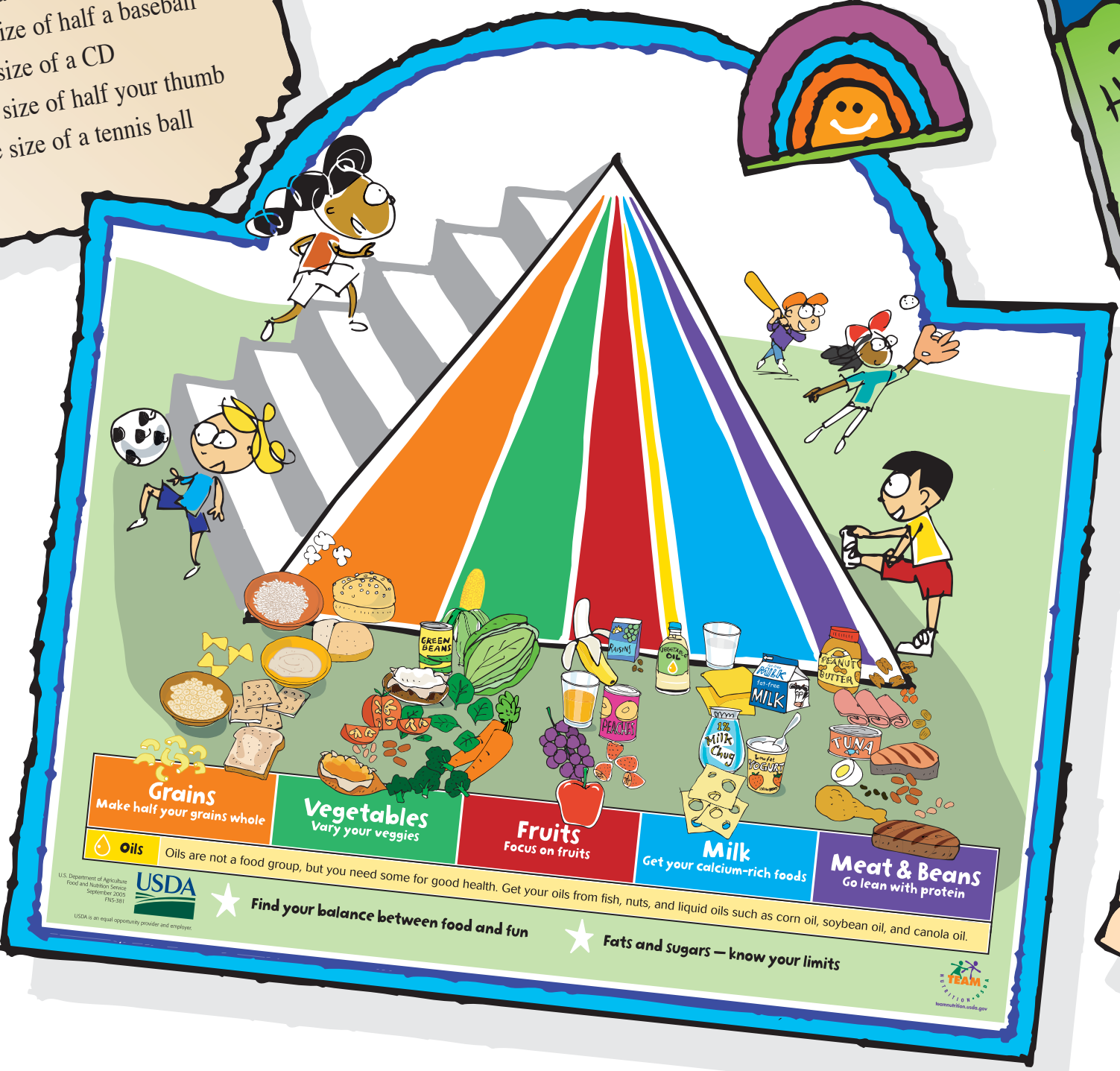
*No purchase necessary. Ends 11/28/08.





Serving Size Quick Guide

One kid serving of these favorites equals:
1/2 cup frozen yogurt = the size of half a baseball
1 pancake = the size of a CD
1 ounce serving of cheese = the size of half your thumb
1 serving of fruit = the size of a tennis ball



Heads up family!
Freeze tag game starts after dinner at 6:00 tonight! Catch up then. Love, Dad

Do Today

PICK-UP mini tacos, French toast sticks, ice cream, popcorn shrimp, orange juice.



Check out the food groups on the food pyramid. Look in the freezer for foods from the different food groups.