

**Dear Educator,**

This **Cool Food for Kids™** health education program is designed to help you get the school year off to a positive start by promoting healthy food choices and active lifestyles among your students and their families. Today, it's even more important because experts tell us the percentage of overweight children is growing at an alarming rate.



The **Cool Food For Kids™** program, brought to you by the National Frozen and Refrigerated Foods Association (NFRA) in partnership with curriculum specialists Young Minds Inspired (YMI), will teach your students and their families important lessons about eating a healthy diet, being physically active, and having regular evening family meals. The **Cool Food For Kids** materials include a teacher's guide and three reproducible student activities, along with extended activities to enrich student learning. There also is a reproducible parent letter with information that emphasizes the importance of family meals and maintaining an active family lifestyle.

Although these materials are protected by copyright, you may make as many copies as you need for use in your classroom. We also encourage you to share them with other teachers in your school. Please visit [www.ymiclassroom.com/coolfoodforkids.html](http://www.ymiclassroom.com/coolfoodforkids.html) to comment on this program. We depend on your feedback to help us continue providing free educational programs that make a real difference in the classroom.

Sincerely,

A handwritten signature in blue ink that reads 'Dr. Kinsley'.

Dr. Dominic Kinsley

Editor in Chief

Young Minds Inspired



is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at [www.ymiclassroom.com](http://www.ymiclassroom.com) to send us feedback and download more free programs. For questions, contact us at 1-800-859-8005 or e-mail us at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

## Target Audience

This program is designed for students in grades 3-6. It may be tailored to suit the specific needs of the students in your classroom.

## Standards Alignment

### The Cool Food for Kids™

program will:

- Educate students about making balanced food choices.
- Help students better understand portion control.
- Encourage students to adopt a physically active lifestyle.
- Encourage parents to make family mealtime a daily event.
- Support parents as they incorporate health, nutrition, and physical activity into the daily family routine.

## Program Components

This 6-page poster guide includes:

- Teaching suggestions.
- Three reproducible student activity sheets.
- One reproducible parent letter with information that emphasizes the importance of family meals and maintaining an active family lifestyle.

## How to Use This Program

1. Photocopy this teacher's guide and the reproducible activity sheets before displaying the poster. Make a copy of the program components to share with other teachers in your school.
2. Review the materials by reading the activities in tandem with the explanation of the activities in the teacher's guide. Then, schedule them into your classroom lesson plans.
3. Photocopy and distribute the student activity sheets and the parent letter. The teacher's guide contains directions for implementing each of the student activities in your classroom.

## Resources

National Frozen and Refrigerated Foods Association

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

U.S. Department of Agriculture Food Pyramid

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

Young Minds Inspired

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

## Activity 1 Welcome to Cool School!

**Part A.** Introduce this activity with a class discussion about good nutrition. After reviewing the answers to the quiz, encourage students to share it with their parents and family members.

**Answer Key:** 1. True. The Nutrition Facts label lists all the key nutrients that are in the package. 2. False. Kids should get at least 60 minutes of physical activity a day. 3. True. 4. True. 5. False.

**Part B.** *How to play the Cool School Challenge:* Divide your class into teams. Include students of varied abilities on each team so that all teams can be successful. Provide time for the team members to develop their questions and answers. Teams take turns being the "asking" team. Award 25 points for each correct answer, and deduct 25 points for each incorrect answer. The team with the most points wins the game.

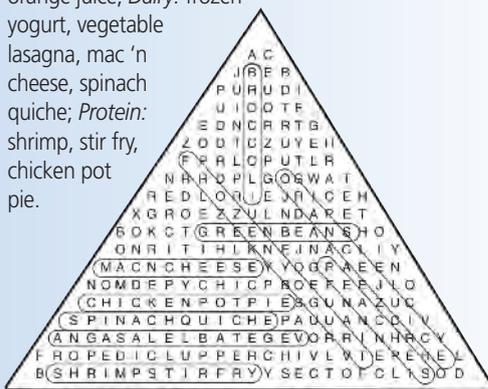
**Extension Activity:** Have each team develop a plan for a Cool Family Fun Day that contains a well-balanced menu for a family meal, a nutritious snack, and exercise.

## Activity 2 Frozen Foods Groups

Introduce this activity by reviewing the food groups in the U.S. Department of Agriculture MyPlate icon ([www.choosemyplate.gov](http://www.choosemyplate.gov)).

Write the following words from each of the food groups on the board and have students find them in the word search puzzle.

**Answer Key:** *Grains:* shrimp stir fry, vegetable lasagna, chicken pot pie, mac 'n cheese; *Vegetables:* broccoli, shrimp stir fry, green beans, vegetable lasagna, spinach quiche; *Fruits:* peaches, orange juice; *Dairy:* frozen yogurt, vegetable lasagna, mac 'n cheese, spinach quiche; *Protein:* shrimp, stir fry, chicken pot pie.



**Extension Activity:** Have students create their own word search puzzles featuring foods in each of the food groups and challenge their family members to solve them.

## Activity 3 Serving Smarts

**Part A.** Introduce this activity by helping each student determine his or her target daily calorie count. Students can use the interactive tool at [www.choosemyplate.gov/weight-management-calories.html](http://www.choosemyplate.gov/weight-management-calories.html) to determine their desired weight related to their age and height, and to determine how calories affect that weight. Have students fill out their personal information page to take home along with the activity sheet. If students don't have access to a computer, they can use the fact that most kids need between 1,600 and 1,800 calories a day.

**Part B.** Next, review the information on the Nutrition Facts label that appears on every food package. (As background, review the Food and Drug Administration's How to Understand and Use the Nutrition Facts label information at [www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm](http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm).) Focus on helping students determine the number of calories per serving. You can use clay or other classroom items to help students visualize how much each serving size represents.

Explain to your students that they will need to take a family trip to the local grocery store to complete the Cool Food Grocery Store Challenge. Encourage them to work with their family members to find the information they need on each Nutrition Facts label.

**Extension Activity:** Encourage students to get together with family members to create their own Top 10 Family Favorite Foods list and, using the Nutrition Facts labels, create a chart that shows the serving size, calories per serving, and key nutrition information for each food product.

## Reproducible Parent Letter Family Time

To continue your students' learning beyond the classroom, photocopy the letter to send home with each student. Ask students to bring their completed planner back the following week and share their progress with the class.

## Culminating Activity

To wrap up the unit of study, create a Cool Kids Cookbook. Ask students to share favorite family recipes that incorporate frozen foods, along with special selections that they can find on [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com). Compile them into a recipe booklet that can be photocopied for each student to take home.



## Activity

# Welcome to Cool School!

**Part A.** How cool are you when it comes to your food IQ? Take this quick quiz to find out! Write T for True or F for False in the space before each question.

- \_\_\_ 1. There is a Nutrition Facts label on most food packages that tells you a lot about what you're eating.
- \_\_\_ 2. You don't have to worry about exercise if you eat lots of fruit and vegetables.
- \_\_\_ 3. Families who eat dinner together generally eat a more well-balanced meal.
- \_\_\_ 4. Frozen foods are a good choice for a quick family meal.
- \_\_\_ 5. Serving sizes aren't important if the food is a healthful food.

### Get all 5 correct?

You're as cool as it comes!

Fewer than 5 correct?

Don't sweat it. When you've finished the Cool School Challenge, you'll be chillin' for sure!

**Part B.** Make up your own questions and try to stump your classmates. Half of the cut-outs below contain a topic for a question about healthy practices and nutrition—including eating a balanced diet, eating only what you need to stay healthy, and getting lots of exercise. With the members of your team, create a question based on each topic. Then, pick your own topics and write 5 more questions on the blank cut-outs. When you're done, your teacher will explain how to play the game.

## The Cool School Challenge

**Topic:** Things that can be part of a balanced breakfast  
Our question:

**Topic:** Members of the Vegetable group  
Our question:

**Topic:** Kid's serving size for something from the Dairy group  
Our question:

**Topic:** Team sports that are fun to play  
Our question:

**Topic:** Fruit found in the frozen foods aisle  
Our question:

**Topic:**  
Our question:

### Quick Family Snack

## Banana Raspberry Smoothie

(3 servings)

### Ingredients

- 1½ cups pineapple juice
- 1 cup vanilla yogurt or frozen yogurt
- 1 cup fresh frozen raspberries
- 2 ripe, medium bananas, peeled



### Directions:

Combine pineapple juice, yogurt, raspberries and bananas in blender or food processor. Cover; blend until smooth. Garnish with raspberries and banana slices, if desired.

### For Cool Family Fun...

Make one night a week **Family Fitness Night**. Each week, have a different person pick the family activity that you will all do together—walking, playing Frisbee, etc.



For quick and easy family recipe ideas, visit [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com)

Activity

# 2

# Frozen Foods Groups



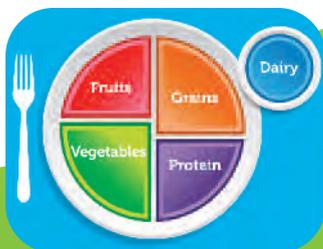
It's important to make good food choices and get plenty of physical activity. To feel and look your best, you should choose foods from each of the five main food groups each day. You will find lots of good choices in the frozen foods aisle of your grocery store!

Circle the names of the frozen foods that are hidden in the puzzle. Then, put them where they belong by writing the names in the correct columns. Put the items that contain several different food groups in each category that applies.

For quick and easy family recipe ideas, visit [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com)

### Cool Family Fun!

Go for an after-dinner walk or bike ride. If the weather isn't great, turn on some music and have a family dance party!



A C  
 J B E B  
 P U R U D I  
 U I O O T F  
 E D N C R R T G  
 Z O D T C Z U Y E H  
 F P R L O P U T L R  
 N R R D P L G O G W A T  
 R E D L O R I E J R I C E H  
 X G R O E Z Z U L N D A P E T  
 B O K C T G R E E N B E A N S H O  
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 M A C N C H E E S E Y Y O G P A E E N  
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 B S H R I M P S T I R F R Y Y S E C T O F C L I S O D

**Grains**      **Vegetables**      **Fruits**      **Dairy**      **Protein**

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**How many products containing one or more of the 5 main food groups can you find in your freezer at home? List them in this space.**

Activity

# 3 Serving Smarts

**Part A.** Cool kids make smart choices when it comes to what they eat and how much they eat. They choose foods from the five basic food groups each day, make half their plate fruits and vegetables, and keep track of their calories, too. Most kids need between 1,600 and 1,800 calories a day, but—because you aren't just cool, you're also unique—you're going to discover your own target cool calorie count! Your teacher will tell you how.

**Part B.** It's easy to keep track of the calories you get each day, because there's a Nutrition Facts label on every package of food—including frozen foods—that tells you how many calories there are per serving.



My target  
**Cool  
Calorie  
Count**  
per day is:

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## Cool Food Grocery Store Challenge

Locate your favorite foods in the frozen foods section of your grocery store. Then, look for the Nutrition Facts label on the package. Find the calories per serving and serving size information and write them in the space provided on the chart. We've listed several foods that you probably like to get you started. You can add others that rate a spot on your list of favorites.

<b>My Favorites</b>	<b>Brand</b>	<b>Calories per serving</b>	<b>Serving size</b>
Mac 'n cheese	_____	_____	_____
Pizza	_____	_____	_____
Fish sticks	_____	_____	_____
Chicken nuggets	_____	_____	_____
Broccoli & cheese	_____	_____	_____
Frozen yogurt	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Quick Family Breakfast

### Berry Berry Good Pancakes

- Ingredients**
- 6 frozen pancakes
  - 2 cups frozen raspberries
  - 2 cups frozen blueberries



**Directions:**

Prepare the pancakes according to the package directions. Thaw the raspberries and blueberries. Distribute the berries evenly over the pancakes. You can use the Nutrition Facts label on each food package to determine just how many calories each topped pancake contains!

**For Cool Family Fun...**

Challenge each member of your family to keep a record of everything he or she eats for an entire day, using the Nutrition Facts labels on the packaging to record the calories. Check to see who did the best job of staying within their target calorie count! (Your family members can go to [www.choosemyplate.gov/weight-management-calories.html](http://www.choosemyplate.gov/weight-management-calories.html) to determine their desired calorie count per day.)

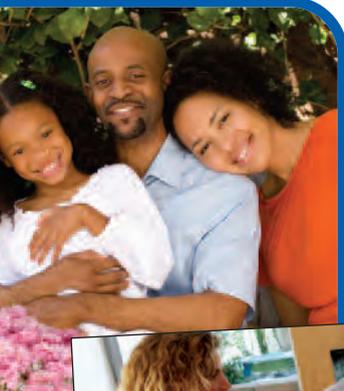


For quick and easy family recipe ideas, visit [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com)

# Dear Parent/Guardian:



The National Frozen and Refrigerated Foods Association (NFRA) and the curriculum specialists at Young Minds Inspired (YMI) are proud to bring this **Cool Food for Kids™** program to your child's school. The materials include fun learning activities for your child, easy and nutritional family recipes, and quick ideas for "Cool Family Fun." We hope you will use the information and ideas presented in this program to make this Cool Food Family Time—when you focus on family meals and regular family activities.



The originators of the **Cool Food for Kids™** program understand that most families are busy, with little time to prepare elaborate meals. Frozen foods provide a healthy, convenient option. Frozen vegetables, juices, meats and seafood, prepared skillet, breads, pizza, pasta entrees, desserts, and hundreds of balanced frozen food options can be prepared in minutes—allowing time to sit down with your family and enjoy a meal you can feel good about. You'll find plenty of tasty, time-saving recipes at [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com).

Included below is a one-week **Cool Food Family Time Planner**. You can use it to plan a balanced family evening meal each day and to ensure that everyone gets lots of physical activity, including family activity. We hope that you will copy this chart and use it each week!



## Cool Food Family Time Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Dinner Menu							
Family Activity Plan							
Notes							



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