

Dear Educator,

Start the school year right by teaching your students about healthful food choices, the importance of physical activity, and the amazing people who bring delicious frozen and refrigerated foods from the orchards, farms, and oceans to your local supermarkets.

Now in its sixth year, the **Cool Food for Kids™** program is brought to you by the National Frozen & Refrigerated Foods Association (NFRA) in partnership with the award-winning curriculum specialists at Young Minds Inspired (YMI). This year, **Cool Food for Kids™** takes students on a “farm to fork” journey to meet the real people behind some of their favorite frozen and refrigerated dairy foods, all while addressing National Standards for Health.

To help bring these lessons home, each classroom activity includes a healthfully delicious quick-and-easy recipe for students to share with their families, and we’ve also included a reproducible letter to parents with important new information about how extending family mealtime as little as 3 minutes can help prevent childhood obesity.

Finally, again this year, the program encourages parents to enter the COOL FOOD FOR KIDS™ \$7,500 SWEEPSTAKES* at **www.EasyHomeMeals.com**, where they will also find even more healthful recipes and information.

We hope you will share this valuable program with other teachers in your school. Although the materials are copyrighted, you may make as many copies as you need for classroom use. Please return the enclosed reply card to let us know your opinion of this program, or comment online at **www.ymiclassroom.com/coolfoodforkids**. 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

Young Minds Inspired

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Target Audience

This program is designed for students in Grades 3-6. It can be tailored to suit the needs and abilities of your students.

Standards Alignment

The Cool Food for Kids™ program aligns with the National Health Education Standards. For details, visit www.ymiclassroom.com/coolfoodforkids.

Program Components

This six-page poster guide includes:

- Teaching suggestions.
- Three reproducible student activity sheets.
- One reproducible take-home letter with important new information about how increasing family mealtime by as little as 3 minutes can help prevent childhood obesity.
- A colorful and informative wall poster.
- A reply card for your important comments. Or comment online at www.ymiclassroom.com/coolfoodforkids.

How to Use This Program

- Photocopy this teacher's guide and the reproducible activity sheets before displaying the poster in your classroom. Make a master copy to share with other teachers.
- Make photocopies of the activity sheets for each of your students and schedule time to complete each activity in class.
- Photocopy the parent letter and send it home with students at the start of the program.

How to Use the Poster

Display the poster in a prominent classroom location to build student interest. Refer to the USDA's MyPlate food guidelines (www.choosemyplate.gov) and the Cool Foods for all occasions suggestions on the poster when talking with your students about healthful eating.



ACTIVITY 1

Cool Kids Keep It Balanced

The USDA's Dietary Guidelines for Americans focus on a balanced diet and a physically active lifestyle. Refer to the five MyPlate food groups and the examples of frozen and refrigerated foods that belong in each group as you explain the importance of eating a balanced diet. After your students have sorted the foods shown on the activity sheet and completed their menus, provide time for discussion. Provide additional time for discussion after students have completed the take-home portion of the activity.

Fruits: Frozen strawberries, orange juice, frozen blueberries

Vegetables: Frozen spinach, frozen carrots, frozen broccoli, refrigerated mashed potatoes

Grains: Frozen brown rice, refrigerated English muffins, frozen whole grain bagels

Protein: Chicken breast tenders, eggs, salmon

Dairy: Fat-free or low-fat milk, cottage cheese, yogurt, cheddar cheese

Extended activity: Have students work in small groups to plan a week's worth of nutritious, balanced meals that include frozen and refrigerated food choices.

ACTIVITY 2

Cool Kids Keep It Real

In this activity, students will learn about some of the real people behind their favorite frozen and refrigerated foods — dairy farmers, citrus farmers, fishermen, and registered dietitians. To introduce the activity, have your students view the brief video, *Frozen Foods: The Story from Farm to Fork*, at www.EasyHomeMeals.com/tips. Then, review the information on the activity sheet about some of the people who help bring food from the orchards, seas, and farms all the way to the frozen and refrigerated foods sections of your supermarket. Have students list some of the foods each person has provided for their family, and talk about some of the other people who help produce frozen and refrigerated foods — ranchers, vegetable farmers, bakers, cheese makers, etc. Have each student research one of these jobs and create a poster that depicts how that person helps bring frozen and refrigerated foods from farm to fork. We've provided one research link for each job described on the activity sheet to help students get started.

Extended activity: Have your students write to one of these important workers via their websites to find out more about how they perform their job.

ACTIVITY 3

Cool Kids Keep It Moving

Use this activity to help students increase their daily physical activity. After they have completed their clock-charts, provide time for them to talk about their favorite activities and to share advice for becoming more active. Then have students complete the healthful snacks part of the activity and discuss how their choices help provide and/or replenish the nutrients required for vigorous physical activity. Finally, have students take their activity sheets home to share with family members and brainstorm about activities they can do together.

Extended activity: Have students set personal short- and long-term goals for the types of physical activities they will do, both alone and with their families. Periodically, provide time for students to report on their progress.

REPRODUCIBLE PARENT LETTER

Make Time for Mealtime

Make copies of the parent letter to send home with your students. Then, plan time for students to share their family mealtime experiences.



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Resources

USDA MyPlate Food Guidelines

- choosemyplate.gov

Young Minds Inspired

- ymiclassroom.com/coolfoodforkids



National Frozen & Refrigerated Foods Association

- EasyHomeMeals.com
- Facebook.com/EasyHomeMeals
- Twitter.com/EasyHomeMeals
- Pinterest.com/EasyHomeMeals
- YouTube.com/EasyHomeMeals



Cool Kids Keep It Balanced

You've probably seen the MyPlate icon. It shows what kinds of foods make up a balanced meal. You can use MyPlate to create a balanced meal with the cool foods on the shopping list below. First, mark the circle next to each food to show which food group it belongs to — Fruits (F), Vegetables (V), Grains (G), Protein (P), or Dairy (D). Then choose foods from the list to create a balanced meal for breakfast, lunch, or dinner, using the menu space to the right.



- | | |
|--|--|
| <input type="radio"/> Fat-free or low-fat milk | <input type="radio"/> Orange juice |
| <input type="radio"/> Frozen chicken breast strips | <input type="radio"/> Frozen broccoli |
| <input type="radio"/> Frozen brown rice | <input type="radio"/> Salmon |
| <input type="radio"/> Frozen strawberries | <input type="radio"/> Frozen spinach |
| <input type="radio"/> Cottage cheese | <input type="radio"/> Frozen carrots |
| <input type="radio"/> Refrigerated mashed potatoes | <input type="radio"/> Eggs |
| <input type="radio"/> Frozen whole wheat bagels | <input type="radio"/> Frozen yogurt |
| <input type="radio"/> Cheddar cheese | <input type="radio"/> Frozen blueberries |
| | <input type="radio"/> Refrigerated English muffins |

My Menu for a Cool:

Fruit	
Vegetable	
Grain	
Protein	
Dairy	

Now take this sheet home to look for healthful cool foods in your own refrigerator and freezer. List each food under the correct food group in the chart below. List foods that belong in more than one food group (like frozen pizza) under all the food groups that apply.

Fruits	Vegetables	Grains	Protein	Dairy

Asian Chicken Stir Fry

Here's a cool recipe for a main dish that combines 3 of the 5 food groups— vegetables, protein, and grain!

Ingredients

- | | |
|---|---|
| 9 oz. pkg., or 2 cups, frozen chicken breast strips | 16 oz. bag any frozen vegetable combination |
| 1 can mushroom soup | 1 pkg. frozen white rice, cooked |
| 2 tbsp. soy sauce | |
| 1 tsp. garlic powder | |



Preparation

Mix chicken, soup, soy sauce and garlic in skillet. Heat to boil. Add vegetables; cover and cook over medium heat until tender-crisp, stirring occasionally. Serve over hot rice.



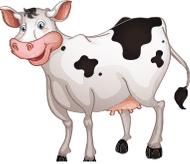
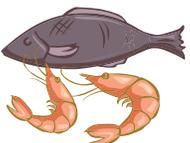
Visit EasyHomeMeals.com to find healthful family recipes and to enter the **COOL FOOD FOR KIDS™ \$7,500 SWEEPSTAKES*** for a chance to win a **\$5,000 cash grand prize** and other cool prizes!

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Cool Kids Keep It Real

You've seen how cool foods like green beans travel from the farm to the frozen foods aisle and home to your fork. But cool foods don't make that journey on their own. Here's a chance to meet some of the real people who produce frozen and refrigerated foods. For each one, list some of the cool foods they've put on your table!

 <p>Dairy Farmers: Dairy farmers bring you all those fresh, great-tasting milk products that you enjoy. An important part of their job is to provide the best care possible for their cows. To learn more about what dairy farmers do, go to www.dairyfarmingtoday.org/Pages/Home.aspx</p>	
 <p>Citrus Farmers: Citrus farmers grow the delicious fruits that go into orange juice and grapefruit juice. To learn more about what citrus farmers do, go to www.captaincitrus.com/growers_system.html</p>	
 <p>Commercial Fishermen: Commercial fishermen sometimes spend weeks or months at sea catching the fish that come to you as fish sticks and fish fillets. To learn more about what commercial fishermen do, go to: www.wisegeekedu.com/what-does-a-commercial-fisherman-do.htm</p>	
 <p>Registered Dietitians: Registered dietitians are food and nutrition experts who have extensive education and passed a national examination. They help educate people about the connection between food and fitness, they create healthful recipes, and they make sure the foods you find in the frozen and refrigerated food aisles of your store are balanced and nutritious. To learn more about what dietitians do, go to www.eatright.org/BecomeanRDorDTR/content.aspx?id=8143</p>	

There are lots of other cool food producers — ranchers, vegetable farmers, bakers, cheese makers, and more. Use the links above or other online resources to research one of these cool jobs. Create a poster that shows how that person helps bring cool foods from the farm to your fork.

Spinach and Cheese Omelet

See if you can name the people who have something to do with this tasty recipe.

Ingredients

- 3/4 cups refrigerated egg substitute
- 1 plum tomato, chopped
- 1 tsp. water
- 2 tbsp. shredded nonfat cheddar cheese
- 1/8 tsp. salt
- Vegetable cooking spray
- 1/8 tsp. freshly ground pepper
- Favorite frozen fruit
- 1/2 cup frozen spinach, thawed

Preparation

Whisk eggs, water, salt and pepper together in a medium bowl. Toss spinach, tomato and cheddar cheese together in a small bowl. Lightly coat omelet pan or small skillet with cooking spray; heat over medium heat 1 minute. Pour egg mixture into pan, cook about 2 minutes or until omelet is set. Lift edge to let uncooked portion of egg flow underneath. Spread filling over half of omelet; fold opposite half of omelet over filling. Slide omelet onto a serving plate. Serve with frozen fruit.



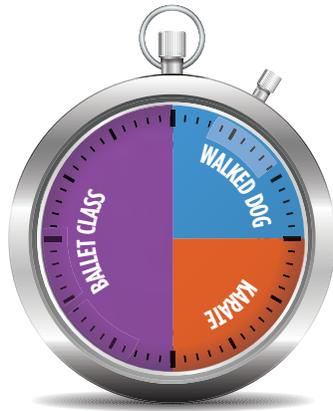
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Cool Kids Keep It Moving

Eating right is an important part of a healthy lifestyle, but there's more. It's also important to be physically active. For cool kids, that means at least 60 minutes of physical activity every day.



Are you getting enough physical activity? Use this clock-chart to find out. First, list your favorite physical activities. Then follow the model and draw a segment on the big clock to show how many minutes you spend on each activity during a typical day. If you have time left over, you need to get moving!

Cool foods can help you stay energized when you're physically active. Some good choices are listed below. Check off the ones that help you "Keep It Moving," and list other frozen and refrigerated foods you have before or after a physical activity on the lines next to them.

My Favorite Physical Activities

- | | | |
|---|-----------------------------|-----------------------------|
| <input type="radio"/> Orange juice | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Milk | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Yogurt | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Frozen fruit bars | <input type="radio"/> _____ | <input type="radio"/> _____ |

Raspberry Peach Smoothie

Your family is sure to love this cool and healthy snack!

Ingredients

- ¾ cup peach low-fat yogurt
- ½ cup skim milk, soy milk or almond milk
- 1 ¼ cup frozen raspberries
- 2 ¾ cup frozen peach slices



Preparation

Combine all ingredients in a blender until smooth. Serve and enjoy!



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Make Time for Mealtime

Dear Parent/Guardian:

The National Frozen & Refrigerated Foods Association (NFRA) has partnered with the curriculum specialists at Young Minds Inspired (YMI) to bring this **Cool Food for Kids™** educational program to your child's school. The program is designed to teach your child about healthful food choices; well-balanced meals; the importance of physical activity; and the 'cool' people who bring frozen and refrigerated foods from the orchards, farms, and seas to your supermarket.

Three Minutes a Day

Like most families, you probably don't have a lot of time for family meals. But did you know that children who spend mealtime with the family are more likely to have a normal weight than those who cut mealtimes short? In fact, according to scientists at the University of Illinois, just 3 additional minutes at the table can make a big difference. Their conclusion: "Children whose families engaged with each other over a 20-minute meal four times a week weighed significantly less than kids who left the table after 15 to 17 minutes."***



Easy Home Meals

To save time in the kitchen so you can spend more time at the table, just look in the frozen and refrigerated food aisles of your local supermarket. You'll find many healthful, balanced, and nutritious options that can be prepared in minutes. To get started, try the recipe below. Or check out the recipes at www.EasyHomeMeals.com. There's always something new, so visit often with your child, and make planning meals a family affair!

Cool Family Dinner Ideas

Spend that extra table time talking with your child. Share what you've done during the day. Or, have some fun with a family game. Here are two ideas:

Build a Story. One family member starts a story with a sentence. For example, "I was so excited when I walked on the softball field." Family members build the story by adding one new sentence at a time.

Would You Rather...? Family members take turns asking and answering questions that begin with, "Would you rather...?" Questions can be silly—for example, "Would you rather eat a cricket or a caterpillar?"—or serious—"Would you rather play soccer or football?"

*** University of Illinois, news release, Jan. 17, 2013

Spring Shrimp Spaghetti

Try this healthful and delicious recipe:

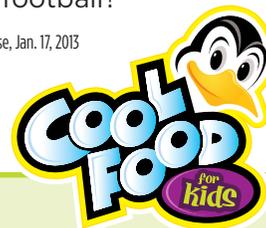
Ingredients

- 1 lb. medium frozen shrimp
- 1 lb. spaghetti noodles
- 1-2 16 oz. cans of spaghetti sauce
- 14 oz. pkg frozen zucchini and squash blend vegetables
- 1 cup shredded mozzarella cheese



Preparation

Cook shrimp according to package directions. Cook spaghetti noodles according to package directions. When spaghetti noodles have 7 minutes left to cook, add squash and zucchini blend to boiling water. Continue cooking for the final 7 minutes. Drain and set aside. Pour spaghetti sauce into large pot on high heat. Stir occasionally until sauce begins to simmer. Add noodles with zucchini and squash to sauce and stir to fully incorporate. Portion noodles into bowls, add shrimp and top with cheese. Serve immediately.



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