

Check Out What's Chilling!

Tasty Lessons on Nutrition, Math, and Sustainability

Target Audience

Grades 3-5

Program Components

The following materials are available at ymiclassroom.com/nfra:

- This teacher's guide
- Two reproducible activity sheets
- A reproducible family/caregiver letter
- Spanish versions of the activity sheets and letter
- A standards alignment chart
- A feedback form

How to Use This Program

Download, copy, and distribute the activity sheets, and share the family letter with parents and caregivers. Or share a link to the letter in an email to families or on your class website.

ACTIVITY 1

Healthy Meal, Healthy Budget

In this activity, students will plan a menu that is budget-friendly, nutritious, and adaptable.

Ask students if they have any mealtime routines. For example, does their family plan meals before going grocery shopping? Do they help with the grocery shopping? Do they have certain foods on specific days, such as Taco Tuesday or fish on Fridays? Do they like to try new and different foods?

Now, ask students to think about what they *don't* eat. Do they sometimes throw away (or compost) food? Why? Perhaps some food spoiled before it could be eaten. Not only is it expensive when we throw out spoiled food, but it's bad for the environment. In fact, the top item in American landfills is discarded food.¹

¹ Source: <https://nfraweb.org/a-good-time-to-go-back-to-school-on-food-waste/>

Dear Educator,

While young students know what they like and what they don't like when it comes to food, introducing them to new food options can open a world of possibilities for healthy eating, and help reduce food waste as well – giving families' budgets a healthier bottom line.

This free program from the National Frozen & Refrigerated Foods Association (NFRA) and the curriculum specialists at Young Minds Inspired includes two engaging, standards-based activities that will help teach students in grades 3-5 how to be savvy shoppers when it comes to meal planning and food waste, and how frozen and refrigerated foods are good sources of quality, nutritious meals. Included is a take-home letter that extends the learning to the home.

Be sure to share these materials with your colleagues, and please let us know your opinion of these learning materials by visiting ymiclassroom.com/feedback-nfra. We look forward to receiving your comments.

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.



Explain that one important way to save money is to make smart shopping choices — choices that will help them plan portions and avoid having to throw food away. Foods from the frozen and dairy aisles often can be separated into individual servings, leaving the rest of the food to be cooked another day. This prevents food waste.

Pass out the activity sheet and review the instructions. The activity can be completed individually, in peer pairs or in small groups. When completed, have the students share their menus, and encourage them to get involved with meal planning at home, if they aren't already.

Answers: Answers may vary, but budget-friendly responses are provided below.

1. Even though you only need four pieces of chicken, 12 for \$12.00 is a better buy per piece, if you have the extra money. Plus, you can put the rest back in the freezer.
2. The frozen vegetables are less expensive — the fresh bundles cost \$4.50. Since you're not paying for skins and stems, there is less waste. Plus, frozen vegetables are pre-cut and provide a cooking shortcut.
3. It depends on how many people come, but the refrigerated cookie dough will save money if you don't plan to make cookies in the future. Plus, it's quicker.
4. Since you don't know if you will like Pad Thai, the frozen meal lets you try it without having to invest in all the ingredients.
5. The 36 ounce bag is less expensive per ounce. You would need three 12 ounce bags for the recipe, which would cost \$11.97.

Extension activity: Ask students to think about which kinds of foods are often discarded in their own homes. How can they reduce food waste as a family?



² Source: <https://nfraweb.org/celebrating-innovation-variety-and-convenience-its-frozen-food-month>

ACTIVITY 2

Grocery Scavenger Hunt

This scavenger hunt activity will raise students' awareness about inventive and diverse foods in the frozen and dairy aisles of the market.

Ask students to share some of their favorite meals that are unique or traditional to their families. What do those foods mean to them? Are any of the ingredients refrigerated or frozen? Can they purchase the food as a frozen meal, or do they need to prepare it? Explain that they might think you

need to spend a lot of time measuring, chopping, and constructing your favorite meal, but if you check the frozen or refrigerated section of your local grocery store, you might learn differently. Frozen and refrigerated meals have become more diverse and popular, and can also help provide some shortcuts.



In fact, frozen food sales went up by 21% in 2021 and remain strong.² And it's not just staples like frozen pizza either — you can find diverse foods such as ethnic dishes and plant-based meat items in the frozen section of your local supermarket. You might even find your favorite meal all prepared and ready to enjoy!

Pass out the activity sheet and review the instructions. The activity can be completed individually, in peer pairs or in small groups. When completed, have students share their answers.

Answers: 1. coconut milk; 2. plant-based burger; 3. chicken curry; 4. frozen dragon fruit; 5. refrigerated mashed potatoes; 6. frozen mixed vegetables; 7. frozen ravioli

Extension activity: Ask students to plan a three-day dinner menu for their families using some of the new foods they or their classmates have discovered.

Resources

National Frozen & Refrigerated Foods Association – [NFRAweb.org](https://nfraweb.org)
Ymiclassroom.com/nfra



Healthy Meal, Healthy Budget

Show off your shopping smarts! Answer the questions below, thinking about how to reduce food waste and how to get the best bargain for your budget.* Use the back of the page to do your calculations.

1 Imagine you are planning a meal for two people. Each will eat one serving of chicken tenders. Each serving is 2 chicken tenders. You can buy a bag of 12 frozen chicken tenders for \$12.00 or a package of 6 fresh chicken tenders for \$10.00. Which is the better bargain? Which will you buy, and why?

2 You are excited to make your grandma's famous pot pie recipe! It calls for mixed vegetables. You can buy bundles of fresh carrots, green beans, and onions, with each bundle costing \$1.50, or you can buy a bag of already cut up mixed frozen vegetables for \$3.50. Which will you buy? Why?

3 You are having a party. You are going to make cookies, but you aren't sure how many friends are coming. You can buy refrigerated cookie dough that allows you to make a few cookies at a time, or you can buy the ingredients to make a batch of cookie dough that will make 24 cookies. Which will you buy? Why?

4 You want to try a new food called Pad Thai, but the recipe has a lot of ingredients, and you aren't sure you will like it. You can buy a single serving of frozen Pad Thai instead. Will you make the recipe, or buy the frozen Pad Thai? Why?

5 You are making blueberry muffins with your family. You need 30 ounces of blueberries to make the muffins. Frozen blueberries are \$3.99 for a 12 ounce bag, or \$10.69 for a 36 ounce bag. Which will you buy? Why?

Message to Families:

Did you know that 20% of all foods Americans purchase is never eaten? Choosing foods that you can portion or that will last until you can eat them, such as foods from the frozen and dairy aisles, can help reduce food waste. For more information, visit nfraweb.org/a-good-time-to-go-back-to-school-on-food-waste/.

* Prices are for activity purposes only and may not represent prices in local areas.



Grocery Scavenger Hunt

Part 1

Let's explore new foods! Frozen and refrigerated foods offer a range of delicious options. See if you can match the clues to the foods.

Word Bank

orange juice frozen dragon fruit frozen ravioli plant-based burger ice cream coconut milk
frozen mixed vegetables chicken curry refrigerated mashed potatoes

1. This food might be found in the dairy aisle — but it's not made with cow's milk. _____
2. This food doesn't grow on a plant, but it's made from plants and tastes like meat. _____
3. This tasty Indian dish is often a rich yellow color. And yes, you can buy it frozen. _____
4. This fruit doesn't breathe fire...it's frozen solid. _____
5. No need to squish these vegetables...they're already mashed. _____
6. This colorful mix will keep you growing strong. _____
7. These little pockets of meat and cheese will keep your taste buds happy. _____

Part 2

Is any of these foods new to you? If so, would you like to try it? Why? Is there another new food that you would like to try?

Do you have a favorite food from the frozen or dairy aisle that is ready-made? If so, what is it and how would you describe it?

Message to Families:

Ready-to-eat refrigerated and frozen meals and snacks are becoming increasingly popular — for good reason. Today's sophisticated choices are easy to prepare, easy on the taste buds, and budget friendly. Be adventurous and try something new from your grocery store's frozen or dairy sections. To find out more, go to easymomemeals.com.



Check Out What's Chilling!

Dear Parents and Caregivers,

When you think of foods from the frozen and dairy aisles, you might think of foods from your childhood such as pizza, a TV dinner, or that special type of vanilla yogurt. But today's frozen and refrigerated food offerings are far from vanilla.

Innovations in technology allow food to be flash frozen, locking in flavor and nutrition. That innovation extends to the menu choices as well. Today, you can get anything from gourmet pizza to Indian curry to plant-based milk and cheese in the frozen and dairy sections of your local supermarket or grocery store, along with items for people with special dietary needs.

Choosing foods from the frozen and dairy aisles, including ready-to-cook nutritious meals and pre-prepped frozen fruits and vegetables, enables you to use only what you need and put the rest back in the fridge or freezer for later, which helps with portion sizes, reduces food waste, and prevents throwing away money with your uneaten food.

Liven up your family's mealtimes by checking out your grocery's frozen food and dairy aisles. Your child has been learning some tips in class to become a smart and savvy food shopper with an educational program made possible by the National Frozen & Refrigerated Foods Association (NFRA). Ask your child to share what they've learned and try out the meal plan your child created in class. Then explore the frozen food and dairy sections of your local supermarket together to discover the range of available foods. Create a list of foods you'd like to try below. Maybe you'll find a new family favorite!

New foods from the frozen and dairy aisles to try for family mealtime:

1. _____
2. _____
3. _____
4. _____
5. _____



VISIT [EASYHOMEMEALS.COM](https://www.easyhomemeals.com).
FOR RECIPES YOUR FAMILY CAN TRY TOGETHER AND
FOR TIPS TO HELP REDUCE FOOD WASTE IN YOUR HOME.



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