

Check Out What's Chilling!

Tasty Lessons on Nutrition, Math, and Sustainability

Target Audience

Grades 6-8

Program Objectives

- Raise awareness about meal planning and diverse food options
- Identify ways to avoid food waste

Program Components

Visit ymiclassroom.com/nfra for:

- 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?

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

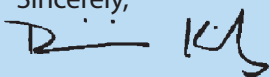
Dear Educator,

Most middle school students know how important it is to eat nutritious foods for good health. But they might not know that it's almost as important for the health of our planet. Unfortunately, 30-40% of the food produced in America is wasted — a preventable waste of our resources.¹ Introducing students to diverse food options, portioning, and meal planning, can help expand their food choices and reduce food waste.

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 teach students in grades 6-8 how to be savvy shoppers when it comes to meal planning and food waste, and how frozen and refrigerated foods are a good source of quality, nutritious, and diverse 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.



Tell the students that food expenses can take up a large part of the household budget, so it's important to be savvy shoppers when it comes to menu planning. Frozen foods enable us to use only the amounts we need and put the rest back in the freezer. Menus that feature foods from the frozen and dairy aisles are often portion-controlled, and thus budget-friendly. This is because food isn't wasted when mealtime plans change. 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

Pass out the activity sheet and review the instructions. Write the URL of a local grocery store or supermarket on the board so that students can navigate to the site. As an alternative, if available, provide students with flyers from some local supermarkets. 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. *Answers will vary.*

Extension activity: Ask students to think about which kinds of foods are often discarded in their own homes. Can they reduce food waste and stretch the budget? Suggest that they replace those foods with alternatives from the frozen or dairy aisles.



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

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. Are any or all the ingredients refrigerated or frozen? Can they purchase the food as a frozen meal, or do you need to prepare it? Tell them that you might think you need to spend a lot of time measuring, chopping, and constructing your favorite meal, but if you check the frozen or dairy section of your local grocery store, you might learn differently. Frozen and refrigerated meals and snacks have become a lot more diverse lately — and a lot more popular.

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 the students share their answers. *Answers will vary.*

Extension activity: Ask students to plan a week-long 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
ymiclassroom.com/nfra



Healthy Meal, Healthy Budget

Part 1

Be a savvy shopper! You have \$100 to purchase **two** nights of dinners for a family. Look at the example below, and then navigate to the website your teacher provides and start shopping! Consider the following questions as you shop:

- ✓ Are you including foods that will last a long time if your meal plans change? For example, frozen foods last longer than fresh.
- ✓ Are you including foods that can be portioned? Foods from the frozen and dairy aisles are a good choice for this!
- ✓ How many people will each food serve? Look at serving sizes.
- ✓ Can some foods be used for more than one meal?
- ✓ Did you multiply the cost for one serving times four?

Meal #1	
Main dish: One bag of 10 frozen fish fillets (serving size 2 fillets)	Cost: \$11.49
Vegetable/Fruit/Side dish: One bag of frozen broccoli and cauliflower (serving size 4 ounces)	Cost: \$3.50
Drink: 2% milk (from a 1/2-gallon container)	Cost: \$3.50
Dessert: One box of 4 frozen mango bars (serving size 1 bar)	Cost: \$5.99
Total cost for meal #1: \$24.48	

Meal #2	
Main dish:	Cost:
Vegetable/Fruit/Side dish:	Cost:
Drink:	Cost:
Dessert:	Cost:
Total cost for meal #2:	

Meal #3	
Main dish:	Cost:
Vegetable/Fruit/Side dish:	Cost:
Drink:	Cost:
Dessert:	Cost:
Total cost for meal #3:	

Part 2

Was it easy to stay under budget? Why or why not?



Message to Families: Did you know that 20% of all foods Americans purchase is never eaten? Choosing foods that you can portion and 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/.



Grocery Scavenger Hunt

Part 1

Let's explore new foods! There are many innovative choices from the frozen and dairy aisles that provide diverse options for every taste. Navigate to a grocery store website or check the aisles of your local grocery store with your family, and find the items below to learn more about these options:

1. A frozen or refrigerated dessert (besides ice cream!): _____
2. A favorite food from the frozen or dairy aisle: _____
3. A food from the frozen or dairy aisle from a different country: _____
4. A dairy aisle food you've never heard of: _____
5. A food in the dairy section not made with cow's milk: _____
6. A frozen vegetable that looks interesting to you: _____
7. A plant-based meat product in the frozen section: _____
8. A food from the frozen or dairy aisle that comes separated into individual servings: _____

Part 2

Which of these foods is new to you? Would you like to try it? Why or why not?



Message to Families: Ready-to-eat refrigerated and frozen meals and snacks are becoming more and more 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 section. To find out more, go to easyhomemeals.com.



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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.
FOR RECIPES YOUR FAMILY CAN TRY TOGETHER AND
FOR TIPS TO HELP REDUCE FOOD WASTE IN YOUR HOME.



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