

Week 2 Overview: Getting to Know Grains & Dairy

What do you know about dairy?

- The dairy group consists of milk, cheese, and yogurt
- Calcium and vitamin D are the most important part of the dairy food group because our bones, teeth, and nails need calcium to grow strong and vitamin D helps us absorb calcium
- Did you know that you should consume about 3 servings of dairy per day (depending on age, activity level, etc.)

What are grains?

- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Examples: bread, pasta, popcorn, and breakfast cereals are examples of grain products.
- The types of grains that are best for us are “whole grains.” This means the food is made from the entire grain kernel of wheat, rice, etc. These give our brain and muscles the most energy.
- “Refined grains” do not use the entire kernel, and these are in most packaged snacks, white breads and pastas, and desserts
- Super Kids should make half of their daily grains whole grain to get the most out of their grains.

What to expect this week:

- Activity: Read Little Red Hen book
- Recipe: Fruit, Yogurt, and Granola Parfait
- Activity: Match Game
- Recipe: Parmesan Popcorn



Week 2 Activity: Little Red Hen Story Review



Supplies Needed:

- Check out the story of the Little Red Hen here:
<https://www.youtube.com/watch?v=JTCsL26vob4>
- Crayons/markers

Directions: Draw a picture in each box and write what happened first, next, and last in the story.

<i>Draw picture here</i>	First,
<i>Draw picture here</i>	Next,
<i>Draw picture here</i>	Last,

Week 2 Activity: Little Red Hen Story Questions



Directions: Answer each questions in a complete sentence.

Hint: think of the 5-finger rule: 1. Punctuation, 2. Capital letters, 3. Subject (noun), 4. Predicate (verb), 5. Must make sense.

What does Hen want to make?

What ingredients does Hen need to bake a cake?

Do you think Hen was upset when her friends wanted to have a piece of cake? How do you know?

WEEK 2 RECIPE

FRUIT & YOGURT PARFAIT

INGREDIENTS

1/2 CUP LOW-FAT VANILLA YOGURT (GREEK OR REGULAR)

1/2 CUP FRUIT - BANANA, RASPBERRIES, BLUEBERRIES, BLACKBERRIES, STRAWBERRIES, AND/OR PEACHES

1/4 CUP GRANOLA CEREAL

MATERIALS

MEASURING CUPS

PLASTICS CUPS

SPOONS

KNIVES

DIRECTIONS

1. USE A PLASTIC CUP; SPOON 1/4 CUP YOGURT INTO THE CUP
2. TOP YOGURT LAYER WITH 1/4 CUP FRUIT
3. TOP FRUIT LAYER WITH 2 TBSP GRANOLA CEREAL
4. TOP GRANOLA LAYER WITH 1/4 CUP YOGURT FOLLOWED BY FRUIT AND THEN GRANOLA



Week 2 Activity: Match Game



Supplies Needed

- Crayons/markers
- Scissors
- Glue stick
- Pictures to cut out (next page)

Directions: Cut out each picture on page 2. Glue it on the chart below to show if it is a grain or not a grain.

A Grain	Not a Grain

Week 2 Activity: Match Game Cut Outs



WEEK 2 RECIPE

PARMESAN POPCORN

INGREDIENTS

2 TSP EXTRA-VIRGIN OLIVE OIL

1/2 TSP LEMON PEPPER

PINCH OF SALT

3 CUPS MICROWAVED POPCORN

1 TBSP FRESHLY GRATED PARMESAN CHEESE

MATERIALS

MICROWAVE

MEASURING SPOONS

GRATER

LARGE BOWL TO MIX

DIRECTIONS

1. WHISK OIL, LEMON PEPPER, AND SALT IN A SMALL BOWL
2. POP POPCORN ACCORDING TO PACKAGE DIRECTIONS IN MICROWAVE SAFE BOWL
3. DRIZZLE OIL MIXTURE OVER THE POPCORN AND MIX THOROUGHLY
4. SPRINKLE WITH PARMESAN AND SERVE IMMEDIATELY

