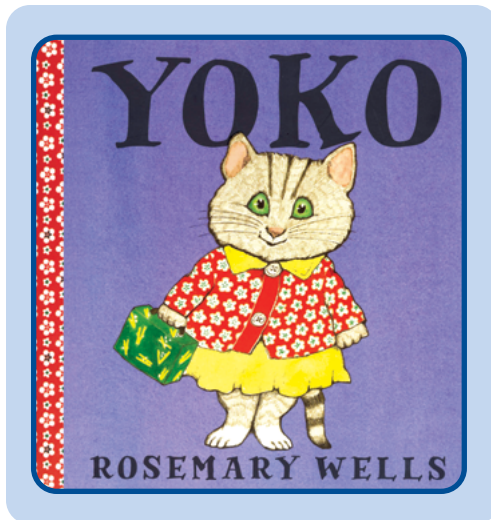


YOKO



About the book:

YOKO

by Rosemary Wells

Publisher: Hyperion Books

ISBN#: 0-786-80395-9

Nutrition Objectives

- List healthy lunch choices.
- Recognize that different cultures and countries have different food choices.

Physical Education Objectives

- Demonstrate teamwork.

Activities

- Nutrition Activity #1: Culture Shock
- Nutrition Activity #2: Brown Bag
- Physical Activity #1: Cat & Mouse

Parent Newsletter

- Safe Bag Lunches

NOTICE: This lesson discusses Sushi (raw fish). Fish needs to be cooked before being eaten in order to be safe. SDSU Extension does not promote eating or serving raw fish.

Intent of Lesson

Children can be very food neophobic (afraid of trying new foods). Encourage them to be adventurous in tasting new things. Often they will need to try the food more than once because they learn to enjoy new tastes after several tries. They should also show respect for the preferences of others.

Previewing (5 minutes)

Show pictures of some culturally specific foods. Ask if children have eaten any of these.

Active Reading: (10 minutes)

Today we are going to read *YOKO* by Rosemary Wells. We will be learning about different foods and cultures.

Summarizing (5 minutes)

After reading the story, ask the following questions to reinforce the lessons of the book.

Q: What are some of Yoko's favorite foods?

A: Rice rolls - sushi (cucumber, shrimp, seaweed and tuna) and red bean ice cream.
Sushi is made from raw fish and comes from the Japanese culture.

Q: Why were Yoko's friends making fun of her?

A: They weren't used to the kinds of foods that she was eating and had never tasted them before. Sometimes when we haven't tried something we don't understand why anyone else would want to. We need to remember that everyone is different and likes different things.

Q: What types of foods do Yoko's friends think are good to eat?

- Timothy had a peanut butter and honey sandwich
- Valerie had cream cheese and jelly
- Fritz had a meatball grinder (grinder: sub sandwich)
- Tulip had Swiss cheese on rye bread
- Hazel had egg salad on pumpernickel (pumpernickel: dark rye bread)
- Doris likes squeeze cheese on white
- The Franks ate franks and beans

Q: Are all of their lunch choices healthy ones? What changes could they make to have a better lunch?

A: Some choices could be improved. Honey is mostly sugar and so is jelly. Cream cheese, squeeze cheese, peanut butter and franks are high in fat. Rye and pumpernickel bread are better than white bread because they are whole grains.



Chinese Dumplings



Mexican Cuisine



Mexican Pozole Soup



Spanish Paella



Indian Naan Bread



Traditional German Bratwurst



Japanese Sushi



Portuguese croquettes



Latin American Food



German Cuisine



French Crepes



Lefse



Indian Taco



Kuchen



Buffalo Jerky



15 minutes

Equipment:

- Large paper chart
- Marker
- Food for tasting event

Before allowing children to taste foods, ask parents about possible allergies or food sensitivities.

Culture Shock

Directions:

Q: Why do you think Yoko's teacher decided to have an International Food Day?

A. Everyone in the class could bring a favorite food that is special to their family or culture. The students would be able to taste the foods to understand and accept each other's differences.

Q: Who was the only one at first to try Yoko's Sushi on International Food Day?

A. Timothy – and he liked it a lot and asked Yoko if they could have it again soon! Timothy and Yoko decided to eat lunch together the very next day.

Q: What were some other foods that were shared on International Food Day?

A. Enchiladas, coconut crisps, Nigerian nut soup, Brazil nuts, potato knishes, mango smoothies, Irish stew, spaghetti, and Boston franks and beans.

Q: Would you have tried the sushi that Yoko brought if you were in her class? Why or why not?

Holidays or special occasions may be a time when a family prepares a special food from their culture. Maybe your family has a recipe you created that everyone enjoys.

- To help children understand their own and other cultures, encourage them to share a unique or favorite food that their family prepares at some time during the year.

Q: What are three (3) of your favorite foods that your family makes?

A: Record onto a chart at the front of the room.

- Discuss that we all have different backgrounds. This is what helps to make us all special. Refer to differences on the chart.
- Encourage children to try new and different foods when they have the opportunity to do so. If possible have a tasting event of cultural foods. Examples might include: lefse, kuchen, kulb, sauerkraut, flatbread, Irish stew, scones, buffalo jerky, etc. Contact a community member or parent to assist in providing these foods.



20-30 minutes

Equipment:

- MyPlate poster
- Brown paper bags
- Magazines with food pictures
- Crayons, scissors, glue sticks
- Cold pack image

Brown Bag!

Directions:

1. Refer to the background information on lunches in this lesson. Hand out brown paper bags to each child and have them put their name on the outside.
2. They can be creative and design the outside of their own "paper lunch box" with pictures, colors, etc.
3. Using magazines and other resource materials, have the children cut out pictures of food that they would want to pack for lunch and put in their lunch bag.
4. Look over the foods in your lunch bag. Do any of them need to be kept cold (meat, dairy foods)? If yes, add picture of cold pack to the lunch bag.
5. When they are done, have the kids share what is in their bag and if they are healthy or not so healthy choices. (Check to see if a cold pack is added, if needed.)
6. They can look at the MyPlate poster to share what food groups they have in their lunch bag (i.e. applesauce = fruit group).





10-15 minutes

Connection:

Children worked together on International Food Day to have a good event. In this game the children must work together to save their mouse from the cat.

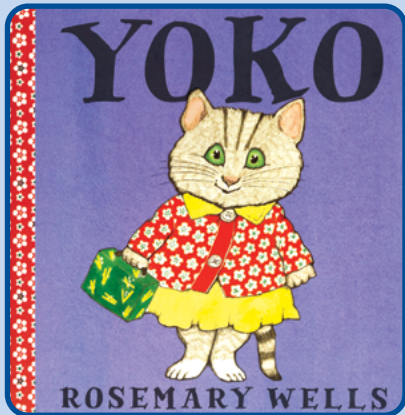
Safety Concerns:

Students will need to be able to move safely in personal and general space.

Cat and Mouse

Activity Guide:

1. One player is chosen as the cat and one is the mouse. The rest of the players form a big circle around the mouse, while the cat is outside of the circle.
2. When the game begins, the cat tries to tag the mouse. However, when the mouse runs between two people in the circle, they join hands blocking the cat from getting to the mouse.
3. The game ends when the cat catches the mouse or when all players are joining hands with the cat blocked out of the circle.



Family Fun

For a family activity check out the book, *Yoko* by Rosemary Wells, from your local library. Read together.

Discuss how your families' foods may be similar or different from other families.

Safe Bag Lunches

Off to School or Work

Many youth and adults will carry a "bag" lunch at sometime. It is important that the food included in the lunch is handled and carried safely.

Keep everything clean while preparing lunch. Wash your hands before handling food. Wash fruits and vegetables. Wash utensils and containers thoroughly with soap and warm water, and rinse after use.

Keep perishable food cold while commuting to work or school. Harmful bacteria multiply rapidly in the "danger zone" the temperature between 40 and 140° F. Perishable food transported without an ice source will not stay safe for more than 2 hours. (One hour if the temperature is above 90° F)

Perishable foods include:

- Any meat, fish, poultry, or egg sandwiches
- Processed meats, as hot dogs and bologna
- Milk and milk products
- All foods containing cheese (pizza and casseroles)
- All cooked vegetables
- Cut melons
- Cooked pasta, rice or other cooked grains
- Gravy, sauces, butter and mayonnaise

Some food is safe without a cold source. Items that don't require refrigeration include whole fruits and vegetables, canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard, pickles.

Refrigerate foods as soon as you get to your destination. If there is no refrigerator, use an insulated lunch bag with an ice pack or frozen juice box.

Place foods that must be kept cold closest to the cold pack. If you place leftovers in your bag lunch, make sure that you keep them cold. Reheat the leftovers to at least 165° F. The food should be steaming hot.

At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Enjoying Different Foods

Sisi had rice cakes filled with beans for breakfast. Johnny ate cheese grits. Juan enjoyed a scrambled egg wrapped in a soft tortilla. Sally munched on a waffle and ham. All of them drank milk and nibbled on fruit. What does your family enjoy for breakfast?

Every family has its own customs and culture. Your family foods may reflect your culture. Trying foods of other families and cultures helps your child...

- learn about and enjoy new foods.
- get the health benefits from different kinds of foods.
- see how people are alike and different.
- know and respect others.

Plan an event with family or friends in which everyone brings foods of different cultures. Invite the youth to share customs and traditions of the country. Play music from the various countries featured.



One last reminder — Don't forget to include nutrient-rich foods when making lunch. Include foods from each of the food groups on ChooseMyPlate. Focus on whole grains, fruits and vegetables, low-fat or fat-free dairy products and lean meats. Foods which contain high amounts of fat, sodium and calories should be used sparingly.

Peanut Butter 'n' Fruit-wich

Servings: 1

Ingredients:

- 1 slice whole wheat bread
- 2 tbsp. peanut butter
- 1/4 thinly sliced apple or banana
- 2 tbsp. sliced or grated carrot, optional

Directions:

Spread peanut butter on bread. Place fruit slices on top. Top with grated carrot, optional. Makes 1 open-faced sandwich. Note: Instead of whole wheat bread try crunchy graham crackers or roll up with filling in a soft tortilla. Instead of fresh fruit use canned, drained pineapple.

Nutrition Facts: 270 calories; 17g total fat; 3.5g saturated fat; 0mg cholesterol; 150mg sodium; 24g carbohydrates; 11g protein

Sources: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-n-fruit-wich>

Adapted from: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service