

Grades K-2

Food Choice, Cost, and Convenience

Healthful Eating on the Go!

Identifying nutritious foods that are convenient

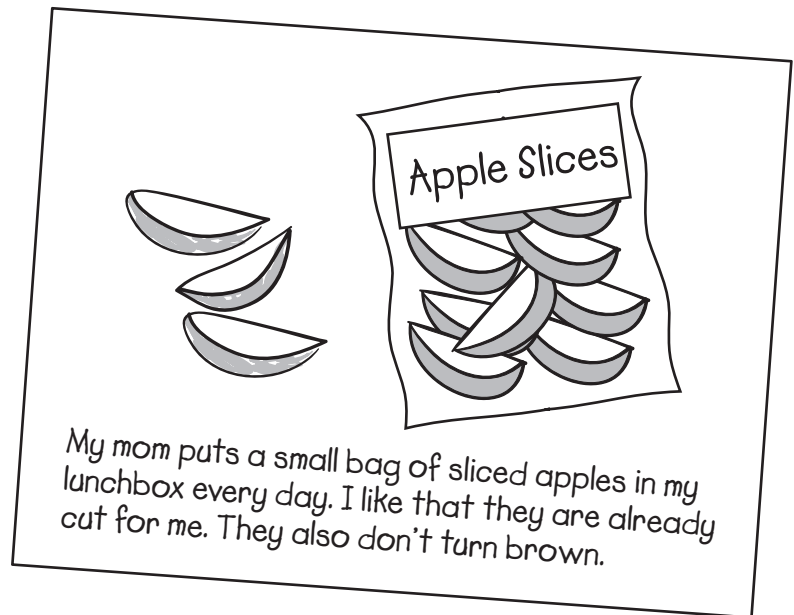
Brainstorm with students the steps you must take before eating a carrot. Lead them to conclude that first it must be washed, then peeled, and then cut. Ask youngsters if there are carrots available that do not require those three steps. Help students identify that baby carrots are a quick and easy way to eat carrots. Explain that baby carrots are considered a convenience food. Students will be interested to know that baby carrots aren't just carrots that are picked while they're small; they're cut from large carrots into ready-to-eat size.

Make a class list of other convenience foods. Consider bagged salad, apple slices, single-serving fruit cups, granola bars, cereal bars, heat-and-eat soup, or precut pineapple chunks (canned or fresh). Explain that busy families often are looking for healthful and convenient foods to eat when they're on the go. Encourage students to consider both nutrition and convenience the next time they're in a hurry and need a quick snack!

Extend the learning: Share the definition of the word "convenience" and model how to use it in a sentence. Students will be proud of their new vocabulary word!

Fun Fact:

Thomas Jefferson is credited with introducing macaroni to the United States. As the story goes, he fell in love with a dish he tried in Naples, Italy. He then ordered crates of macaroni, along with a pasta-making machine, to be sent back to the United States.



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