

Prepared Foods Are “Dino-mite”!

Grade K

▶ **Next Generation Science Standard: K-2-ETS1-1**

Define a simple problem that can be solved through the development of a new or improved object or tool.

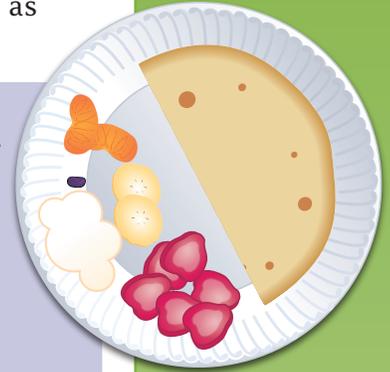
Application: With food processing, healthful choices are available in ready-to-go containers, single servings, and other convenient packages for busy families. This activity will introduce students to frozen, canned, dried, and fresh foods as part of a fun and nutritious snack.

Materials:

tortillas
frozen strawberries, thawed and cut in half
dried banana chips
canned mandarin orange slices, drained
raisins
yogurt
knife
spoon
paper plates

Preparation:

Place the following on a paper plate for each child:
half of a tortilla
dollop of yogurt
plastic spoon
6 strawberry halves
2 dried banana chips
2 mandarin orange slices
raisin



Introducing the lesson:

Farmers around the world grow the food we enjoy every day. There are three basic steps to get food from the farm to the dinner table:

- ▶ *Production* involves growing the food on a farm.
- ▶ *Processing* is what happens to the food once it is ready to be picked. This could involve packaging, canning, freezing, or drying it. Processing can also involve adding vitamins or flavoring. Processing can produce more healthful versions of our favorite foods by reformulating foods so they contain less fat, sugar, salt, or calories.
- ▶ *Transportation* involves taking the food to the store.

Lesson:

1. Explain to students that today many healthful choices are available in convenient packages at grocery stores. In fact, purchasing foods that are already cleaned and cut means they can be eaten right away or easily be packed in a student’s lunch box.

Ask students:

- Think about a time you went to the grocery store with your family. What are some healthful food choices that were available in single-serving or ready-to-eat containers? Some may be in your lunch bag today! *Yogurt, frozen vegetables, individual bottles of orange juice or milk, canned soup, cut apples with caramel dip, cheese sticks, carrot sticks with ranch dressing, small packages of sunflower seeds, etc.*

2. Other ways that foods are prepared include freezing, canning, or drying right after they are picked. **Ask students:**
 - What are some frozen foods that you enjoy?
 - What are some canned foods that you enjoy?
 - What are some dried foods that you enjoy?

3. Tell the class that today they are going to make a healthful snack using frozen, canned, dried, and fresh foods.

4. Pass out one plate of ingredients to each student. Walk the students through the steps on the recipe card.

Did you know? Any food that’s bought in a sealed package (like apples or carrots) is called a *processed food*. A processed food is any food that is changed from its natural “raw” state.



“Dino-mite” Snack

1. Place the tortilla half in the middle of the plate. Spread the yogurt on the tortilla.
2. Place the strawberry halves above the outside to represent the dinosaur’s plates.
3. Use one mandarin orange slice for the head and the other for the tail.
4. Use the raisin for the eye.
5. Place the banana chips below the tortilla for the legs.
6. Give a big “Roar,” then enjoy your snack!

