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Delicious! A Pumpkin Soup Story by Helen Cooper — Duck wants to eat only pumpkin soup, but the pumpkins are not ripe. Cat and Squirrel must find a delicious soup to please this picky eater. Ask:

- *What happens when Cat, Squirrel, and Duck cannot find a ripe pumpkin to make pumpkin soup?*
- *Why wouldn't Duck try some of the other soups?*
- *How did Duck feel when he hadn't eaten for a while?*
- *What happens at the end of the story?*
- *What food group does pumpkin belong to? (Vegetable). Fish? (Protein Foods). Mushrooms? (Vegetable). Beets? (Vegetable)*

Food Club Whole Group

(Two 60-minute sessions: 1. Hand-Washing Experiments, 2. Look and Cook Recipe)

Food Club Hand-Washing Experiments

- Explain that germs are tiny living things that are everywhere — on hands, doorknobs, backpacks, etc. We cannot see them, but they can make us sick. When we wash our hands, we get rid of the germs so they do not get into our bodies.
- Remind students when it is important to wash hands:
 - Before and after handling food or eating
 - After using the bathroom
 - After coughing, sneezing, or blowing their nose
 - After playing with pets or visiting a petting zoo
 - After playing outside
 - Whenever they are dirty
- Review proper hand-washing routines with students. They should wash their hands with warm, running water and soap for 20 seconds. Singing the ABCs while washing is a good way to ensure they are washing long enough. Remind students to scrub the palms, tops of their hands, under their fingernails, and between their fingers. They should rinse hands well under running water. Students should dry their hands with a clean towel or a paper towel.
- Show **Wash Your Hands**, Centers for Disease Control and Prevention's 30-second video: <http://www.cdc.gov/CDCTV/WashYourHands/index.html>.
- There are several fun experiments your class can do to “test” hand-washing methods and show how easily germs spread. Choose the option that works best for your class:

Option 1: Oil and Cinnamon Method

Divide students into groups of four. Have students rub one tablespoon of vegetable oil on their hands (like they would apply lotion). Sprinkle ½ Tbsp ground cinnamon on each child's hands — this represents the germs we pick up on our hands during the day. Have group members wash their hands in four ways:

- **Student 1:** Cold water only
- **Student 2:** Cold water and soap for 10 seconds
- **Student 3:** Warm water and soap for 10 seconds
- **Student 4:** Warm water and soap for 20 seconds while singing the ABCs

★TEACHER TIP★

Check out the Healthy Meals Resource System's collection of online Hand-Washing Bulletin Board Resources at:

<http://healthymeals.nal.usda.gov/handwashingbulletin>.

Post reminders for students about proper hand-washing techniques at your classroom sink and in school bathrooms.



★TEACHER TIP★

For homework:

Ask students to demonstrate to their parents or caregivers how to wash their hands while singing the ABCs.



Important Food Allergy Reminder

Remember to:

- Check with parents/caregivers regarding food allergies.
- Work with parents, the school nurse, and/or Nutrition Services Director to adjust any recipes or food items suggested in these activities to accommodate food allergies in your classroom or school.
- Always follow your school's food allergy policies.

After everyone has washed in one of the four ways, have students look at each others' hands, then ask: *What does it take to get all the germs off?* (Remind students that cinnamon is not really a germ; we just used it for practice.) We cannot see germs. So we need to follow the hand-washing steps to make sure we get rid of germs.

Follow-up Activity: Have students color or shade in paper hand cutouts showing “dirty spots” that remained after each washing treatment.

Option 2: Paint Method

Ask students to line up in two to three lines of at least six students. Put a teaspoon of non-toxic, washable finger paint in the palm of a student's hand at the beginning of the line. Spread it evenly over both hands, including the backs. Have the first student shake hands with the next student in line. Go down the line and have each student shake hands with the child behind him or her, symbolizing how germs on hands can spread. Have students look at the last person in line to see what is on his or her hands. (Remind students that the paint is not really a germ; we just used it for practice.) Allow hands to dry completely (for a minute or two). Have students go to the sink in pairs and wash their hands using the proper hand-washing steps. After one student washes, have a partner look for any remaining paint that was missed. We cannot see germs like we can see paint. So we need to follow the hand-washing steps to make sure we get rid of germs.

Follow-up Activity: Have students draw a picture reminding everyone to wash all parts of their hands correctly. For example, if a student still had paint between his/her fingers after washing, have him/her create a sign reminding students to wash between their fingers.

- To review the importance of washing hands, read the books ***Germs Are Not for Sharing*** by Elizabeth Verdick and ***Wash Your Hands!*** by Margaret McNamara.

Discover MyPlate Food Club Rules

Explain to students that they are now going to be part of a food club, where they will get to prepare and taste foods (including some new foods) from all of the food groups.

Just like school, the **Discover MyPlate Food Club** has some rules. Ask students to share what rules they think the Food Club should have. Display these (with pictures) in the classroom. Some rules to consider are:

- Wash your hands before you touch food.
- Give others a chance to taste before you share your opinion.
- Use your senses — how does the food look, smell, feel, taste, sound?
- Help clean up when you are done.

Friendship Pocket Look and Cook Activity

(See pp. 68-69 for recipe ingredients, supplies, and step-by-step instructions.)

1. In this food preparation activity, students will choose foods from each of the five food groups to create a delicious sandwich pocket. Offering children a choice between two ingredients inspires them to try the snack by “making it their own.” This activity also reinforces the theme of friendship; all five of the **Food Group Friends** will be reflected on their plate, plus students get to sit and share a snack with their friends. Everything tastes better when friends come together!

