

# USDA & LIFE II

## Summer Feeding Program 2010



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## Collaboration Agreement

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In collaboration with the USDA Food and Nutrition Service (FNS), the University of Hawaii - Cooperative Extension Service (UH-CES) offers nutrition enhancements for limited income youth during the eight-week 2010 Summer Food Service programs. Interactive activities supplement the Summer Feeding Program and focuses primarily on topics concerning food safety and fruits & veggies.

### **LIFE II Collaborates By:**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

- Jointly scheduling two (2), thirty (30) minute sessions
- Leading youth in activities focusing on food safety and fruits & veggies
- Maintaining confidentiality of all personal information given
- Providing two food demonstrations and enhancement materials

### **USDA FNS Collaborates By:**

- Providing LIFE-II with a list of participating schools and contact details for site directors/sponsors
- Providing sponsors with information on allowable expenses for enhancement activities

### **Sponsors Collaborate By:**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

- Recruiting youth participants
- Providing a place to engage in the activity
- Providing food and supplies to prepare selected recipes
- Providing running water, and electrical outlet
- Facilitating needed eligibility, specific needs, and progress information

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# LIFESKILLS IN FOOD EDUCATION

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In collaboration with community agencies, LIFE-II: Lifeskills in Food Education – Integrated and Intergenerational of fers group consumer nutrition lif eskills education f or limited-income clientele. LIFE-II is an integrated and intergenerational project consisting of the Expanded Food and Nutrition Education Program (EFNEP) and UH-CES Supplemental Nutrition Assistance Program - Education (SNAP-Ed). Focus skilled areas for practical, everyday survival include a food guide, safe food handling, managing food budgets and resources, meal planning, food shopping, food preparation methods, and recipe basics.

## **Collaborative Summer Feeding Enhancements**

### **Food Safety**

K-8 Handwashing with oil and cinnamon

K-8 Recipe Demonstration: Veggies & Ranch Style Dip

### **Fruits & Veggies**

K-3 We Eat Different Parts of Plants

K-3 Fruit & Veggie BINGO

4-8 Fruits & Veggies—More Matters, It All Starts with Agriculture Matching Game

K-8 Recipe Demonstration: Trail Mix with Dried Fruit

# UH-CES LIFE-II Summer Feeding Program

## Sponsor Information

1. Sponsor's name: \_\_\_\_\_
2. Contact info
  - a. Phone: \_\_\_\_\_
  - b. Email: \_\_\_\_\_
  - c. Fax: \_\_\_\_\_
3. Site address: \_\_\_\_\_
4. Facility type: ☐ park    ☐ school    ☐ community center    ☐ other \_\_\_\_\_
5. Number of kids \_\_\_\_\_ (grades K-3)    \_\_\_\_\_ (grades 4-8)
6. Potential dates (minimum two 30-minute contacts)  
\_\_\_\_\_  
\_\_\_\_\_

### 7. Enhancement Activities

#### Food Safety

- ☐ K-8 Handwashing with Oil and Cinnamon
- ☐ K-8 Recipe Demonstration: Veggies & Ranch-Style Dip

#### Fruits & Veggies

- ☐ K-3 We Eat Different Parts of Plants
- ☐ K-3 Fruit & Veggie BINGO
- ☐ 4-8 Fruits & Veggies—More Matters, It All Starts with Agriculture Matching Game
- ☐ K-8 Recipe Demonstration: Trail Mix with Dried Fruit

# UH-CES LIFE-II Summer Feeding Program

## Sponsor's Shopping List

Enhancement Activity	Materials
<b>Handwashing with Oil and Cinnamon</b>	<ul style="list-style-type: none"> <li>• Cooking oil (1 tsp per person)</li> <li>• Ground cinnamon (1/2 tsp per person)</li> <li>• Hand soap</li> <li>• Paper towels</li> <li>• 4-8 plastic spoons</li> <li>• Running water - sink, water hose, water cooler/jug (required to do activity on site)</li> </ul>
<b>Recipe Demonstration: Veggies and Ranch Style Dip</b>  <i>Yields approximately 20-25 sample-size portions</i>	<ul style="list-style-type: none"> <li>• 2 lb bag baby carrots</li> <li>• 2-4 Tbsp of water</li> <li>• 1 (16-oz) container lowfat cottage cheese</li> <li>• 1 oz package Ranch-style dressing mix</li> <li>• Small paper bowls</li> <li>• Napkins</li> </ul>
<b>We Eat Different Parts of Plants</b>	None
<b>Fruit and Veggie BINGO</b>	<ul style="list-style-type: none"> <li>• 1 crayon per person</li> <li>• <i>Optional</i> non-edible prizes (for people who win BINGO) <ul style="list-style-type: none"> <li>○ Pencils</li> <li>○ Erasers</li> <li>○ Folders</li> <li>○ Stickers</li> </ul> </li> </ul>
<b>Fruits &amp; Veggies??More Matters, It All Starts with Agriculture Matching Game</b>	<ul style="list-style-type: none"> <li>• 1 crayon per person</li> <li>• <i>Optional</i> non-edible prizes (for people who participate) <ul style="list-style-type: none"> <li>○ Pencils</li> <li>○ Erasers</li> <li>○ Folders</li> <li>○ Stickers</li> </ul> </li> </ul>
<b>Recipe Demonstration: Trail Mix with Dried Fruit</b>  <i>Yields approximately 20-25 sample-size portions</i>	<ul style="list-style-type: none"> <li>• 2 cups circle shaped cereal</li> <li>• 2 cups square shaped cereal</li> <li>• 1 cup of dried fruit (e.g. raisins, cranberries, mixed fruit)</li> <li>• Small paper bowls</li> <li>• Napkins</li> </ul>

# Food Safety

# HAND WASHING

## GERMS ARE EVERYWHERE!

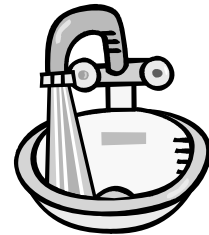
Because germs are in so many places, it's important to wash your hands often. Be sure to wash your hands....

- Before you eat or touch food
- After using the restroom
- After blowing your nose, coughing or sneezing
- After touching your pet or other animals



## DROWN THOSE GERMS....WASH YOUR HANDS

- Use soap and running water
- Rub your hands together for 20 seconds



## HAND WASHING DEMONSTRATION

Roll up sleeves so hands and wrists are exposed.

First: rub about 1 teaspoon of cooking oil on hands

Then: sprinkle about 1/2 teaspoon of ground cinnamon onto hands. Rub all over your hands.

Divide into three groups and have each participant try one of these hand-washing techniques:

- a. Wash with water for 20 seconds
- b. Wash with water and soap for 20 seconds while singing the ABC's or Happy Birthday

## TALK ABOUT IT

- What does it take to get all the cinnamon off?
- Did the soap help remove some of the cinnamon and oil from your hands?
- How long should you wash your hands to remove cinnamon oil from hands?

How long is 20 seconds?



Sing the Happy Birthday Song two times. That's about 20 seconds.

Cinnamon isn't harmful. But you can see it if you don't wash your hands right. Germs are invisible. You can't see them, so you must wash your hands right.

## HAND WASHING INFORMATION

1. How long should you wash your hands? *20 seconds*
2. Is it OK not to use soap? *If water is all you have it's better than not washing. Soap helps you wash more germs from your hands.*
3. How hot should the water be? *Use warm water. It feels better than cold or hot and it helps the soap do its job.*
4. What is the best way to dry your hands? *Use a clean towel. Do not use your clothes to dry your hands.*



## PRE-QUESTIONNAIRE

Group or school name \_\_\_\_\_

Date \_\_\_\_\_

Program Assistant \_\_\_\_\_

### HAND WASHING

1. Do you need 10 seconds OR 20 seconds to wash your hands?

If you think it's **10 seconds** raise your hand \_\_\_\_\_ (enter hand count)

If you think it's **20 seconds** raise your hand \_\_\_\_\_ (enter hand count)

2. Do you need soap and water OR water and cinnamon to wash your hands properly?

If you think it's **soap and water** raise your hand \_\_\_\_\_ (enter hand count)

If you think it's **water and cinnamon** raise your hand \_\_\_\_\_ (enter hand count)

### FRUITS AND VEGETABLES

If participants have done More Matters **It All Starts with Agriculture** matching game ask **Q. 1**

1. Do fruits and vegetables come from a farm OR under the sea?

If you think it's from a **farm** raise your hand \_\_\_\_\_ (enter hand count)

If you think it's from **under the sea** raise your hand \_\_\_\_\_ (enter hand count)

If participants have done **We Eat Different Parts of the Plant** ask **Q.2**

2. Do we eat different parts of plants?

If you think **yes**, we **do** eat different parts of plants raise your hand \_\_\_\_ (hand count)

If you think **no**, we **do not** eat different parts of plants raise your hand \_\_\_\_ (hand count)

If participants have done **Fruit and Veggie Bingo** ask **Q.3**

3. Is fruit punch a fruit OR vegetable?

If you think **yes**, fruit punch is a fruit or vegetable raise your hand \_\_\_\_ (hand count)

If you think **no**, fruit punch is NOT a fruit or vegetable raise your hand \_\_\_\_ (hand count)

## POST-QUESTIONNAIRE

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Date \_\_\_\_\_

Program Assistant \_\_\_\_\_

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## RANCH STYLE DIP

**Yield:** approximately 2 cups

### Ingredients:

2-4 tablespoons water OR nonfat milk OR  
lowfat milk  
1 (16-ounce) container lowfat cottage cheese  
1 ounce package Ranch-style dressing mix

### Directions:

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For a thinner consistency, ADD more water or milk.
3. POUR mixture into a medium jar. COVER and REFRIGERATE until ready to SERVE.

### Variations:

Instead of Ranch-style dressing mix, use:

$\frac{1}{2}$  teaspoon onion powder OR 2 tablespoons  
round onion  
 $\frac{1}{2}$  teaspoon pepper  
1-2 teaspoons dill weed  
 $\frac{1}{2}$  teaspoon garlic powder

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)



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Cooperative Extension Service  
[www.ctahr.hawaii.edu/NEW](http://www.ctahr.hawaii.edu/NEW)

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Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

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## **ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**

09/2009

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09/2009

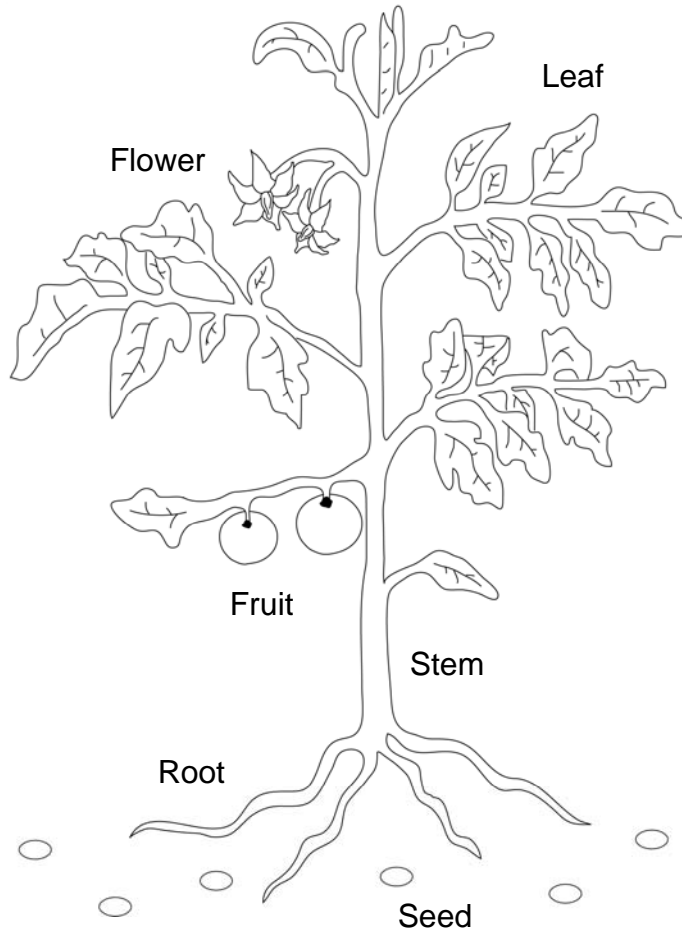
# Fruits & Veggies

# WE EAT DIFFERENT PARTS OF PLANTS

## FRUITS AND VEGGIES ARE PLANTS!

Fruits and Veggies are from many different parts of plants such as the...

- Flower
- Leaf
- Fruit
- Stem
- Root
- Seed



## POSTER DEMONSTRATION

Set up the poster where the kids can see and point to the parts.

Hold up the fruit or veggie cards and ask the kids to say or point to which part of the plant it is

Answers are in the back of the fruit and veggie cards

## TALK ABOUT IT

- Ask the kids if they have any favorite fruits or veggies
- What parts of the plant are their favorite fruits or veggies

COOPERATIVE EXTENSION SERVICE UNIVERSITY OF HAWAII AT MANOA COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES 1955 EAST-WEST ROAD, AGRICULTURAL SCIENCE 306, HONOLULU, HAWAII 96822 The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity, affirmative action institution.

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Date \_\_\_\_\_

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# Fruits and Veggies Bingo

Cut out the individual BINGO fruits and veggies pictures (small pictures) and put them in a container, a hat, or in anything that allows you to mix up the pictures without revealing each card. Hand out one BINGO card for each child because each BINGO card is different (different pictures of fruits and veggies). Parents take a fruit or vegetable picture out of the container, hat, etc., and say the fruit or veggie, then describe it and share it with your child(s). Next, the child(s) will mark with a crayon, the fruit or veggie picture that has been called out. BINGO can then be shouted when all of the squares are covered across in a row or covered up and down in a column. The star in the middle of the BINGO cards is a FREE space. This is a space that can be covered without a fruit or veggie being called. People usually cover this free space before beginning a BINGO game. See below for examples.

Shout BINGO! when you see covered squares going...

**ACROSS...**

B	I	N	G	O
		★ FREE		

**UP and DOWN...**








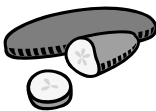










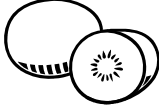






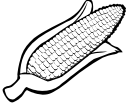

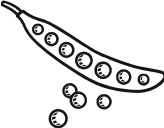


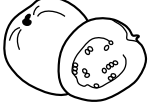







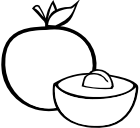
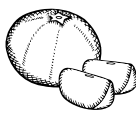

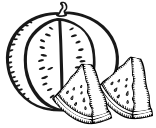
B	I	N	G	O
		★ FREE		

**And don't forget that you  
can use the FREE square to  
make BINGO too!**



B	I	N	G	O
		★ FREE		

Cut out each square and place them in a container.

B	I	N	G	O
<b>B</b>  Apple	<b>I</b>  Artichoke	<b>N</b>  Cabbage	<b>G</b>  Blueberries	<b>O</b>  Avocado
<b>B</b>  Banana	<b>I</b>  Asparagus	<b>N</b>  Cucumber	<b>G</b>  Eggplant	<b>O</b>  Bell Peppers
<b>B</b>  Carrot	<b>I</b>  Broccoli	<b>N</b>  Grapefruit	<b>G</b>  Garlic	<b>O</b>  Grapes
<b>B</b>  Cauliflower	<b>I</b>  Cantaloupe	<b>N</b>  Lemon	<b>G</b>  Kiwi	<b>O</b>  Pear
<b>B</b>  Cherries	<b>I</b>  Celery	<b>N</b>  Mango	<b>G</b>  Lettuce	<b>O</b>  Raisins
<b>B</b>  Corn	<b>I</b>  Pineapple	<b>N</b>  Peas	<b>G</b>  Onions	<b>O</b>  Spinach
<b>B</b>  Guava	<b>I</b>  Raspberries		<b>G</b>  Orange	<b>O</b>  Sweet Potato
<b>B</b>  Mushrooms	<b>I</b>  Strawberry		<b>G</b>  Papaya	<b>O</b>  Tomato
<b>B</b>  Peach	<b>I</b>  Tangerine		<b>G</b>  Plum	<b>O</b>  Watermelon

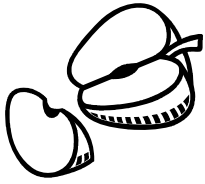
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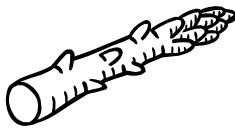
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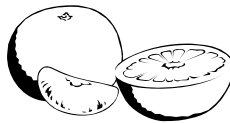
O



Apple



Asparagus



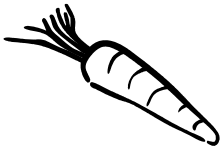
Grapefruit



Lettuce



Grapes



Carrot



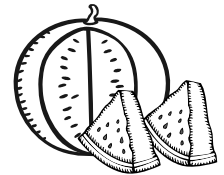
Raspberries



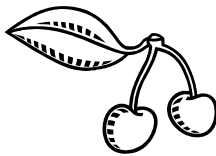
FREE



Orange



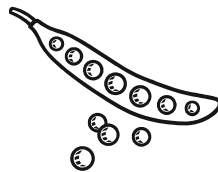
Watermelon



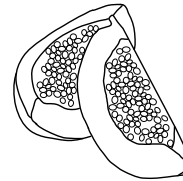
Cherries



Celery



Peas



Papaya

Bell  
Peppers

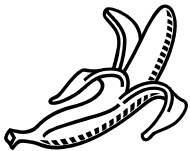
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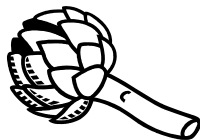
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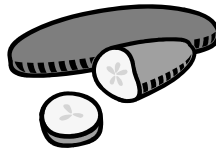
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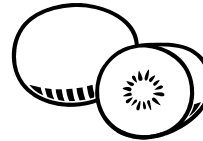
Banana



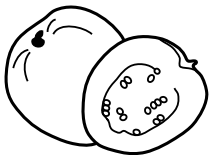
Artichoke



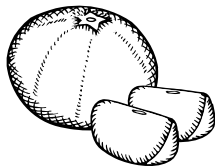
Cucumber



Kiwi

Sweet  
Potato

Guava



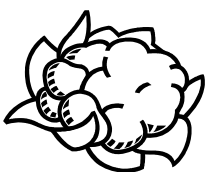
Tangerine



FREE



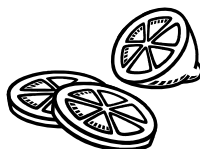
Eggplant

Bell  
Peppers

Cauliflower



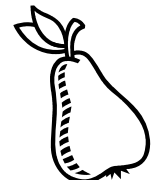
Pineapple



Lemon



Onions



Pear

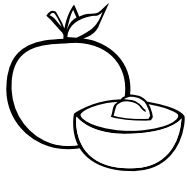
B

I

N

G

O



Peach



Broccoli



Mango



Blueberries



Tomato



Mushrooms



Cantaloupe



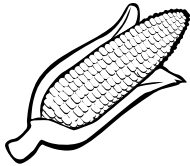
FREE



Garlic



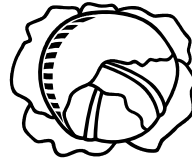
Raisins



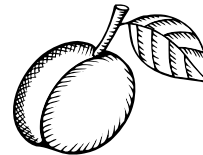
Corn



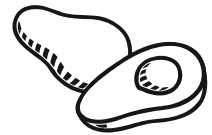
Strawberry



Cabbage



Plum



Avocado

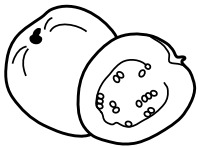
B

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G

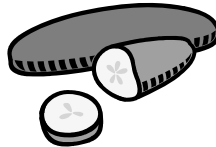
O



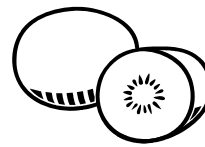
Guava



Asparagus



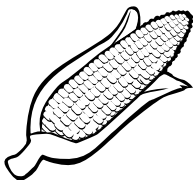
Cucumber



Kiwi



Grapes



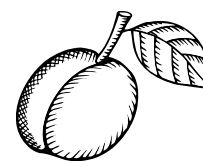
Corn



Pineapple



FREE



Plum



Spinach



Apple



Celery



Grapefruit



Lettuce



Sweet Potato

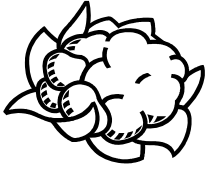
B

I

N

G

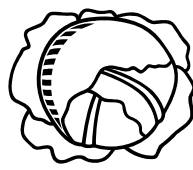
O



Cauliflower



Strawberry



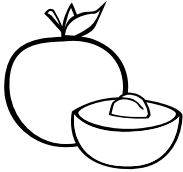
Cabbage



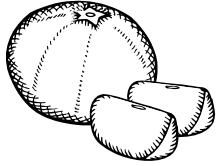
Blueberries



Avocado



Peach



Tangerine



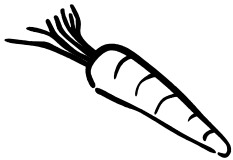
FREE



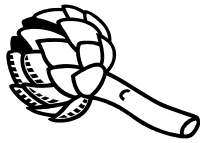
Eggplant



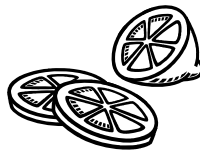
Tomato



Carrot



Artichoke



Lemon



Orange



Raisins

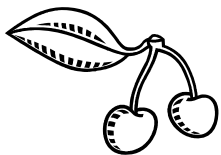
B

I

N

G

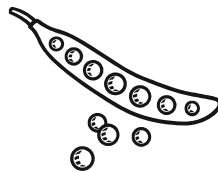
O



Cherries



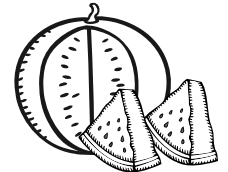
Raspberries



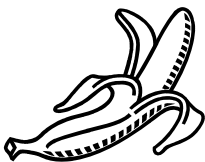
Peas



Garlic



Watermelon



Banana



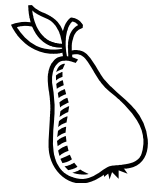
Asparagus



FREE



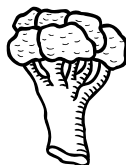
Onions



Pear



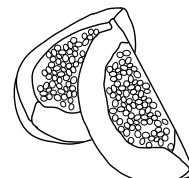
Mushrooms



Broccoli



Mango



Papaya



Spinach

## PRE-QUESTIONNAIRE

Group or school name \_\_\_\_\_

Date \_\_\_\_\_

Program Assistant \_\_\_\_\_

### HAND WASHING

1. Do you need 10 seconds OR 20 seconds to wash your hands?

If you think it's **10 seconds** raise your hand \_\_\_\_\_ (enter hand count)

If you think it's **20 seconds** raise your hand \_\_\_\_\_ (enter hand count)

2. Do you need soap and water OR water and cinnamon to wash your hands properly?

If you think it's **soap and water** raise your hand \_\_\_\_\_ (enter hand count)

If you think it's **water and cinnamon** raise your hand \_\_\_\_\_ (enter hand count)

### FRUITS AND VEGETABLES

If participants have done More Matters **It All Starts with Agriculture** matching game ask **Q. 1**

1. Do fruits and vegetables come from a farm OR under the sea?

If you think it's from a **farm** raise your hand \_\_\_\_\_ (enter hand count)

If you think it's from **under the sea** raise your hand \_\_\_\_\_ (enter hand count)

If participants have done **We Eat Different Parts of the Plant** ask **Q.2**

2. Do we eat different parts of plants?

If you think **yes**, we **do** eat different parts of plants raise your hand \_\_\_\_\_ (hand count)

If you think **no**, we **do not** eat different parts of plants raise your hand \_\_\_\_\_ (hand count)

If participants have done **Fruit and Veggie Bingo** ask **Q.3**

3. Is fruit punch a fruit OR vegetable?

If you think **yes**, fruit punch is a fruit or vegetable raise your hand \_\_\_\_\_ (hand count)

If you think **no**, fruit punch is NOT a fruit or vegetable raise your hand \_\_\_\_\_ (hand count)

## POST-QUESTIONNAIRE

Group or school name \_\_\_\_\_

Date \_\_\_\_\_

Program Assistant \_\_\_\_\_

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If participants have done **We Eat Different Parts of the Plant** ask **Q.2**

2. Do we eat different parts of plants?

If you think **yes**, we **do** eat different parts of plants raise your hand \_\_\_\_ (hand count)

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If you think **no**, fruit punch is NOT a fruit or vegetable raise your hand \_\_\_\_ (hand count)

# Fruits & Veggies—More Matters It All Starts With Agriculture!

Brought to you by the University of Hawaii's—College of Tropical Agriculture and Human Resources—Cooperative Extension Service—Nutrition Education for Wellness Program

*Match the fruit or vegetable to its plant. Draw a line between the corresponding fruit or vegetable to its plant using the pictures on the **yellow** board.*

- |                |   |
|----------------|---|
| 10. Long Beans | L |
| 11. Lychee     | R |
| 12. Mango      | Q |
| 13. Sweet Corn | N |
| 14. Cabbage    | J |
| 15. Eggplant   | P |
| 16. Taro       | O |
| 17. Tomato     | K |
| 18. Peas       | M |

Answer Key: (10-R), (11-K), (12-J), (13-L), (14-P), (15-N),  
(16-O), (17-Q), (18-M)

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Answer Key: (10-R), (11-K), (12-J), (13-L), (14-P), (15-N),  
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## PRE-QUESTIONNAIRE

Group or school name \_\_\_\_\_

Date \_\_\_\_\_

Program Assistant \_\_\_\_\_

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If participants have done **Fruit and Veggie Bingo** ask **Q.3**

3. Is fruit punch a fruit OR vegetable?

If you think **yes**, fruit punch is a fruit or vegetable raise your hand \_\_\_\_\_ (hand count)

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## POST-QUESTIONNAIRE

Group or school name \_\_\_\_\_

Date \_\_\_\_\_

Program Assistant \_\_\_\_\_

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## Trail Mix



**Yield:** 4 1/2 cups

**Ingredients:**

2 cups circle shaped cereal  
2 cups square shaped cereal (rice, wheat, corn  
– one OR more combined)  
1/2 cup dried fruit

**Directions:**

1. In a large bowl, MIX circle shaped cereal, square shaped cereal, and dried fruit.
2. STORE in airtight container.

**Variations:**

For breakfast, add milk and fresh fruits.  
Eat cereals with 100% fruit juice.  
Use a mixture of any 2 or more cereals.  
Add pretzels or nuts.



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