



the
Super Crew

Shop for Healthy Groceries

with the Super Crew®!

Grades: K-5

Designed by:

SuperKids Nutrition Inc. in partnership with the American Institute for Cancer Research.

Time Allotted for the Lesson:

Approximately 45 minutes

Instructional Objectives:

Nutrition Information:

- ✓ Students will be able to define and describe the benefits of shopping smart at the grocery store using AICR's New American Plate model.
- ✓ Students will be able to list healthy options at the grocery store.

Self-assessment:

- ✓ Students will be able to identify what their family buys at the grocery store and conduct a self-assessment by using a handout with the New American Plate model. Students will be able to assess what percent of their grocery shopping items are healthy options (vegetables, fruits, whole grains, beans, nuts, low-fat dairy, lean meat, poultry and fish).

Health Behavior Change:

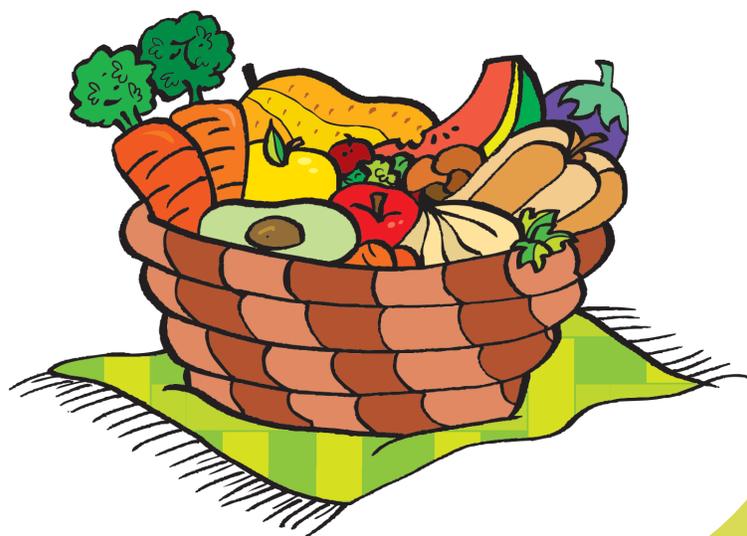
- ✓ Students will choose healthy options at the grocery store and understand how the food they eat can play a role in contributing to their overall health.

Culinary Skills:

- ✓ Students will identify the different beneficial ingredients in the **Funny Faces Pizza** recipe and develop a taste for them.
- ✓ Students will learn that they can easily prepare items like **Funny Face Pizzas** at home, rather than buying a slice of pizza at the pizza store.

Overview:

The lesson will focus on how to shop smart at the grocery store using the principles of AICR's New American Plate model. Students will discuss how to choose healthy groceries and understand how choosing healthy foods will help them to grow strong and prevent diseases like cancer. Afterwards, students will have the opportunity to prepare **Funny Face Pizzas** and taste a variety of healthy ingredients. They will learn about protective phytochemicals in plant foods, which the Super Crew® calls fight-o-chemicals because they fight off cancer!



Self-efficacy/Action Plan

- ✓ Students will be able to evaluate whether their family grocery store purchases match the New American Plate healthy eating principles.

Preparation

- ✓ Review equipment inventory, make sure oven is working and buy any necessary tools.
- ✓ Make copies of the handouts and recipes for the students.
- ✓ Create a grocery list.
- ✓ Purchase all ingredients about one day in advance.
- ✓ Fill out form below for organization.

Students and Site		✓ Check all that apply			
Age Group of Kids	K-5	Nutrition Activity	✓	"Cold" Cooking	
Number of Kids	8	Cooking Demo	✓	Minimal Equipment	✓
Kitchen or Classroom	Kitchen	Tasting	✓	Full Kitchen	
One-time Class	✓	No Cooking			
Duration of Class	45 min.				

Materials/Resources Needed

- ✓ Computer and projector, to project Internet images
- ✓ Internet access
- ✓ Handouts
- ✓ The **Funny Face Pizzas** 2-page recipe handout
- ✓ The "Super Crew Shopping Cart Challenge" handout

Funny Face Pizzas		Equipment List
Grocery List (makes 8 regular servings or 16 taste servings)		<input type="checkbox"/> Metal baking sheet or pizza pan
Ingredients	Pizza Sauce	<input type="checkbox"/> 2 pot holders
<input type="checkbox"/> 1 pkg. (10 oz.) whole-wheat prebaked Italian bread shells (2 personal size crusts)	<input type="checkbox"/> 1 can (8 oz.) no-salt-added tomato sauce	<input type="checkbox"/> 2 cutting boards
<input type="checkbox"/> ½ cup homemade or prepared pizza sauce	<input type="checkbox"/> ¼ cup no-salt-added tomato paste	<input type="checkbox"/> Metal spatula
<input type="checkbox"/> 1 cup fresh spinach, stems removed	<input type="checkbox"/> 1 tsp. olive oil	<input type="checkbox"/> Paring knife
<input type="checkbox"/> 1 cup shredded part-skim mozzarella cheese	<input type="checkbox"/> 1 tsp. Italian seasoning	<input type="checkbox"/> Can opener
<input type="checkbox"/> Assorted vegetable/fruit toppings to create pizza faces (suggestions include: grated carrots, small steamed broccoli florets, cherry tomatoes, carrot circles, green or red peppers, canned pineapple chunks, zucchini strips)	<input type="checkbox"/> ½ tsp. garlic powder	<input type="checkbox"/> Medium bowl
	<input type="checkbox"/> ¼ tsp. sugar	<input type="checkbox"/> Whisk or fork
	<input type="checkbox"/> Salt and ground black pepper, to taste	<input type="checkbox"/> Plates
		<input type="checkbox"/> Napkins

Instructional Procedures

Engage your audience!

1. **Begin the lesson by saying that we are going to make Funny Face Pizzas and introduce the Super Crew Kids.**

- Introduce Super Crew using the website:
<http://www.superkidsnutrition.com/skids/index.php>.

- The Super Crew gets their super powers from their favorite healthy foods. Click on each character to show how.

2. **Ask the class why they think it's good to buy healthy foods in the grocery store. Explain that what they eat impacts their health now and when they grow older. Encourage them to be a Super Crew kid and help their parents at the grocery store by being a healthy food detective. Ways to help parents shop smart:**

- When searching for grains in the grocery store, like breakfast cereal, look for 100% whole grains with at least 3 grams of fiber and no more than 5 grams of sugar per serving. Discuss the super powers of whole grains, like 100% whole-grain cereal, using Kira to help out. Whole grains are high in fiber. Fiber-rich foods like vegetables, fruits, whole grains and beans keep us fuller longer and protect us against cancer, diabetes and heart disease. They give us long-lasting energy to run, play and think our best.

Choose whole grains when buying bread, cereals or crackers. You can even use whole-grain flours for your pizza dough.

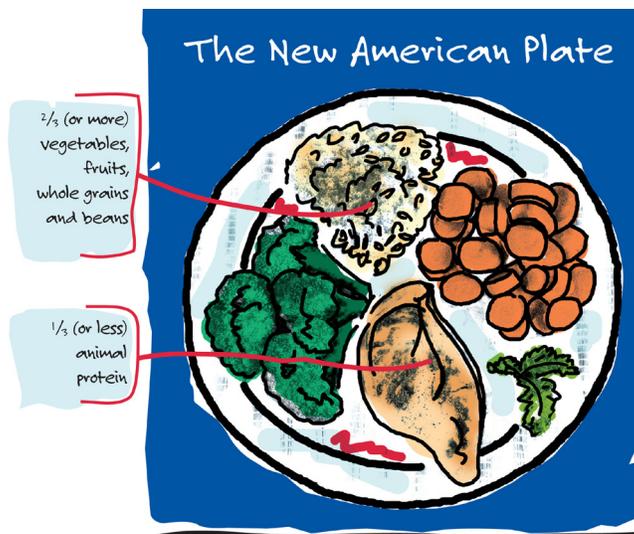
- Questions that may arise:
 - How do I know it's really whole-grain? What should we look for at the grocery store?
 - Answer: Read the nutrition label ingredients list. Look for the words WHOLE or 100% WHOLE. But be warned: many packages may say WHOLE grain, but the food doesn't really have much of it. Make sure that WHOLE grain is the first ingredient on the list. Stay away from enriched flour or "wheat" flour – they're not whole grains.
- When searching for fruits in the grocery store, look for whole fruits and 100% fruit juice instead of fruit roll-ups or fruit drinks. Discuss the super powers of fruits. Explain that they are full of antioxidants and vitamins that are good for fighting off disease and cancer. Eat fruits as snacks, use them as salad ingredients or even as pizza toppings.
- When searching for vegetables in the grocery store, look for fresh or frozen veggies without any added sauces, not snack bags of Veggie Straws or Veggie Chips. Instead of buying processed potato chips, buy fresh potatoes or sweet potatoes and bake potato "chips" (thinly sliced fresh potatoes) or "fries" (fresh potatoes cut into strips) at home.
 - If your parents are pressed for time, look for pre-cut frozen veggies so they can just pop them in the microwave or steamer.
 - Discuss the super powers of fresh vegetables. Explain that they are full of vitamins and nutrients that we need to stay healthy and grow strong! Describe easy ways to include vegetables, like adding fresh or frozen chopped veggies to soups and stews and as pizza toppings.



- When walking through the dairy section in the grocery store, make sure your parents are choosing low-fat dairy options like 1% or skim (nonfat) milk, low-fat yogurts or low-fat cheese. Whole milk or full-fat cheeses have lots of calories and fat which make it easy to eat more than we need. Explain that 2% milk isn't really low-fat by comparing amounts of fat and calories on the Nutrition Facts label with skim milk or 1% milk.

Discuss the super powers of drinking low-fat milk. Low-fat dairy products are good for building strong bones and teeth! Milk is also full of calcium, vitamin D and protein that are good for making us healthy and fighting off diseases. You can also eat low-fat yogurt, add low-fat cheese slices to a sandwich or sprinkle shredded low-fat cheese on your pizza, which we will do today.

3. (For grades 2-5) **Introduce the New American Plate:** 2/3 (or more) of your plate is plant-based foods (vegetables, fruits, whole grains, beans, nuts and seeds) and 1/3 (or less) of your plate is animal protein like dairy, meat, poultry and seafood. Demonstrate the New American Plate visually using a circle and drawing lines to show the segments on the plate. Explain how to use the New American Plate as a guide in the grocery store. Since the majority of our plates should be plant-based foods and a little bit of our plates should be animal protein, be sure to place all the animal protein (wrapping raw meat and poultry in plastic bags first) at the top of your cart, and fill the rest of your cart with plant-based foods.



4. **Assess their knowledge.** Using pictures of different foods and sticky tacks, have kids come up and place pictures of similar foods in a single line on a poster board. And then using the words “**better,**” “**worse,**” and “**just as good as,**” have the kids make a sequence on the poster. (For example, they'll stick on the poster board photos of potatoes, baked potato chips and regular potato chips. Once those are stuck onto the poster board in a straight line, they'll stick on the words in between the pictures to make the sequence correct. Potatoes are better than baked potato chips which are better than regular potato chips.)
- Potatoes are **better/worse/just as good as** baked potato chips which are **better/worse/just as good as** regular potato chips.
 - Ice cream is **better/worse/just as good as** low-fat yogurt which is **better/worse/just as good as** skim milk.
 - Apple juice is **better/worse/just as good as** apple sauce which is **better/worse/just as good as** an apple
 - White bread is **better/worse/just as good as** 100% whole-wheat bread which is **better/worse/just as good as** 100% whole-grain cereals which is **better/worse/just as good as** Lucky Charms and Fruity Pebbles.
 - Frozen veggies are **better/worse/just as good as** fresh vegetables which are **better/worse/just as good as** Veggie Chips.

5. Instructor will introduce recipe and help children prepare a healthy pizza.

a. Before Cooking:

- Explain: "Today we are going to make a recipe that has lots of healthy ingredients that are super-power foods!"
- Introduce the **Funny Face Pizzas** recipe.
- Review and discuss each ingredient in the pizzas:
 - Whole-wheat bread shells
 - Tomato sauce
 - Spinach
 - Fruits (pineapple)
 - Vegetables
- Review hand washing:
 - Good hand washing habits are your first line of defense against the spread of many illnesses, not just the common cold.
 - Hand washing can prevent the transfer of germs and foodborne illnesses.
 - Scrub hands with warm, soapy water for at least 20 seconds (according to the Centers for Disease Control).
 - Don't forget to wash your hands before, during and after cooking!



-Carlos & Penny

Funny Face Pizzas Recipe

Ingredients:

- ✓ 1 pkg. (10 oz.) prebaked whole-wheat Italian bread shells (2 personal size crusts)
 - ✓ ½ cup prepared pizza sauce or 1 can of no-salt-added tomato sauce
You can also use **homemade tomato sauce**. (Refrigerate leftover sauce for later use.)
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|--|--|
| <p><i>Ingredients:</i></p> <ul style="list-style-type: none"> • 1 can (8 oz.) no-salt-added tomato sauce • ¼ cup no-salt-added tomato paste • 1 tsp. olive oil • 1 tsp. Italian seasoning • ½ tsp. garlic powder • ¼ tsp. sugar • Salt and ground black pepper, to taste <ul style="list-style-type: none"> ✓ 1 cup fresh spinach, stems removed ✓ 1 cup shredded part-skim mozzarella cheese ✓ Assorted vegetable/fruit toppings to create pizza face (see suggestions below) | <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. In a medium bowl, combine tomato sauce, tomato paste and olive oil until blended. 2. Stir in Italian seasoning, garlic powder and sugar until well combined. |
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Directions:

1. Preheat the oven to 450 degrees F.
2. Remove Italian bread shells from wrapper. Place on ungreased baking sheet or pizza pan.
3. Spread $\frac{1}{4}$ cup pizza sauce on each bread shell to create pizza.
4. Layer $\frac{1}{2}$ cup fresh spinach over pizza sauce on each pizza.
5. Sprinkle $\frac{1}{2}$ cup mozzarella cheese over spinach on each pizza.
6. Use your imagination to create funny face on each pizza with assorted vegetables and fruit. Choose a few from list below:
 - **Hair:** grated carrots or small steamed broccoli florets
 - **Eyes:** cherry tomato halves or carrot circles
 - **Nose:** green or red pepper triangle or canned pineapple chunk
 - **Mouth:** green or red pepper strips or zucchini strips
 - **Teeth:** canned pineapple chunks
 - **Ears:** 2 center slices (from top down) of large white button mushroom, stem removed
7. Bake 8-10 minutes or until cheese is melted and pizza is heated through.
8. Using potholders, remove baking sheet from oven and place on stove top. Use metal spatula to slide pizzas onto cutting board. Cut each one in quarters and serve (or cut each one in eighths for tasting).



Makes 8 regular servings (1/4 pizza per serving). Per serving: 150 calories, 5 g total fat (3 g saturated fat), 19 g carbohydrates, 8 g protein, 3 g dietary fiber, 290 mg sodium.

Makes 16 taste-size servings. Per serving: 75 calories, 2.5 g total fat (1.5 g saturated fat), 10 g carbohydrates, 4 g protein, 1.5 g dietary fiber, 145 mg sodium.



-Super Baby Abigail

Goal Activity

Assessment:

Playing the Super Crew Shopping Cart Challenge (see Activity tab for this toolkit) is a great way for the kids to use what they learned and apply their grocery shopping skills.