

Lesson Highlights

Objectives

Students will learn:

- The location of fats and oils group on the MyPyramid graphic
- The Purpose and Functions of fat
- How oil is used in cooking & baking
- The health benefits of certain oils and the possible risks of others.
- The quantity and type of oil and fat to eat daily
- To compare characteristics of different foods in the fats and oils group.

Curriculum Links:

- Health/ Nutrition
- Language Arts
- Math
- Science/Food Science
- Social Studies
- Culinary
- Art

Educational Skills:

- Thinking skills:
 - ♥ Categorization
 - ♥ Comparison
 - ♥ Analysis
 - ♥ Description
 - ♥ Quantification
- Analysis of information presented in a chart
- Understanding symbols
- Conceptualizing complex things as whole, and as simplified parts

Materials:

Classroom:

1. *MyPyramid for Kids* classroom poster. Available to teachers free. Order online at: <http://www.fns.usda.gov/tn/Resources/mypyramidclassroom.html>
2. For Getting Started Discussion
 - ♥ Have samples of foods on the table
 - ♥ Have pictures of dishes that each food is used in
3. For Core Activity 2: Name that Fat Game
 - ♥ Food on tables
 - ♥ Pictures of meals and dishes
 - ♥ Set of fat type signs for each team

Hip Hop Healthy Heart for Children/Module 3: Eat Good Food K-3

Lesson 7 – Yellow Day: All About Oils

Classroom Strategies

Getting Started:

On a Wall:

- Hang the My Pyramid for Kids poster.

On a Table

- **Food Group Table:** Add a few examples of foods in this group. If possible, include a bottle of olive oil, a bottle of another type of vegetable oil as a comparison (canola, corn, etc.), an avocado, some nuts and seeds, a carton of cream, a stick of butter, a doughnut, and a can of tuna or salmon.
- **Photos from Books or Magazines:** (Optional) Supplement your Fat Group on the table with photos of entire meals, or recipes that contain foods from the fats and oils group from cookbooks, magazines, or online printouts of food clipart. Pictures may include dips, dressings, desserts, or snacks including: guacamole, salad dressing, ice cream, cookies, hummus, tuna sandwich, granola, trail mix, or a peanut butter and jelly sandwich, etc. *See Appendix for some Printable Examples.*
- **Eyeball Your Portions Table** (Optional) Place all common household goods near measured portions of foods. For liquid oils, place an appropriate sized measuring spoon near the closed bottle.

Core Lesson Activities Set-Up:

Activity 2: Name that Fat Game Use Oil and Fat food examples on the Food Group Table.

Optional Activities Set-Up:

- **Optional Activity A: Homemade Peanut Butter/Build a Better Peanut Butter Sandwich Table (Add 30-60 minutes) Culinary Adventure/ Science Experiment:** Place all ingredients and cooking utensils on two tables.
- **Optional Activity B: Shake, Shake, Find the Fat in Milk! (Add 30 minutes) Culinary Adventure/ Science Experiment:** have all equipment on a table/ all ingredients stored in the refrigerator. Teacher labels the shaking jars with an ink that will not come off on student's hands as they shake the jars. See page 4 for equipment and ingredient list.
- **Optional Activity C: Why Don't Oil and Water Mix? (Add 30 minutes) Science Experiment:** Place all experiment equipment on a table.

Core Lesson Overview: All About Oils

Explain everything that students will learn in this lesson including these points:

- ♥ Why learn about Oils?
- ♥ What are oils?
- ♥ How and where do they come from?
- ♥ What is the difference between the foods in this group?
- ♥ How much oil should kids eat every day?