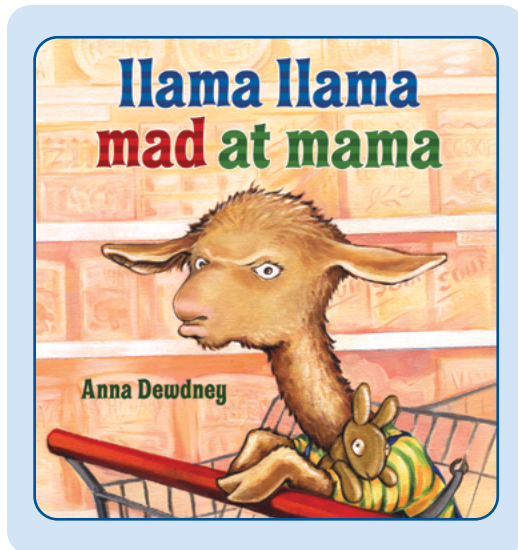


Llama Llama Mad at Mama



About the book:

Llama Llama Mad at Mama
by Anna Dewdney

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Nutrition Objectives

- Identify choices that are made when shopping for groceries.
- Identify the recommended serving size for foods in each food group.

Physical Education Objectives

- Perform dance movements.
- Participate in an activity that raises the heart rate.

Activities

- Nutrition Activity #1: Hungry Full Meter
- Nutrition Activity #2: Grocery Store Checkout
- Physical Activity #1: Move It, Don't Lose It!
- Physical Activity #2: We're Going to Eat Potatoes

Lesson Handouts

- How Hungry Are You?
- Hungry—Full Situations
- MyPlate for Preschoolers
- Grocery Store Checkout

Parent Newsletter

- Grocery Shopping with Kids

Intent of Lesson

Recognize choices that are made in the grocery store. Identify “sometimes” and “anytime” foods that can be purchased.

Previewing (5 minutes)

Today we will go along with Mama Llama and Baby Llama as they shop at the shopping mall.

Q: How do you feel about shopping at a grocery store or mall?

A: Answers vary: like to look at things, boring, get tired

Q: How do you think your parent or others feel about shopping?

A: Answers vary: get upset, hurried/rushed, like to look at things

Active Reading: (10 minutes)

Listen as the story is read to find out how Baby Llama acts at the Shop-o-Rama. Read *Llama Llama Mad at Mama* by Anna Dewdney.

Summarizing (10 minutes)

Q: What does Baby Llama do that shows good shopping manners?

A: Rides in the cart, tries on clothes carefully, picks up dropped food and clothing

Q: What does Baby Llama do that shows poor shopping manners?

A: Opens food, throws a temper tantrum, throws things on the floor

Q: How does Mama calm him?

A: Tells him “we are together,” gives a treat when they go home, add other ideas

Tell the children: The Llama family had some “anytime” foods and some “sometimes” foods on their grocery list.

“Anytime” foods are good for you and you can eat them often.

“Sometimes” foods are not so good because they are very sweet, gooey or salty and you should eat them only once in a while.

You are going to help me to sort some foods into “anytime” foods and “sometimes” foods.

- Print, cut apart, and fold the “Anytime” and “Sometimes” stand-up labels. Place them on the table or mount on a display board. Give a food model card or actual food package

to a child and ask him or her to place it by the label that she or he thinks matches the food. (Order food model cards from National Dairy Council, 200 cards, 1-800-426-8271.)

- **SOMETIMES FOODS:** cheese puffs, chips, ice cream, fruit drink (not 100% juice), cookie, candy bar, soda pop, cheese
- **ANYTIME FOODS:** cereal, whole grain bread, fruit, vegetable, lean meat, lowfat milk, nuts, 100% juice (Note: help children understand the difference between 100% juice and fruit drinks.)

Fold here.

Anytime

Cut here.

Fold here.

Sometimes

Cut here.



20 minutes

Equipment:

- Hungry-Full Meter Handout
- Brass brads

Hungry-Full Meter

Directions:

1. Children cut out the meter indicator and attach it to the bottom of the Hungry Full Meter with a small brass brad. Option: Make one large Hungry Full Meter at the front.
2. As a situation is described the child moves the marker
 - to the left indicating he/she is very hungry
 - to the middle meaning he/she is satisfied but not too full
 - to the right meaning he/she is stuffed and ate too much
 - (Option: Have children indicate with a hand gesture: full = thumbs up, hungry = thumbs down, too full = palms out pushing away.)
3. Call on volunteers to describe why they placed their marker where they did and tell why.

Q: Do you sometimes let yourself get really hungry? When?

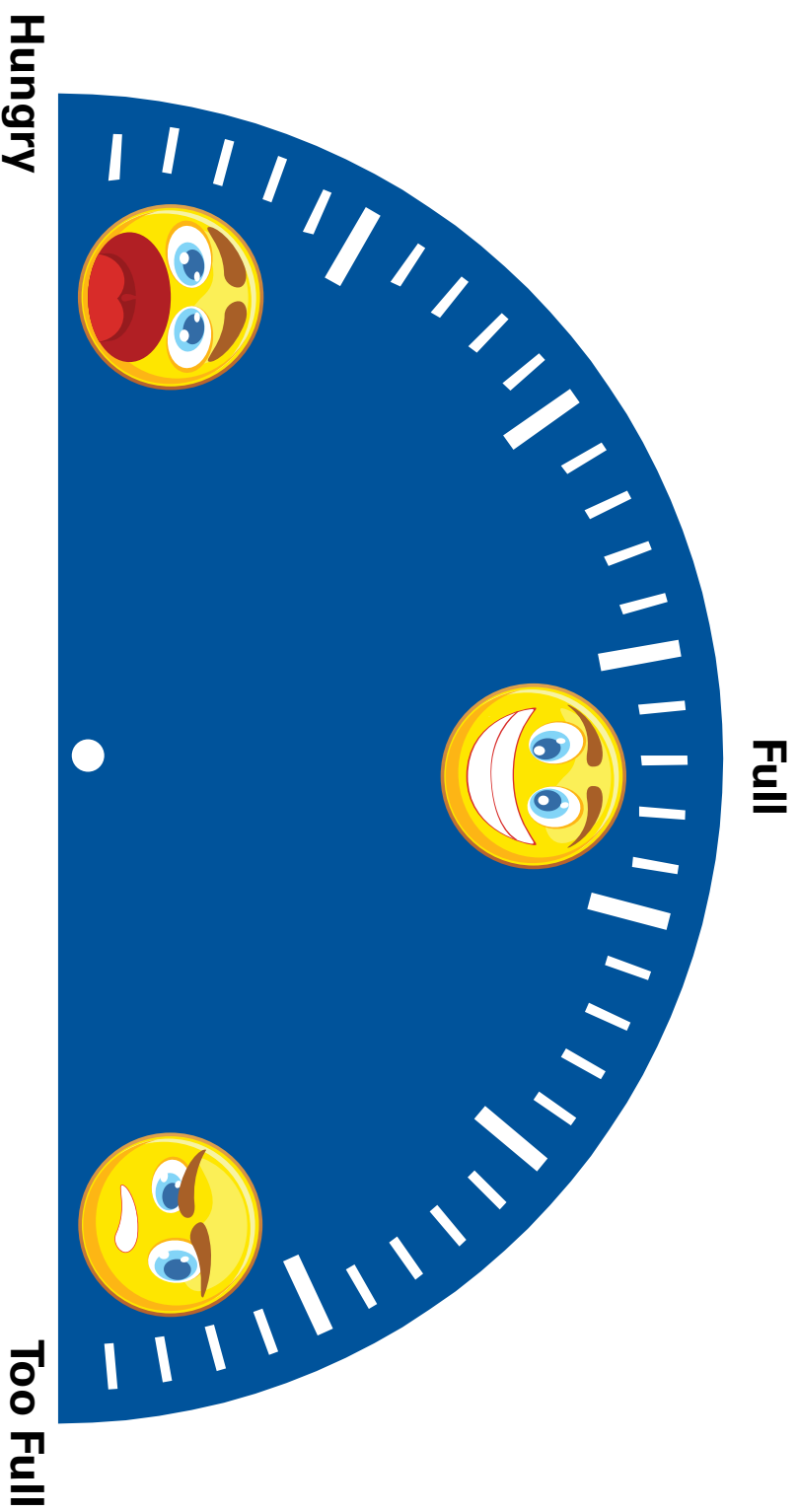
Q: Do you sometimes eat until you are so full that your stomach hurts? When?

Q: Which mark looks like the most comfortable way to feel?

Q: How can you recognize that just-full-enough feeling?

A: Stomach is not growling but also not sticking out and swallowing is not hard to do. Can bend over easily.

How Hungry Are You?



Cut out the arrow to the right and attach to the scale with a brass colored brad.



Hungry – Full Situations

1. You play actively outside after school and skip your usual after-school snack. Now you feel...
2. It is lunchtime and you skipped breakfast. Now you feel...
3. You eat breakfast before leaving for school. Now you feel...
4. You went to a birthday party and had cake, ice cream, chips and dip, cookies, and some candy. Now you feel...
5. Your parent made your favorite hot dish for dinner. You have one serving along with some vegetables. Now you feel...
6. You skipped lunch and now your family is having burgers for dinner. You have several burgers, a large serving of salad, and two glasses of milk. Now you feel...
7. You sleep late on Saturday morning and you are finally awake and in the kitchen. Now you feel...
8. You finish your tray at school which had a taco, carrot sticks, milk, and a peach half. Now you feel...
9. You go to the pizza buffet restaurant and try 4 different kinds and then have a dessert pizza too. Now you feel...



20 minutes

Equipment:

- Handout "Grocery Store Checkout"
- Whiteboard or flipchart

Grocery Store Checkout

Directions:

Q: Do you like to go grocery shopping with your mother or father or other relative or friend?

A: Various answers.

Q: Can you describe the checkout counter?

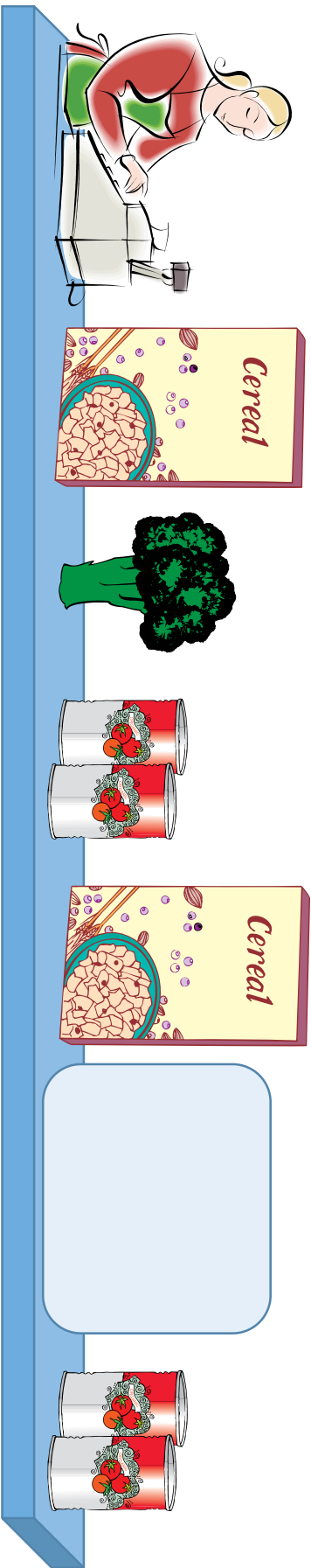
A: Belt that moves the food, checker scans the items, cash register tallies the amount to pay, put items in a bag

"We will look at a shopper's items to see what they are buying for their family to eat."

1. Hand out "Grocery Store Checkout" to each child.
2. With the children, list the items that each shopper bought.
3. Then they should draw or write the name of the good food that is missing in each series. Help with spelling if using words.
4. After children have completed their shoppers' lists, discuss what food groups the items are from.
5. Write or tally these on a whiteboard or flipchart under each food group. Use the labels provided.
6. Discuss:
 - Did the family eat from all food groups? (Yes)
 - Did they buy "Anytime" foods? (Yes)
 - Are there any "Sometimes" foods? (No)

Grocery Store Checkout

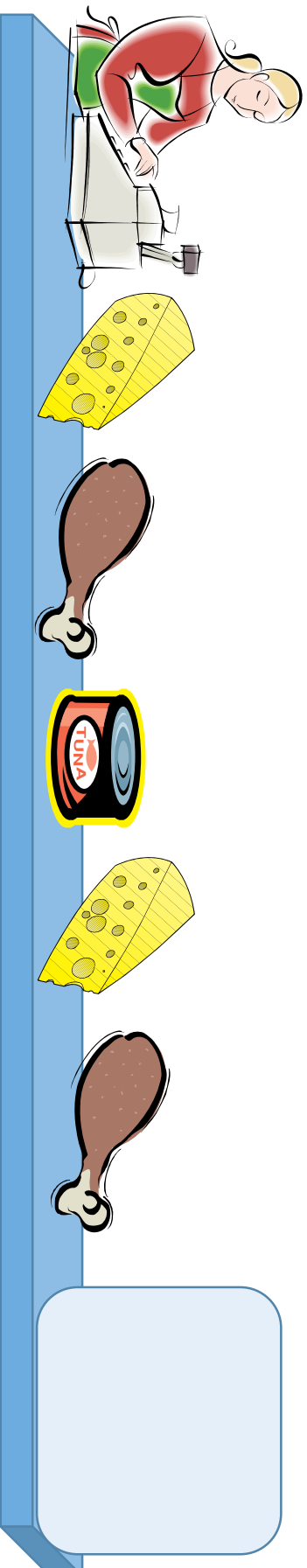
Find the food in each series that is missing. Draw or write it in the box.



A woman in a red shirt and green skirt is standing at a checkout counter. On the counter are a box of cereal, a head of broccoli, two cans of tomatoes, another box of cereal, and two more cans of tomatoes. There is a large empty rounded rectangular box on the counter for the missing item.



A woman in a red shirt and green skirt is standing at a checkout counter. On the counter are a carton of milk, a red apple, a loaf of wheat bread, another carton of milk, and another loaf of wheat bread. There is a large empty rounded rectangular box on the counter for the missing item.



A woman in a red shirt and green skirt is standing at a checkout counter. On the counter are a wedge of cheese, a chicken drumstick, a can of tuna, another wedge of cheese, and another chicken drumstick. There is a large empty rounded rectangular box on the counter for the missing item.

Fruit

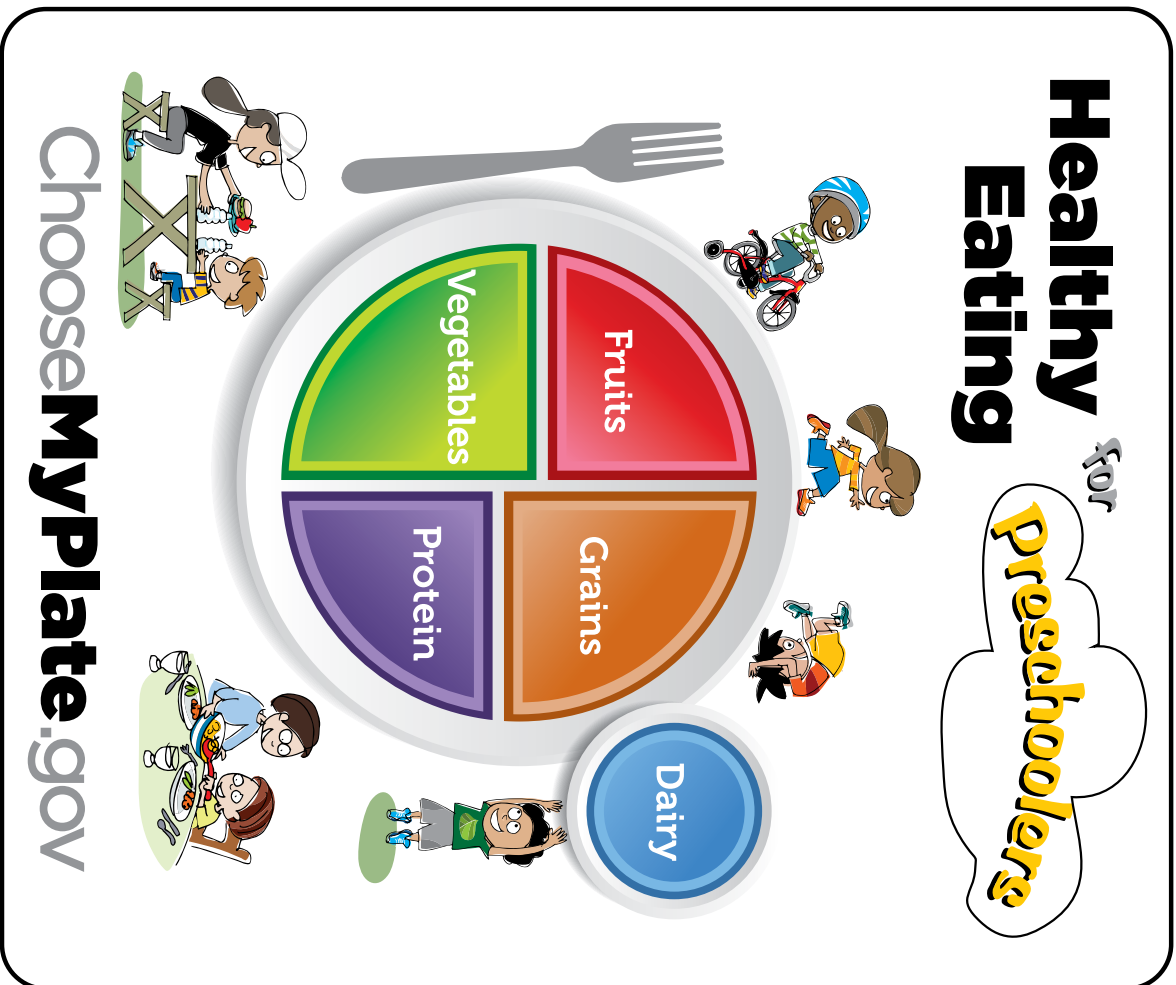
Vegetable

Grain

Protein

Milk

Healthy Eating For preschoolers



USDA
U.S. Department of Agriculture
Food and Nutrition Service

Get your child on the path to healthy eating.



Focus on the meal and each other.
Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.
Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.
Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.
Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together.
Eat together.
Talk together.
Make meal time family time.



Healthy ^{for} preschoolers **Daily Food Plan**



Use this Plan as a general guide.

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating: Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.choosemyplate.gov/preschoolers.html





15 minutes

Connection:

Use a dance to model the movements of Baby Llama and learn to channel negative anger in a positive way.

Equipment:

- "See You Later, Alligator" by Bill Haley and the Comets at <https://www.youtube.com/watch?v=htAB6fLMPMU>

Move It, Don't Lose It

Directions:

Q: Are there times when you feel angry or upset? How do you show that you are angry or mad?

A: Answers vary. Conclude with alternatives rather than throwing a temper tantrum, such as breathing deeply, taking a walk and using physical activity in a positive way.

Standing in the center of the circle demonstrate the movements for students as they copy your actions.

1. Practice a few times by doing a few parts at a time; repeat and add more parts.
2. Add music once you have gone over the dance a few times. Encourage children to move vigorously.

Alligator Dance:

- Clap hands 3 times, rest on count 4
- Clap thighs 3 times, get on knees
- Slap floor 3 times, lay on stomach
- Slap floor 3 times, turn to left side
- Kick right leg 3 times, turn to back side
- Kick both legs 3 times, turn to right side
- Kick left leg 3 times, lay on stomach
- Slap floor 3 times, get on knees
- Slap floor 3 times, stand up
- Slap thighs 3 times, rest on 4
- Clap hands 3 times, rest on 4
- Repeat!

Closure: Tell me why doing a dance when you get upset or nervous is a good thing to do.?



10 minutes

Connection:

Simulate being active as a grower and distributor of potatoes. Practice motions of a variety of occupations.

Equipment:

Copy of "We're Going to Eat Potatoes"

We're Going to Eat Potatoes

Directions:

Introduce:

"Many people and businesses grow food and deliver it to the grocery store. Then you and your family can buy and prepare it for your meal. We will take an imaginary trip with a bag of potatoes from the field to your kitchen. Do the actions with me as we make some stops along the way. We know that there are lots of ways to eat potatoes but they all start out the same. Move with big motions in order to give your body a good workout."

Closure:

Repeat one favorite action.

We're Going to Eat Potatoes

First the potato farmer digs up the field with his tractor to make the soil soft and deep. **(Climb into the tractor; pretend to steer the tractor; turn the corner at the end of the field).** It is getting bright from the springtime sun so let's put on our sunglasses. **(Put on pretend sunglasses.)**

It is bumpy in the field so we bounce up and down. **(Flex knees and bounce.)** Now that the field is ready, the potato farmer plants a bit of potato into the ground with a machine. We can pretend to plant them with our hands too. **(Dig holes with a shovel, bend down to push them into the soil, cover them.)**



Then we have to wait a few weeks to see the leaves sprout above the soil. **(Crouch down to look for your plant. Then you can point and get excited jumping up and down at seeing the leaves. Maybe even give a cheer.)**

Rain and sunshine will make them grow quickly. If it doesn't rain we may need to water them. The farmer will use an irrigation sprinkler. **(Let's spin around with our arms out like a sprinkler.)** We can use a watering can for a little garden. **(Hold the watering can over your new potatoes.)**

The potatoes will grow and grow until it is time to dig them from the soil. A giant digger will get them out and into a hopper. **(Let's dig our potatoes with a shovel. Then bend over and put them in a pail.)**

Then the potatoes will be put into a very large truck and taken to a plant to be cleaned and bagged for the grocery store. **(Climb up into the big truck. Pretend to drive the truck. Shift gears a time or two. Wave at some other drivers.)**

When the grocery store owner gets the potatoes in bags he puts them in their bins for the shoppers. We can stack

some bags of potatoes like the grocer. **(Pretend to lift heavy bags of potatoes and stack them high.)** Wow, that was hard work. **(Wipe your brow and stretch your muscles.)**

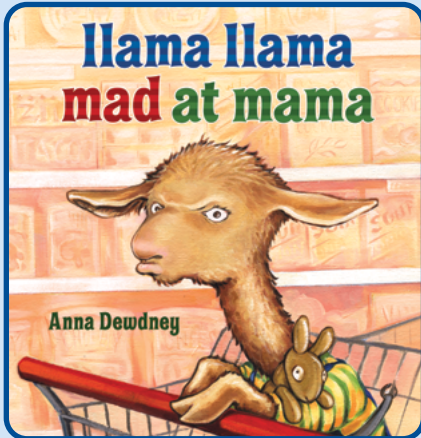
The mom and her kids come by with their shopping cart to choose some potatoes for supper. **(Push the shopping cart around a bit. Then place a bag in the cart.)**

They get some other vegetables to go with the potatoes—peppers and carrots and zucchini. **(Put these in the cart, too.)**

Then they get them scanned at the checkout lane. **(Pass food over the scanner and make the “beep” in reply.)** They drive home anxious to taste a good supper. **(Pretend to drive again. Lick your lips in anticipation of the meal.)**

Mom is making a baked vegetable dish with all that she bought. She needs your help with cutting up the vegetables. **(Pretend to chop and peel vegetables.)** Now it is finally time to eat. Get your fork ready! **(Dig in! and be ready to say “Yum!” Rub your tummy because it tastes so good.)**

The End.



Family Fun

For a family activity check out the book, *Llama, Llama, Mad at Mama* by Anna Dewdney and help your children explore the variety in the grocery store.

Family Food Shopping What Should I Buy?

There are a variety of foods for sale at the grocery store. Therefore, grocery shopping can be very stressful for some people as it is often very hard to decide what to buy. Use these tips when picking out groceries at the store:

- Buy a variety of foods from MyPlate.
- Choose smaller amounts of more expensive protein foods.
- Buy only the amount you need of fresh items.
- Don't buy foods that are high in fat and added sugar.
- Buy staple foods in bulk amounts.
- Hunt for and use coupons for foods of your choice.
- Compare the prices of partly prepared foods to foods you can prepare yourself.
- Check unit prices on shelves to get the best buy possible.



More Shopping Tips

Save time, money, and energy at the grocery store!

- Make a shopping list and stick to it.
- Group your list to match the store's layout.
- Use coupons.
- Shop after eating to avoid impulse buys.
- Shop just once a week.
- Take your groceries home right away.
- Always check for coupons.
- Be aware of store sales ads.

Grocery Shopping with Kids

Grocery shopping is sometimes hard to do when children come along. A huge store full of strange sounds and sights is often stressful for a child. It may cause them to become upset or cranky in the store. Follow these tips to make grocery shopping easier and more pleasant for you and your children:

- Make your list ahead of time. Ask your children for input on foods they like.
- Discuss rules before entering the store.
- Have a plan in case you get separated.
- Bring healthy snacks along in case someone gets hungry.
- Hold your child's hand or let him or her steer the cart.
- Make shopping fun by playing "I Spy" or other games.

- Plan to go shopping when you and your children are not hungry or tired.
- Give your child a job by letting him or her pick out some food items from your list.



Cheesy Chicken Enchilada Bake

Servings: 8

Ingredients:

- 1 pound boneless, skinless chicken breast
- 1/2 cup water
- 1 tablespoon chili powder
- 1 can (15-ounce) low sodium black beans, rinsed and drained
- 1 cup frozen or canned corn
- 1 cup salsa
- 8 whole wheat tortillas
- Cooking spray
- 1/2 cup shredded low-fat cheddar cheese

Instructions:

1. Cut chicken breast into chunks. Simmer in a large saucepan with water and chili powder for 10 minutes.
2. Remove chicken from pan. Cut or shred into smaller chunks and return to pan. Add

beans, corn, and salsa and cook about 2 minutes until hot. Remove from heat.

3. Spread 1/2 cup of mixture down the center of each tortilla. Roll up and place in greased 9×13 pan.
4. Spread any leftover chicken mixture over the top of the enchiladas.
5. Bake at 375°F for 12-15 minutes.
6. Sprinkle cheese on top of the enchiladas during the last 5 minutes of cooking.



Tips:

- Divide enchiladas into 2 pans. Wrap and freeze one of the pans for future use.

Nutrition Facts: Calories 310, Total Fat 7g, Cholesterol 40g, Carbohydrate 41g, Dietary Fiber 6g, Protein 22g

Sources: <http://www.extension.iastate.edu/foodsavings/recipes/cheesy-chicken-enchilada-bake>; <https://www.eatright.org/>;
<http://www.umext.maine.edu/onlinepubs/PDFpubs/4341.pdf>