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Agriculture & Natural Resources

Teaching *Reading Across MyPyramid* in Small Bites: an adaptation for use in schools with severe time constraints.

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Teaching *Reading Across MyPyramid* in Small Bites

Beginning 1½ -2 minutes before the morning tardy bell, **read** the featured book for no longer than 4 minutes, total. Then bookmark it, tell students “that’s all for today ... come a little early tomorrow and we’ll hear more”.

While walking students to the lunch-room, **talk about** the book. (What is the book about? What do you think will happen next? Do you like _____?)

Repeat this sequence each subsequent day until the book is finished, but – starting the second day- use the first minute each day to rapidly **summarize** what’s gone before (Yesterday, we heard about ____, and _____. Now today...”).

Use **bookmarks** as needed.

When the book is finished, spend one day (3-4 minutes at the beginning of school and 1-2 minutes while walking children to lunchroom) **reviewing** the whole book. To **extend** these ideas out of the classroom, ask students to find out what their family likes best in the food group under discussion, when they get home from school. Ask them to be prepared to **share** that with the class in school.

Sharing (described above) as a gathering activity for as many days as it takes to allow all interested students to participate.

When you can find 15-20 minutes, **discuss main concepts of chapter**. Use **study aids** as needed. Finish by asking students about their **goals** as related to the topic at hand (EX: “What whole grain snack will you make a regular part of your eating plan? [Popcorn?]”)

Try this! You’re free from having to think or plan for large chunks of time. This model allows you to teach enough about nutrition so that students can make good choices in the foods they eat – and it takes no more than a few minutes each day.

Beans and meat for strength & healing

burger

Pork chop

chicken leg

fish

beans

egg

tofu

hamburguesa

Chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Beans and meat for strength & healing

steak

Pork chop

chicken leg

fish

beans

egg

tofu

bistec

Chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Beans and meat for strength & healing

steak

Pork chop

chicken leg

fish

beans

egg

tofu

bistec

Chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Frijoles y Carne para fuerza y curación

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Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing

steak

Pork chop

chicken leg

fish

beans

egg

tofu



bistec

chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing

steak

Pork chop

chicken leg

fish

beans

egg

tofu



bistec

chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing

steak

Pork chop

chicken leg

fish

beans

egg

tofu



bistec

chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing



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Beans and meat for strength & healing



Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing

steak

Pork chop

chicken leg

fish

beans

egg

tofu

bistec

chuleta de puerco

pollo

pescado

frijoles

blanquillo

tofu



Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing

steak

peanut butter

chicken leg

fish

beans

egg

tofu

bistec

crema de cacahuete

pollo

pescado

frijoles

blanquillo



Frijoles y Carne para fuerza y curación

Beans and meat for strength & healing

Beans & Meat are the Protein Power foods.

Some Protein Power foods come from animals.

Some Protein Power foods come from plants.

Can you name 3 Protein Power foods that come from animals? (Ex: fish sticks, steak, chicken)

Can you name 3 Protein Power foods that come from plants? (Ex: beans, peanut butter, tofu)

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Beans and meat for strength & healing

The Protein Power foods help your muscles grow strong, especially if you also play using your muscles like the kids in these pictures.

The Protein Power foods help your body heal. They help your body to build new *tissue*. (What does this word mean?)

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Beans and meat for strength & healing



Frijoles y carne para fuerza y curación

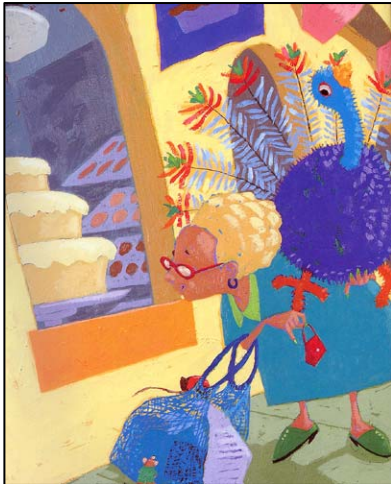
Beans and meat for strength & healing



Frijoles y carne para fuerza y curación

Beans and meat for strength & healing

Tuesday, Rosa Maria walked to the market.



She filled her big bolsa with tortillas, cheese, red sauce, white rice and pinto beans...

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Beans and meat for strength & healing

She wrapped the cake and checked the mousetrap.

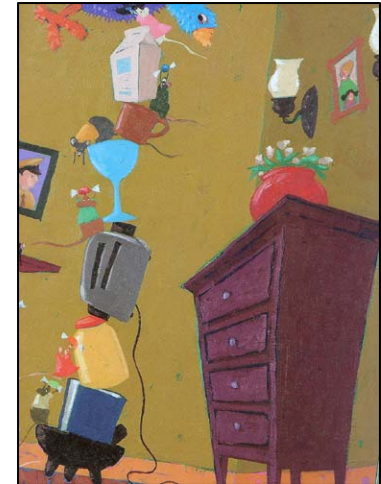


No mousetrap!

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Beans and meat for strength & healing

But...

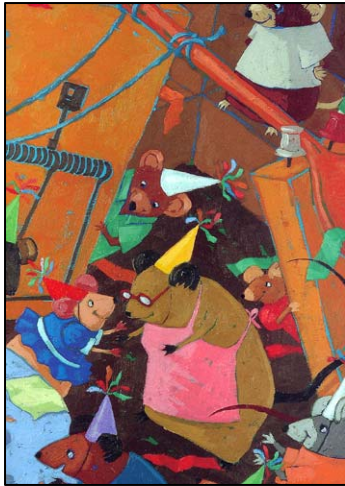


...~~WAS~~ everything ready?

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She turned off the light and went to bed...



...and never set another mousetrap again!

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Beans and meat for strength & healing

The question: Why do you think this book is a good book to read when we are thinking about Protein Power foods?

The answer: Because at the very beginning of the book, Rosa Maria says that “No dinner is complete without rice and beans”!

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