



TRACKS Lesson Plan

Philly Students Heat It Up

Lesson Nine: Fiber

Grade: 6-12

I. Nutrition Education Goal & Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating foods that are high in fiber.

II. Pennsylvania Educational Standards:

- A. 1.1 Learning to Read Independently
- B. 10.1 Concepts of Health
- C. 10.2 Healthful Living
- D. 11.3 Food Science and Nutrition
- E. 11.4 Child Development

III. Outcomes:

- A. Students will discuss the importance of whole grains and fiber.
- B. Students will identify at least two examples of whole grain foods.
- C. Students will state at least two health benefits of fiber.
- D. Students will prepare and sample a healthful, easy to make dish that includes fiber.

IV. Materials:

- A. Visuals: Recipe Card
- B. Handouts: Recipe: Bean and Rice Burritos (1/student), Cooking Club Evaluations, Job Cards
- C. Food tasting: Bean and Rice Burritos
 - a. Sub 1: Chicken Jambalaya
 - b. Sub 2: Hoppin' John
- D. Food and paper products needed to prepare the recipe
- E. Hand wipes and gloves
- F. Electric Skillet, tongs and/or serving spoon, measuring cups and measuring spoons
- G. Caregiver Newsletter: Grains and Your Health
- H. Reinforcement that conveys the appropriate nutrition message
- I. Extension Activity: Whole Grains and Fiber Worksheet, Using the Label to Find Whole Grains Worksheet

V. Procedure:

A. Introductory:

1. Introduction of Nutrition Educator and lesson.
2. Review of what was covered last week as well as the recipe that was prepared .
3. Explanation of food that will be prepared this week.

B. Developmental

1. **Importance of Whole Grains and Fiber:** Cover basic facts about fiber and whole grains, why they are good for you and foods high in both.

a. **Make at least half your grains whole.**

- 1) Grains include bread, pasta, hot and cold cereals, crackers, rice, tortillas and grits. According to ChooseMyPlate.gov, when we build a healthy plate, grains should make up slightly more than 1/4 of the plate. Half of the grains that we eat should be whole grains.

b. **What is a whole grain?**

- 1) In order for a food to be whole grain all 3 parts of the grain kernel must be present in the food. The three parts are the bran, the germ and the endosperm. In refined grains, only the endosperm is present. Whole grains include fiber. We can also find fiber in vegetables, whole fruit and beans.

c. **The Whole Grain Kernel**

- 1) Bran – The bran helps protect the seed as it grows. It is a hard outer covering that provides protection. This part of the kernel contains fiber, B vitamins, and trace minerals.
- 2) Germ – The germ provides nourishment for the growing seed. This part of the kernel contains B vitamins, vitamin E, trace minerals, and phytonutrients. Phytonutrients or phytochemicals are substances that are produced naturally by plants.
- 3) Endosperm – The third part of the kernel is the endosperm. This part of the seed provides energy to the growing seed. It contains carbohydrate, protein, and some B vitamins.

d. **Label Reading**

- 1) Check the ingredients list! Whole wheat flour or another whole grain ingredient should be the *first* ingredient listed. Look for the words “100% whole grain” or “100% whole wheat” on the food label. “Wheat flour” is not the same as “**whole** wheat flour.” Multi-grain does not necessarily mean whole grain. Finally, don’t let color confuse you! Brown-colored bread is not always whole grain bread.

e. **Examples of Whole Grain Ingredients**

- 1) Whole wheat flour, whole cornmeal, brown rice, oatmeal, whole oats, rolled oats, popcorn

f. **Fiber**

- 1) In general fiber promotes good health.
 - a) Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis.

- b) Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
 - 2) Recommendations (as per the Adequate Intake, or “AI”) for fiber are:
 - a) Males (9-50 years old) = 31-38g/day
 - b) Females (9-50 years old) = 25-26g/day (non-pregnant, non-lactating)
 - 3) Choose grain products with more dietary fiber on the nutrition facts label
 - a) Good sources of fiber = 2.5 - 5 grams/serving
 - b) Excellent sources of fiber = ≥ 5 grams/serving
- 2. **Vocabulary of the Day:**
 - a. Fiber: Is found in whole grain foods, fruits and vegetables and is important for digestion. It may reduce the risk of heart disease and cancer.
- 3. **Activity: Cooking Club Evaluation**
 - a. Distribute cooking club evaluation forms.
- 4. **Recipe preparation:**
 - a. Bean and Rice Burritos
 - 1) Students may be asked to do some simple cutting, pouring, and mixing.
 - 2) Serving size for cooking club will be 1/2 burrito.
 - b. Substitute 1: Chicken Jambalaya
 - 1) Fresh, frozen, or canned vegetables may be used.
 - 2) Students may be asked to do some simple cutting, pouring, and mixing.
 - 3) Serving size for cooking club will be 1/2 cup.
 - c. Substitute 2: Hoppin’ John
 - 1) Students may be asked to do some simple cutting, pouring, and mixing.
 - 2) Serving size for cooking club will be 1/2 cup.

VI. Conclusion of Lesson:

- A. Distribute the reinforcement and read the message; explain why they are getting the reinforcement.
- B. Distribute Caregiver Newsletters.
- C. Thank the students for their participation and answer any questions they may have.
- D. Provide each student with an extension activity relating to what was covered in today’s lesson.



Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.

Bean and Rice Burritos

Serving Size: 1 burrito

Yield: 8 servings

Ingredients:

- 2 cups cooked brown rice
- 1 small chopped onion
- 1 or 2 Tablespoons of olive oil
- 2 cups (15 ounce can) kidney beans, drained
- 8 (10 inch) flour tortillas (whole grain preferably)
- 1/2 cup salsa
- 1/2 cup grated low-fat cheese

Instructions:

1. Peel the onion and chop it into small pieces.
2. Heat olive oil in skillet and add onion and beans.
Cook until the onions are browned.
3. Add the rice to the skillet and mix.
4. Put 1/2 cup of the rice and bean mix in the middle of each tortilla. Fold the sides of the tortilla to hold the rice and beans.
5. Put each filled tortilla (burrito) in the skillet. Cook on each side for about 3 minutes (until lightly browned).
6. Add a small amount of cheese to each burrito once it has been flipped to the second side.
7. Serve the burritos warm with salsa on the side.

Source:

<http://recipefinder.nal.usda.gov>

Adapted from:

Pennsylvania Nutrition Education Network Website Recipes
The Pennsylvania Nutrition Education Program

Nutrition Facts	
Serving Size 1 burrito, 1/8 of recipe (187g)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 560mg	23%
Total Carbohydrate 60g	20%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 13g	
Vitamin A 2%	• Vitamin C 4%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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Chicken Jambalaya

Serving Size: ½ cup

Yield: 10 servings

Time: 30 minutes

Ingredients:

- Nonstick cooking spray
- 1 medium onion
- 2 cups precooked chicken strips
- 1 medium red pepper, chopped
- 1 medium green pepper, chopped
- ¾ cup uncooked instant brown rice
- 3 medium cloves of garlic, minced
- 1/8 teaspoon chili powder
- 1/8 teaspoon ground thyme or ½ teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 (14.5 ounce) can of no-salt-added diced tomatoes
- ¾ cup fat-free, low-sodium chicken broth
- Red hot-pepper sauce (optional)

Instructions:

1. Spray skillet with cooking spray.
2. Cook onion for 2-3 minutes or until tender, stirring constantly.
3. Stir in chicken and heat through.
4. Add peppers and stir until tender.
5. Reduce heat from medium to low and add rice, garlic, chili powder, thyme, and oregano.
6. Cook for 2 minutes, stirring frequently, then add undrained tomatoes and broth.
7. Simmer rice for 10 minutes or until rice is fully cooked.
8. Ladle into bowls and serve with hot-pepper sauce if desired.

Source:

Healthy Soul Food Recipes

www.americanheart.org/



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Nutrition Facts

Serving Size 1/2 cup (114g)

Serving Per Container 10

Amount Per Serving

Calories 100 **Calories from Fat** 25

%Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 30mg **9%**

Sodium 170mg **7%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 11g

Vitamin A 0% • Vitamin C 60%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Hoppin' John

Yield: 4 servings

Serving size: 1 cup

Ingredients:

½ cup uncooked instant brown rice

1 tsp canola or corn oil

3 ounces low-fat smoked turkey sausage ring (lowest fat and sodium available), quartered lengthwise and cut crosswise into ¼-inch pieces

½ medium red bell pepper, finely chopped

1 medium fresh jalapeno, seeds and ribs discarded, finely chopped

1 15.5-ounce can no-salt-added black-eyed peas, drained

½ cup water

¼ teaspoon salt

Instructions:

1. Prepare the rice using the package directions, omitting the salt and margarine.
2. Meanwhile, in a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom.
3. Cook the sausage for 3 minutes, or until richly browned, stirring frequently.
4. Stir in the bell pepper and jalapeno. Cook for 1 minute.
5. Stir in the peas, water, and salt. Cook for 2 minutes, or until the mixture has thickened slightly but some liquid remains.
6. Remove from heat. Let stand, covered, for 5 minutes so the flavors blend. Stir in the rice.

Nutrition Information (per serving):

Calories: 186

Total Fat: 3.5g

Saturated Fat: 0.5 g

Trans Fat: 0g

Polyunsaturated Fat: 1.0g

Monounsaturated Fat: 1.5g

Cholesterol: 14mg

Sodium: 278mg

Carbohydrates: 27g

Fiber: 5g

Sugars: 5g

Protein: 10

Source: *47 Healthy Soul Food Recipes* Cookbook, American Heart Association



Thanks for taking part in Philly Students Heat It Up!

Directions: Please take a couple minutes to answer the following questions. You do not need to put your name on this paper.

Please circle the recipes that you LIKED.

- Salsa and tortilla chips / Mango Salsa and Chips
- Breakfast Burrito with Salsa / Banana Pancakes / Gingerbread French Toast
- Skillet Noodles / Salmon Patties / Broccoli Potato Soup
- Hawaiian Chicken / Sesame Chicken / Skillet Apple Chicken
- Pasta Primavera/ Black Bean Soup/ Ryan’s Rockin’ Layered Salad/ Sweet Potato & Black Bean Chili
- Magical Fruit Salad / Fruit Pizza / Healthy Apple Crisp/ Granola Berry Parfait with Apples
- Banana in a Blanket / Hummus with vegetables
- Out of this Whirled Shake / Tropical Smoothie / Pumpkin Smoothie
- Bean and Rice Burrito / Chicken Jambalaya / Hoppin’ John

Please circle the recipes that you DID NOT LIKE.

- Salsa and tortilla chips / Mango Salsa and Chips
- Breakfast Burrito with Salsa / Banana Pancakes / Gingerbread French Toast
- Skillet Noodles / Salmon Patties / Broccoli Potato Soup
- Hawaiian Chicken / Sesame Chicken / Skillet Apple Chicken
- Pasta Primavera/ Black Bean Soup/ Ryan’s Rockin’ Layered Salad/ Sweet Potato & Black Bean Chili
- Magical Fruit Salad / Fruit Pizza / Healthy Apple Crisp/ Granola Berry Parfait with Apples
- Banana in a Blanket / Hummus with vegetables
- Out of this Whirled Shake / Tropical Smoothie / Pumpkin Smoothie
- Bean and Rice Burrito / Chicken Jambalaya / Hoppin’ John

Did you make any of the new recipes you learned at home? Yes or No

Which ones? _____

Is there anything you would change about the club?



Job Cards for CC9 Bean & Rice Burrito

<p>Set Up Crew You are in charge of preparing the kitchen for cooks & chefs. Pass out hair nets, aprons, gloves, and hand sanitizer. Put table cloth on the tables. Assemble skillet. Arrange all cooking utensils and organize them.</p>	<p>Prep-cook You are in charge of organizing the ingredients. Get the ingredients out of the cooler and put on table. Refer to the recipe for ingredients. If needed, you will open & drain any canned foods with the can opener. You may need to wash any fresh fruit or vegetables.</p>
<p>Vegetable Cook # 1 You are in charge of chopping and measuring the onions. Refer to the recipe for the amounts you need. Let the <i>Executive Chef</i> know you are going to begin. Use proper cutting techniques while chopping. Place the measured amount in a container and hand to <i>Vegetable Cook # 2</i> when finished.</p>	<p>Vegetable Cook # 2 You are in charge of making the bean and onion mix. Measure drained beans and put in bowl. Mix chopped onion and stir. Give to <i>Assistant Station Chef</i> when finished.</p>
<p>Pantry Chef You are in charge of preparing the tortillas and cheese. Count how many taste testers are in the club. Put a tortilla on a plate for each taste tester (you may have to cut them in half if you need more). Open cheese and pour in a bowl. Let <i>Assistant Station Chef</i> know that the cheese and tortillas are ready.</p>	<p>Assistant Station Chef You are in charge of helping the <i>Station Chef</i>. Collect bean and onion mix from <i>Vegetable Cook #2</i> and give to <i>Station Chef</i> to cook. Next, collect tortillas and cheese from <i>Pantry Chef</i>. Hold plates while the <i>Station Chef</i> spoons the rice and bean mix onto the tortillas. Work together as a team to get the job done correctly.</p>

<p>Station Chef Measure olive oil and pour into skillet. Add chopped bean and onion mix. Heat on low-medium. Cook until onions are browned. Add rice to skillet and mix. Cook on low-medium for 2 minutes or until rice is warm. Put ½ cup of rice and bean mix in the middle of each tortilla. Put each filled burrito in the skillet. Cook on each side for about 3 minutes, until lightly browned. Add a small amount of cheese to each burrito once it is flipped to the second side. Put on plate when finished cooking.</p>	<p>Server Hand out burritos to taste testers as they are ready. Offer Salsa to each student and serve onto the plate. Pass out silverware, napkins and cups.</p>
<p>Relief Cook You are in charge of providing help to <i>Station Chef</i> and <i>Server</i>. Report to the <i>Executive Chef</i> for your jobs. Work together as a team to get the job done correctly.</p>	<p>Executive Chef You are responsible for the operations of the entire kitchen. Supervise activities of all cooks, chefs, prep-cooks, set up & clean-up crew, etc... Plan recipes and may cook when needed.</p>
<p>Clean Up Crew You are in charge of cleaning up the kitchen. Throw away table cloths and anything else that needs to be put in the trash. Rinse out containers. You must sweep, wipe down tables, and help pack everything away.</p>	



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