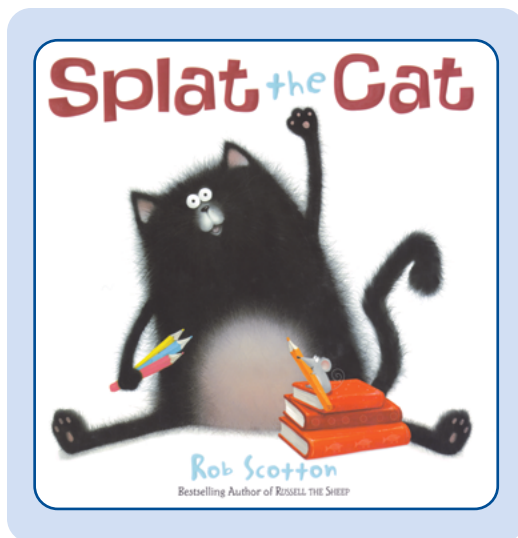


Splat the Cat



About the book:

Splat the Cat
by Rob Scotton

Publisher: Harper Collins
ISBN#: 978-0-06-083154-7

Nutrition Objectives

- Identify foods by MyPlate groups.
- Describe the feelings of hungry and full.

Physical Education Objectives

- Move safely in personal space.
- Demonstrate locomotor skills.

Activities

- Nutrition Activity #1: Feel Good Mask
- Nutrition Activity #2: Splat's Lunch Tray – Grades PreK-K
- Nutrition Activity #2: Splat's Lunch Tray – Grades 1-2
- Physical Activity #1: Hide Like a Mouse
- Physical Activity #2: Mousetrap

Lesson Handouts

- Feel Good Masks
- MyTray Lunch Tray Images
- MyTray Labels

Parent Newsletter

- Lunchtime!

Intent of Lesson

Review what it is like to begin school or other new adventure. Then make connections with healthy school lunches or brown bag lunches.

Previewing (5 minutes)

Q: What do you like best about school, preschool, child care or Head Start?

A: Answers vary: friends, play, learning, games, other

Q: What do you take with you to school?

A: Answers vary: coat, bike, lunch, book, paper

Q: What would you take in a lunch box to school?

A: Answers vary.

Active Reading: (10 minutes)

As I read the story think about how you feel when you begin a new adventure like going to school. Read *Splat the Cat* by Rob Scotten. Occasionally pause to ask "How would you feel if you were Splat?"

Summarizing (5 minutes) After reading the story ask the students:

Q: What does Splat do to avoid going to school?

A: Hides under sheets, can't get dressed, holds onto things

Q: What is in his lunchbox?

A: Fish cake, Seymour his mouse

Q: Do you ever pack a lunchbox for school or for travelling? What do you put in it?

A: Answers vary.

Q: What food groups should you try to include in your lunch? Show the MyPlate Poster to prompt answers.

A: Fruit, vegetable, milk, grain, protein.

Q: Splat and the other kittens like milk. What is good about milk for lunch or snack?

A: Good for your body, builds bone and teeth, satisfies thirst, available in lowfat types, tastes good



15 minutes

Equipment:

- Large paper plates for each child
- Crayons or markers

Feel Good Mask

Directions:

1. Give each child a paper plate. On one side of the plate, children will draw a face that looks tired and grumpy. On the other side, children draw a face that is energetic and happy.
2. As children color, discuss why someone might be feeling tired and droopy or happy and energetic.
 - **Feeling Good:** ate a healthy meal, slept well, played an active game
 - **Feeling Bad:** didn't eat breakfast, went to bed late, sat around all day
3. Role play with the plates. As you discuss a situation, have the children put up the mask that matches how they would feel.
4. Discuss how they could change to feel better.



Feel Good Mask

Hold up the side of the mask that matches how you would feel.

1. Splat woke up early in the morning and his tail was wiggling with worry because it was the first day of Cat School.
2. Splat was too upset to eat breakfast.
3. Splat's mom packed his lunchbox for later.
4. Splat rode on his bicycle to Cat School.
5. Everyone at school smiled and said "Hi, Splat!"
6. Mrs. Wimpydimple tells them that cats climb trees and drink milk.
7. When it was milk time the cupboard door was locked so they couldn't get in.
8. Seymour crawled into the milk cupboard and got the door open so they could have their milk snack.
9. Splat rode home on his bicycle thinking "I've got lots of friends" and "Cats don't chase mice" and "I'm amazing".









20 minutes

Equipment:

- Food pictures or food model cards (National Dairy Council, 200 cards, 1-800-426-8271)
- Color copies of MyTray examples
- MyTray Labels
- Glue sticks or tape
- MyPlate poster

Splat's Lunch Plate Grade PreK-K

Directions:

1. Print a color copy of 1 or 2 of the MyTray lunch plates. Print the large MyTray Labels. Cut apart the labels.
2. Post the MyPlate diagram in the front of the room. Review food groups by posting some National Dairy Council Food Model cards for each food group. Among the examples include the same foods as in the MyTray picture that you select.
3. Refer to one MyTray picture. With the children identify each food on the tray and point out how tasty the food looks. Tape an appropriate MyTray Food Group Label over the food that it matches. Children may be called upon to help.
4. Point out that all 5 food groups are in each lunch tray.

Note: See key for reference. Main dishes often include more than one food group such as protein, grain, and vegetable. You may simplify the protein group to just the protein part.

Optional: If a projector and screen are available you could project the MyTray plate onto the screen and have one child at a time come up to the screen to post food group labels on the screen.

Closure:

Ask children what they ate or will eat for lunch. Identify the food groups in today's lunch.



20 minutes

Equipment:

- Food pictures or food model cards (National Dairy Council, 200 cards, 1-800-426-8271)
- Color copies of MyTray examples
- MyTray Labels
- Scissors
- Glue sticks

Splat's Lunch Plate Grade 1–2

Directions:

1. Print a color copy of 2 or 3 of the lunch plates for each team. Suit the number of lunch plates you discuss to the attention span of the children. Print a copy of the MyTray Labels for each team.
2. Arrange children into pairs. Instruct children to cut apart the MyTray Labels.
3. Post the large food group labels in the front of the room. Go over the abbreviations V=vegetables, F=fruit, G=grains, M=milk, and P=protein. Review food groups by posting some Dairy Council Food Model cards for each food group.
4. Refer to a MyTray picture. With the children identify each food on the tray and point out how tasty the food looks. Guide children to find and glue an appropriate MyTray Label over the food that it matches.

Note: See key for reference. Main dishes often include more than one food group such as protein, grain, and vegetable. You may simplify the protein group to just the protein part.

Optional: If a projector and screen are available you could project the MyTray plates onto the screen and have one child at a time come up to the screen to post their labels on a sticky note.

Closure:

Ask children what they ate or will eat for lunch. Identify the food groups in the day's school lunch.



MyTray Labels

Cut the food group labels into squares. Paste the symbol for the food group onto the food on the tray that matches the group. Choose 1, 2 or all 3 trays to label.



V
Vegetable

F
Fruit

G
Grain

M
Milk

P
Protein

Cut apart to post at the front of the room along with examples from each group.



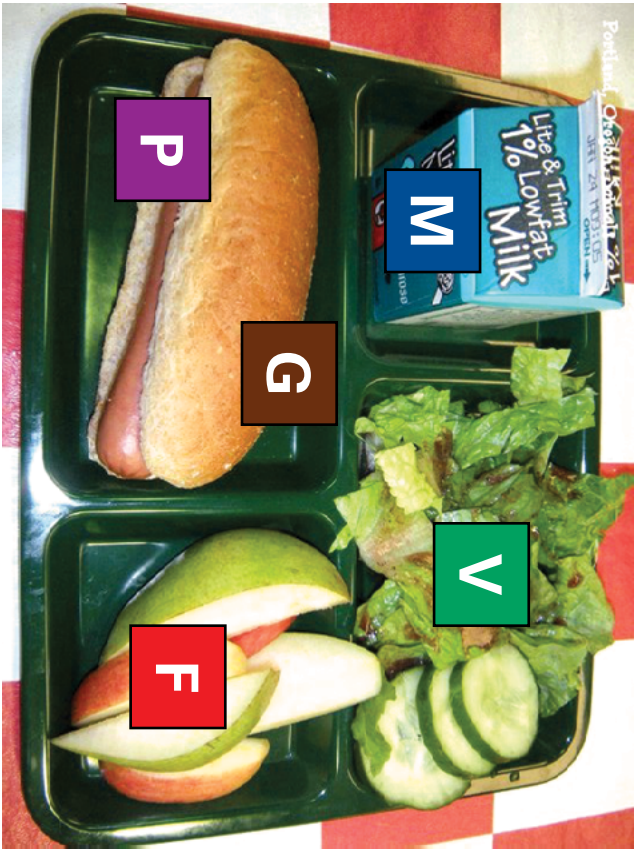
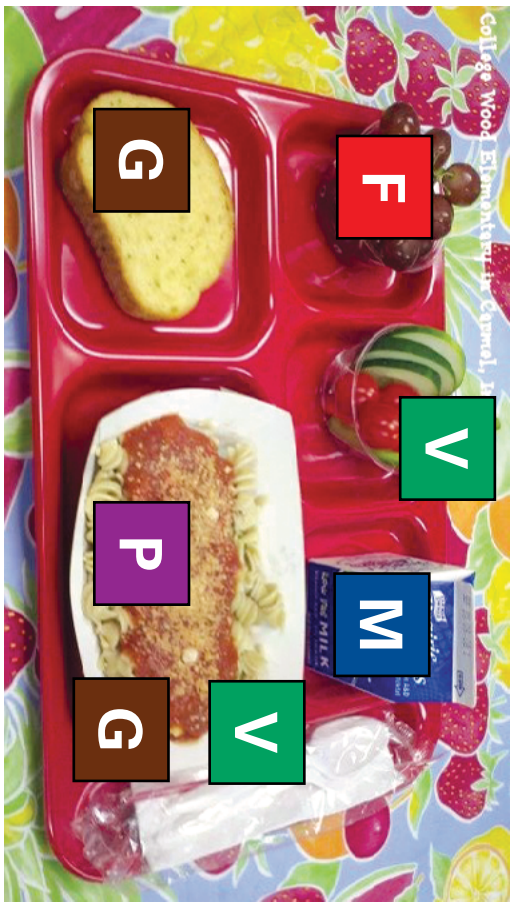
College Wood Elementary in Capron, Indiana

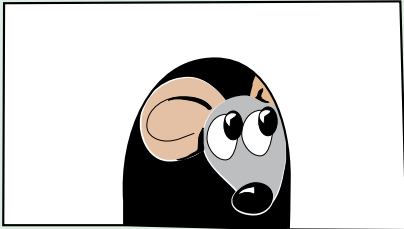
Cascade Middle School Bethel, Oregon





Portland, Oregon





10-15 minutes

Connection:

Seymour has many creative moves as he hides from the kittens. Practice moving quickly and then stopping suddenly to be perfectly still.

Equipment:

- Music if desired.

Hide Like a Mouse

Directions:

1. All students are “mice” except for one “leader”
2. Leader calls move and students (mice) move in open space. The teacher can help students choose a movement (walk, run, hop, leap, twist, turn, slow motion, etc.)
3. After a few seconds the leader yells CAT!. The mice freeze in place and do not move.
4. Switch leaders and the students begin to move again.
5. Occasionally the leader can shout “Seymour” and the mice jump with their feet and arms stretched out wide (like Seymour appeared when he was behind the glass).

Variations:

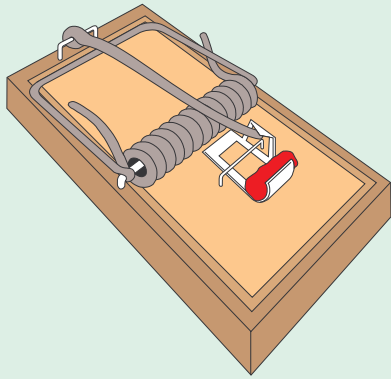
Play some music and have students stop and start on the music as a cue.

Closure:

1. How do you feel when you waited for the leader to call CAT?
2. What should you do to freeze quickly and safely?



Mousetrap



10-15 minutes

Connection:

Finding food is sometimes difficult for little mice or for children. Practice speed and quick moves to avoid getting caught in the mousetrap while finding food.

Equipment:

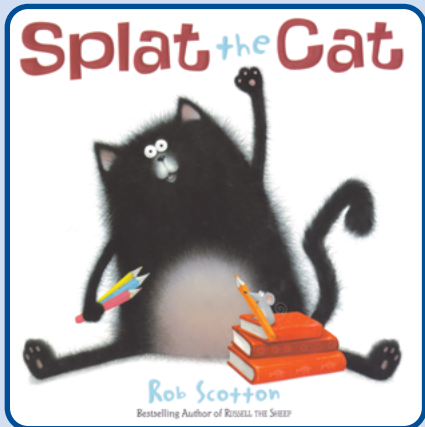
- Music
- <https://www.youtube.com/watch?v=vzSUplE9KO8>

Directions:

1. Mark an area as the “mouse home” a bit away from the circle to encourage vigorous movement between the circle and the home.
2. Half of students join hands in a circle at shoulder height—they are the mousetrap.
3. Place bean bags inside the circle as “cheese”
4. The other half of the students are “mice” who are outside of the circle.
5. As music starts “mice” move into the circle under the joined arms to capture one piece of cheese at a time and bring it back to the mouse home.
6. When the music stops the mousetrap drops arms to capture one or more mice. The captured mice then become part of the circle.

Closure:

1. How did you move when you were trying to capture the cheese?
2. What was fun about being the mousetrap?



Family Fun

For a family activity check out the book, *Splat the Cat*, from your local library. Read together and then plan several healthy weekend lunches with your child.

Make lunch fun for your child by packing a picnic, serving finger-foods, or cooking together!

Lunchtime!

What Will My Child Eat?

Many day care and preschool centers are part of a government program called Child and Adult Care Food Program (CACFP). This program ensures all meals served to your child away from home will meet nutrition guidelines for healthy eating.



You can expect the following foods in the lunch:

- 3/4 cup of milk
- 1/2 cup of fruit
- 1/2 cup of vegetables
- 1/2 slice of bread or whole grain equivalent (pasta, rice, cereal grains)
- 1.5 ounces of protein (meat, poultry, cheese, eggs, etc.)

You can help!

If your child has allergies or specific diet needs, notify the day care or preschool staff. Attend parent events. Talk to your child about what they eat at the center. Make any new foods at home too.

Be a Good Role Model

For the times when your child is not at day care or preschool: Use this time at home to show your children good eating habits. Use the following tips when preparing lunch:

- Lunch should be easy, healthy, and tasty!
- Try these lunches: peanut butter tortilla roll-ups, English muffin pizzas, sandwiches with whole wheat bread, chili boats.
- Offer fruits, vegetables, or yogurt as a side.
- Offer low-fat milk, fruit smoothies, or water to drink.



New & Improved School Lunch

In early 2013, the USDA released the Healthy Hunger Free Kids Act, a program designed to improve nutrition in schools. The goal of this newly adopted act is “to deliver wholesome meals that mirror the 2010 Dietary Guidelines for Americans.” The following changes have been made to school lunches served in American schools:

- Lunches contain both a fruit and a vegetable
- Only fat-free or low-fat milk is offered
- Foods lower in saturated fat like skinless poultry, lean meat and vegetable oils are prepared
- Half of all grains offered are whole
- Saturated fat is only 10% of overall calories
- Each school lunch “tray” must include one serving each of whole grains, protein, non or low fat dairy, and a fruit or vegetable.
- Many schools have designed salad bars allowing children to make choices among fruits and vegetables.

Baked Chicken Strips

Servings: 4

Ingredients:

- 1 whole boneless, skinless chicken breast
- 1 cup cereal crumbs. cornflake type, crushed
- 1 egg
- 2 tablespoons fat-free milk
- Barbeque sauce, salsa, or honey mustard for dipping
- Optional: Add 1-2 teaspoons of salt free seasoning blend to the crushed cereal for extra flavor.

Instructions:

1. Preheat the oven to 400°F.
2. Cut the chicken into finger-size strips.
3. Place cornflakes in plastic bag and crush.
4. In a bowl, whisk the egg and milk.
5. Dip the chicken strips into the egg-milk mixture and then in the bag of crushed cornflakes.
6. Shake the bag gently to coat the chicken strips and then put them on a baking sheet.
7. Bake until golden brown, about 20 minutes.
8. Serve with your favorite dipping sauce

Nutrition Facts: Calories 200, Total Fat 8g, Cholesterol 130mg, Sodium 180mg, Total Carbohydrate 6g, Protein 24g, Dietary Fiber 0g.

Adapted from: Nibbles for Health, Newsletters for Parents of Young Children, USDA , Food and Nutrition Service;

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-chicken-nuggets>