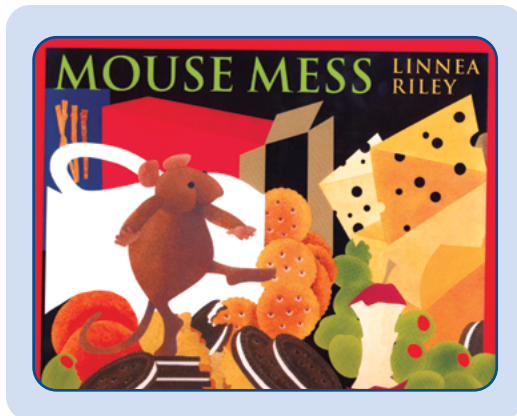


Mouse Mess



About the book:

Mouse Mess
by Linnea Riley

Publisher: The Blue Sky
ISBN#: 978-0-590-10048-9

Nutrition Objectives

- Identify sensory traits of food that affect food selection.
- Describe anytime and sometimes snacks.

Physical Education Objectives

- Perform balance activities.
- Participate in activity that raises the heart rate.

Activities

- Nutrition Activity #1: It's Time to Eat
- Nutrition Activity #2: Snack Concentration Game
- Physical Activity #1: Move Like a Machine
- Physical Activity #2: Quiet as a Mouse

Lesson Handouts

- My Favorite Food

Parent Newsletter

- Fast Food

Intent of Lesson

Increase awareness of the variety of shapes, textures, aromas, colors, and flavors of foods.

Previewing (5 minutes)

- Prepare several feeling boxes or brown bags ahead of time with foods inside that are part of the story. (Suggested foods: crackers, apple, cereal flakes, cookie, jar of peanut butter, orange, slice of bread.)
- Have several children feel inside the bag and guess what the food is. Do not tell them if they are right or show them the food at this time.
- Tell them to listen and watch as the story is read to see if they find this food in the mouse's mess.

Active Reading: (10 minutes)

Read *Mouse Mess* by Linnea Riley.

Summarizing (10 minutes)

After reading the story:

- Pass one brown bag at a time and ask several children to smell what is in the bag without seeing it.
- Then have them feel the food in the bag and guess what it is.
- Have each child describe what they feel and smell using words to tell about shape, texture, aroma and temperature.
- Show the food.
- Repeat with several more foods.
- Review pages of the book pointing out differences among foods such as shapes, colors, smells and flavors.



15 minutes

Equipment:

- Senses poster
- "My Favorite Food" coloring page

It's Time to Eat

Directions:

1. Post the visual showing the 5 senses and descriptions: sweet, crunchy, strong smell, fun shape, gooey, spicy, cold/hot.
2. Tell the children: "Mouse really likes to enjoy his food— how it looks, how it tastes, how it smells, how it sounds, and how it feels. These senses help us to know if we like a food."
3. Referring occasionally to the senses posters tell them to raise their hand if they like the food you are describing.
4. Tell them: "Listen to the things that mouse did with the food in the kitchen that used his senses." Show pages and ask what sense is being used.
 - crunch-crunch, he wants a cracker
 - crackle-sweep, he rakes corn flakes,
 - sniff-sniff milk and cheese
 - mouse would like a taste of these
 - splish-splash, the milk spills out
 - sticky-gooey, jam to spread
 - pour and pat, make castle walls
 - pop the tops off, one by one"

Show pages in the book that have these foods on them. Ask for a show of hands if they like this about a food.

- A sweet taste like honey or a banana
- A crunchy sound like peanuts or popcorn
- A strong smell like cheese or pickles
- An interesting shape like corn flakes or bread
- A food that crunches in our mouth like crackers
- The smell of chocolate
- A stick shape like celery or pretzels
- Gooey in your mouth like peanut butter or jelly
- A spicy taste like salsa or mustard
- A cold food like milk or water
- A hot food like noodles or rice

5. Hand out the “My Favorite Foods” drawing page and have children draw and color their favorite food.
6. Tell the children: “Tell us about your favorite food. What do you see, hear, smell, feel and taste when you eat it?”

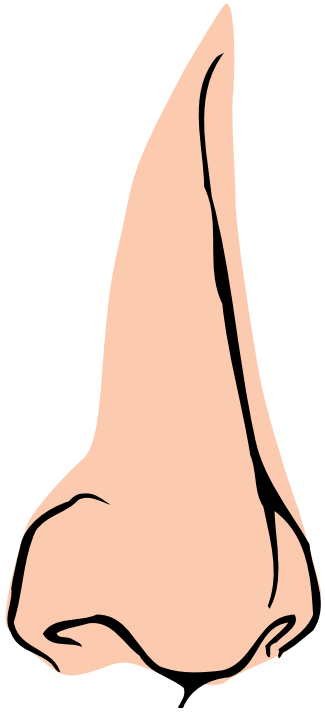
Closure:

- What about a food makes it a favorite? Are you willing to try new foods?
- When can you try other foods to find out if you like the taste, smell, or how it feel in your mouth?

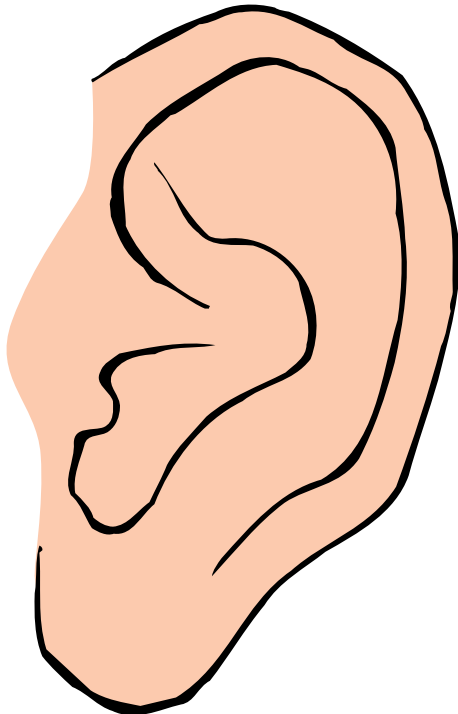




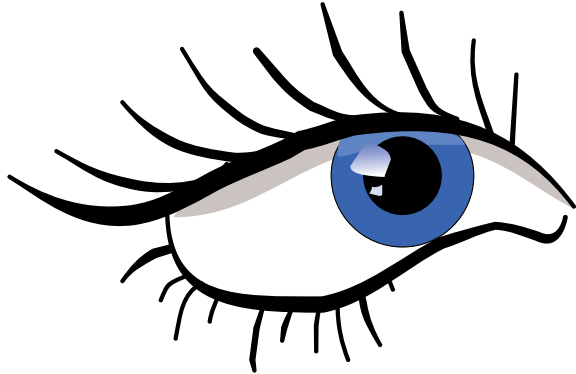
My Senses Tell Me



spicy
strong



crunchy



**fun shapes
bright colors**



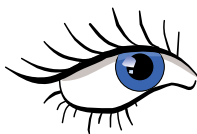
**sweet
gooey**



**cold or
hot**

Draw your favorite food here

Tell us about these.





20 minutes

Equipment:

- Two copies of concentration cards for each team.

Snack Concentration Game

Directions:

Q: When do you eat foods away from home?

A: Answers will vary. Encourage answers such as: relatives/friends home, school/preschool, restaurant, fast food place, convenience store, in the car.

Q: What are some “anytime” foods that you can choose when you are at a snack shop at a gas station?

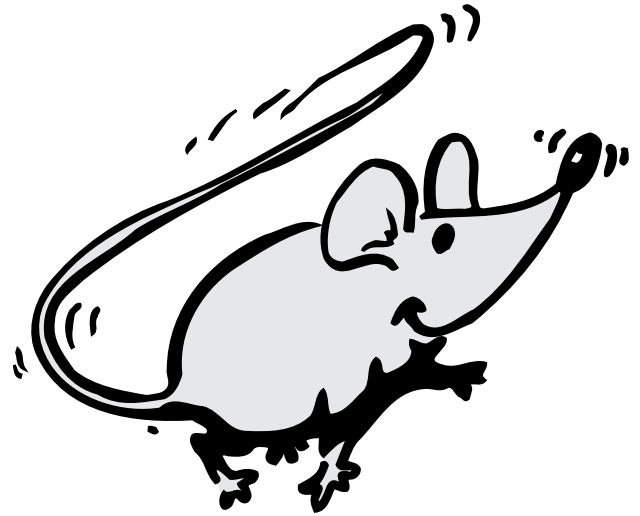
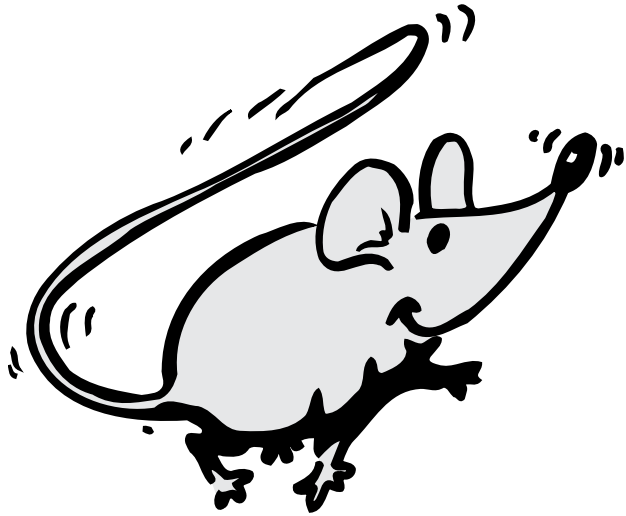
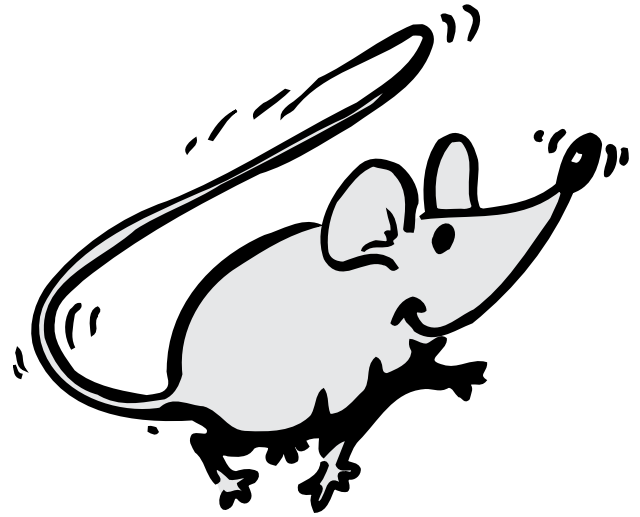
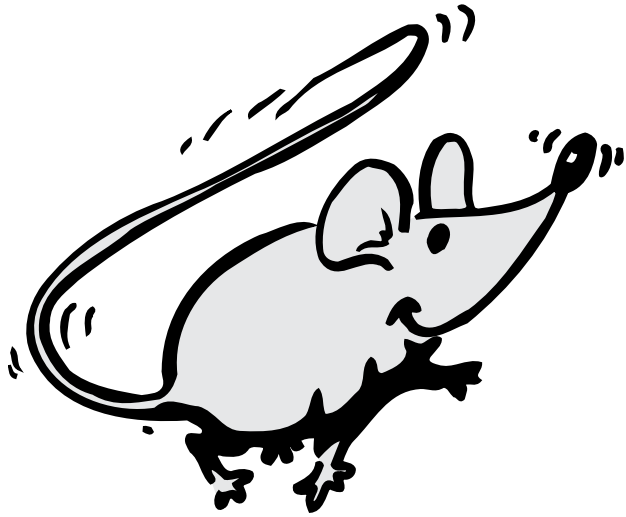
A: Answers will vary. Encourage answers such as: cheese sticks, trail mix, fruit if they have it, jerky sticks, whole grain crackers, some granola bars, milk, real juice, popcorn, water, etc.

1. Pair students and give each a deck of the concentration cards. Each team lays them out on the floor or table.
2. Player one turns two cards and tries to make a match. Remove the cards to your pile if you make a match. Turn back if they don't match but remember where they were.
3. Player two turns two cards trying to find matches.
4. Continue taking turns until all cards are selected.
5. Count each players' cards. The one with the most cards wins.

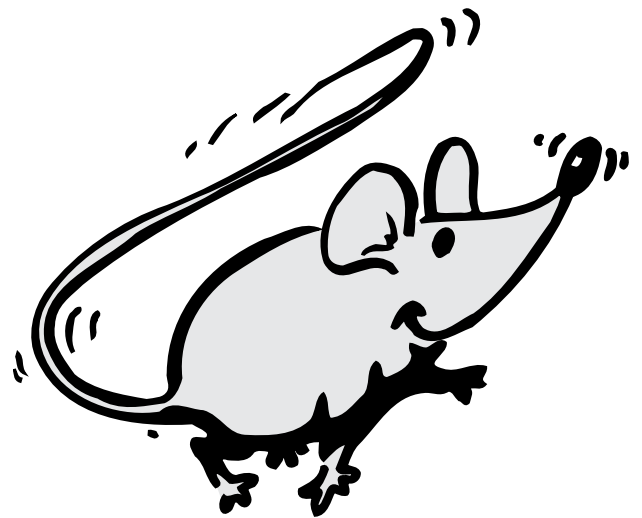
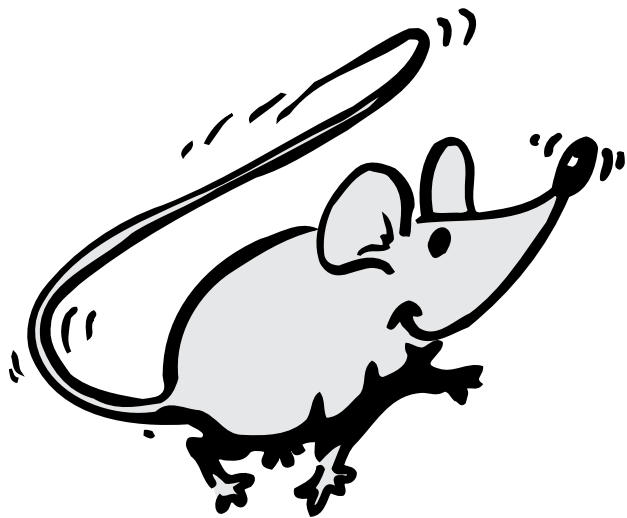
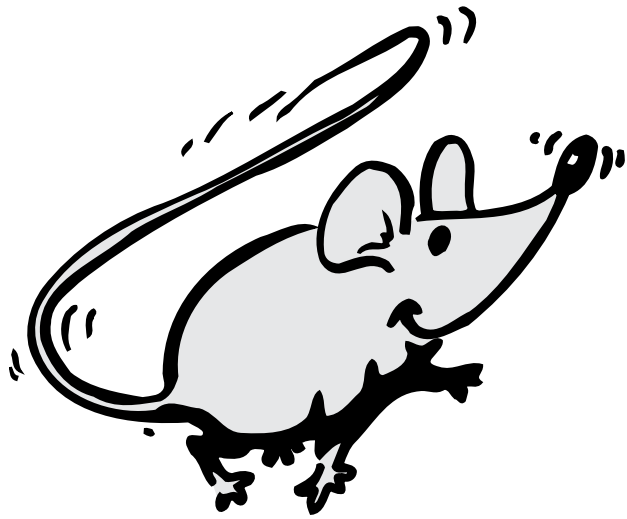
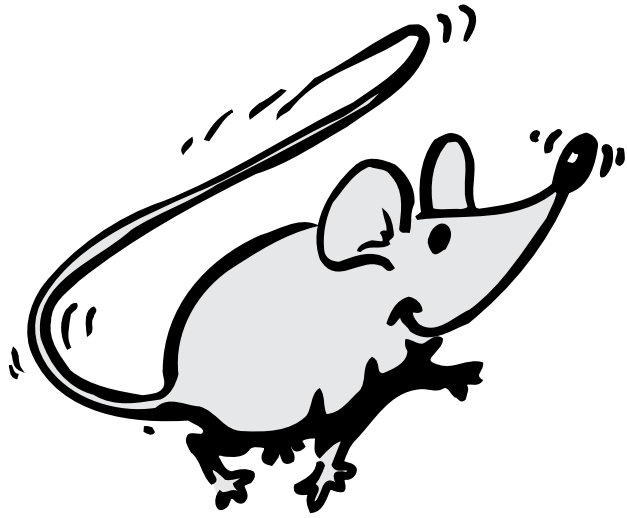
Closure:

How can you remember to choose healthy snacks?











15 minutes

Connection:

Mouse needs to learn to cook and clean carefully so that he doesn't always make a mess. We will help him by pretending to be helpful machines.

Equipment:

- Energetic music such as <https://www.youtube.com/watch?v=OwWT43Eb3IM>

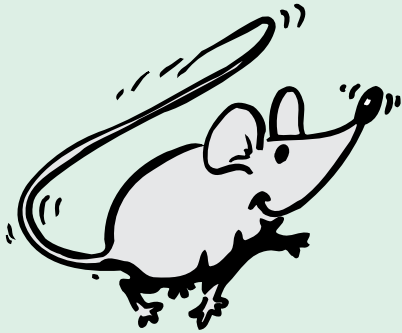
Move Like a Machine

Directions:

1. Arrange children with an arm length space between them.
2. The leader will call out machine-like movements one at a time.
3. Play some energetic music at each command as they start moving vigorously.
4. Call out "Freeze" or instruct them to freeze in position when the music stops.
5. Call out another movement.
 - Twist like a mixer
 - Move back and forth, back and forth like a vacuum cleaner
 - Pop like a toaster
 - Hands up and twirl around like the inside of a dishwasher
 - Bounce up and down like a chopper
 - Do jumping jacks like a timer blinking
 - Shake like an old refrigerator
 - Wax in big circles on the table

Closure:

When does a machine at home do these motions?
What other motions can you think of? Try them.



15 minutes

Connection:

Mouse had to be quiet and careful so that the family would not find him. We will move like Mouse to gather our food cards.

Equipment:

- Shapes
- Food model cards (National Dairy Council, 200 cards, 1-800-426-8271)
- MyPlate diagram

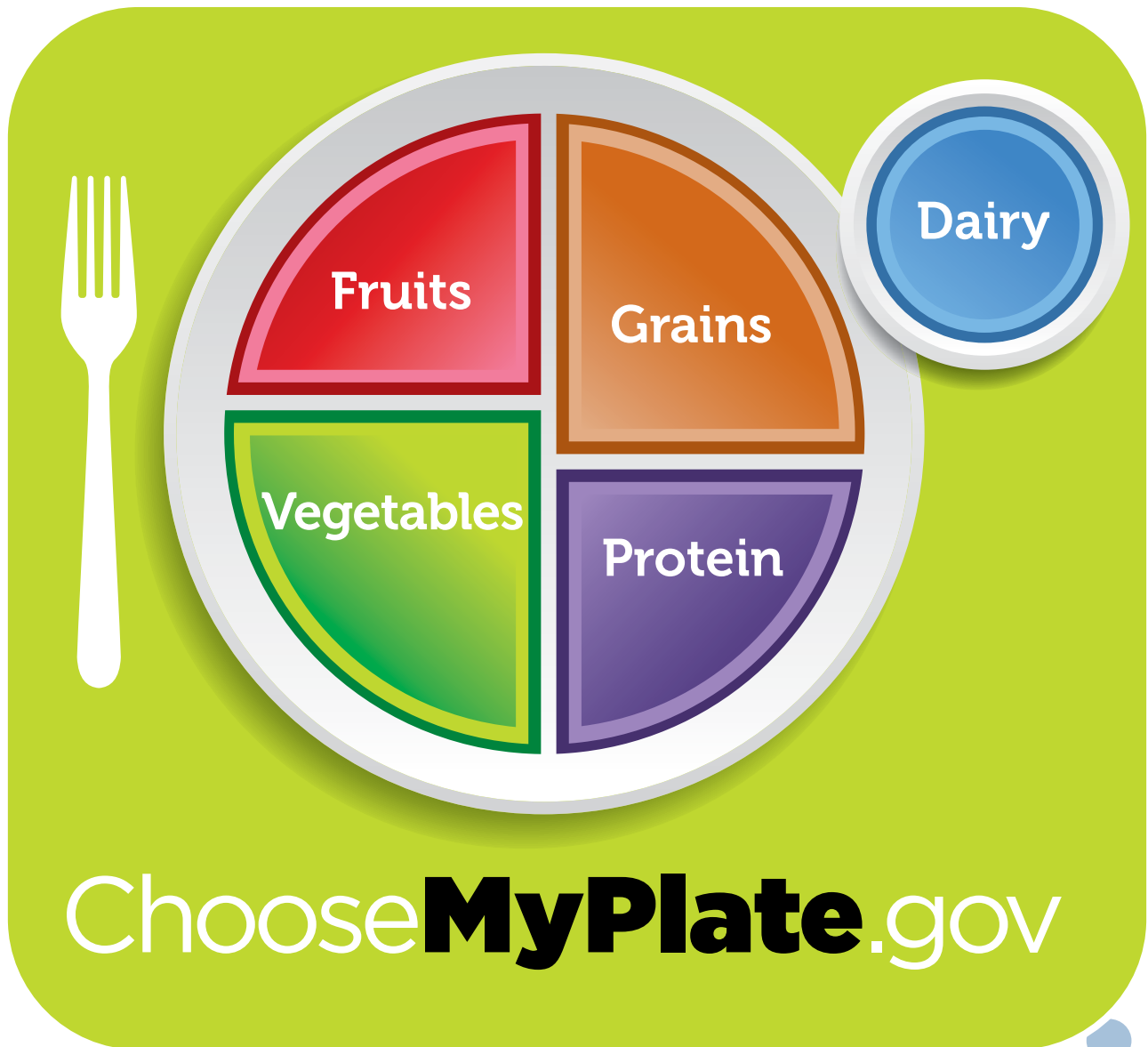
Quiet as a Mouse

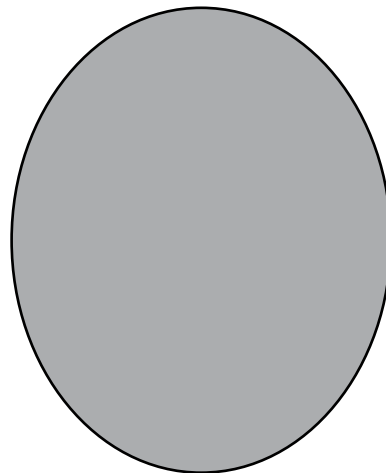
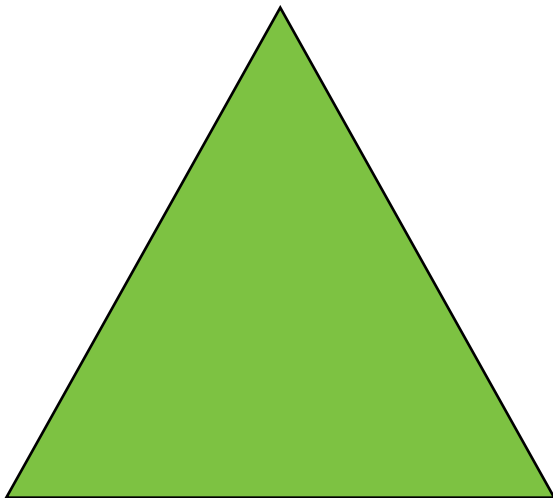
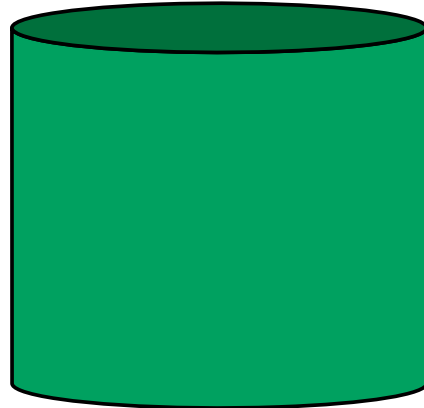
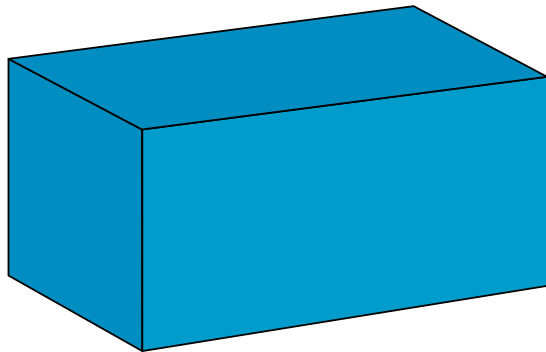
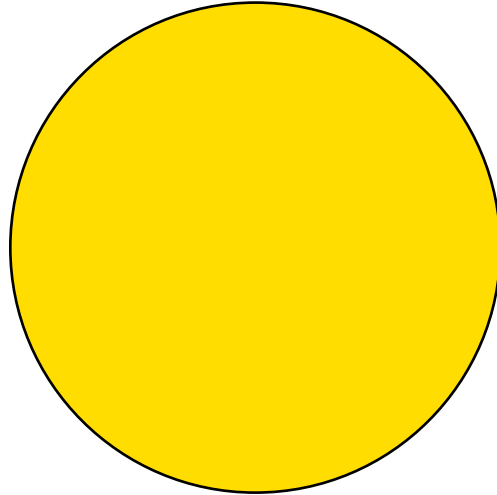
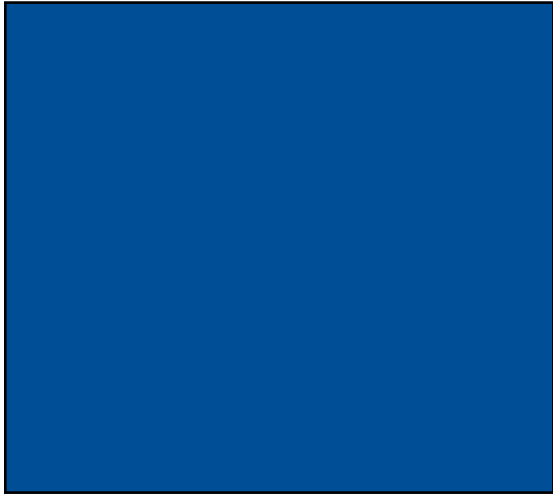
Directions:

1. Post the MyPlate diagram at the front. Post the shape cards and review the name of each shape. The leader will refer to a different shape at each round.
2. In the “kitchen” at the center of the play area, place a large selection of the food model cards representing a variety of shapes.
3. Assign children to teams of 2 or 3 and a “mouse home” for each as far away from the center as possible.
4. Call out a shape and have one child sneak on tiptoe very slowly and quietly to the center to pick a food that is that shape. Then they very quickly (but quietly) run back to their “home”.
5. Call out the next shape and another member of the team sneaks and runs to bring back a card.
6. Continue with all shapes.

Closure:

Look over the cards that you have selected. Do you have a food that would fit into each section of the MyPlate shape? What group is missing?





Suggested foods for each shape. Review with young children as some shapes are hard to put in one category:

Square – bread, cheese slice, potato patty, carton of milk, graham crackers, roast beef

Cube – diced carrots, diced beets, cheese cubes, hash browns, pineapple, corn, carrot stick, lasagna, fish sticks

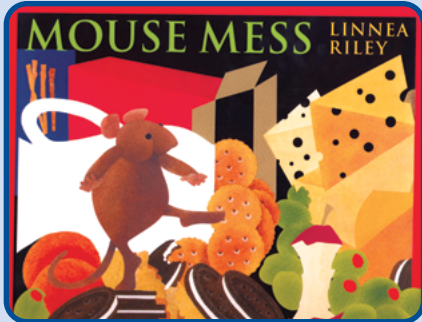
Round – peas, potato, beets, pudding, bagel, baked beans, peach, waffle, pancake, grapefruit

Cylinder – sliced carrot, glass of milk, corn on the cob, shrimp, celery, banana, green beans, pickle, macaroni

Oval – banana, hot dog, egg, raisins, peanuts, baked potato

Triangle – cheese, apple wedge, chicken pot pie, cantaloupe, turkey sandwich, corn flakes, tortilla chips, pizza, watermelon





Family Fun

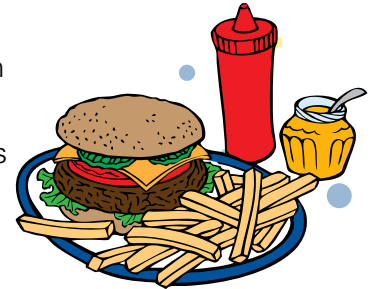
For a family activity check out the book, *Mouse Mess*, from your local library. Read together and then use fast food menus to plan healthy food choices to make when eating out.

Healthy Fast Food

Fast Foods

If you and your family eat fast food often, you should be smart about what you choose. Here are the reasons why:

- Fast foods are:
 - High in fat, calories, sodium
 - Low in fiber & calcium
 - Short on fruits & vegetables
- Most fast foods are huge portions



Also, supersizing meals may seem like a very good money-saver, but instead, bigger portion sizes may:

- Overwhelm young children with smaller appetites
- Provide more than what your family actually needs
- Encourage people to eat until they are overly full
- Lead to disordered eating patterns and overweight

Smart Choices

You can still enjoy occasionally eating out with your family. Here are some suggestions for choosing healthier options when eating out:

- Pass on value meals, as they often provide too much food.
- Split your portion with your child.
- Order cheese on a burger or sandwich.
- Split fries, or pass on them.
- Pass on the soda and order low-fat or fat-free milk, water, or juice instead.
- If you do choose to drink soda, get a small size or sugar free.
- Skip fruit pies and cookies.
- Ask for tomato, lettuce, and other veggies on burgers and sandwiches.

Make Eating Out Pleasant

Sometimes children can become fussy in an unfamiliar place like a restaurant. Here are some tips to control fussiness and make eating out more pleasant for your family:

- Excuse you and your child away from the table and take a short walk.
- Talk in a calm and positive way to your child.
- Do not force your child to eat.
- Pick a restaurant that welcomes kids.
- Ask for a coloring page or placemat.



Skillet Mac and Cheese

Servings: 4

Ingredients:

- 2 cups water
- 1 ½ cups uncooked whole grain macaroni
- 2 tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon dry mustard
- 1 ¼ cups nonfat or low fat milk
- 1 ¼ cups light cheddar cheese, shredded



Instructions:

1. In a non-stick skillet, bring 2 cups of water to a boil.
2. Add the macaroni. Stir a few times to prevent sticking.
3. Cover the pan, reduce heat to low and simmer for 5 minutes.
4. Mix flour, salt, and mustard in a bowl and add ¼ cup of milk. Stir until smooth.
5. Take the lid off the skillet and cook macaroni until most of the water is gone.
6. Stir and add milk mixture and cheese.
7. Cook and stir until all the cheese melts and the sauce is thick.
8. Refrigerate leftovers within 2 hours.

Recommended:

- Add your favorite fresh or frozen vegetable in step 2.

Nutrition Facts: Calories 270, Total Fat 6g, Cholesterol 20mg, Sodium 400mg, Total Carbohydrate 38g, Dietary Fiber 3g, Protein 19g.

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

Modified from <https://www.foodhero.org/recipes/skillet-mac-and-cheese>