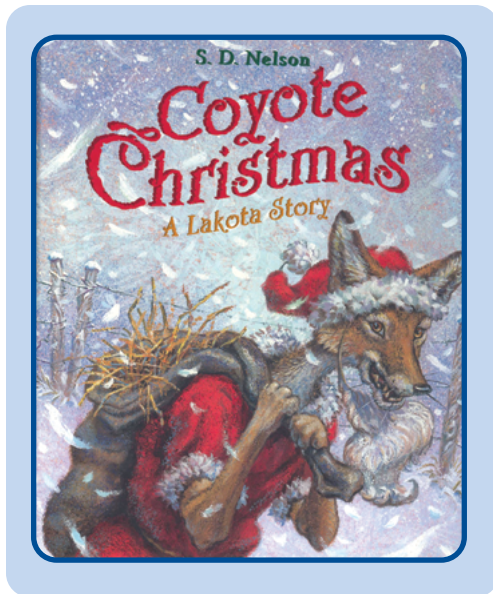


# Coyote Christmas



## **About the book:**

*Coyote Christmas*  
*A Lakota Story*  
by S.D. Nelson

Publisher: Abrams Books for Young Readers  
ISBN#: 0-8109-9367-8

## **Nutrition Objectives**

- Recognize advertising claims that are used on food labels.
- Simulate recommended food portions.

## **Physical Education Objectives**

- Practice the concept of different levels in general space.

## Activities

- Nutrition Activity #1: Oh, My Tummy!
- Nutrition Activity #2: Coyote Advertising
- Physical Activity #1: The Spider, Coyote, and Raven
- Physical Activity #2: A Christmas Eve Tale
- Oceti Sakowin: The Tricksters

## Parent Newsletter

- How Much Do You Eat?

## Oceti Sakowin Standard

Explain the values learned through stories. Identify Oceti Sakowin protocol for social etiquette.

## Intent of Lesson

Explore food choices: the role of packaging and advertising, how to look at components carefully to get accurate information, and how much is a portion.

## Previewing (5 minutes)

To introduce the coyote, have the children name different characteristics they think about when they see a coyote as a character in a story.

### Q: Is a coyote usually a nice character? Does he try to play tricks on people?

A: He plays tricks.

Explain that in many Native American tales the coyote is shown as a trickster. He often plays tricks on others to get what he wants. In many cases, the coyote tales would make the children laugh but also teach their tribes' culture or other important life lessons!

## Active Reading: (10 minutes)

*Coyote Christmas* is a Lakota story with several characters in it besides the coyote. Let's read it to find out who he tricks!

## Summarizing (5 minutes)

### Q. What kind of tricks did the coyote play?

A. Pretending to be Santa with a blanket turned into a Santa suit. Sack of straw that turned to presents.

### Q. Did the coyote get tricked too?

A. Yes, he was surprised when the straw turned into presents. He was surprised when the boy walked, he slipped and hurt himself when he danced on the corral rail.

### Q. Have TV commercials or packages that hold foods tried to trick you into wanting something? What are some examples?

A. Answers will vary. Possible examples: clothes or toys, unhealthy snacks, sugary cereal.

### Q. This is called advertising. What words do sellers use to advertise to you?

A: New, improved, great tasting, fun, fast, easy, etc.

**Q. The coyote overate at his supper. Do you ever eat until your tummy hurts? How do we know how much is good to eat?**

A: Answers will vary.

**Discuss with them:** "Eat slowly. Pay attention to what you are eating and how you feel. Your stomach is about the size of your fist so it should hold just a bit more than that."



Photo from National Cancer Institute, Renee Comet, AV-9400-4196

**20-30 minutes**

**Equipment:**

- Yarn or heavy cord cut into the length of spaghetti noodles in a large bowl
- Three one inch "meatballs" shaped from play dough
- Play dough in a 1/2 cup measure to represent sauce
- Play dough for students in assorted colors
- Paper plates for each
- 1/2 cup measuring cups (several)

**Content Standards:**

- Math—Measuring

## Oh, My Tummy!

**Directions:**

1. The coyote enjoyed a huge serving of spaghetti at the Christmas Eve dinner. So much that he could hardly move. Have you ever eaten so much that you felt awful or your stomach hurt? Let's look at what a healthy portion of spaghetti looks like.
2. Pass around a large bowl of the yarn and have students take an amount that they believe is equal to a serving of pasta. Have the students measure the yarn they took using a 1/2 cup measuring cup.

**Q: Did you have more spaghetti than fit in the measuring cup? What does the 1/2 cup serving look like on the plate?**

A: Answers will vary.

3. Show the class the 3 meatballs that have already been made. Explain that the 3 meatballs would make one serving. Using play dough have students make their own meatballs close to the size of the ones already made.
4. Show 1/2 cup of play dough sauce. Instruct students to measure 1/2 cup of sauce and then shape it for topping on the pretend "spaghetti".
5. Assemble your spaghetti on a plate.

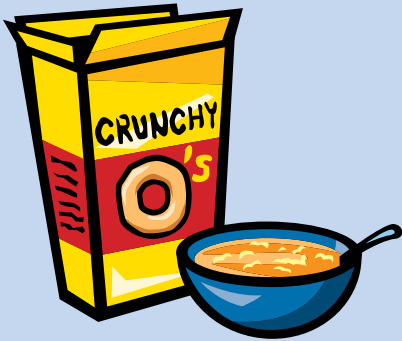
**Q: How does this look? How does this compare to your serving of spaghetti at home?**

A: Answers will vary.

6. Let the students use their imagination and use play dough, yarn, or other resources in the classroom to make other meals that fit on MyPlate.

**Suggestions:** hamburger on a bun with a tomato slice, cereal with fruit

Point out that this portion is one serving of grain, one serving of vegetable, and one serving of protein.



**20-30 minutes**

**Equipment:**

- Scissors, glue, markers
- Red, blue, orange, yellow paper
- Pictures of cereal bowls (magazines or computer generated)
- Magazines
- Pre-cut taglines

## Coyote Advertising

**Directions:**

Have students create their own food label:

1. Choose one of the four different colors for your cereal box and glue a bowl of cereal to it. Pick a name for your cereal and print it on the paper. Next, using the magazines add a character or famous person to sell the cereal!
2. Pick one of the following tag lines for the cereal box and glue it anywhere on the box:  
Extreme Crunch                      Yummy and Nutritious  
New and Improved!                      Tastes like Fruit!
3. Choose a toy to put in the box! Paste or draw on the box.
4. Show your new cereal.

**Discuss:**

- Red makes people think they have power to make choices.
- Blue calms and relaxes people.
- Orange makes people hungry!
- Yellow is a happy color.
- Athletic stars often help sell cereal along with silly or fantasy characters.
- Taglines appeal to parents or children.
- Toys appeal to children!

**Q: What advertising tricks did you use on your box of cereal?**

A: Answers will vary.

**Q: When you shop in the grocery store, where are the cereals that kids like to eat?**

A: Eye level with children.

**Q: Can you think of some other names like "Yummy and Nutritious" that can be used to sell food? (Show some labels if available.)**

A: Healthy, good source of whole grain, loaded with vitamins and minerals.



### 15-20 minutes

#### Connection:

Native American tales often include animals who perform a variety of actions. The game of Spider, Coyote, and Raven represents placement in space according to the animal characteristics of each.

#### Equipment:

Pictures to post in order

- spider
- coyote
- raven

Video demonstration:

<https://www.youtube.com/watch?v=hvQ7rDmxOh8>

#### Safety Concerns:

Students will need to be able to move safely in personal and general space.

## Spider, Coyote, Raven

#### Activity Guide:

Divide the children into groups of three. Line up on one side of the room/area. Post the order of the animals for students to see.

1. The first student takes a few steps and pretends to be a spider (low) by lying on the floor with knees tucked under the body.
2. The second student steps or carefully leaps over the spider, takes three large steps, and pretends to be a coyote (medium) by standing with legs apart.
3. The third student steps or leaps over the spider, crawls under the coyote, takes three large steps, and pretends to be a raven with arms stretched above head to make wings (high).
4. The first student stands, crawls under the coyote, runs around the raven, takes three large steps, and makes a spider again.

**NOTE:** Each student will repeat the same animal until they reach the other side of the area.











**10 minutes**

**Connection:**

Pantomime the actions of Coyote as he proceeds through Christmas Eve.

**Safety Concerns:**

Students will need to be able to move safely in personal and general space.

## A Christmas Eve Tale

**Activity Guide:**

As you tell the story do the actions of Coyote as he encounters a family on Christmas Eve. Everyone pretends to be the coyote and does the actions together. For a large space children may move about to do the actions. For a small space do the actions while remaining in place.

1. First coyote walked through the deep snow to the farm house. Take big high steps and swing your arms.
2. Let's make a snowball. Bend over to scoop up the snow, pat it into a snowball and throw it up high in the air.
3. Pull open the big heavy barn door.
4. Coyote shakes out the horse blanket that will become his suit and then puts it over his shoulders.
5. He gathers straw into his arms and bends over to stuff straw into the gunny sack. Stuff it with many armfuls.
6. Then he walks up the steps to the farmer's porch. Knock on the door.
7. The family is decorating the tree and coyote gets to help. Stretch up really tall to put several ornaments on the top. Then crouch down to put several more on the bottom.
8. Coyote helps set the table by going around the table putting on plates. Then he goes around the table again putting on napkins. The coyote goes around a third time putting on the glasses.
9. During dinner he eats and eats until he is so full that his tummy hurts. He needs to rub his tummy.

10. When he and the family opens the presents he makes a ball of the old wrapping paper and plays a game of catch with the boy. Toss the paper ball high in the air and catch it again and again.
11. Coyote gets caught playing his trick and needs to run from the house. Go down the steps and run across the yard.
12. Climb over the fence.
13. Run to the forest dodging right and left to miss the trees.
14. Now coyote needs to cross the frozen lake by skating.
15. Coyote is almost to his den. He puts on skis and slaloms zig-zag style down the hill.
16. Coyote crouches down into a little ball to hide in his den in case the farmer follows him.
17. He thinks he is safe. He stands up. What an adventure!
18. Coyote gives himself a hug for his good luck.



**15-20 minutes**

**Connection:**

Tricksters are a favorite story character all over the world. American Indians told trickster stories to teach children values.

**Equipment:**

- Script: <https://www.wolakotaproject.org/lakota-stories/>
- YouTube videos: Iktomi and the Coyote, <http://www.youtube.com/watch?v=zZS8QDe2g2Q>

Iktomi and the Turtle, <http://www.youtube.com/watch?v=E2LoS66qLss>

Iktomi's Blanket, <http://www.youtube.com/watch?v=rvMVmEfe-EI>

- Cut apart food package labels.

## The Tricksters

**Directions:**

**Q: Are modern cartoon characters Bugs Bunny and Wily Coyote tricksters like Coyote in the Coyote Christmas story?**

A: Yes, trying to fool or outwit others in order to gain something for themselves.

**Q: Can you think of other examples?**

A: Other animals in American Indian trickster stories include ravens, hares, magpies and spiders. In Lakota they were called Iktomi.

**Q: Why do you think animals were used to teach lessons?**

A: Answers vary. They make the story familiar, as friendly characters they didn't threaten the learner, or they had some childlike qualities.

**Q: What are some ways you can keep from being tricked in our daily lives?**

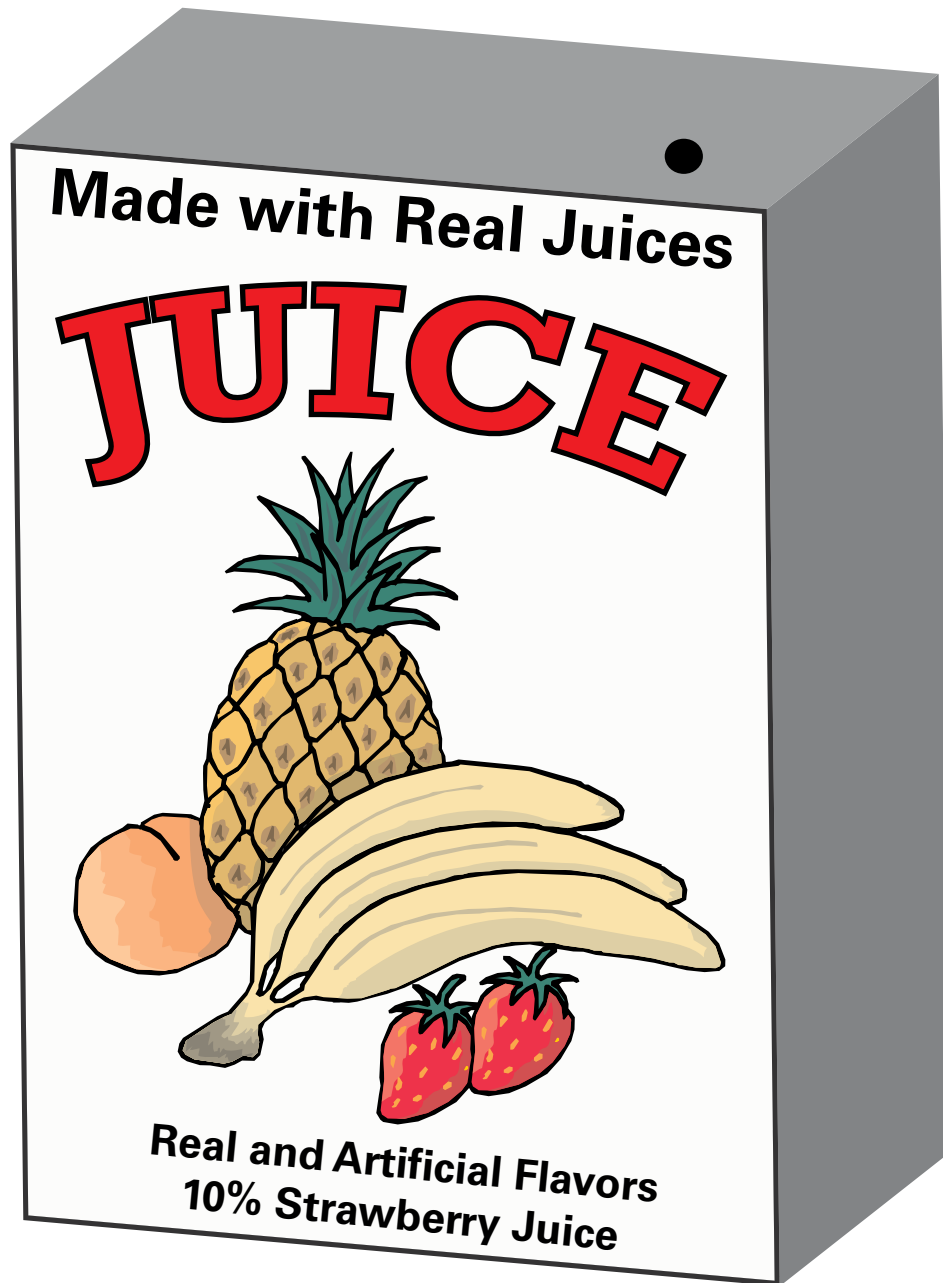
A: Think things through to the end, listen and look carefully for true information, check with others.

1. Tell the Iktomi Story or play one or two from YouTube. See Equipment list or choose your own story. After the children view the story discuss the moral of the lesson. Point out that being alert is one way to avoid being tricked.
2. When we purchase food, the manufacturers sometimes try to trick us through their food package messages. A label might say "made with real juice" but it contains only 10% juice, or wheat bread might only be coloring to make it look brown like whole wheat bread, or something that is labeled lowfat could be high in sugar instead, and watch out for lots of sodium (salt). When you buy a food you should be alert to package information so you don't get tricked.

3. Print the four sample packages. Show the sample packages one at a time. Instruct them to pick out the trick. Reinforce the correct message. Point out how the labeling may be tricking them.

**Key:**

- **Juice box** – Although the label says “Made with real juice” it is only 10% fruit juice. The rest is probably water and sugar. Real juice would say 100% fruit juice on the front of the package. Real juice is better for you.
- **Wholesome Wheat Bread** – The bread is darkly colored like whole wheat bread but the color is the result of caramel coloring and not from whole wheat. Whole wheat bread must have whole wheat as the first ingredient on the list and is naturally darker brown due to the whole grain ingredient. Whole grain bread is better for you.
- **Low-fat Yogurt** – The yogurt is labeled low-fat which is good but the flavoring that makes it taste like fruit is very high in sugar. The calories are still fairly high because of the sugar. Some yogurts are low in both fat and sugar. You can find that on the Nutrition Facts Label. Low sugar and fat is better for you.
- **TV Dinner** – The package promotes the meal as low-fat. It is moderate in fat but the hidden problem is the sodium. The 930 milligrams of sodium is almost half of what an adult should have in one day but this is just one food. Lower sodium is better for you.





## Wholesome Wheat Bread

Ingredients: Enriched white flour, yeast, whole wheat flour, caramel color.



## Nutrition Facts

Calories: 250, Calories from fat: 24, Calories from sugar: 187



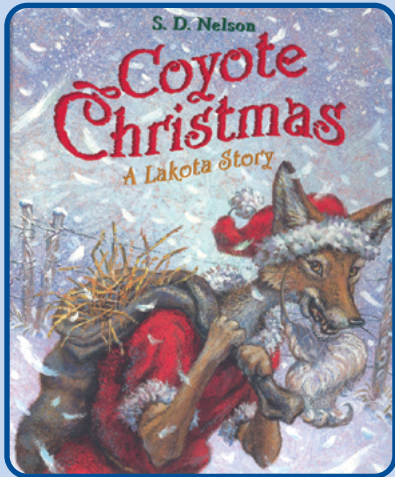
## Steak & Veggie TV Dinner



**LOW FAT**

### **Nutrition Facts**

Calories: 230, Calories from fat: 81,  
Sodium (added salt): 930 mg

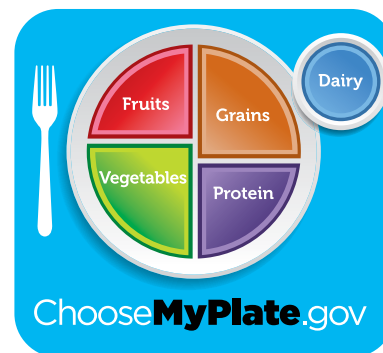


### Family Fun

For a family activity check out the book, *Coyote Christmas* by S. D. Nelson, from your local library. Read together. Talk about how the coyote was hungry in the story just as we have hungry individuals. What could your family do to help those who need food?

## How Much Do You Eat? Estimate Portion Size

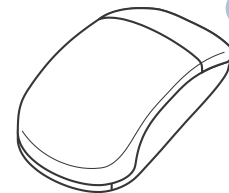
When you shop, eat out or enjoy food at home, estimate how much your child or you eat. Use these shapes as your way to identify the correct portion size suggested by ChooseMyPlate.



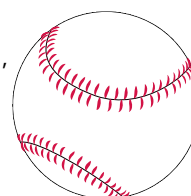
Deck of cards  
= 2 to 3 ounces of meat, poultry or fish



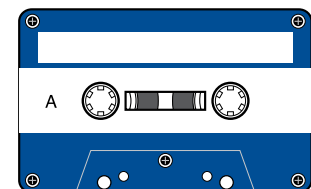
Small computer mouse  
= 1/2 cup cooked vegetables  
= 1/2 cup chopped or canned fruit  
= 1/2 cup cooked cereal, rice or pasta



Baseball  
= 1 cup leafy, raw vegetables  
= 1 medium apple, orange or pear  
= about 1 cup ready-to-eat cereal  
= 1 cup yogurt  
= 1 cup cooked, dry beans



Audiocassette Tape  
= 1 slice bread or 1 ounce



## Portion Size vs. Serving Size

Recall the last time that you had spaghetti at a family meal. Was your plate partially covered or was the plate full? What is the difference between portion size and serving size?



Photo from National Cancer Institute, Renee Comet, AV-9400-4196

Portion size refers to what is recommended for one to eat, while a serving size is actually the amount that an individual eats. In the above situation, the portion size for pasta is 1/2 cup. The serving size is the amount placed on the plate and consumed.

The information on the Nutrition Facts label is based on portion size of the food product. If you or your child eats more than this amount, you are consuming more calories, fat, sodium, vitamins and minerals than is stated. For foods high in fat, sodium or sugars, the intake of these foods can impact one's health now and into the future. It may result in obesity, heart disease, diabetes and much more.

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container 13	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 4g	16%
Sugars 15g	
<b>Protein</b> 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## English Muffin Veggie Pizza

**Servings:** 4 servings (2 halves in each serving.)

### Ingredients:

- 1 cup cooked chopped broccoli
- 4 whole (8 halves) English muffins
- 1 cup pizza sauce
- 1/2 cup part-skim mozzarella cheese, shredded
- 3 tbsp. shredded carrots
- 1 tsp. grated parmesan cheese

### Directions:

Cut English muffins in half. Toast the 8 muffin halves. Spoon 2 tbsp. pizza sauce on each muffin half. Sprinkle 1 tbsp. mozzarella cheese on top of each half. Put 2 tbsp. broccoli and 1 tsp. shredded carrot on each half. Sprinkle each half with 1 tsp. grated parmesan cheese. Toast in toaster oven for 2 minutes, until the cheese melts.

**Nutrition Facts:** 240 calories; 5g total fat; 1.5g saturated fat; 5mg cholesterol; 340mg sodium; 40g carbohydrates; 13g protein

**Sources:** <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/english-muffin-veggie-pizza>

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