

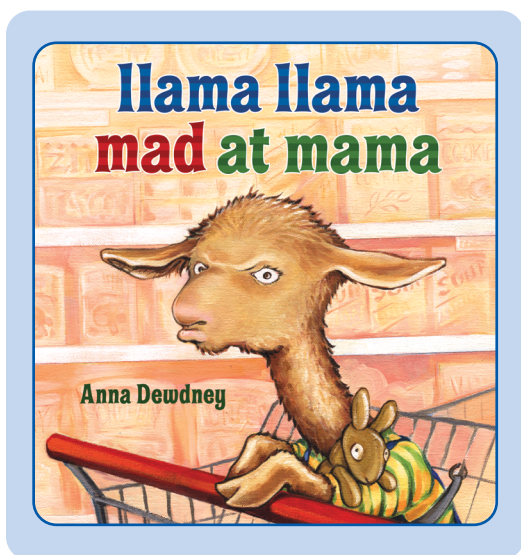


**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

## *Growing Active* **READERS**

# Llama Llama Mad at Mama

**Target Age: Pre-K to 2nd Grade**



### **About the book:**

*Llama Llama Mad at Mama*  
by Anna Dewdney

Publisher: Viking Penguin Group  
ISBN#: 978-0-670-06240-9

### **Nutrition Objectives**

- Identify choices that are made when shopping for groceries.
- Identify the recommended serving size for foods in each food group.

### **Physical Education Objectives**

- Perform dance movements.
- Participate in an activity that raises the heart rate.

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## Activities

- Nutrition Activity #1: Hungry Full Meter
- Nutrition Activity #2: Grocery Store Checkout
- Physical Activity #1: Move It, Don't Lose It!
- Physical Activity #2: We're Going to Eat Potatoes

## Lesson Handouts

- How Hungry Are You?
- Hungry—Full Situations
- MyPlate for Preschoolers
- Grocery Store Checkout

## Parent Newsletter

- Grocery Shopping with Kids

## Intent of Lesson

Recognize choices that are made in the grocery store. Identify “sometimes” and “anytime” foods that can be purchased.

## Previewing (5 minutes)

Today we will go along with Mama Llama and Baby Llama as they shop at the shopping mall.

### **Q: How do you feel about shopping at a grocery store or mall?**

A: Answers vary: like to look at things, boring, get tired

### **Q: How do you think your parent or others feel about shopping?**

A: Answers vary: get upset, hurried/rushed, like to look at things

## Active Reading: (10 minutes)

Listen as the story is read to find out how Baby Llama acts at the Shop-o-Rama. Read *Llama Llama Mad at Mama* by Anna Dewdney.

## Summarizing (10 minutes)

### **Q: What does Baby Llama do that shows good shopping manners?**

A: Rides in the cart, tries on clothes carefully, picks up dropped food and clothing

### **Q: What does Baby Llama do that shows poor shopping manners?**

A: Opens food, throws a temper tantrum, throws things on the floor

### **Q: How does Mama calm him?**

A: Tells him “we are together”, gives a treat when they go home, add other ideas

Tell the children: The Llama family had some “anytime” foods and some “sometimes” foods on their grocery list.

“Anytime” foods are good for you and you can eat them often.

“Sometimes” foods are not so good because they are very sweet, gooey or salty and you should eat them only once in a while.

You are going to help me to sort some foods into “anytime” foods and “sometimes” foods.

- Print, cut apart, and fold the “Anytime” and “Sometimes” stand-up labels. Place them on the table or mount on a display board. Give a food model card or actual food package to a child

and ask him or her to place it by the label that she or he thinks matches the food. (Order food model cards from National Dairy Council, 200 cards, 1-800-426-8271.)

- SOMETIMES FOODS: cheese puffs, chips, ice cream, fruit drink (not 100% juice), cookie, candy bar, soda pop, cheese
- ANYTIME FOODS: cereal, whole grain bread, fruit, vegetable, lean meat, lowfat milk, nuts, 100% juice (Note: help children understand the difference between 100% juice and fruit drinks.)


Fold here.

# Anytime

Cut here. 

Fold here.

# Sometimes

Cut here. 



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**20 minutes**

**Equipment:**

- Hungry-Full Meter Handout
- Brass brads

# Hungry-Full Meter

**Directions:**

1. Children cut out the meter indicator and attach it to the bottom of the Hungry Full Meter with a small brass brad. Option: Make one large Hungry Full Meter at the front.
2. As a situation is described the child moves the marker
  - to the left indicating he/she is very hungry
  - to the middle meaning he/she is satisfied but not too full
  - to the right meaning he/she is stuffed and ate too much
  - (Option: Have children indicate with a hand gesture: full = thumbs up, hungry = thumbs down, too full = palms out pushing away.)
3. Call on volunteers to describe why they placed their marker where they did and tell why.

**Q: Do you sometimes let yourself get really hungry? When?**

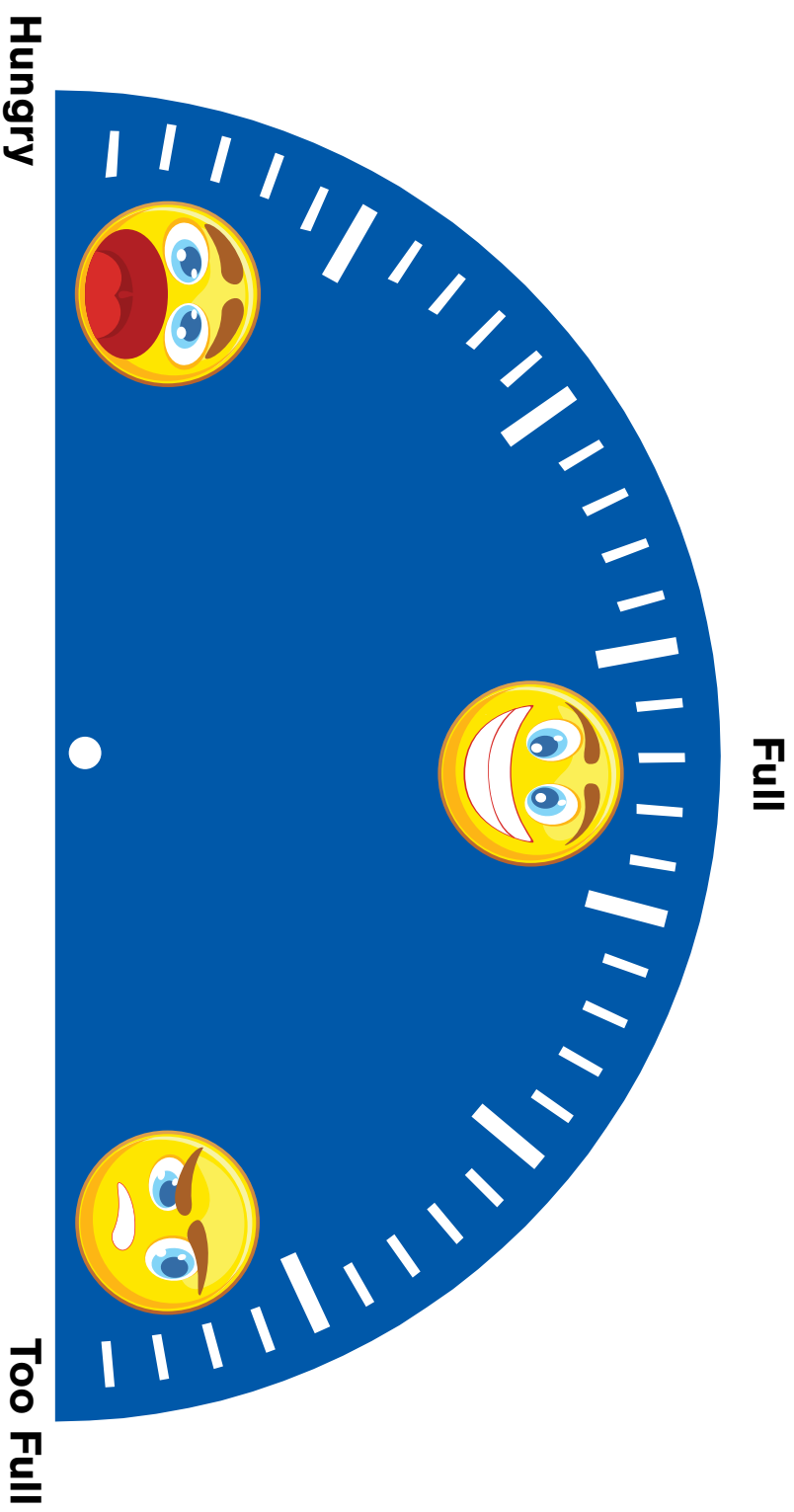
**Q: Do you sometimes eat until you are so full that your stomach hurts? When?**

**Q: Which mark looks like the most comfortable way to feel?**

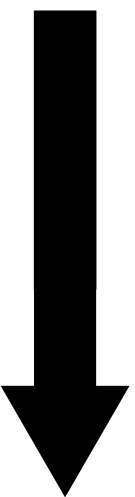
**Q: How can you recognize that just-full-enough feeling?**

A: Stomach is not growling but also not sticking out and swallowing is not hard to do. Can bend over easily.

# How Hungry Are You?



Cut out the arrow to the right and attach to the scale with a brass colored brad.



# Hungry – Full Situations

1. You play actively outside after school and skip your usual after-school snack. Now you feel...
2. It is lunchtime and you skipped breakfast. Now you feel...
3. You eat breakfast before leaving for school. Now you feel...
4. You went to a birthday party and had cake, ice cream, chips and dip, cookies, and some candy. Now you feel...
5. Your parent made your favorite hot dish for dinner. You have one serving along with some vegetables. Now you feel...
6. You skipped lunch and now your family is having burgers for dinner. You have several burgers, a large serving of salad, and two glasses of milk. Now you feel...
7. You sleep late on Saturday morning and you are finally awake and in the kitchen. Now you feel...
8. You finish your tray at school which had a taco, carrot sticks, milk, and a peach half. Now you feel...
9. You go to the pizza buffet restaurant and try 4 different kinds and then have a dessert pizza too. Now you feel...



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**20 minutes**

**Equipment:**

- Handout “Grocery Store Checkout”
- Whiteboard or flipchart

# Grocery Store Checkout

**Directions:**

**Q: Do you like to go grocery shopping with your mother or father or other relative or friend?**

A: Various answers.

**Q: Can you describe the checkout counter?**

A: Belt that moves the food, checker scans the items, cash register tallies the amount to pay, put items in a bag

“We will look at a shopper’s items to see what they are buying for their family to eat.”

1. Hand out “Grocery Store Checkout” to each child.
2. With the children, list the items that each shopper bought.
3. Then they should draw or write the name of the good food that is missing in each series. Help with spelling if using words.
4. After children have completed their shoppers’ lists, discuss what food groups the items are from.
5. Write or tally these on a whiteboard or flipchart under each food group. Use the labels provided.
6. Discuss:
  - Did the family eat from all food groups? (Yes)
  - Did they buy “Anytime” foods? (Yes)
  - Are there any “Sometimes” foods? (No)



# Grocery Store Checkout

Find the food in each series that is missing. Draw or write it in the box.

A woman in a red shirt and green apron stands behind a blue checkout counter. On the counter, from left to right, are: a box of 'Cereal' with a bowl of cereal, a head of broccoli, two cans of tomatoes, another box of 'Cereal', and two more cans of tomatoes. A large, empty, light-blue rounded rectangle is placed on the counter between the second and third cereal boxes, indicating a missing item.

A woman in a red shirt and green apron stands behind a blue checkout counter. On the counter, from left to right, are: a carton of 'MILK', a red apple, a loaf of 'WHEAT BREAD', another carton of 'MILK', and a loaf of 'WHEAT BREAD'. A large, empty, light-blue rounded rectangle is placed on the counter between the second and third milk cartons, indicating a missing item.

A woman in a red shirt and green apron stands behind a blue checkout counter. On the counter, from left to right, are: a wedge of yellow cheese, a chicken drumstick, a can of 'TUNA', another wedge of yellow cheese, another chicken drumstick, and a large, empty, light-blue rounded rectangle for the missing item.

**Fruit**

**Vegetable**

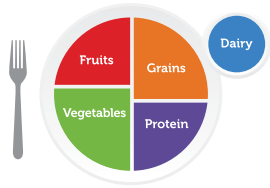
**Grain**

**Protein**

**Milk**



Start *simple*  
with MyPlate



# Healthy Eating for Preschoolers

Healthy eating is important at every age. Offer preschoolers a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Model healthy behaviors

Preschoolers tend to copy what parents or caregivers do at the table. If you eat your veggies, they'll eat their veggies. And, it's good for both of you.



## Think about their drinks

Sugar-sweetened beverages like sodas and fruit drinks are sources of added sugars that are often high in calories. Beverages with no added sugars like water, unsweetened fat-free or low-fat milk (including low-lactose or lactose-free options), or fortified soy beverages should be the primary choice for children.



## Prevent choking

Encourage children to sit at a table for meals and snacks and not wander around carrying food. Check out the [USDA Team Nutrition worksheet](#) for foods that are choking hazards at different ages.



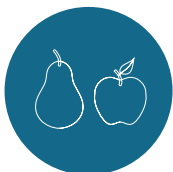
## Try new foods

Let children choose a new food to try at the grocery store. Serve something your child likes along with the new food. It may take up to a dozen tries for a child to accept a new food.



## Get kids involved

Preschoolers can help at mealtimes by washing produce, tearing lettuce, stirring mixes, scooping ingredients, or setting the table.



## Offer choices

Like adults, preschoolers like to have a say in what they eat. "A pear or an apple?" "Whole-wheat toast or some crackers?" You offer the healthy options, but they get to choose.





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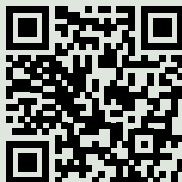
**15 minutes**

**Connection:**

Use a dance to model the movements of Baby Llama and learn to channel negative anger in a positive way.

**Equipment:**

- “See You Later, Alligator” by Bill Haley and the Comets at [youtube.com/watch?v=htAB6fLMPMU](https://www.youtube.com/watch?v=htAB6fLMPMU)



# Move It, Don't Lose It

**Directions:**

**Q: Are there times when you feel angry or upset?**

**How do you show that you are angry or mad?**

A: Answers vary. Conclude with alternatives rather than throwing a temper tantrum, such as breathing deeply, taking a walk and using physical activity in a positive way.

Standing in the center of the circle demonstrate the movements for students as they copy your actions.

1. Practice a few times by doing a few parts at a time; repeat and add more parts.
2. Add music once you have gone over the dance a few times. Encourage children to move vigorously.

**Alligator Dance:**

- Clap hands 3 times, rest on count 4
- Clap thighs 3 times, get on knees
- Slap floor 3 times, lay on stomach
- Slap floor 3 times, turn to left side
- Kick right leg 3 times, turn to back side
- Kick both legs 3 times, turn to right side
- Kick left leg 3 times, lay on stomach
- Slap floor 3 times, get on knees
- Slap floor 3 times, stand up
- Slap thighs 3 times, rest on 4
- Clap hands 3 times, rest on 4
- Repeat!

**Closure**

Tell me why doing a dance when you get upset or nervous is a good thing to do.



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**10 minutes**

**Connection:**

Simulate being active as a grower and distributor of potatoes. Practice motions of a variety of occupations.

**Equipment:**

Copy of "We're Going to Eat Potatoes"

# We're Going to Eat Potatoes

**Directions:**

**Introduce:**

"Many people and businesses grow food and deliver it to the grocery store. Then you and your family can buy and prepare it for your meal. We will take an imaginary trip with a bag of potatoes from the field to your kitchen. Do the actions with me as we make some stops along the way. We know that there are lots of ways to eat potatoes but they all start out the same. Move with big motions in order to give your body a good workout."

**Closure:**

Repeat one favorite action.

# We're Going to Eat Potatoes

First the potato farmer digs up the field with his tractor to make the soil soft and deep. **(Climb into the tractor; pretend to steer the tractor; turn the corner at the end of the field).** It is getting bright from the springtime sun so let's put on our sunglasses. **(Put on pretend sunglasses.)**

It is bumpy in the field so we bounce up and down. **(Flex knees and bounce.)** Now that the field is ready, the potato farmer plants a bit of potato into the ground with a machine. We can pretend to plant them with our hands too. **(Dig holes with a shovel, bend down to push them into the soil, cover them.)**



Then we have to wait a few weeks to see the leaves sprout above the soil. **(Crouch down to look for your plant. Then you can point and get excited jumping up and down at seeing the leaves. Maybe even give a cheer.)**

Rain and sunshine will make them grow quickly. If it doesn't rain we may need to water them. The farmer will use an irrigation sprinkler. **(Let's spin around with our arms out like a sprinkler.)** We can use a watering can for a little garden. **(Hold the watering can over your new potatoes.)**

The potatoes will grow and grow until it is time to dig them from the soil. A giant digger will get them out and into a hopper. **(Let's dig our potatoes with a shovel. Then bend over and put them in a pail.)**

Then the potatoes will be put into a very large truck and taken to a plant to be cleaned and bagged for the grocery store. **(Climb up into the big truck. Pretend to drive the truck. Shift gears a time or two. Wave at some other drivers.)**

When the grocery store owner gets the potatoes in bags he puts them in their bins for the shoppers. We can stack some bags of potatoes like the grocer. **(Pretend to lift heavy bags of potatoes and stack them high.)** Wow, that was hard work. **(Wipe your brow and stretch your muscles.)**

The mom and her kids come by with their shopping cart to choose some potatoes for supper. **(Push the shopping cart around a bit. Then place a bag in the cart.)**

They get some other vegetables to go with the potatoes—peppers and carrots and zucchini. **(Put these in the cart, too.)**

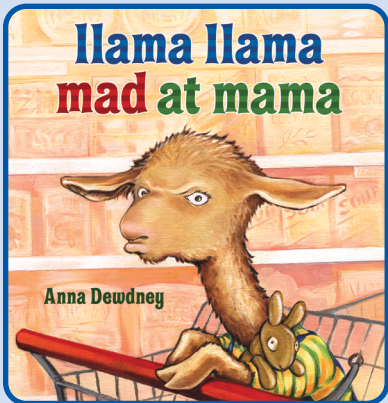
Then they get them scanned at the checkout lane. **(Pass food over the scanner and make the “beep” in reply.)** They drive home anxious to taste a good supper. **(Pretend to drive again. Lick your lips in anticipation of the meal.)**

Mom is making a baked vegetable dish with all that she bought. She needs your help with cutting up the vegetables. **(Pretend to chop and peel vegetables.)** Now it is finally time to eat. Get your fork ready! **(Dig in! and be ready to say “Yum!” Rub your tummy because it tastes so good.)**

## The End.



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### Family Fun

For a family activity check out the book, *Llama, Llama, Mad at Mama* by Anna Dewdney and help your children explore the variety in the grocery store.

# Family Food Shopping

## What Should I Buy?

There are a variety of foods for sale at the grocery store. Therefore, grocery shopping can be very stressful for some people as it is often very hard to decide what to buy. Use these tips when picking out groceries at the store:

- Buy a variety of foods from MyPlate.
- Choose smaller amounts of more expensive protein foods.
- Buy only the amount you need of fresh items.
- Don't buy foods that are high in fat and added sugar.
- Buy staple foods in bulk amounts.
- Hunt for and use coupons for foods of your choice.
- Compare the prices of partly prepared foods to foods you can prepare yourself.
- Check unit prices on shelves to get the best buy possible.



## More Shopping Tips

Save time, money, and energy at the grocery store!

- Make a shopping list and stick to it.
- Group your list to match the store's layout.
- Use coupons.
- Shop after eating to avoid impulse buys.
- Shop just once a week.
- Take your groceries home right away.
- Always check for coupons.
- Be aware of store sales ads.



## Grocery Shopping with Kids

Grocery shopping is sometimes hard to do when children come along. A huge store full of strange sounds and sights is often stressful for a child. It may cause them to become upset or cranky in the store. Follow these tips to make grocery shopping easier and more pleasant for you and your children:

- Make your list ahead of time. Ask your children for input on foods they like.
- Discuss rules before entering the store.
- Have a plan in case you get separated.
- Bring healthy snacks along in case someone gets hungry.
- Hold your child's hand or let him or her steer the cart.
- Make shopping fun by playing "I Spy" or other games.

- Plan to go shopping when you and your children are not hungry or tired.
- Give your child a job by letting him or her pick out some food items from your list.



## Cheesy Chicken Enchilada Bake

**Servings:** 8

**Ingredients:**

- 1 pound boneless, skinless chicken breast
- 1/2 cup water
- 1 tablespoon chili powder
- 1 can (15-ounce) low sodium black beans, rinsed and drained
- 1 cup frozen or canned corn
- 1 cup salsa
- 8 whole wheat tortillas
- Cooking spray
- 1/2 cup shredded low-fat cheddar cheese

**Instructions:**

1. Cut chicken breast into chunks. Simmer in a large saucepan with water and chili powder for 10 minutes.
2. Remove chicken from pan. Cut or shred into smaller chunks and return to pan. Add beans,

corn, and salsa and cook about 2 minutes until hot. Remove from heat.

3. Spread 1/2 cup of mixture down the center of each tortilla. Roll up and place in greased 9×13 pan.
4. Spread any leftover chicken mixture over the top of the enchiladas.
5. Bake at 375°F for 12-15 minutes.
6. Sprinkle cheese on top of the enchiladas during the last 5 minutes of cooking.



**Tips:**

- Divide enchiladas into 2 pans. Wrap and freeze one of the pans for future use.

**Nutrition Facts:** Calories 310, Total Fat 7g, Cholesterol 40g, Carbohydrate 41g, Dietary Fiber 6g, Protein 22g

**Sources:** [extension.iastate.edu/foodsavings/recipes/cheesy-chicken-enchilada-bake](http://extension.iastate.edu/foodsavings/recipes/cheesy-chicken-enchilada-bake); [eatright.org](http://eatright.org); [umext.maine.edu/onlinepubs/PDFpubs/4341.pdf](http://umext.maine.edu/onlinepubs/PDFpubs/4341.pdf)

# MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

<b>Fruits</b> 	<b>Vegetables</b> 	<b>Grains</b> 	<b>Protein</b> 	<b>Dairy</b> 
<b>Apple</b> 	<b>Avocado</b> 	<b>Bread</b> 	<b>Beans</b> 	<b>Milk</b> 
<b>Blueberries</b> 	<b>Broccoli</b> 	<b>Cereal</b> 	<b>Chicken</b> 	<b>Cottage Cheese</b> 
<b>Cantaloupe</b> 	<b>Corn</b> 	<b>Free Space</b> 	<b>Eggs</b> 	<b>Soy Milk</b> 
<b>Grapes</b> 	<b>Sweet Potato</b> 	<b>Popcorn</b> 	<b>Peanut Butter</b> 	<b>Cheese</b> 
<b>Orange</b> 	<b>Tomatoes</b> 	<b>Rice</b> 	<b>Tuna Fish</b> 	<b>Yogurt</b> 

ChooseMyPlate.gov/Families

# INFORMATION FOR ADULTS

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a **"MyPlate, MyWin!"**

## AGES: 5 & UP

While most appropriate for elementary school-aged children, this activity can be modified for other ages.

- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

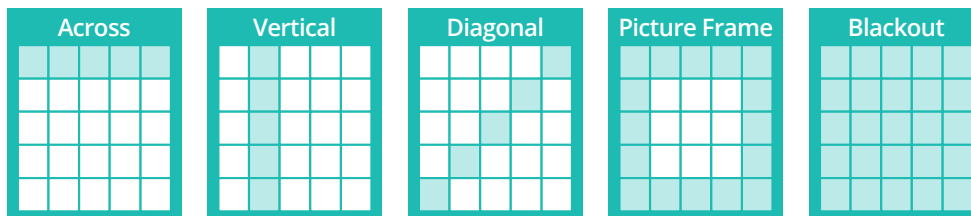
## INSTRUCTIONS:

- Print off the bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.



## TIPS:

- You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or blackout where they try to find every food on the card.



- If you have more than one child with you, kids can either compete against one another—whichever finds five in a row first wins—or work together as a team. This can be especially helpful if you have an older child that can help a younger child.
- Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.