



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Growing Active
READERS

Little Red Riding Hood: A New Fangled Prairie Tale

Target Age: 1st to 5th Grade

About the book:

Little Red Riding Hood: A New Fangled Prairie Tale
by Lisa Campbell Ernst

Publisher: Simon & Schuster

ISBN#: 978-0-689-82191-2

Learning Objectives

- Identify positive examples (smart, strong, creative, etc.) of older adults (65+)
- Recognize that being active contributes to strength

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Activities

- Share your story
- Memory Cookbook
- Baking with Grandparents

Lesson Handouts

- Memory cookbook

Parent Newsletter

- Mentors: Strong and Independent

Intent of Lesson

Introduce participants to an older woman who is active, strong, and smart to provide a more positive older role model. In addition, provide an example of how a healthy lifestyle contributes to quality of life among older adults.

Previewing (5 minutes)

Q. Have you heard of the original story of Little Red Riding Hood?

A. Answers may vary

Q. What happens to the grandmother in the original story?

A. She is tricked by the wolf and eaten. "All right, now let's see what happens to the wolf, Red Riding Hood, and grandmother in this story..."

Active listening (10 minutes)

Listen as the story is being read to find out the ways that grandmother is strong.

Summarizing (5-10 minutes)

Q. Where does this story take place?

A. At the edge of the great prairie

Q. Why does the wolf think he can steal the muffin recipe from Grandma?

A. He assumes that because she is older, it will be easier to trick Grandma.

Q. What is Grandma actually like?

A. Answers may vary, but she is much smarter and stronger than the wolf originally suspects. She is also kind to give him another chance.

Q. Has anyone ever told you that you or too young to do something? How does this make you feel?

A. Answers may vary.



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1 hour

Equipment:

- Dry measuring cups
- Measuring Spoons
- Large Mixing Bowl
- Small Mixing Bowl
- Muffin Tins
- Whisk
- Rubber Spatula

Baking with Family

Ingredients:

- 2 Eggs
- ½ melted butter or margarine (¼ cup butter + ¼ cup applesauce to help cut down the fat)
- 1 cup sugar
- ½ teaspoon almond extract
- 1 cup wheat flour
- 1 cup white flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups blueberries
- ¼ cup sunflower seeds (secret ingredient)

Instructions:

First turn the oven to 350 degrees. In a large bowl, mix together the eggs, butter, sugar, and almond extract. In another bowl, mix the flour, baking powder, and salt. Add that to the egg mixture and stir just until combined. Gently stir in blueberries and the secret ingredient after making sure there are no wolves lurking about. Fill oiled muffin tins ¾ full and bake for about 20 to 25 minutes. These muffins taste best when shared.

Mint Lemonade

This healthy recipe comes from NDSU Extension.

Ingredients

- 5-6 large lemons for 1 c. of juice
- ⅓ c. mint leaves
- ¾ c. sugar
- 8 c. water

Directions

Cut lemons and squeeze juice over strainer into liquid measuring cup. Add mint leaves and one-fourth cup sugar to pitcher and mash together with wooden spoon. Once mashed, add the lemon juice to the pitcher and stir until sugar is dissolved. Pour in water. Add remaining sugar and stir until dissolved. Refrigerate for at least two hours. Strain before serving if desired.



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30 minutes

Connection:

Simulate the energy rush provided in jams and other sweets and then the quick decline in available blood sugar.

Equipment:

- Memory cookbook worksheets (2 pages)
- Pens or markers

Memory Cookbook

Ask students to think of an older adult in their life. Tell the students to write a retelling of Little Red Riding Hood and imagine how the older adult in their life would react to a wolf from the story.

Directions:

1. Have the child work with a trusted older adult like a grandparent or neighbor.
2. Print off the memory cookbook worksheets (2 pages). Print off as many copies as you would like.
3. Staple the sheets together or glue a recipe into a notebook. Make sure there's a blank page at the beginning. This is the cover and have both individuals work together to design the cover.
4. On the recipe page, someone will right down a favorite recipe from the older adult. On the other page, a memory related to that recipe will be shared. For instance, the child could record the older adult talking about how the recipe was passed down or the child and older adult could both right down a memory they shared that food together.



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Memory Cookbook

Recipe

INGREDIENTS

Procedure

01

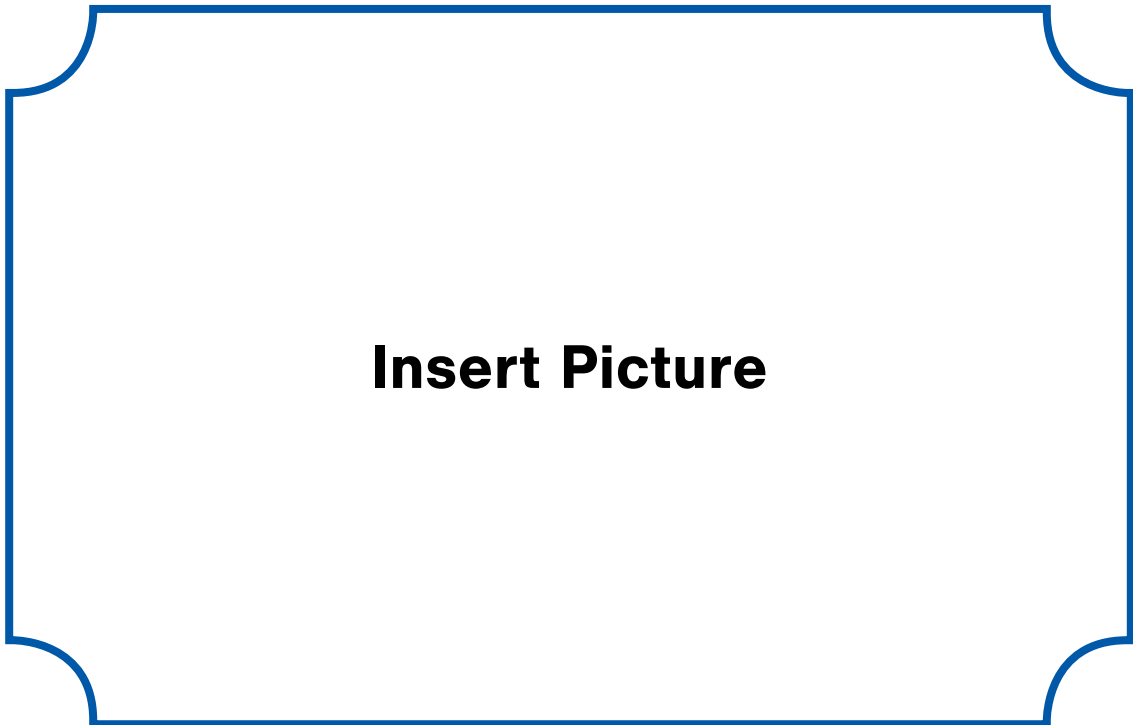
02

PREP TIME

03

04

Memory



Insert Picture



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Little Red Riding Hood: A New Fangled Prairie Tale provides a unique twist on the classic story of Little Red Riding Hood. Grandmother is a strong person who stops the wolf from bullying her and Red. Not only that, she helps the wolf turn over a new leaf and work in her bakery.

Children and older adults (65+) benefit from spending time together. Children do better in school, have better social skills, and are less likely to become involved in risky behaviors, such as drug and alcohol abuse and older adults have better health and wellness outcomes.

Mentors: Strong and Independent

Connecting Children and Older Adults

Older adults are diverse! Some are living in care communities like a nursing home. Others are living in your neighborhood. Connecting children with older adults in a lot of different settings is highly recommended. Below are some ways to connect your child with older adults.

- **Senior Centers:** Contact the center director to see what opportunities might be available for children to spend time with members of the center (painting, bingo, gardening, etc.).
- **Volunteer project:** Identify projects that both children and older adults can do together. As an example, a grandparent and grandchild could deliver meal-on-wheel during summer months.
- **Community projects:** Many communities are looking to improve so they continue to be strong for future generations. Involve children and older adults in some of the activities designed to achieve this goal. For example, if a community wants to become more walkable, include children and older adults in the walk audit.

Thoughts on Aging

How people think about aging and being older is important. Fear of aging can contribute to poor health. Beliefs about aging and older adults develop in childhood. Children learn about aging from the world around them. By connecting children with older role models, you can help them learn the facts on aging so they can age well.

Additional resources:

How Negative Stereotyping affects older people
(sciencedaily.com/releases/2015/01/150129104221.htm)