

Chef Combo's™

ISSUE 10

CONNECTIONS

A Newsletter for Teachers Using
Chef Combo's Fantastic Adventures in Tasting and Nutrition



On the road with Chef Combo

Chef Combo took a short sightseeing break while in Toronto, Ontario, Canada, for the annual conference of the National Association for the Education of Young Children, November 18-21, 1998. In the background is the famous CN Tower.

TEACHER-TO-TEACHER

Nancy O'Toole, Teacher/Director of *Ready Set Grow*, in Grand Rapids, MN developed a game "Dinosaurs Roar," to use with **Munchies with Dinosaur Dip** (page 120). This game helps children identify foods from the Fruit, Vegetable and Meat Groups.



MATERIALS

- Food photos from the Fruit, Vegetable and Meat Groups (use *Food Models** photos, pictures from magazines, or pictures drawn and/or colored by the children).

WHAT TO DO

- Follow steps 1-5 of **Munchies with Dinosaur Dip** activity (page 120).
- Place chairs in a circle. Have all students seated, except one who stands in the center.
- Give each student (including the one standing) a food photo, making sure each child can identify the food, the food group and if it is plant or animal.
- Explain that some dinosaurs were "plant-eaters" and some "meat-eaters." Children with Fruit or Vegetable Group photos will pretend to be "plant-eaters" and those with Meat Group photos will pretend to be "meat-eaters."
- The game begins with the center child as the first "caller." If the "caller" says "plant-eaters," all students with Fruit or Vegetable Group photos move to a different chair. If the "caller" says "meat-eaters," all students with Meat Group photos exchange chairs. If the "caller" says "Dinosaurs Roar," all children give a ferocious roar and everyone, including the center child, moves to a different chair. The child left without a chair is the new "caller."

**Food Models* are colorful, life-size photographs of 185 common foods shown in portion sizes, available through your local Dairy Council®.

BRIEFS



Just Say "Cheese"

Chef Combo never missed a photo opportunity during the NAEYC annual conference on November 18-21. Early Childhood Educators who visited the National Dairy Council® booth brought home souvenir photo folders complete with snapshots of themselves with Chef Combo. Chef Combo even wrote a poem to the children to accompany the souvenir photos of their teachers with the Chef!

Fres-s-s-h for Spring

The American Dietetic Association's 1999 theme is "Take a Fresh Look at Nutrition." You'll help 4- and 5-year old children appreciate the fresh, tantalizing flavors of dairy products, vegetables and other foods when you introduce them to Chef Combo's **Lunchtime** theme. March, National Nutrition Month®, is a perfect time to focus on fresh lunchtime choices from the *Foods from A to Z* poster included with Chef Combo's Update #2. If you have not received Chef Combo's Update #2, which also includes the **Lunchtime** and **Growth** themes, call your local Dairy Council® or 800-426-8271 for the telephone number of the Dairy Council® nearest you.

Give 'em the Breakfast Advantage

Once again, research confirms that children who eat a nutritious breakfast at home or school have higher levels of concentration and energy to learn. Breakfast eaters also demonstrate fewer behavior problems and visit the school nurse less frequently. During School Breakfast Week, March 8-12, 1999, use Chef Combo's recipes for fun, quick, and nutritious breakfasts: **Sprouts Pockets** (page 48), **Milk Blender Special** (page 95), **Truck Driver's Face Sandwich** (page 96), and **Ring Around the Rainbow Parfait** (page 108). March 8 would be the perfect time to send home the **Food Matters Family Newsletter** (page 88 in English or 88A in Spanish) because it's chock full of fresh and nutritious breakfast ideas for families on the move.

Storing the Chef in a SPECIAL SPOT

In order to keep the Chef Combo puppet looking like new, many teachers keep him in a special spot when he's "off duty." We suggest placing him on top of a one-quart plastic milk container. Fill the container with some sand to keep it steady.

Trimming Too Much Fat From Children's Diets Can Negatively Affect Growth

The U.S. Dietary Guidelines provide advice on making healthful food choices to reduce the risk of major chronic disease and ensure the consumption of adequate nutrients. However, the Guidelines target a broad age range: Everyone over the age of two.

While people of all ages need a variety of foods the dietary and nutrient needs for various age groups are different. In fact, even throughout childhood, children's nutritional needs change.

Some adults have misinterpreted the Guidelines, applying inaccurate information to children's eating habits. An area of concern is fat in children's diets. The Guidelines advise limiting fat to less than 30% of total daily calories, but some adults reason that eliminating as much fat as possible must be even better for their children.

Research shows that fat-restrictive diets can be detrimental to children's optimal growth and physical and cognitive development. Children need some dietary fat for essential fatty acids and to help absorb fat-soluble vitamins. Lower fat diets that eliminate or limit meat and milk may not supply adequate nutrients like iron, zinc and calcium to support normal growth and development.

The best advice to adults concerned about child nutrition is to encourage children to try a variety of nutrient-dense foods to achieve a balanced diet. This is consistent with the goals of **Chef Combo's Fantastic Adventures**.

Here are noteworthy recommendations:


- The American Academy of Pediatrics recommends no more than 30% of calories from fat for children over the age of two. To help ensure that fat remains in children's diets, they set 20% as the minimum level of fat intake needed.
- The 1995 Dietary Guidelines Advisory Committee recommended children gradually decrease fat intake between the ages of two to five, to meet the guideline of 30% of calories from fat.
- The American Dietetic Association supports creating separate children's guidelines, stating foods not be restricted due to calorie, fat or sugar content.

Many health care and nutrition professionals want the Year 2000 Dietary Guidelines to further address children's dietary needs as those not eating adequate nutrients may not reach their potential.

References:

American Society for Nutritional Sciences. (Sept. 17-18, 1997) The Role of Dietary Fat in Child Nutrition and Development Workshop.

"ADA Testifies on Revised Dietary Guidelines for Americans." Journal of The American Dietetic Association. April 1995:Vol.95, No.4, pg. 420.

Groziak, S. M. and G. D. Miller, "Dietary Guidelines For Children: Where Are We Heading?" Journal of Nutrition, October 1998. Vol. 128, pps. 1836-1838. 

FROM CHEF COMBO'S BOOKSHELF



Be sure to add these books to your list of favorites in the Related Literature Lists in the **Chef Combo's Fantastic Adventures in Tasting and Nutrition** Teacher Guide.

Nelson, JoAnne. *Little Bunny's Lunch*. Cleveland: Modern Curriculum Press, 1992.



Enjoy lunch with a family of bunnies as they munch and crunch their garden fresh lunch of carrots, cabbage, radishes, turnips, and lettuce. This oversized rhyming book is sure to delight young readers and pre-readers.

Rotner, Shelley and Anne Woodhull. *Colors Around Us*. New York: Simon & Schuster Children's Publishing Division, 1996.



Brighten a dreary day with this visually rich "Lift-the-Flap" book. Every page is splashed with color photos, many of which are of appetizing foods, depicting a different color. Reds never looked so vibrant and warm. Greens and blues never looked so cool.

\$25 FOR IDEAS...

National Dairy Council® welcomes suggestions from newsletter readers for extensions of the current Chef Combo lessons.

We are looking for ideas for manipulations, books, songs, finger plays, etc. that will enhance children's learning by building on one of the existing activities in **Chef Combo's Fantastic Adventures in Tasting and Nutrition**.

Contributors will receive \$25 for each idea published. Be sure to include your name, school, full address, phone number, and current position. All submissions become the property of National Dairy Council.

Send your idea, as well as the name of the specific Chef Combo activity it would go along with, to:

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