

## CONNECTIONS

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



### On the road with Chef Combo

*Chef Combo joined Head Start members in Seattle, WA for the 25th Annual Head Start Association Conference, April 22–25, 1998. A trip to Seattle wouldn't be complete without a visit to Pike Place Market.*

#### BRIEFS



##### Launch the New School Year with Two New Themes

Have you received your copy of the two new themes: **Lunchtime** and **Growth**? If so, let Chef Combo help your students get off to a nutritious start this fall.

- Use the **Chef Combo Likes Lunch** activity (p. 170) to help students identify lunchtime foods that are good for them.
- Use Chef Combo to introduce your school lunch menu. Tuck a copy of the lunch menu in his pocket for fun!
- Practice opposites with **Hot Lunch–Cold Lunch** (p. 171).
- See how many items on the **Foods from A to Z** poster students can recognize.
- Bring out baby clothes in **Growing, Growing, Growing** to remind students how much *they* have grown (p. 176).
- Explore the characteristics of bones with **Milk Grows Bones and Teeth** (p. 177).

To request a copy of **Lunchtime** and **Growth** themes and the **Foods from A to Z** poster, call your local Dairy Council® or call 1-800-426-8271 for the phone number of the Dairy Council nearest you.

##### Chef Combo Gets Glowing Reviews

A recent survey of 400 teachers using the Chef Combo program revealed positive results:

- 99% of the teachers using **Chef Combo's Fantastic Adventures™** said it was "excellent" or "good."
- 94% of those who have read *Chef Combo's Connections* said it was useful.
- The most popular units/themes are:
  - Be Clean and Be Careful**
  - Farm**
  - Five Senses**
- The most popular item in the **Chef Combo's Fantastic Adventures** kit is the Chef Combo puppet.

##### Making a Good Thing Better

Are you an innovative teacher who has experimented with a Chef Combo recipe by changing or adding an ingredient? Send us modifications to Chef Combo's recipes that were hits in your classroom. Use the address on the back of *Connections* or FAX us at 1-800-974-6455.

Be sure to include:

- your name
  - name of your school
  - current position
- (Briefs, continued on back page.)*

### TEACHER-TO-TEACHER

Chef Combo is a regular visitor to Evelyn Dye's kindergarten classroom at Slackwood School in Lawrenceville, NJ. Evelyn has adapted **Five Dairy Cows and Their Dairy Treats** (pp. 49–50) by using larger puppets and creating an original song.



#### MATERIALS

(in addition to those on page 49)

- two wooden craft sticks per student

#### ADVANCE PREPARATION

- Enlarge the Finger Puppet patterns (pp. 54–55) on a photocoppy machine.
- Photocopy one large dairy cow puppet and one large dairy product puppet for each student.
- Mount the puppets on craft sticks.

#### WHAT TO DO

- In Step 2, instead of giving students finger puppets, substitute enlarged puppets on craft sticks.
- In Step 4 have students sing "These Are the Foods from the Milk Group" and hold up puppets during the refrain.

**"These Are the Foods from the Milk Group"** (to the tune of "My Bonnie Lies Over the Ocean")

#### Refrain:

*These are the foods from the Milk Group  
Healthy for you and for me  
These are the foods from the Milk Group  
For strong bones and teeth we agree.*

**Verse 1:** *Milk, milk, milk, milk, milk is just what we need, we need,  
Milk, milk, milk, milk, milk is good, yes indeed, indeed.*

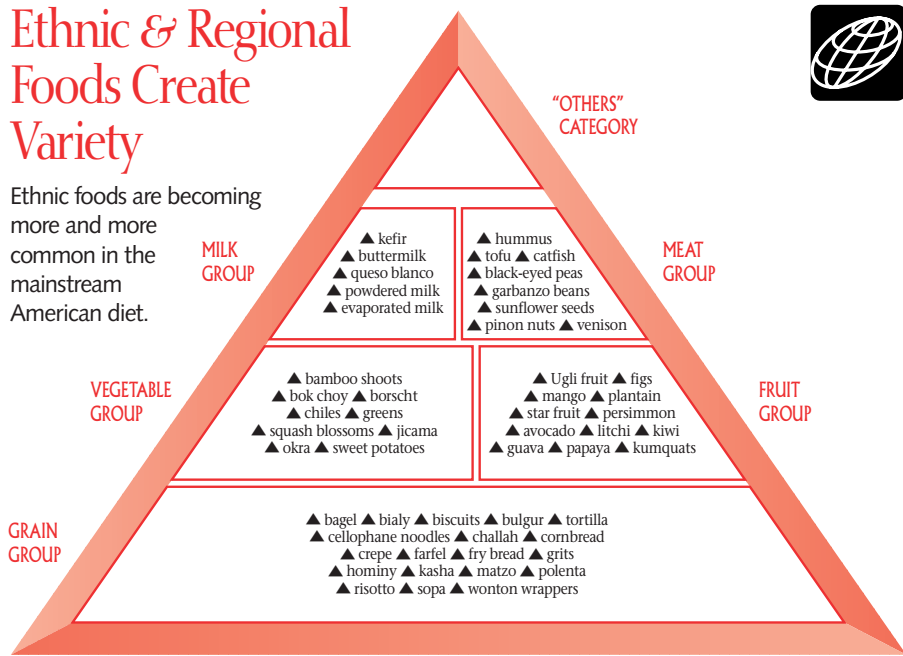
**Verse 2:** *Yogurt, yogurt, yogurt is just what we need, we need,  
Yogurt, yogurt, yogurt is good, yes indeed, indeed.*

**Verse 3:** *Cheese, cheese, cheese, cheese, cheese is just what we need, we need,  
Cheese, cheese, cheese, cheese, cheese is good, yes indeed, indeed.*



# Ethnic & Regional Foods Create Variety

Ethnic foods are becoming more and more common in the mainstream American diet.



## Did you know that these foods are:

- Nutritious. They are found in each of the Five Food Groups.
- A way to help children meet their nutritional needs.
- Easy to find and easy to prepare.
- A way to better understand and appreciate different cultures.
- A great way to add variety to the diet.
- A way to get parents involved in your nutrition lessons.

Look at the foods listed on the **Food Guide Pyramid** above.

Use this list, along with the **Foods from A to Z** poster, to help children identify nutritious foods from other cultures. 📖

(Briefs continued)

- school address
- school phone
- name of recipe you modified
- page number that the recipe appears on in **Chef Combo's Fantastic Adventures**
- the ingredients added or changed

If we publish your modification, you will receive \$25. All submissions become the property of National Dairy Council® 📖

## \$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.

## FROM CHEF COMBO'S BOOKSHELF



Here are two more books to add to the Related Literature

Lists in **Chef Combo's Fantastic Adventures in Tasting and Nutrition Teacher Guide**. 📖

Peterson, Polly. *School Lunch*. Parsippany, NJ: Modern Curriculum Press, 1997. Every young-and-ready reader will be hungry for lunch after sharing *School Lunch*. This pre-primer's pictorial features colorfully lifelike illustrations of lunchtime favorites from a child's perspective on a lunch tray. Sight words on each page support pre-reading skills.

Reeves, Barbara. *A Day at Our Dairy Farm*. Cleveland: Modern Curriculum Press, 1994. 📖

This well-photographed book makes a day at a dairy farm a very real experience. Readers begin the day at sunrise with Matt as he works with his family on their dairy farm. Feeding, washing, and milking the cows are only part of the dairy farmer's job. Interesting discoveries are in store for children and adults alike in this informative beginner book.

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

**Chef Combo Newsletter**  
c/o Nutrition Education  
National Dairy Council  
10255 West Higgins Road, Suite 900  
Rosemont, IL 60018-5616  
FAX: 1-800-974-6455