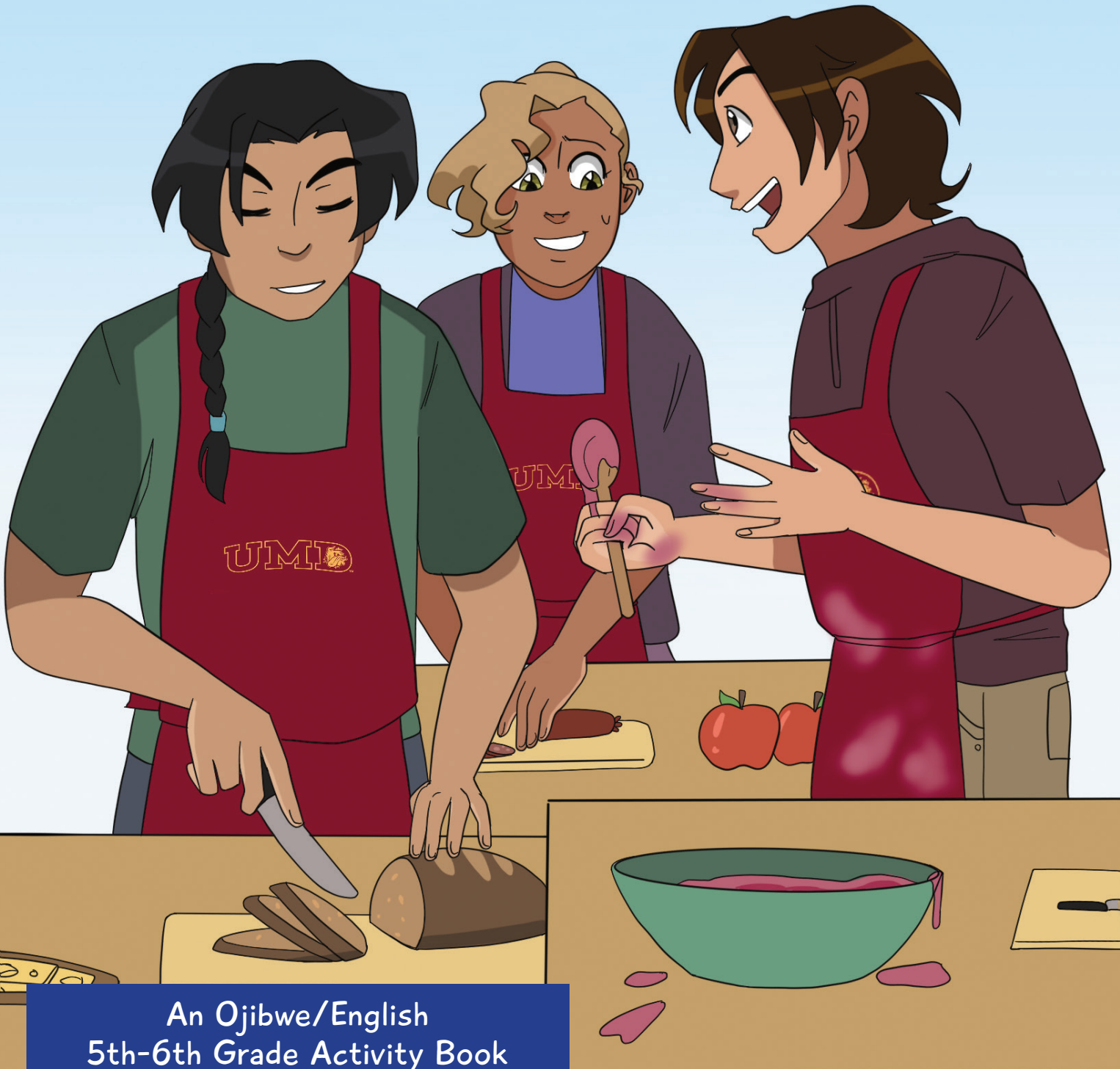


Minwanjige Mino-bimaadizi

"Eat Well, Live Well"



An Ojibwe/English
5th-6th Grade Activity Book



Minwanjige Mino-bimaadizi

(Eat Well, Live Well)

An Ojibwe/English
5th-6th Grade Activity Book

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Boozhoo! Melvin nindizhinikaaz.
Makwa nindoodem, Asabiikone-zaaga'iganiing.

*Hello. My name is Melvin,
from Bear Clan. I am
from Nett Lake!*

Boozhoo!
Hello!



Avery

Melvin

Janell

Boozhoo!

Introduce yourself:

- _____ nindizhinikaaz
- _____ nindoodem
- _____ nindoonjibaa

Nindizhinikaaz- My name is...
Nindoodem- My clan is...
Nindoonjibaa- I am from...

Portion vs. Serving Size

Portion size and serving size are not always the same.

Portion size is the amount of food a person decides to eat in one sitting.

Serving size is a recommended amount of food found on the food label.

Notice that according to the package, the box contains about 9 servings.

Each serving size is 1 1/4 cups of cereal. The nutritional facts on the box are what are in one bowl of 1 1/4 cup of cereal.

Now go look in your cupboard or refrigerator, find two food items you enjoy. Look at the food label and answer the questions below.

ITEM ONE

- What is the food item? _____
- What is the suggested food serving? _____
- How many calories in one serving size? _____
- How many servings in each package? _____

ITEM TWO

- What is the food item? _____
- What is the suggested food serving? _____
- How many calories in one serving size? _____
- How many servings in each package? _____

Nutrition Facts

About 9 servings per container
Serving size 1 1/4 cup (61g)

| Amount per serving | |
|---------------------------------------|------------|
| Calories | 190 |
| <small>% Daily Value*</small> | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 240mg | 11% |
| Total Carbohydrate 48g | 17% |
| Dietary Fiber 9g | 31% |
| Soluble Fiber 1g | |
| Insoluble Fiber 7g | |
| Total Sugars 20g | |
| Includes 9g Added Sugars | 19% |
| Protein 0g | |
| Vitamin D 2mcg | 10% |
| Calcium 30mg | 2% |
| Iron 10.8mg | 80% |
| Potassium 340mg | 8% |
| Vitamin A | 35% |
| Thiamin | 60% |
| Riboflavin | 50% |
| Niacin | 40% |
| Vitamin B6 | 50% |
| Folate 350mcg DFE (215mcg folic acid) | 90% |
| Vitamin B12 | 90% |
| Pantothenic Acid | 10% |
| Phosphorus | 20% |
| Magnesium | 25% |
| Zinc | 30% |
| Copper | 30% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Exercise your brain!

To stay healthy, think about the number of calories you eat.

CHIPS

- What is the suggested food serving? 15 Chips
- How many calories in one serving size? 160 Calories
- How many servings in each package? 2.5 Servings
- If you eat the whole bag of chips, how many calories did you eat? _____



One Large Apple has 130 calories, 0 calories from fat.

SPORTS DRINK

- What is the suggested food serving? 12 ounces
- How many calories in one serving size? 80 Calories
- How many servings in one bottle? 2.5 servings
- If you drink the whole bottle, how many calories did you drink? _____



A glass of water has 0 zero calories, 0 from fat.

Nutrition Facts

About 2.5 servings per container

Serving size 15 Chips (28g)

Amount per serving 160

Calories 410

| Amount per serving | |
|-------------------------------|-----|
| <small>% Daily Value*</small> | |
| Total Fat 10g | 13% |
| Saturated Fat 7g | 7% |
| Trans Fat 0g | 0% |
| Cholesterol 0g | 0% |
| Sodium 170g | 7% |
| Total Carbohydrate 15g | 6% |
| Dietary Fiber | 5% |
| Total Sugars less than 1g | |
| Includes | |
| Protein 2g | 5% |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 2% | 2% |
| Potassium 350mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

About 2.5 servings per container

Serving size 12fl oz

Amount per serving 80

Calories 190

| Amount per serving | |
|-------------------------------|-----|
| <small>% Daily Value*</small> | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0g | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 21g | 8% |
| Dietary Fiber | 0% |
| Total Sugars 21g | 41% |
| Includes | |
| Protein 0g | 0% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0% | 0% |
| Potassium 50mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fruits and vegetables do not have nutrition values printed on them. Here is a link to find nutritional information on foods that do not have a label. <https://www.fda.gov/food/food-labeling-nutrition/nutrition-information-raw-fruits-vegetables-and-fish>

Nindonaagan

My Plate

It is important to have a balanced diet. The MyPlate design is an easy way for us to make sure we are getting all of the food groups we need in our meals. As long as you have the right amount of food on each part of the plate, you are able to include what you like!

For young growing people ages 9-13, MyPlate includes:

Fruits 1 ½ -2 cups. Fruit can be fresh, canned, frozen or dried.

Vegetables 1 ½ -3 ½ cups. Vegetables can also be fresh, canned, frozen or dried.

Protein 4- 6 ½ of ounces. This can include seafood, lean meat, eggs, beans, soy products. Protein even includes unsalted nuts or seeds such as squash, pumpkin or sunflower seeds!

Grains 5- 9 ounces. Varieties of grains are whole wheat bread, oatmeal, unbuttered or lightly salted popcorn, quinoa, or brown and wild rice. Keep in mind that refined grains such as white bread, pasta and rice should be limited.

Dairy 3 cups of fat-free or low-fat milk, yogurt, cheese, or fortified soy beverages.

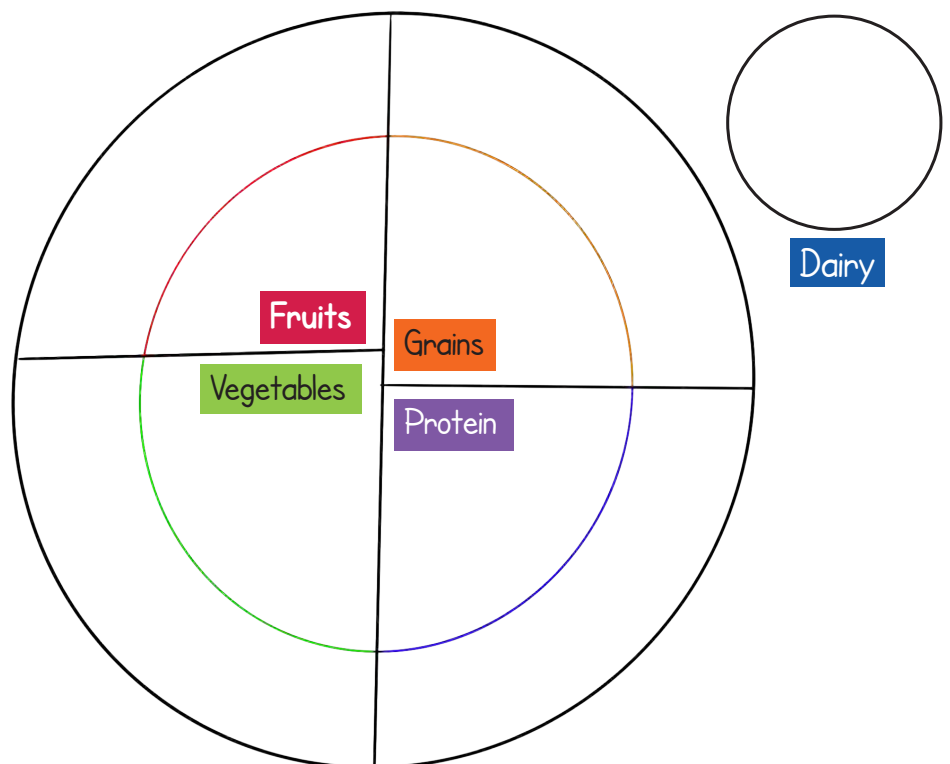
Depending on how active you are and how fast you are growing, it's recommended that you eat 1,200-2,200 calories each day. You can ask an adult to help you decide what is right for you.

Create your own balanced MyPlate dinner meal. What are you going to choose to have on yours?

Draw your foods on the blank plate



Brain Challenger:
What is a refined grain?



Nandawaabandan Ikidowin

Word search

Below are words that are commonly found on food labels. We will be exploring these words throughout this book. Find the hidden words in the puzzle!



N A D J K N V J Z T S O J E Z
L Y B Y H C M I V P O S J L R
J I T W C A K Y O C D F G M Z
V S C P T T N H P H I H L C T
T U A E C P N M D O U F U A R
L G R C R O S O R L M U X L A
I A B L I T Q C L E P V K O N
W R O J V A G A M S R I T R S
T S H L U S T L B T O R N I F
K Q Y A N S D C N E T O B E A
G K D V M I J I K R E N O S T
M S R L D U Q U Z O I M Q T Y
F N A B K M K M Q L N D K V Y
O I T Y E H U H D I Q N H R O
G W E Z B A Y R S S A K J C E

carbohydrate

cholesterol

calories

potassium

trans fat

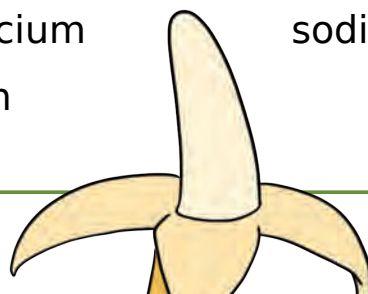
calcium

sodium

sugars

protein

iron



EXPLORING the Food Label

- 1 How many cookies are in a serving size?

- 2 How many servings are in the package?

- 3 How many cookies are in a package?

- 4 How many cookies do you have for a snack?

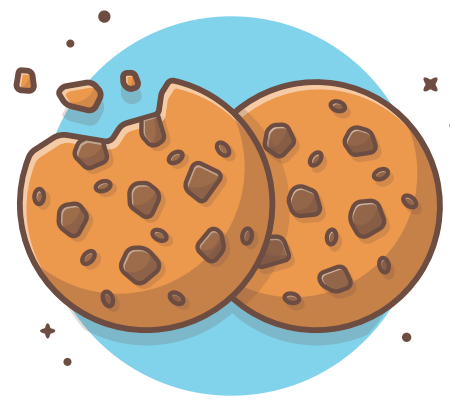
- 5 What is the first ingredient listed in the ingredient list?

** Ingredients are listed in the order of the amount contained in the product, so the first item on the list is the main ingredient in the food.**

- 6 How many grams of sugar per serving?

- 7 How many teaspoons of sugar per serving?
HINT: there are 4 grams of sugar per teaspoon).

- 8 About how many teaspoons of sugar are in each cookie?



Nutrition Facts

About 12 servings per container

Serving size 3 cookies (34g)

Amount per serving

Calories 160

% Daily Value*

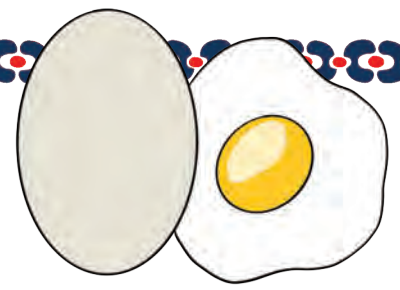
| | |
|-------------------------------|-----|
| Total Fat 7g | 9% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 7% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 1g | |
| Total Sugars 12g | |
| Includes 12g Added Sugars | 24% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 1.6mg | 8% |
| Potassium 0mg | 0% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOWER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM AND SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, SODIUM BICARBONATE (LEAVENER), SALT, ARTIFICIAL FLAVORS, SOY LECITHIN, CHOCOLATE CONTAINES SOY, WHEAT

Debwewin/Wanimo

True or False



Test your nutrition knowledge! Decide whether you think the statements are true or false. The answers are at the bottom of the page.

- 1 Only people with medical conditions, such as high blood pressure and diabetes need to eat healthy.

True False

- 2 Natural sugars and added sugars are the same.

True False

- 3 Carbohydrates are bad for you.

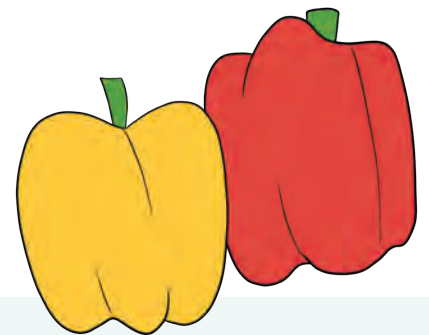
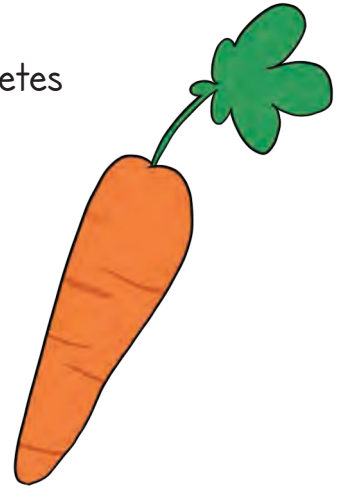
True False

- 4 All fats are the same.

True False

- 5 Both canned and frozen veggies and fruits are nutritious.

True False



ANSWERS

- 1 **False.** Eating healthy is good for everyone. Eating healthy enhances growth and development. A balanced diet also helps with managing medical conditions.
- 2 **False.** Fruits and milk are sources of natural sugar; they are also loaded with vitamins and minerals. Sugars that are added to foods and beverages add calories but lack nutrients.
- 3 **False.** Carbohydrates are the body's main source of energy. Unprocessed carbohydrates are packed with vitamins and minerals. Examples- veggies, quinoa, barley, legumes, and whole grains. Refined carbohydrates tend to spike blood sugar levels, giving you energy only to crash and feel tired quickly. Examples- items with added sugar, white bread, pastries, and items made with white flour. Also, they usually lack vitamins and minerals.
- 4 **False.** Our bodies need good fats! Healthier fats come from plant-based sources (avocados, nuts and oils) and fish (salmon, tuna, trout). Saturates (come from animal products like meat, dairy and eggs) and trans-fats (processed foods, donuts, fried foods) should be limited.
- 4 **True.** Frozen and canned fruits and veggies can be just as good for you as fresh produce, but look at the food label to check that there is not added sugars or sodium.



Wiingipogwad gaye Minwaabikad

Nutritious and Delicious

Melvin is on a mission to pick up the most nutritious and delicious food. Help Melvin find his way through the maze and leave with a bag of the awesome foods! Melvin can move up, down or side to side.



| | | | | |
|------------|----------------|--------------|----------------|-------------------|
| Strawberry | Glass of Water | Pizza | Fried Chicken | Chips |
| Cookies | Cherries | Donut | Soda | Cupcake |
| Milk | Fish | French Fries | Candy | Cotton Candy |
| Banana | Pie | Grapes | Hot Dog | Cheese |
| Nuts | Corn | Apple | Cottage Cheese | Whole Wheat Bread |



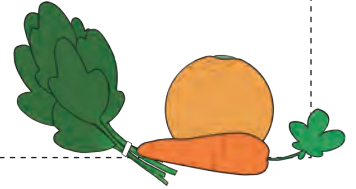
Don't Forget to Take Your Vitamins!

Our bodies need vitamins and minerals to work properly. A balanced plate ensures that the vitamins and minerals we need are packed in the foods we eat.

VITAMIN A

Vitamin A plays a big part in eyesight. It's great for night vision and helps you see colors. It also boosts your immune system to help your body fight infections.

Milk fortified with vitamin A, liver, orange fruits and vegetables (like cantaloupe, carrots, sweet potatoes), dark green leafy vegetables (like kale, collards, and spinach)



VITAMIN B

The B vitamins help make energy and set it free when your body needs it. The B's also help make red blood cells. Red blood cells have the very important job of carrying oxygen throughout your body.

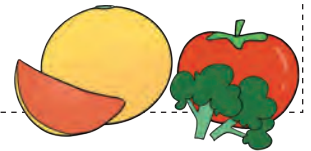
Whole grains, such as wheat and oats, fish and seafood, poultry and meats, eggs, dairy products, like milk and yogurt, leafy green vegetables, beans and peas



VITAMIN C

Vitamin C is important for keeping body tissues, such as gums, bones, and blood vessels in good shape. Vitamin C helps to make it a little harder for your body to become infected with certain illnesses.

Citrus fruits, like oranges, cantaloupe, strawberries, tomatoes, broccoli, cabbage, kiwi fruit, sweet red peppers



VITAMIN D

Vitamin D is the vitamin you need for strong bones and teeth!

Milk fortified with vitamin D, fish, egg yolks, liver, fortified cereal



VITAMIN E

Vitamin E protects your cells and tissues from damage. It is also important for the health of red blood cells.

Whole grains, such as wheat and oats, wheat germ, leafy green vegetables, vegetable oils like sunflower, canola, and olive, egg yolks, nuts and seeds



VITAMIN K

Vitamin K helps your blood clot. Clotting is when certain cells in your blood act like glue and stick together at the surface of the cut to help stop the bleeding.

Leafy green vegetables, dairy products, like milk and yogurt, broccoli, soybean oil



Wendad Gigizhebaa-wiisiniwin

Easy and fast breakfast

Breakfast fuels us until lunch. Sometimes we are short on time and want to grab something quick. Here are some quick and healthy ideas!

Microwave Denver Scrambler Sammie

What you will need:

- 1 tablespoon chopped onion
- 1 teaspoon of water
- 2 tablespoons chopped red or green bell pepper
- 1 egg
- 1 slice of deli ham (chopped)
- 1 whole wheat English muffin



Directions

- 1 Mix peppers and onions in a small microwave safe bowl. Microwave on high for 30 seconds.
- 2 Add egg, ham and water to your peppers and onions. Beat all the ingredients until blended.
- 3 Microwave for 30 seconds, stir, and microwave for another 30 seconds.
- 4 Put eggs on whole wheat muffin and enjoy!

Two-Ingredient Banana Pancakes

What you will need:

- 2 large eggs
- 1 large banana

Directions

Blend the eggs and banana until smooth. Heat a nonstick pan over medium heat. Drop a tablespoon of the batter in the pan and cook until golden brown, 1-2 minutes per side.

Protein Word Scrambler

Unscramble the words to make a protein to add to your plate to keep it balanced.

1 G G E

□ □ □

2 S L I N T E L

□ □ □ □ □ □

3 I E N C K C H

□ □ □ □ □ □

4 S I F H

□ □ □ □

5 T U P N A E R T B U E T

□ □ □ □ □ □ □ □ □ □ □ □

6 G T A O T C E E H E C S E

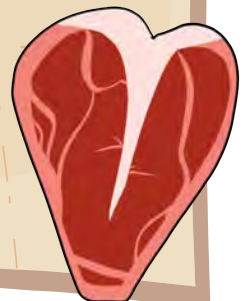
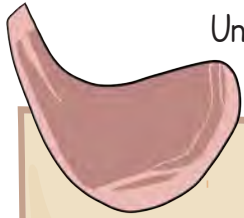
□ □ □ □ □ □ □ □ □ □ □ □

7 Y K T U R E

□ □ □ □ □ □

8 B E F E

□ □ □ □



Nawapwaanike

Packing a Lunch

Have you ever tried packing your own lunch? You can get creative, try new foods and impress your friends with your awesome cooking skills!

Here are a few ideas.

Mason Jar Taco Salad

Cilantro - lime dressing:

- 1 tablespoon apple cider vinegar
- Juice from one lime
- 1/2 cup fresh cilantro, loosely packed
- 1/4 cup nonfat plain Greek yogurt
- 1 teaspoon honey

Salad:

- 1/4 cucumber, diced
- 1/2 cup black beans
- 1 roma tomato, diced
- 1/4 cup corn
- 3 cups greens
- 1/4 avocado, diced
- 1 tablespoon shredded cheddar cheese



Directions

- 1 Blend the ingredients for the salad dressing until smooth. Pour into the bottom of a quart-sized mason jar (wide-mouth works best for filling and eating out of).
- 2 Then layer the ingredients in order listed starting with cucumbers, then black beans, tomato, corn, red pepper, greens, avocado, and finally, cheese.
- 3 Secure the lid, and store in the fridge for up to five days. You can also pack a small container of tortilla chips to crumble on top when you're ready to eat.

Avocado Chicken Salad

- 1/4 avocado
- 2 tablespoons plain yogurt
- 1 teaspoon lemon juice
- 3/4 cup shredded chicken, precooked
- Whole wheat bread
- 2 slices tomato

Directions

- 1 In a small bowl, mash the avocado together with yogurt and lemon juice until completely combined. Then add chicken, mix until chicken is coated.
- 2 Spread the salad on whole wheat bread and top it with tomato slices.



Minwaabikad (Nutrition) Code Breaking

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| A | B | C | D | E | F | G | H | I | J | K | L | M |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

1 This mineral helps build bones and keeps them healthy, helps our blood to clot, our muscles to contract, and our heart to beat.

3 1 12 3 9 21 13

2 These are in foods that help provide energy so that our bodies can function. This means that we need to eat a limited amount of these to sustain life. To be healthy, we should keep in mind how much of these we eat.

3 1 12 15 18 9 5 19

3 It is one of the unhealthy fats, along with trans -fat. These fats are most often solid at room temperature. Foods like butter, palm and coconut oils, cheese, and red meat have high amounts of this kind of fat.

19 1 20 21 18 1 20 5 4 6 1 20

4 This is the amount of food recommended a Nutrition Facts label. You will see this amount with MyPlate food groups.

19 5 18 22 9 14 7 19 9 26 5

5 This is the amount of a food you choose to eat, which may be more or less than a serving size.

16 15 18 20 9 15 14 19 9 26 5

6 The sugars, starches and fibers found in fruits, grains, vegetables and milk products. One of the basic food groups, eaten in balance with the other food groups is essential to a healthy diet.

3 1 18 2 15 8 25 4 18 1 20 5 19

Bagaani-bimide gaye Baashkimasigan!

Peanut Butter and Jelly!

Snacks can be more enjoyable when you get creative making them. Here are a few ideas when you are craving peanut butter and jelly!

Peanut Butter and Jelly Apple Sammies



What do I need?

- Apple
- Peanut Butter or almond butter
- Jelly
- Small Cookie Cutter

Directions

- 1 Slice apples into $\frac{1}{4}$ inch rounds. Use the cookie cutter to cut out the core of the apple.
- 2 Spread peanut butter and jelly on the slices, then cover with another slice of apple. Enjoy!

Get fancy with PB & J sushi rolls (no fish needed)



What do I need?

- 2 slices of whole wheat bread
- Peanut Butter or almond butter
- Jelly

Directions

- 1 Remove the crust from bread. Use a rolling pin to flatten the bread.
- 2 Spread peanut butter and jelly on the bread then roll it up tight.
- 2 Cut into 2-inch pieces. Grab your chopsticks and give them a try!

Peanut Butter and Jelly Tacos



What do I need?

- Two slices of whole wheat bread
- Peanut Butter or almond butter
- Jelly
- 1 cup of chopped strawberries and blueberries
- 5 crushed graham crackers
- 1 teaspoon of honey

Directions

- 1 Use a small bowl or large glass to cut the bread into rounds
- 2 Spread peanut butter and jelly on the bread rounds. Then add a scoop of fruit mix and graham cracker crumbs.
- 3 Drizzle honey. Fold like a taco and enjoy like a taco!

Mix it up a bit! Try replacing the jelly with a teaspoon of maple syrup or honey!



Minozekwe

They cook well



Food Sudoku Puzzle

UP FOR SOME FUN THAT WILL CHALLENGE YOUR MIND?

You may have tried Sudoku with numbers BUT have you tried Sudoku with food items? Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Rules for the game

A food can only occur once in a row, column, or square.

In the first puzzle you'll see:

A row highlighted in red.

A column highlighted in blue.

A 3x3 square highlighted in green.

It's a good idea to do sudoku using a pencil.



DID YOU KNOW?

To solve a Sudoku puzzle, look for open spaces where rows, columns or squares already have enough other letters filled in so you can easily figure remaining letters. The more squares you fill in, the easier the puzzle is to finish!

| | | | | | | | | |
|-----------|--------|--------|--------|-----------|-----------|--------|-----------|-----------|
| Deer | | Bread | | | | | | Ice Cream |
| | | | | Ice Cream | | | | |
| Ham | Cheese | | Fish | | Bread | Apple | Deer | Greens |
| | | Fish | | | | | | Ham |
| Bread | | Cheese | Apple | | Ice Cream | Fish | | Deer |
| | | | Bread | | Deer | Cheese | | |
| Fish | Apple | Deer | Greens | | | | Ice Cream | |
| | Ham | | | Deer | | Greens | | |
| Ice Cream | | | | | | Apple | Eggs | |

- A = Apple
- B = Bread
- C = Cheese
- D = Deer
- E = Egg
- F = Fish
- G = Greens
- H = Ham
- I = Ice Cream

Fast Food

In the last 50 years we have started to eat fast food more often and portion sizes have gotten larger:

Eating fast food often can cause health problems. When we eat fast food and don't exercise regularly, our health can be affected. For example, the calories, high carbohydrate, salt and fat content, and large portion sizes of fast foods can lead to high blood pressure, obesity, diabetes, heart disease and other health issues.

A calorie is a unit of energy. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.

The number of calories we eat everyday depends on such things as our age and activity level.

Here are the suggested calories for different age groups:



- 1 Jared is 10 years old, according to the chart, how many calories are suggested for Jared each day?

- 2 The average fast food meal is 836 calories. If Jared eats a fast food meal, how many calories are left to fill up him up for the rest of the day? _____ calories each day - 836 calories = _____
- 3 The largest fry bread taco in the world was made at Black Bear Casino in Carlton, MN. It weighed 2,014 pounds! The average frybread taco you would get at a pow wow has about 675 calories. It would take you between 4-5 hours of walking to burn off the calories in that one fry bread taco! If Josie eats two fry bread tacos, how long would she have to walk to burn them off? _____

Teriyaki Chicken Stir Fry

It is fun to try new recipes and new foods! Here is a recipe to cook with the help of an adult!

There are many choices for new and creative healthy recipes. Have fun searching the internet to find endless ideas for balanced meals.



To make Teriyaki Chicken, what do I need?

- 1 pound boneless, skinless chicken breast
- 1 $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup soy sauce
- $\frac{1}{4}$ cup water
- 1 small garlic clove, grated
- 1 teaspoon grated fresh ginger
- 1 teaspoon vegetable oil
- 1 cup of cooked rice or riced cauliflower

Instructions

- 1 Place the chicken in a large gallon size zip bag. On a large cutting board use a rolling pin to pound chicken breast to $\frac{1}{4}$ inch thickness. Remember to wash your hands after handling the chicken.
- 2 In a medium-sized bowl, combine the honey, soy sauce, water, grated garlic, and ginger. Add the sauce to the chicken and seal the bag, make sure it's tight and won't leak. Shake the bag to combine the chicken and sauce.
- 3 Keep the chicken and sauce in the bag and refrigerate it for 30 minutes to 2 hours to marinate.
- 4 In a large pan, heat the oil over medium-high heat. Remove only the chicken from the bag and carefully place it in the pan, cook it for about 3 minutes per side.
- 5 Once the chicken is browned on the outside and is fully cooked (internal temperature 165 degrees), remove from the pan and set aside onto a plate.
- 6 Pour the marinade from the bag into the skillet and bring it to a low boil. Reduce the heat to low, and simmer for about 2 minutes or until the sauce is thickened. Remove the skillet from heat and add the chicken.
- 6 Serve your teriyaki chicken with rice or riced cauliflower and your choice of steamed vegetables. Enjoy!

HMMMM, WHY MARINATE?

A marinade adds flavor to foods and makes them more tender. Yum

Wiishkoban

Sweet

Use the word from the box below to finish the sweet facts about maple syrup.

All-natural
Antioxidants
Sweetener

Negwaakaan
Minerals
Forty



_____ is the age a tree can be tapped at, trees younger can be harmed if tapped before this age.



Anishinaabe uses syrup as an all-purpose _____, which is a healthier choice than sugar cane.



The Ojibwe word used for the tap the sap comes out of is _____



Maple syrup contains _____ including calcium, magnesium, potassium, and zinc.



_____ help reduce stress in the body and are found in maple syrup.



Maple syrup is an _____ food.

Maple syrup tip:

Try replacing your sweetener with maple syrup. Try it in your teas, or in juices or on your oatmeal. Another treat to try is on your wild rice with fresh strawberries and blueberries.




Taking Time to Enjoy!


Try this! Choose a beverage you like, maybe a tea or a juice. What are your favorites? Do you ever REALLY take some time to think what you experience as you drink it?


Use your five senses as you explore what you are drinking: see, feel, smell, taste, and listen to as you drink your beverage.

Write your answer down and take a look at them after you finish.


Pick your cup up but don't put it in your mouth yet.


Look  What does it look like? Is it colorful? Is it light or dark? Can you see through it?

Feel  What does it feel like? Is it hot or cold? Is it in a cup or glass?

Smell  What does it smell like? Does it have a strong smell? Does it smell like a fruit or a plant? Does it smell sweet?

Now put the cup to your mouth and take a sip.

Taste  How does it taste? Is it sweet? What does the taste remind you of?

Feel  How does it feel in your mouth? Is it hot or cold? Is there pulp or is the texture smooth and thin?

What are some other words you would use to describe your beverage?

Take your time as you drink your beverage. It can be interesting and relaxing. Enjoy!

Try this with food, too!

Gitige

Gardening

Ojibwe people used to plant their gardens in the spring. They would grow squash, corn, beans and other plants to provide some of the food they needed to live. They also gathered plants found in the woods.

We can create our own gardens! This can be done whether you have a large backyard or a small spot in front of your home. Growing your own food and preparing it for a meal is an amazing accomplishment.

Here's an idea for creating a garden in a small amount of space:

Large plastic buckets work well for growing your plants. They don't take a lot of room and they can be moved around so plants can get sunlight.

Tomatoes, peppers, cucumbers, melons, carrots, beets, lettuce, beans and radishes are good choices for what to grow in your buckets.

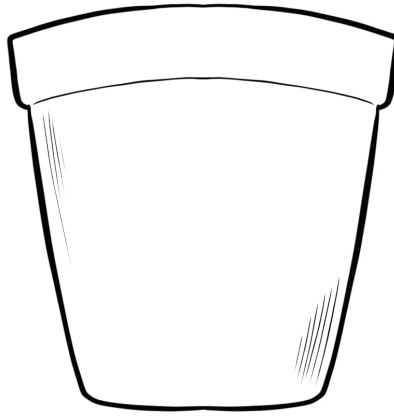
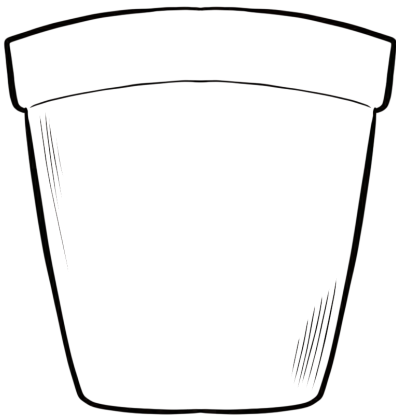
Creating your garden:

- 1 Use a 5 gallon bucket for each plant and make holes in the bottom so water can drain when needed.
- 2 Add three inches of gravel to the bottom of the buckets to help with drainage.
- 3 Fill the rest of the bucket with planting soil. Then plant your seeds! Seed packages tell you how deep to plant them.
- 4 Make sure you water the plants on dry days.





In the buckets provided below, make a plan for your garden!

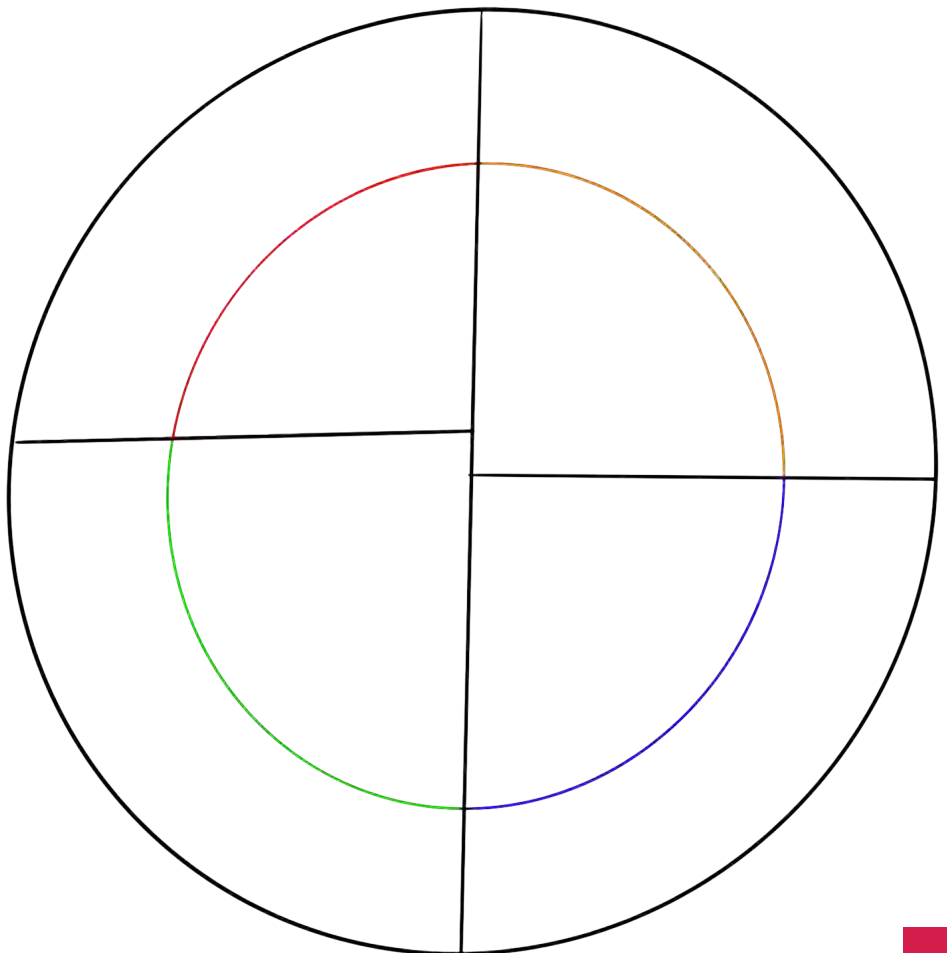


Now that you have grown the food. What will you make with the food?

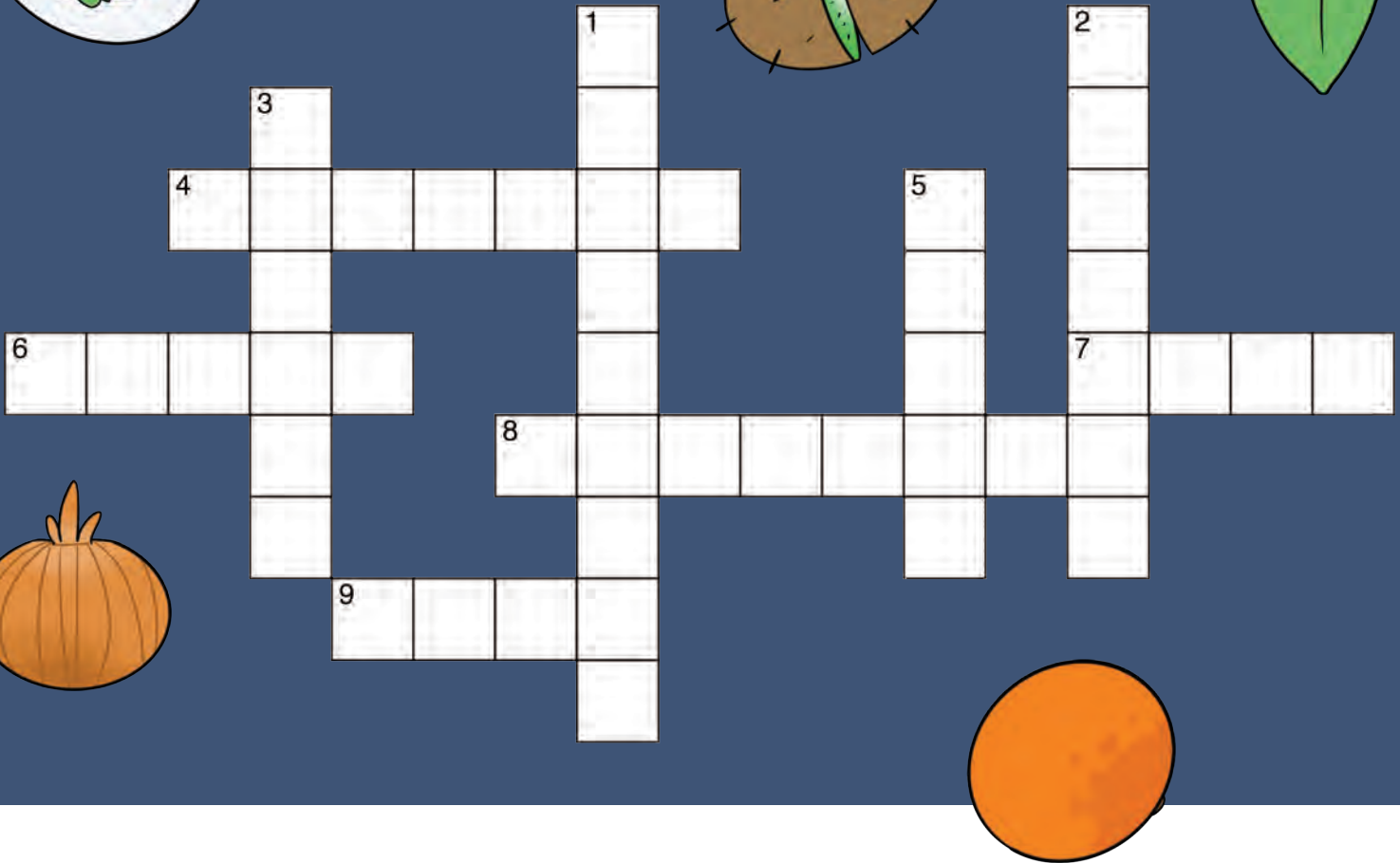
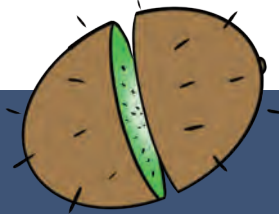


Plan a meal with the food. Draw it on the plate... and remember to make sure the plate is balanced with all the food groups!

Not all the food on the plate must come from your garden!



Veggie and Fruit Crossword Puzzle



ACROSS

- 4 Dried grapes are called _____.
- 6 Tomatoes, cucumbers, and lettuce make a tasty _____.
- 7 I am fuzzy on the outside, green and sweet on the inside.
- 8 This vegetable looks like a small tree.
- 9 This vegetable grows on the ear.

DOWN

- 1 Looks like an orange but smaller.
- 2 Extremely popular at Halloween and the seeds are delicious when roasted.
- 3 Monkeys love them.

Puzzle Solutions

PAGE 5 Word Search

N A D J K N V J Z T S O J E Z
 L Y B Y H C M I V P O S J L R
 J I T W C A K Y O C D F G M Z
 V S C P T T N H P H I H L C T
 T U A E C P N M D O U F U A R A
 L G R C R O S O R L M U X L A R
 I A B L I T Q C L E P V K O N S
 W R O J V A G A M S R I T R S
 T S H L U S T L B T O R N I F
 K Q Y A N S D C N E T O B E A
 G O D V M I J I K R E N O S T
 M S R L D U Q U Z O I M Q T Y
 F N A B K M K M Q L N D K V Y
 O I T Y E H U H D I Q N H R O
 G W E Z B A Y R S S A K J C E

PAGE 6 Exploring the Food Label

- 3 cookies
- About 12
- 36 cookies
- Your answer; think about how many cookies you would eat each time you would go for a snack of cookies.
- Unbleached enriched flour: What does that mean? The words "unbleached," "enriched" and "wheat" seem like they refer to a nutritious, whole and minimally processed food. This just means that the wheat is highly processed and is not the same as whole wheat, which is better for your body.
- 12 grams
- 3 teaspoons
- Each serving size is 3 cookies with 3 teaspoons. So, the answer is 3 cookies/3 teaspoons = 1 teaspoon per cookie.

PAGE 8 Nutritious and Delicious

| | | | | |
|------------|----------------|--------------|----------------|-------------------|
| Strawberry | Glass of Water | Pizza | Fried Chicken | Chips |
| Cookies | Cherries | Donut | Soda | Cupcake |
| Milk | Fish | French Fries | Candy | Cotton Candy |
| Banana | Pie | Grapes | Hot Dog | Cheese |
| Nuts | Corn | Apple | Cottage Cheese | Whole Wheat Bread |

PAGE 11 Protein Word Scrambler

- EGG
- LENTILS
- CHICKEN
- FISH
- PEANUT BUTTER
- COTTAGE CHEESE
- TURKEY
- BEEF

PAGE 13 Code Breaking

- Calcium
- Calories
- Saturated Fat
- Serving size
- Portion Size
- Carbohydrates

PAGE 17 Food Sudoku Puzzle

| | | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Deer | Fish | Bread | Cheese | Apple | Greens | Eggs | Ham | Ice Cream |
| Greens | Eggs | Apple | Deer | Ice Cream | Ham | Bread | Cheese | Ice Cream |
| Ham | Cheese | Ice Cream | Fish | Eggs | Bread | Apple | Deer | Greens |
| Apple | Deer | Fish | Eggs | Greens | Cheese | Ice Cream | Bread | Ham |
| Bread | Greens | Cheese | Apple | Ham | Ice Cream | Fish | Eggs | Deer |
| Eggs | Ice Cream | Ham | Bread | Fish | Deer | Cheese | Greens | Apple |
| Fish | Apple | Deer | Greens | Bread | Eggs | Ham | Ice Cream | Cheese |
| Cheese | Ham | Eggs | Ice Cream | Deer | Apple | Greens | Fish | Bread |
| Ice Cream | Bread | Greens | Ham | Cheese | Fish | Deer | Apple | Eggs |

PAGE 18 Fast Food

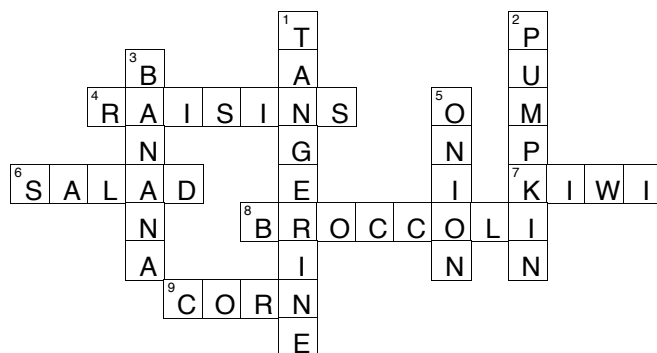
- 1800
- 964
- 119,000
- 8-10 hours

PAGE 20 Wishkoben

- Forty
- Sweetener
- Negwaakaan
- Minerals
- Antioxidants
- All- Natural

PAGE 24

Veggie and Fruit Crossword Puzzle



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