

# Other Activities

## Unit 2 - Mexico and Grains

### Nutrition

Grains and flour-based food products should be stored in dry places and sealed in tight containers. Find out why this is important for grain storage. Share what is learned with the group.

### Cooking

Use a cookbook to find foods that are made with tortillas. Locate and cut out pictures or draw pictures of these foods. Display and label the pictures.

Corn has many other uses. Other than eating corn, find out how people use corn in their everyday lives. Share what is discovered with the group.

### Culture

Make a list of a variety of grain foods. Find out what culture or from what part of the world each grain originated.

### Physical activity

Mexican Hat Dance: Create your own version of the Mexican Hat Dance by using locomotor skills like galloping, sliding, and walking. Also use non-locomotor skills like bending, twisting, swaying, and clapping. Be able to demonstrate your dance to your classmates.

### Fiber Content of Kid-appeal Foods

<i>Fruit</i>	<i>grams</i>
Apple, 1 medium	3
Applesauce, 1/2 cup	2
Banana, 1 small	2
Grapes, 10 small	1
Orange	3
Orange juice, 1 cup	<1
Raisins, 1/2 cup	2

### Snack Foods

Chocolate sandwich cookie 3	1
Corn chips, 1 ounce	1
Ice cream bar	0
Potato chips, 1 ounce	1
Pudding, 1/2 cup	1
Whole-wheat crackers 7	4

### Vegetables

Carrot, 1 medium	3
Corn, 1/2 cup	3
Potatoes, baked	2

### Cereals and Grain Products

Oat rounds, 1 cup	1
Granola bar, 2	2
Mini-wheats, 1 cup	6
Oatmeal, 1 cup	6
Pancakes, 1 4-inch	<1
Wheat flakes, 1 cup	3
White bread, 1 slice	<1
Whole-wheat bread, 1 slice	2

