<table>
<thead>
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<tbody>
<tr>
<td>15 min</td>
<td><strong>Common Threads Overview</strong></td>
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<tr>
<td>10 min</td>
<td><strong>Why Nutrition Education?</strong></td>
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<tr>
<td>60 min</td>
<td><strong>Small Bites Lessons</strong></td>
</tr>
<tr>
<td>10 min</td>
<td><strong>Next Steps and Logistics</strong></td>
</tr>
<tr>
<td>15 min</td>
<td><strong>Questions?</strong></td>
</tr>
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</table>
COMMON THREADS PROGRAMS

OUR VISION
Prevent childhood obesity

OUR MISSION
Educate children on nutrition and well-being

OUR PROGRAM SOLUTION
Empower children to cook & eat healthy
Our Core Programs

AFTER-SCHOOL COOKING PROGRAMS
• Cooking Skills & World Cuisine: 10 lessons, cooking healthy dinner with global recipes
• Advanced Cooking Skills & World Cuisine: 10 lessons, exploring different countries’ cuisine
• Family Cooking Class: 6 lessons for parents and students to learn how to cook healthy and economic meals; includes interactive grocery store tour and Cooking for Life Handbook

IN-SCHOOL NUTRITION PROGRAMS
• Small Bites: 8 nutrition lessons and recipes, taught by classroom teachers; aligns to Common Core and Next Generation Science Standards
• Garden Class: 6 lessons with hands-on learning

PARENT WORKSHOPS
• Interactive presentations on basic nutrition, grocery shopping, and cooking with kids

TEACHER TRAININGS
• Professional Development on basic nutrition, healthy cooking, and integrating nutrition into core content areas to support student learning and foster a school-wide culture of wellness
SCHOOL YEAR 2014-2015 IMPACT

Students are almost twice as likely to answer nutrition knowledge questions correctly after participating in our programming.

30% of students have medium or high vegetable consumption score after participating in our programming.

76% of students agree or strongly agree that they tell their families about healthy eating after participating in the course.

67% of students have high preference scores for home cooked foods after participating in the course.

48,300 program reaches

453,802 meals and snacks

606,867 program hours

1079 teachers trained
Why Nutrition Education?
THE STANDARD AMERICAN DIET

- 51% Processed Foods
- 42% Meat and Dairy
- 7% Fruits & Veggies
THE STANDARD AMERICAN DIET

- 40% Potatoes
- Fruits & Veggies
THE STANDARD AMERICAN DIET

- 50% Fries
- Fruits & Veggies

- 9% Fries
- 50% Fruits
- 32% Veggies
Food insecurity in America puts children at a **22%** greater risk of becoming obese.

Since 1980, obesity rates have tripled among children 8-12.
THE LESSONS
SMALL BITES OVERVIEW

• Eight 60 minute lessons
• Flexible timeline
• Teacher-led
• Middle Schoolers
• Curriculum Book provided today
• Common Bytes Digital Access
SMALL BITES LESSON CYCLE

10 minutes  Introduction
20 minutes  Nutrition Activity
20 minutes  Classroom Cooking
10 minutes  Conclusion
SMALL BITES RESOURCES

• Planning Sheet, page 5
• The Kitchen Times, page 13
• CCSS Extension Lessons
• Lesson Plans
• Answer Keys
• Student Sheets
• Recipe Book, page 65+
• Appendix, page 107+
• Common Bytes (www.commonbytes.org)
### The Lessons

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Lesson Objective</th>
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<tbody>
<tr>
<td>1: Kitchen Basics</td>
<td>Identify recipe ingredients and understand the role of each ingredient in the recipe</td>
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<tr>
<td>2: Nutrition Labels</td>
<td>Read the entire nutrition label</td>
</tr>
<tr>
<td>3: Fruits and Vegetables</td>
<td>Understand the nutrients that fruits and vegetables provide</td>
</tr>
<tr>
<td>4: Protein</td>
<td>Investigate the sources of protein in the classes diet and assess areas for improvement</td>
</tr>
<tr>
<td>5: Whole Grains</td>
<td>Construct a diagram of a whole grain</td>
</tr>
<tr>
<td>6: Herbs and Spices</td>
<td>Use smell to identify spices</td>
</tr>
<tr>
<td>7: Sugar</td>
<td>Visualize the amount of sugar in various drinks</td>
</tr>
<tr>
<td>8: Make it Count</td>
<td>Create a poster to encourage healthy habits</td>
</tr>
</tbody>
</table>
1. Always wash your hands
2. Know the allergies
3. Be prepared (Mise En Place!)
4. Take Tums
5. If knives are needed, only the adults should use them
6. Clean as you go
7. Say the Common Threads Creed
8. Groups of 4-5 students
9. Make the recipe available
10. Use the “No Thank You” Bite
HANDWASHING

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

On average, you come in contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs.
Reading the Lesson Plan

- Lesson Introduction, page 11
- The Kitchen Times, page 15
- The Lesson Plan, page 13
  - Objectives
  - Materials
  - Beforehand set-up
  - Extension Lessons
  - Lesson Plan Breakdown
Lesson 1: Kitchen Basics, page 13

• **Objective:** Students will learn to identify recipe ingredients and understand the role of each ingredient in the recipe. Students will also be introduced to the Chef’s Plate.

• **Recipe:** Orange Juice, page 17

• **Activities**
  - Introduce the Chef’s Plate
  - Introduce how to read a recipe
  - Students compete to see which group can squeeze the most orange juice
Lesson 1: The Chef’s Plate

Add movement: Post the sections around the room and call out ingredients, student move to the appropriate section.
Lesson 1: Reading a Recipe

The parts of a recipe:

• Name
• Servings
• Serving Size
• Cook Time
• Ingredients
• Directions
• Serving Suggestions
• Grocery List

Chef’s Tip: Read the entire recipe twice before beginning.
LESSON 1: JUICING CITRUS

• Read (optional): The Kitchen Times, page 15-16

• See:
  • Martha Stewart: [http://www.marthastewart.com/967589/how-juice-citrus](http://www.marthastewart.com/967589/how-juice-citrus)

• Record: Scientific Observation Chart, page 18
LESSON 2: NUTRITION LABELS, PAGE 19

• **Objective:** Students will learn to read the entire nutrition label.

• **Lesson Activities:**
  
  • Introduce the nutrition label
  
  • Select nutrition labels from the back and order by calories
  
  • Students compete in groups to order by other nutritional information

• **Recipe:** Watermelon Sundaes, Fresh Fruit with Coconut Lime Yogurt Dip, Mango Lime Parfait
LESSON 2: READING THE NUTRITION LABEL

Contains information on the serving size and servings per container

Calories and calories from fat
5% or less is low and above 20% is high
Be wary of some unhealthy items that can be found here

Nutrients that we tend to be the most deficient in

The ingredients listed by weight from greatest to least
THE SECRET TO SERVING SIZE

A fist or cupped hand = 1 cup
1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

A thumb = 1 oz. of cheese
Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.

Handful = 1-2 oz. of snack food
Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.

Palm = 3 oz. of meat
Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult
and 1½-2 oz. for a child under 5.

Thumb tip = 1 teaspoon
Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equal 1 tablespoon.

1 tennis ball = ⅛ cup of fruit and vegetables
Healthy diets include a variety of colorful fruits and vegetables every day.

Because hand sizes vary, compare your fist size to an actual measuring cup.
TRY IT OUT

3...2...1...GO!
LESSON 2: RECIPES

• Includes nutrition labels for comparison
• Healthy Homemade section, page 65
  • Watermelon Sundaes
  • Fresh Fruit with Coconut Lime Yogurt Dip
  • Mango Lime Parfait
LESSON 3: VEGETABLES AND FRUITS, PAGE 25

• Objective: Students will understand the nutrients that fruits and vegetables provide.

• Lesson Activities:
  • Discuss what students already know about fruits and vegetables
  • Play the Food Remedy Game
FRUITS AND VEGGIES

Eating a diet rich in vegetables and fruits may:

- Reduce risk for heart disease, including heart attack and stroke.
- Protect against certain types of cancers.
- Reduce the risk of heart disease, obesity, and type 2 diabetes. (fiber!)
- Lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss. (potassium!)
- Lower calorie intake. (calories!)

Daily Recommendations

- Fruits & Kids: 1½ cups per day; Adults: 2 cups
- Veggies & Boys: 2½ cups per day; Men: 3 cups
- Veggies & Girls: 2 cups per day; Women: 2½ cups
PATIENT #1

Everyone in my classroom is sick. I do not want to catch what is going around.

WATERMELON

Serving Size: 1/2 cup

My main nutrient is vitamin C, which provides the healthy benefit of boosting your immune system.
LESSON 3: RECIPES

- Fruits or Vegetables section, page 73
  - Bell Pepper Tasting
  - Fruit Skewers
  - Fruit Two Ways (DEMO!)
  - Fresh Fruit Parfait

- Vegetable Skewers
- Tomato Poppers
- Make Your Own Guacamole (DEMO!)
LESSON 4: PROTEIN, PAGE 31

• **Objective:** Students will learn the role protein plays in a healthy diet, especially breakfast

• **Lesson Activities:**
  • Introduce protein to students
  • Students interview each other about the protein in their diet
  • The class makes general recommendations on how to improve the classes eating habits

• **Recipes:** Seed Tasting, Fruit and Cheese Kebobs, Hummus
PROTEIN

• Eating a diet rich in protein:
  • Helps the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues. (B vitamins!)
  • Helps carry oxygen in the blood. (Iron!)
  • Helps in building bones and in releasing energy from muscles. (Magnesium!)
  • Helps the immune system function properly. (Zinc!)
  • Protein at breakfast helps maintain muscles throughout the day

• Dietary Recommendations:
  • Children 9-13 years old: 5 oz. per day
  • Women: 5-5½ oz per day
  • Men: 5½-6½ oz per day
AN OUNCE OF PROTEIN

• Adult palm is the size of 3 oz. of meat
• 1 egg
• 12 almonds
• 7 walnuts
• 1 tablespoon peanut butter
• ¼ cup cooked beans, peas, tofu
• 2 tablespoons hummus

The food exchange system defines lean protein as a 1-ounce serving that has less than 3 grams of fat.

National Institutes of Health
LESSON 4: RECIPES

- Protein section, page 86
  - Seed Tasting (**DEMO!**)  
  - Fruit and Cheese Kebobs  
  - Hummus

Hulled Sunflower Seeds
4g fiber per ¼ C
6g protein per ¼ C

Sugar Snap Peas
1g fiber per ¼ C
1g protein per ¼ C

Pomegranate Seeds
1g fiber per ¼ C
.7g protein per ¼ C
LESSON 5: WHOLE GRAINS, PAGE 37

• **Objective:** Students will understand the difference between a whole grain and refined grain.

• **Lesson Activities:**
  • Introduce whole grains vs. refined grains
  • Conduct the whole grains experiment
  • Discuss how to find whole grains from the nutrition label

• **Recipes:** Trail Mix, Homemade Instant Oatmeal, Lemon-Parm Popcorn, Cracker Snacks, Cupid Clusters, Taco Seasoning
WHOLE GRAINS

BRAN
- FIBER
- ANTIOXIDANTS
- VITAMIN B
- IRON
- MAGNESIUM

GERM
- HEALTHY OILS
- ANTIOXIDANTS
- VITAMIN B
- VITAMIN E

ENDOSPERM
- CARBOHYDRATES
- TRACE PROTEIN
WHOLE GRAINS

Eating a diet rich in whole grains may:

• Reduce the risk of heart disease.
• Reduce constipation.
• Help with weight management.

Daily Grain Recommendations at least half whole grain!

• 4-8 years old: 5 oz per day (at least 2.5 oz. whole grain!)
• Girls 9-13: 5 oz per day (at least 2.5 oz. whole grain!)
• Women up to 50: 6 oz per day (at least 3 oz whole grain!)
• Boys 9-13: 6 oz per day (at least 3 oz whole grain!)
• Men up to 30: 8 oz per day (up to 50: 7 oz per day)
AN OUNCE OF GRAINS

• 1” mini bagel
• 2” biscuit
• 1 slice bread
• 5 whole wheat crackers
• ½ English muffin
• ½ C cooked oatmeal
• 3 cups popped popcorn
• 1 cup ready to eat cereal
• 1 6” tortilla
### WHOLE GRAINS

<table>
<thead>
<tr>
<th>Refined Grains</th>
<th>Whole Grains</th>
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<tbody>
<tr>
<td>White Rice</td>
<td>Brown rice</td>
</tr>
<tr>
<td>Cornbread</td>
<td>Whole grain cornmeal</td>
</tr>
<tr>
<td>Corn tortillas</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Flour tortillas</td>
<td>Popcorn</td>
</tr>
<tr>
<td>White pasta</td>
<td>Whole wheat tortillas</td>
</tr>
<tr>
<td>White pita</td>
<td>Whole wheat pasta</td>
</tr>
<tr>
<td>Pretzel</td>
<td>Wild rice</td>
</tr>
<tr>
<td>White bread</td>
<td>Whole wheat bread</td>
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FINDING WHOLE GRAINS

**Nutrition Facts**

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<td>% Daily Value*</td>
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<tr>
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<tr>
<td>Saturated Fat</td>
<td>0g 0g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g 0g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g 0g</td>
<td></td>
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<tr>
<td>Monounsaturated Fat</td>
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<td></td>
</tr>
<tr>
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<tr>
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<tr>
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<tr>
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<td>3g 3g</td>
<td></td>
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<tr>
<td>Sugars</td>
<td>3g 3g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g 3g</td>
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**Allergy Advisory:** Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.

---

**Nutrition Facts**

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<tr>
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</tr>
<tr>
<td>Calories</td>
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<tr>
<td>% Daily Value*</td>
<td>12% 0% 0%</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>1.5g 1.5g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g 0g</td>
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<tr>
<td>Polyunsaturated Fat</td>
<td>0g 0g</td>
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<tr>
<td>Monounsaturated Fat</td>
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<tr>
<td>Cholesterol</td>
<td>1mg 0mg</td>
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<tr>
<td>Sodium</td>
<td>210mg 120mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>31g 31g</td>
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<td>Dietary Fiber</td>
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<tr>
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</table>

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LESSON 5: RECIPES

- Whole Grains section, page 86
  - Trail Mix
  - Homemade Instant Oatmeal
  - Lemon-Parm Popcorn
  - Cracker Snacks
  - Cupid Clusters
  - Taco Seasoning
  - Parfait
LESSON 6: HERBS AND SPICES, PAGE 45

• **Objective:** Students will learn the nutritional benefits of cooking with herbs and spices.

• **Lesson Activities:**
  • Introduce herbs and spices
  • Smell Test
  • Discuss nutritional benefits of the spices

• **Recipes:** Garam Masala, Italian Herb Mix, Mini Caprese Skewers, Watermelon and Feta Salad
LESSON 6: HERBS AND SPICES

- Cumin – 16% DV of Iron
- Coriander – 6% DV of Fiber
- Cardamom – 54% DV of Manganese
- Black Pepper – 29% DV of Manganese
- Cinnamon – 11% DV of Fiber
- Cloves – 130% DV of Manganese
- Nutmeg – 4% DV of Fiber

*per two teaspoons
FOLLOW YOUR NOSE!

FOLLOW YOUR NOSE

IT ALWAYS KNOWS
LESSON 6: RECIPES

• Herbs and Spices section, page 102
  • Garam Masala
  • Italian Herb Mix
  • Mini Caprese Skewers
  • Watermelon and Feta Salad
LESSON 7: SUGAR, PAGE 53

• **Objective:** Students will be able to identify more nutritious drink options.

• **Lesson Activities:**
  - Investigate the nutritional label for sugar
  - Sugar Demo + Bar Graph (optional)
  - Discuss healthier drink options

• **Recipes:** Lemonade, DIY Lemon Lime Soda, Sneaky Green Smoothie
### Lesson 7: Sugar

#### Granulated Sugar (Granulated)

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<td>Cholesterol</td>
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<tr>
<td>Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
<td>0%</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
SUGAR AND SERVING SIZE

You would need to run for **32 minutes** to burn off the sugar in a can of soda.
LESSON 7: RECIPES

- Drinks section, page 93
  - Lemonade
  - Homemade Orange Juice
  - DIY Lemon Lime Soda
  - Sneaky Green Smoothie
LESSON 8: MAKE IT COUNT, PAGE 59

- **Objective:** Students will identify a simple healthy change their classmates can make.

- **Lesson Activities:**
  - Review the lessons learned
  - Students take the post-survey
  - Student create a poster

- **Recipes (Page 98):** Tropical Fruit Salad, “Coconut” Bananas, Banana “Ice Cream”
Lesson 8: Goals and Example

- **Goal Setting:**
  - Provides direction
  - Generates motivation
  - Focuses learning

- **A SMART Goal:**
  - **Specific**
  - **Measurable**
  - **Attainable**
  - **Relevant**
  - **Time Bound**

Demo!
Watermelon Sundae
SAMPLE GOALS

• Eat 2 fruits and 2 vegetables each day
• Help cook 2 meals a week at home
• Try eating plant based proteins once a week
• Help my family select whole grain bread at the store
• Limit chips to once a week
• Drink less than 2 sugary drinks a week
• Teach my family how to read a nutrition label
• Make all my meals look like the Chef Plate and Painted with Color!
JOIN IN AND BE AN EXAMPLE!
GROCERY SHOPPING TIPS

• Budget: $0.50/student
• Keep it to a tasting portion
• Leverage the bulk section
• Select the recipes ahead of time and shop for pantry items all at once
• Price out grocery delivery (Peapod, Instacart)
• Purchase sundries in bulk
• Ask about the “Can Do” menu
CAN DO MENU (OPTIONAL)

• 100% Shelf Stable Items
• Spice it Up! and Freshen It Up! optional additions
• Tasting portions
• Stepping stone to a fresher menu in the future
Lesson 1: Your Healthy Plate and Snack
Trail Mix, $11.17 per class
18 oz. whole grain cereal, $4.89
12 oz. raisins, $3.69
5.85 oz. sunflower seeds, $2.59

Lesson 2: Deciphering the Nutrition Label
Unsweetened Applesauce
46 oz. unsweetened applesauce, $4.19
Spice it Up! Sprinkle in cinnamon, cloves, or nutmeg

Lesson 3: Fruits and Vegetables
Canned Fruit Tasting, $3.78 per class
30 oz No Sugar Added Fruit (Mandarins), $3.78
Spice it Up! Sprinkle a little chili powder on the mandarins to blend spicy with sweet

Lesson 4: Protein and Physical Activity
Chickpea Salad, $8.26 per class
15 oz. chickpeas, $1.39
28 oz. petite diced tomatoes, $1.89
0.7 oz dried oregano, $3.49
Salt, $1.49
Lesson 5: Whole Grain Goodness
Whole Grain Cracker Tasting, $7.38
9.1 oz whole grain cracker, $3.69
9 oz. bean dip, $3.69
Freshen it Up! Top each cracker with half a cherry tomato to add moisture and acidity

Lesson 6: Healthy Hydration
Tea, $5.18 per class
1 gallon water, $1.49
20 bags Cinnamon Apple Spice Tea, $3.69
Freshen it Up! Add a slice of fresh lemon to brighten up your tea

Lesson 7: Facts on Fat
Dried Fruit Tasting, $8.18 per class
12 oz. dried apricots, $8.18
Freshen It Up! Dip the apricots in some plain yogurt and low fat granola to add moisture, acidity and crunch

Lesson 8: Make It Happen
Simple Salsa, $8.26 per class
28 oz. petite diced tomatoes, $1.89
14.5 oz. black beans, $1.29
15.25 oz. canned corn, $1.39
9.1 oz. whole wheat crackers, $3.69
Oregano and salt from earlier lesson
Optional: Peach, cilantro, lime, chili peppers, onion, cilantro, pepper
CAN DO MENU SUNDRIES

Sundries, $21.14 per session

• 80 paper bowls, $12.18
• 1 pkg dixie cups, $3.79
• 2 bxs toothpicks, $1.18
• 3 rolls paper towels, $4.99
USING COMMON BYTES

1. Go to www.commonbytes.org
2. Set up a teacher account and generate your class codes
3. Share each class code with each class
4. Students create a student account with their class code
5. Play!

Classes can also share one or multiple accounts
The first step in our journey is to decide where beets belong on our Chef's Plate!

**What do you think?**

- Veggies & Fruits
- Whole Grains
- Lean Protein

They belong in Veggies and Fruits!

**Food group Tip:**
You can eat the beet greens too!

**Trivia Game!**

- Hurry! Click yes for true and no for false.
- Select your level:
  - Easy
  - Medium
  - Hard

**Quickfire Trivia Game!**

- Time: 12 seconds
- Beans are low in fiber.
  - Yes!
  - No!
NEXT STEPS

• Review the curriculum
• Set your schedule
• Pick your recipes
• Set-up your Common Bytes account

Complete your training post-evaluation survey!
QUESTIONS?

teachers@commonthreads.org