

The Veggie Rap



Supplemental Activities Packet

This packet contains classroom activity suggestions and worksheets to reinforce concepts from the Playbook® story and to go beyond the story into the content areas of Language Arts, Math, Science, Social Studies, Art, Health, etc., as well as Character Development.

Activities range in age appropriateness and skill level so that teachers can choose activities that best suit their particular students. An Answer Key is provided on the last page.



The Veggie Rap CD

FOR TEACHER USE ONLY



The Veggie Rap story is best performed when read like a rap song! Most of your students probably know something about rap music, but they may not be experienced at rapping a story or song. Playbooks® developed the enclosed CD as a teacher's resource for students to practice rapping. Reading to a consistent beat is an excellent fluency-building exercise for students of all reading abilities, and it's fun and challenging!

BECOME THE PART

Have your students wear a baseball hat and pair of sunglasses while they rap!

The CD contains a 4-minute music and vocal performance by teenagers rapping **The Mini Rap** song, which is found at the end of **The Veggie Rap** story (pages 29 – 33). There is a separate 16 minute track with only the instrumental music portion for students to use as a background beat while reading the story and practicing **The Mini Rap**.

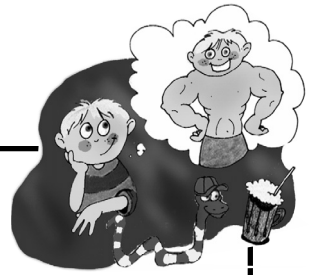
Playbooks® recommends incorporating the following activities into your lesson plans for **The Mini Rap** song. These can be spread out over several lessons. The rate of progression through the exercises depends on the students' proficiency.

1. Have the class listen to the 4-minute teenager vocal and music performance on the CD.
2. Ask a student to volunteer to rap the first few lines of **The Mini Rap** in front of the class while you play the instrumental sound track.
3. Have the class rap the first lines together until they become familiar with the rhythm.
4. Play the background instrumental music track with the class rapping the first lines together. Repeat several times until they become comfortable rapping the words with the music. If they are experiencing difficulty, they may want to use their hands or feet to tap the beat of the rap to find the rhythm.
5. Divide the class into small groups to do a choral rap read with the music. Each group will assume one character's part and perform a choral rap read of that part. Have the group repeat the rap for their part several times.
6. Form small groups with each student having the same character role as they had in the choral rap. Have the students practice rapping their individual character part from **The Mini Rap**.
7. In the small groups, the students next apply their rap skills to reading **The Veggie Rap** story like a rap song! This can be repeated over many sessions.
8. Practice **The Mini Rap** on an ongoing basis and watch your students build more fluency skills!



NEW CLASSROOM VEGGIE RAPPERS

Media Analysis



Directions: People are influenced by images and advertisements every day. For example, after seeing a commercial showing an ice cream bar up close, some people may decide they want an ice cream bar.

Your homework assignment is to analyze how food advertisements on the radio, internet, television and magazines appeal to and attract customers. Use the space below to take notes.

Television Commercial:

Radio Commercial:

Magazine Ad:

Internet Pop-Up or Ad:

Based on the data you collected above, answer the following questions. Discuss your answers in class.

What were some of the differences in the types of foods advertised to children compared to the foods advertised to adults?

Identify the target audience for one of the ads you observed. How did you make that conclusion?

Bad Cholesterol, Good Cholesterol

Cholesterol is a soft, waxy substance found among the fats in the bloodstream and in all your body's cells.

Low-density lipoproteins (LDL) carry cholesterol from the liver to the rest of the body. When there is too much LDL cholesterol in the blood, it can be deposited on the walls of the coronary arteries. For this reason, LDL cholesterol is often referred to as the "**bad**" cholesterol.

Yikes!

High-density lipoproteins (HDL) carry cholesterol from the blood back to the liver, which processes the cholesterol for elimination from the body. HDL makes it less likely that excess cholesterol in the blood will be deposited in the coronary arteries. This is why HDL cholesterol is often referred to as the "**good**" cholesterol.

Cool!

The fat types in your diet have the greatest impact on your blood cholesterol levels. The following chart shows the effects different forms of fat have on cholesterol.

DIETARY FATS

Fat Category	Main Source	Fat Form at Room Temperature	Effect on Cholesterol Levels Compared with Carbohydrates
Monounsaturated	olives; olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados	Liquid	Lowers LDL; raises HDL
Polyunsaturated	corn, soybean, safflower, and cottonseed oils; fish	Liquid	Lowers LDL; raises HDL
Saturated	whole milk, butter, cheese, and ice cream; red meat; chocolate; coconuts, coconut milk, and coconut oil	Solid	Raises both LDL and HDL
Trans	most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried chips; many fast foods; most commercial baked goods	Solid or semi-solid	Raises LDL and decreases HDL, increases triglycerides in comparison to other fat categories

Healthier Choices



Directions: Based on the information gathered from the “Bad Cholesterol, Good Cholesterol” page, read the comparisons below and circle or underline which ones you think are the healthier choices.

- | | |
|--|---|
| 1. a half of an avocado or a can of fruit in syrup | 6. grilled chicken or fried chicken |
| 2. a slice of white bread or a slice of whole wheat bread | 7. olive oil or margarine |
| 3. a handful of potato chips or a handful of walnuts | 8. string cheese or nacho cheese dip |
| 4. hamburger with bun or peanut butter sandwich | 9. soybeans or refried beans |
| 5. turkey sandwich or bacon, lettuce, tomato sandwich | 10. french-fries or a baked potato |

Think back to the last meal you ate. In the left column, write down what you ate. Based on what you’ve learned in this exercise, write in the right column alternatives that would have made your meal healthier.

Meal:

Alternatives:

Sample Nutrition Label

Page 1 of 4



Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228 g)
Servings Per Container 2

Amount Per Serving

Calories 250

Calories from Fat 110

% Daily Value *

Total Fat 12 g

18%

Saturated Fat 3 g

25%

Cholesterol 30 mg

10%

Sodium 470 mg

20%

Total Carbohydrate 31 g

10%

Dietary Fiber 0 g

0%

Sugars 5 g

Protein 5 g

Vitamin A

4%

Vitamin C

2%

Calcium

20%

Iron

4%

* Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Reading NUTRITION Labels

Page 2 of 4



Both the Food and Drug Administration, a division of the Department of Health and Human Services, and the Food Safety and Inspection Service, a division of the U.S. Department of Agriculture, regulate how food is labeled. The current food labels offer more complete, useful and accurate nutrition information than ever before.

Learning how to read nutrition labels is an important aspect to making healthier food choices.

Important Note: The nutrition label information applies only to the package contents. Unless stated, this does not include ingredients added to prepare the item. For example, macaroni and cheese generally suggests adding milk and butter during preparation. Adding these ingredients changes the percentages shown on the package label.

Tricky!

Number of Servings

When you look at the Nutrition Facts on the sample label, first read the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

Pay attention to the serving size, especially how many servings there are in the food package. In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers, including the % Daily Values as shown in the sample label.

Check Calories

Calories provide a measure of how much energy you get from a serving of this food. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain). Remember: the number of servings you consume determines the number of calories you actually eat.

For example, there are 250 calories in one serving of this macaroni and cheese. How many calories from fat are there in ONE serving? Answer: 110 calories. This means almost half the calories in a single serving come from fat. What if you ate the whole package contents? Then, you would consume two servings, or 500 calories, and 220 calories would come from fat.

General Guide to Calories (based on 2,000 calorie diet)

- * 40 calories per serving is a **low calorie food**.
- * 100 calories per serving is a **moderate calorie food**.
- * 400 calories or more per serving is a **high calorie food**.

When you look at the Nutrition Facts label example, use the above General Guide to Calories as a reference.

Eating too many calories per day is linked to obesity.

Reading NUTRITION Labels

Page 3 of 4

The Nutrients: How Much?

The Nutritional Facts sample label identifies some of the key nutrients that impact your health. Use the information on the food label to help limit those nutrients you want to cut back on and to increase those nutrients you need to consume in greater amounts.

When you look at the top of the nutrient section on the sample label, you'll notice the nutrients are color coded into two main groups.

Limit These Nutrients

This section of the label shows Total Fat, Saturated Fat, Cholesterol, and Sodium, with quantities and % daily values per serving.

Most Americans generally eat too much of these types of nutrients. Watch your intake of these nutrients in this category. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases like heart disease, some cancers, or high blood pressure.

Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Get Plenty of These Nutrients

This section of the label shows Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron, with % daily values and quantity of dietary fiber per serving.

Most Americans don't get enough dietary fiber, Vitamin A, Vitamin C, calcium, and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

Quick Guide to % Daily Value (DV)

5% DV or less is low and 20% DV or more is high

This guide tells you which nutrients you want to limit (e.g., fat, saturated fat, cholesterol, and sodium), and which nutrients you want to consume in greater amounts (fiber, calcium, etc). As the Quick Guide shows, 20% DV or more is high for all nutrients and 5% or less is low.

Example: Look at the amount of Total Fat in one serving listed on the sample nutrition label. Is 18% DV contributing a lot or a little to your fat limit of 100% DV? Check the Quick Guide to % DV. 18% DV does not exceed the maximum per serving recommendation, but what if you ate the whole package (two servings)? You would double that amount, which equals eating 36% of your daily allowance for Total Fat. This leaves you with 64% of your fat allowance ($100\% - 36\% = 64\%$) for all of the other foods you eat that day, including snacks and drinks. It's better to consume your fat allowance from a variety of foods rather than from just one food.



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Source: www.cfsan.fda.gov/~dms/foodlab.htm

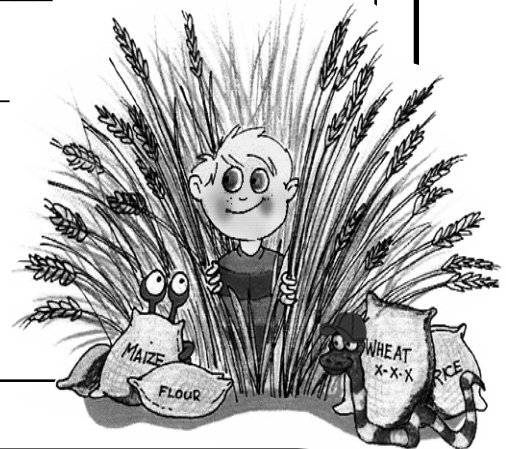
Analyzing The NUTRITION Label

Page 4 of 4

The following questions are based on data collected from the Macaroni and Cheese Sample Nutrition Label offered in this supplemental package and relate to the package contents only.

Directions: Use the Sample Nutrition Label (page 1), the worksheets (pages 2-3), and your knowledge of the metric system to answer the questions below.

1. How many servings are in the box of macaroni and cheese? _____
2. How many calories are in a half-cup? _____
3. How many grams of fat are in the box? _____
4. How many milligrams of sugar are in one serving? _____
5. How many grams are in the entire box of macaroni and cheese? _____
6. Does the nutrition label show which type of cholesterol is in the macaroni and cheese? _____
7. What is the % Daily Value based on? _____
8. What percent of fat is saturated? _____
9. Write the amount of calcium in decimal form. _____
10. How many calories from fat are in the box? _____
11. Using the General Guide to Calories, what type of calorie food is macaroni and cheese? _____



Plan Your Meals

Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.

Old food pyramid

- Presented food groups as a hierarchy, with grains as the base of a healthy diet, and each group having a suggested number of servings.
- Emphasized limits on fats, oils and sweets, which were represented as the tip of the pyramid.

Oils

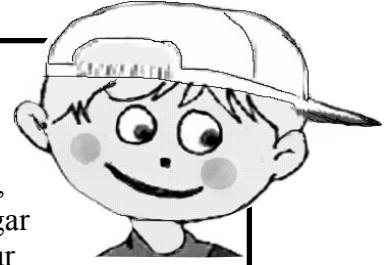
- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY	Grains	Vegetables	Fruits	Milk	Meat and beans	
RECOMMENDATION	Half of all grains consumed should be whole grains.	Vary the types of vegetables you eat.	Eat a variety of fruits. Go easy on juices.	Eat low-fat or fat-free dairy products.	Eat lean cuts, seafood and beans. Avoid frying.	Recommended nutrient intakes at 12-calorie levels can be found on mypyramid.gov .
DAILY AMOUNT	6 oz.	2.5 cups	2 cups	3 cups	5.5 oz.	
Based on a 2,000 calorie diet.						

Directions: Use the Food Guide Pyramid above to help you plan a healthy, balanced meal plan for one day. Write in the spaces below what you would eat for breakfast, lunch and dinner. Identify the food category in which each food belongs.

MEAL	FOOD LIST	FOOD CATEGORY
BREAKFAST		
LUNCH		
DINNER		

VEGGIE WRAP RECIPE



Directions: Modify this recipe. In the spaces below, write in how much of each ingredient you would use to make your veggie wrap. Next, use the labels from the individual ingredients or refer to a nutritional resource to identify the nutritional content. For one serving, determine the calories, fat, carbohydrates, and protein content. For extra credit, figure out the sugar and dietary fiber content. Use a separate piece of paper to write down your calculations.

<u>Quantity</u>	<u>Ingredients</u>
• _____	tortilla wrap (Crab Cool prefers spinach.)
• _____	your favorite dressing (like mayonnaise)
• _____	rice
• _____	black beans
• _____	shredded vegetables (carrots, cabbage, avocado, celery)
• _____	tomato, sliced
• _____	lettuce
• _____	_____ (ingredient of your choice)
• _____	_____ (ingredient of your choice)

1. Spread dressing over center of wrap.
2. Arrange other ingredients.
3. Roll up and enjoy.

Total calories per serving		Total protein per serving (grams)	
Total fat per serving (grams)		Total carbohydrates per serving (grams)	
Total sugar per serving (grams)		Total dietary fiber per serving (grams)	



What You Eat Does Say A Lot

While some people like Billy prefer to eat meat, there are other people who decide not to eat meat at all. These people are called **vegetarians**.

When it comes to vegetarian diets, there are all sorts of vegetarian terms and categories like **vegan**, **ovo-lacto vegetarian**, and **semi-vegetarian**. The distinctions between these sub-categories of vegetarian are small, but each is very important to members who belong to the groups. For them, these distinctions are important dietary or ethical decisions. Ethically some people choose to become vegans, because they don't want to consume anything that is derived from a living animal.



Let's take a look at some of these groups:

VEGETARIAN:

Vegetarian is a blanket term used to describe a person who does not consume meat, poultry, fish or seafood. This grouping includes vegans and the various sub-categories of vegetarian; however, it generally refers to someone who has less dietary restrictions than a vegan.

SEMI-VEGETARIAN:

Semi-vegetarian generally refers to someone who only eats meat occasionally or doesn't eat meat, but eats poultry and fish. Some would not consider this group authentic vegetarians.

VEGAN:

Vegan is the strictest sub-category of vegetarians. Vegans do not consume any animal products or by-products. Some go as far as not even consuming honey and yeast. Others do not wear any clothing made from animal products.

OVO-LACTO-VEGETARIAN:

Ovo-lacto vegetarians are vegetarians who do not consume meat, poultry, fish or seafood, but do consume eggs and milk. This is the largest group of vegetarians.

OVO-VEGETARIAN:

Ovo-vegetarian is a term used to describe someone who would be a vegan if they did not consume eggs.

LACTO-VEGETARIAN:

Lacto-vegetarian is a term used to describe someone who would be a vegan if they did not consume milk.

Important: Making food choices is personal. Take some time to figure out for yourself what food choices you will make. People who become vegetarians, often consider both dietary and ethical reasons for choosing this lifestyle.

WRITING a Rap Song

Hip Hop music revolves around the creative and rhythmic use of words to convey a message. Rap songs are spoken rather than sung. They have lots of rhyme and a very heavy beat. As background sound behind the rapper, there might be original music, “scratching” sounds, or parts of other peoples’ songs.

Most rap songs rhyme in couplets, which are lines that rhyme two at a time. Lines one and two will rhyme with each other, but not with the other lines. Lines three and four will rhyme with each other, but not with the other lines. Often the two lines will be built on eight beats (two sets of four beats). The beat can vary in different lines. Some lines can be short and other lines can be long. A refrain may be included in the lyrics, which is a group of lines that remain the same and are repeated throughout the song.

Directions: To write a rap song, begin with your topic. You need to know enough about your topic to rap about it. Your daily life is a great source of material for writing a rap song. Pick one of the two activities below. On a separate piece of paper, write your rap song. Bring your rap song to class to share with your classmates. Get feedback from your classmates on the content and rhyming of your rap song.

Activity One: “I AM” Rap Song

1. Write down five words to describe yourself.
2. Pick six broad categories and quickly list several descriptive words under each category. See the table below for suggested categories.

COLORS	PLACES	WEATHER	CLOTHING	PEOPLE	FOOD

3. Circle four words in each category.
4. Using the five original words to describe yourself, plus the twenty four words from the six categories, create your rap ballad. You can use any other words in addition to the required words. The first words of the song must be “I am.....”

Activity Two: “Observations” Rap Song

1. Pick a place in your community or school where you can write down descriptive observations about people and activities. Make a list of what you see. For example, if you are at the bus stop, you might make the following list of observations.
 - a pair of black sunglasses
 - a ringing cell phone
 - a group of girls chatting
 - a guy eating a candy bar
2. From your list, construct your rap song writing the lines in couplets. If you’re having a problem getting started, try one of the following prompts.
 - “Everyday on the way to school, I see...”
 - “During the school day, I hear...”





Exploring The Hip Hop Culture

Rap is a music style that has been around since the 1970s and has evolved in its form. To understand American rap, one needs to study the key components of the hip hop culture, which include music, graffiti, break dancing, slang vocabulary, attitude, and fashion. Rap could not have existed or matured without any of these other elements.

Exercise Part I: Choose one of the topics listed below relating to the hip hop culture. On a separate piece of paper, write a short essay discussing the subject. Include in your essay information about the history, current trends, key dates, influential people, social significance and any other interesting facts.

- Origin of Hip Hop & Historical Conditions
- Diversification of Hip Hop Music Styles
- Female Rappers
- Latin Hip Hop
- MC (Emcee)/ DJs Role In Hip Hop
- Graffiti Artists & Styles
- Rap Artists & Styles
- Movies Promoting Hip Hop Music
- Hip Hop Fashion
- Technology & Rap Music
- Rap Music Instruments & Musical Elements
- Break Dancing Styles
- Types of Rap Lyrics



Exercise Part II: Using the Internet or art books from the library, research the artwork of several well-known graffiti artists such as Lee Quinones and Keith Haring. Choose one of the two options as an exercise.

- A. Select two works of one graffiti artist. On construction paper, use magic markers or crayons to recreate these drawings. On a separate piece of paper, write two paragraphs to describe your impression of these works of art. Be prepared to discuss your impressions with the class.
- B. On construction paper, create a graffiti mural of your own and be prepared to explain it to the class.

ANSWER KEY

FOR TEACHER USE ONLY

Media Analysis

Answers will vary.

Healthier Choices

1. avocado
2. wheat bread
3. walnuts
4. string cheese
5. turkey sandwich
6. grilled chicken
7. olive oil
8. peanut butter sandwich
9. soybeans
10. baked potato

Analyzing the Nutrition Label

1. 2
2. 125 calories
3. 24 g
4. 5,000 mg
5. 456 g
6. No
7. A 2000 calorie per day diet
8. 25%
9. 0.20
10. 220 calories
11. moderate calorie food

Writing A Rap Song

Answers will vary.

Veggie Wrap Recipe

Answers will vary.

Exploring the Hip Hop Culture

Answers will vary.

Plan Your Meals

Answers will vary.





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