

Lesson 8: The Dragon's Tail

Time saving activity:

Have the classroom teacher complete the "others" Post-it™ notes for the tail of the wall dragon. The scales for this lesson use Post-it™ notes (see curriculum). Make sure you leave a sufficient number of dragon scales (Post-it™ notes) for students. If the teacher completes this activity, record 15 minutes on the "Teacher Monthly Time and Effort Record."

Suggested food preparation:

1. Trail Mix

Salty Foods:

Nuts (sunflower seeds, cashews or almond slivers) - no peanuts

Popcorn

Chow Mein noodles

Small twist pretzels

Fish shaped crackers

Crunchy Foods:

Cereal (rolled oat cereal like Cheerios, rice square cereal like Rice Chex, corn cereal like Corn Flakes)

Fruity Foods:

Dried cranberries or bananas (or other small dried fruit)

Other Foods:

M&Ms

Miniature marshmallows

Chocolate chips

Mix together a combination of above foods. Choose AT LEAST ONE salty, one crunchy and one fruity food. Add ONLY ONE of the other foods, and only add a very small amount to reflect "eating others in small amounts".

Suggested take-home message for parents:

NOTE: Provide teacher with enough copies for each student in the class to take home to provider.

- [A Note From Sharon and Two Bite Club Certificate](#) (print front-to-back)
- [Family Meals: Easy, Tasty, and Healthy!](#) (print front-to-back)

Suggested supplemental activities:

NOTE: Provide teacher with enough copies for each student in the class.

- [MyPyramid Crossword Puzzle](#) (print front-to-back)
- [Grab Quick & Easy Snacks](#)

Web resources:

- [Team Nutrition](#)
- [Food Stamp Nutrition Connection](#)
- [Eat Smart. Play Hard.](#)