



The Louisiana Meal

Pam Blanchard

Focus/Overview

Students will discover in this lesson what common foods we eat here in Louisiana depend on renewable natural (and edible) resources - native animals and plants. Using the USDA Food Pyramid as a guide, the students will decide on what native foods they want in their meal, then find recipes that utilize these native plants and animals.

Learning Objectives

The learner will...

- create a meal that includes representatives from each of the five groups on the food pyramid.
- locate at least one recipe that incorporates a native or farmed food from Louisiana.
- explain how seafood and agricultural products are renewable resources and explain how the habitats of these food sources needs to be protected.

Louisiana Grade Level Expectations

3: GLE 60	Explain how renewable and nonrenewable resources can be replenished or depleted (SE-E-A4)
3: GLE 43	Identify a meal that includes representatives from each group of the food pyramid (LS-E-A6)

Materials List

Provide a list of supplies necessary to conduct the activity.

- Blackline Master #1 – copies for each student
- Access to Internet or a variety of

Background Information

We are very fortunate to live in a state that celebrates many of its *renewable edible resources*. One look at the list of Louisiana food festivals (Table 1) shows us just how much we enjoy our food. We celebrate shrimp (Morgan City), crawfish (Breaux Bridge), frogs (Rayne), gumbo (Thibodaux), and ducks (Gueydan) – just to name a few.

Table 1. Louisiana Food Festivals

Alligator (Franklin)	Oyster (Amite)
Andouille (LaPlace)	Pecan (Colfax)
Blueberry (Mansfield)	Pepper (St. Martinville)
Catfish (Washington, Des Allemands, Winnsboro, Melville)	Praline (Houma)
Corn (Bunkie)	Rabbit (Iowa)
Crab (LaCombe)	Rice (Crowley)
Cracklin (Port Barre)	Seafood (Mandeville, Jean Lafitte)
Crawfish (Breaux Bridge, Shreveport, Chalmette)	Shrimp (Morgan City, Delcambre)
Crawfish Étouffée (Eunice)	Soybean (Jonesville)
Duck (Gueydan)	Strawberry (Ponchatoula)
Étouffée (Arnaudville)	Sugarcane (New Iberia, Natchitoches)
Frog (Rayne)	Swine (Basile)
Garfish (Baldwin)	Watermelon (Franklinton)
Gumbo (Thibodaux, Bridge City, Chackbay)	Yams (Opelousas)
Jambalaya (Gonzales, Jeannerette)	

BTNEP Connection Resources

Grade Level
3

Duration
45-90 minutes

Subject Area
science

Setting
classroom

Extension
science

Vocabulary
food pyramid

Original Source

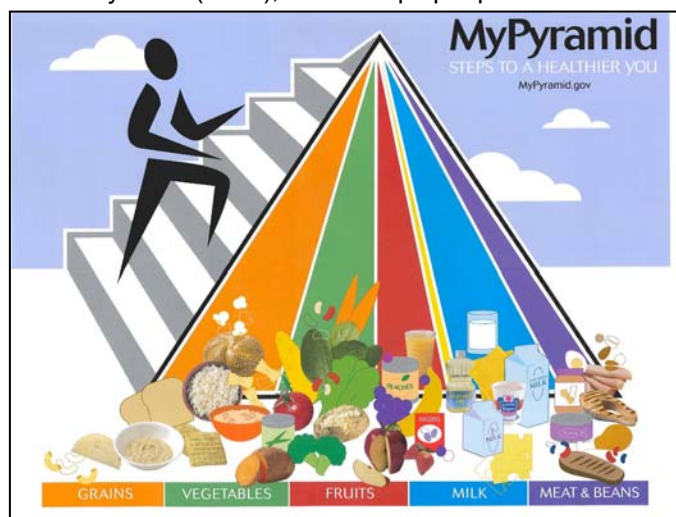
Lesson created by Pam Blanchard. Concept V. Butler's Writing Team. Lesson created by Pam Blanchard.



www.btnep.org



Health conscious Cajuns are aware that they can create dishes that are low fat and healthy using foods that are native to or produced in Louisiana. When planning a meal, it is important to keep in mind the nutritional analysis for the recipe you are making and how that particular recipe fits into the USDA Food Guide Pyramid (2005), which helps people eat a balanced diet from the five major food groups.



Fortunately, today many cookbooks include the nutritional analysis per serving for the recipes printed in their books.

The Food Guide Pyramid looks at foods from the five major food groups. The five groups are grains, vegetables, fruits, milk, and meat & beans. Each of these food groups provides some, but not all, of the nutrients you need to lead a healthy life. Foods in one group can't replace those in another. No one food group is more important than another - for good health, you need them all in appropriate proportions.

In the newly released food pyramid, the differing widths of the color bands suggest about how much food should be eaten from each group. Foods within a food group can vary in the amounts of solid fats and added sugars they contain. Selecting more foods from the bottom of the bands provides more nutrition from the calories consumed. The bottom, wider portion of each band represents the foods in the most nutrient dense form—that is, containing little or no solid fats and added sugars. The top, narrow end of each band represents foods within the group with more solid fat and added sugars. For example, an apple would be at the bottom of the fruit band, sweetened applesauce higher in the band, and apple pie towards the top.

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
<p>GRAINS Make half your grains whole</p> <p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>VEGETABLES Vary your veggies</p> <p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>FRUITS Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>MILK Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>MEAT & BEANS Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day, for both ages 2 to 8, & 9's & 13's	Eat 5 1/2 oz. every day
<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or more days. 				
<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with less, if any, nutrition. 				

USDA Food Pyramid (2005) miniposter.
Downloadable from <http://www.mypyramid.gov>.

The steps up the side of the Pyramid and a person actively climbing the steps are included to represent the advice to engage in regular physical activity. Recommendations

are for adults to engage in a minimum of 30 minutes of activity each day and for children, 60 minutes most days of the week. The more active a person becomes the more they can eat items from the narrow end of the band. (This information is taken from the MyPyramid Peer-to-Peer PowerPoint presentation that can be downloaded from the MyPyramid.gov website.)

Advance Preparation

1. If you don't have a computer lab available at your school, you will need to bring in cookbooks for the students to use in this activity.
2. You will need copies of the activity (**Blackline Master #1**) and the food guide pyramid miniposter (**Blackline Master #2**) – one per student.
3. Copy the Food Festivals of Louisiana table (Table 1) onto the chalk board or prepare an overhead sheet (**Blackline Master #3**).

Procedure

1. Show students a diagram of the USDA's Food Guide Pyramid (**Blackline Master #2**). Do you know what this diagram is? (That's right. It is a diagram of the kinds of foods we should eat if we want to

have a healthy, well-balanced diet.) Can anyone tell me why it is in the shape of a triangle? (*The broad bottom level of the triangle means that we should eat more of these foods – the grains. We should eat least amount of things at the top of the food triangle – the sweets.*) What are the five food groups represented in the Food Guide Pyramid? (*grains, vegetables, fruits, meats & beans, milk*)

2. Louisiana produces many of our favorite foods to eat. What are some of your favorite foods to eat? Tell me our favorite food and we'll decide which category of the Food Guide Pyramid it belongs in. (*List these on the blackboard*)
3. Louisiana has many great food festivals. Have you ever been to one of the festivals? How about the Gumbo Festival in Thibodaux? Or the Shrimp and Petroleum Festival in Morgan City? Or the Praline Festival in Houma? (Show students **Blackline Master #3**).
4. Today we are going to create a balanced nutritious meal from plants and animals that are either native to Louisiana or are produced by farmers/ranchers here in Louisiana. You need to create a Cajun Creole meal that includes dishes that contain all five food groups in the Food Guide Pyramid. You should have a main dish, two vegetables, a starch, and a dessert. I've got some websites and cookbooks you can look at to find recipes. Be sure to record where you got your recipe from.

Blackline Masters

1. **Creating a Louisiana Meal**
2. **Food Guide Pyramid**
3. **Food Festivals of Louisiana**

Assessment

- Students should be able to identify the five food groups of the USDA Food Guide Pyramid. They should also be able to locate recipes (using indexes or search engines) for each of the five Louisiana-produced foods.

Extensions

Science:

Choose one of the recipes you found. Write down the number of calories, amount of protein, fat and carbohydrates are in each serving.

Resources

Websites:

KidsHealth, **The Food Guide Pyramid**, accessed June 18, 2004, at http://kidshealth.org/kid/stay_healthy/food/pyramid.html.

A website that explains the new food guide pyramid for kids on their reading level. Each food group is explained and several examples of included foods are given with appropriate serving size.

U.S. Department of Agriculture, n.d. **My Pyramid**, accessed January 9, 2006, at <http://www.mypyramid.gov/professionals/index.html>

A website that explains the new food guide pyramid in depth. Professional resources, including downloadable miniposter, education notes and PowerPoint presentation.

University of Louisiana at Lafayette's Center for Culture and Eco-tourism, n.d., **Louisiana Festivals/ Fairs/ Activities**, accessed June 18, 2004, http://ccet.louisiana.edu/03a_Cultural_Tourism_Files/01.10_Festivals.html.

The South Louisiana Meal

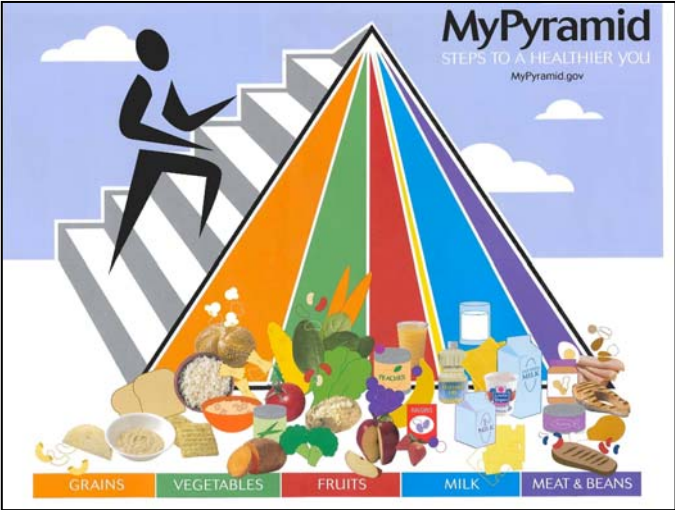
Name _____

Your task is to create a Louisiana Cajun Creole meal that includes dishes that contain all five food groups in the Food Guide Pyramid. You should have a main dish, two vegetables, a starch, and a dessert. All of these foods must either be native to Louisiana or able to be grown here.

The Food Guide Pyramid was designed as an easy way to show the groups of foods that make up a good balanced diet. It also tells you that you need to eat a variety of foods from all five groups and how much of the foods from the different groups you should eat to stay healthy. Its pyramid shape helps explain which foods you should eat more or less of. The foods that make up the bottom of the pyramid should make up the biggest part of your diet. As you go up the pyramid, the amounts of different foods you need get smaller.

The main dish, vegetables, starch and dessert dishes must have main ingredients that are native to or grown in Louisiana. Complete the chart below with your choices. For each of your choices you will need to locate a recipe you would like to make using your choice of food.

Once you have planned your meal, go to the Internet and search for recipes. You will need to look up recipes for all your dishes. Write the name of the recipe and the book title and page number or website address for each recipe you choose.



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day. 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta.	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweetpotatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.	Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.	Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.	Choose low-fat or lean meats and poultry. Bake it, broil it, or grill it. Vary your protein routine – choose more fish, beans, peas, nuts, and seeds.
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
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Find your balance between food and physical activity <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or more days. 			Know the limits on fats, sugars, and salt (sodium) <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 	
U.S. Department of Agriculture Center for Nutrition Policy and Promotion April 2005 230P-01 				

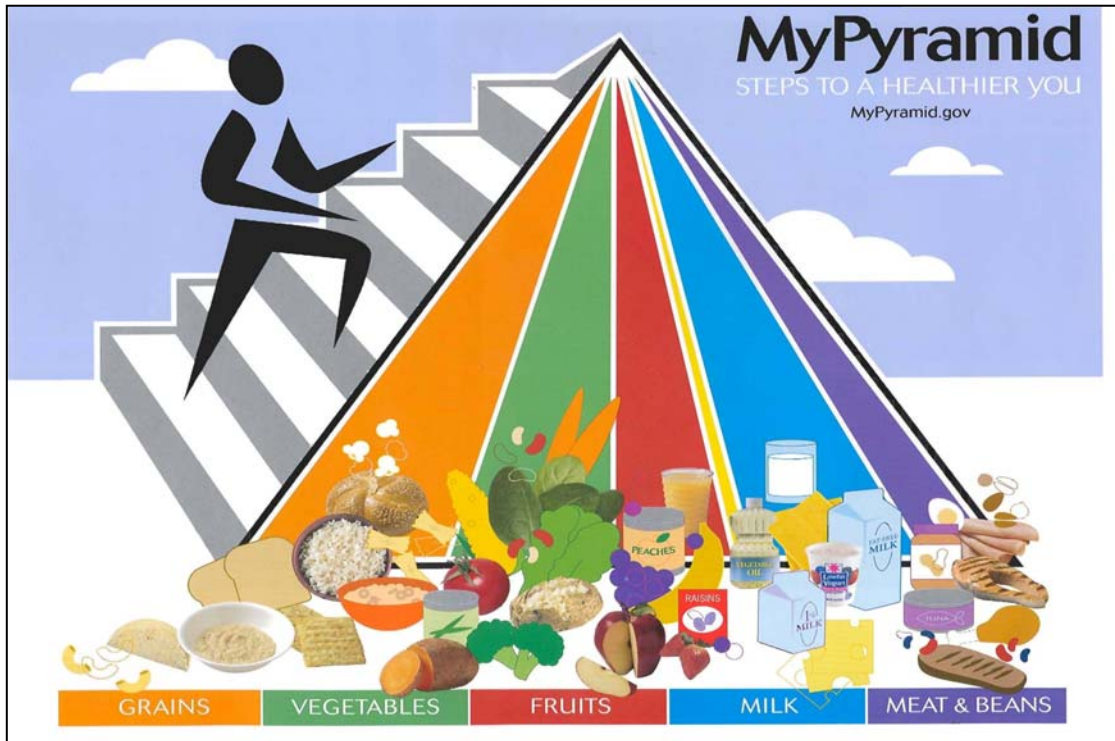
USDA Food Pyramid (2005) miniposter.
Downloadable from <http://www.mypyramid.gov>.

Dish	Name of Recipe	Recipe Book or Website
Main dish or Protein Source: _____		
Vegetable: _____		
Vegetable: _____		
Starch: _____		
Dessert: _____		



The U.S. Department of Agriculture and U.S. Dept. of Health and Human Services

Food Guide Pyramid



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		<p>U.S. Department of Agriculture Center for Nutrition Policy and Promotion April 2005 CNPP-15 USDA is an equal opportunity provider and employer.</p>		

USDA Food Pyramid (2005) miniposter.
Downloadable from <http://www.mypyramid.gov>.

Food Festivals of Louisiana

Festival (Location)
Alligator (Franklin)
Andouille (LaPlace)
Blueberry (Mansfield)
Catfish (Washington, Des Allemands, Winnsboro, Melville)
Corn (Bunkie)
Crab (LaCombe)
Cracklin (Port Barre)
Crawfish (Breaux Bridge, Shreveport, Chalmette)
Crawfish Étouffée (Eunice)
Duck (Gueydan)
Étouffée (Arnaudville)
Frog (Rayne)
Garfish (Baldwin)
Gumbo (Thibodaux, Bridge City, Chackbay)
Jambalaya (Gonzales, Jeannerette)
Oyster (Amite)
Pecan (Colfax)
Pepper (St. Martinville)
Praline (Houma)
Rabbit (Iowa)
Rice (Crowley)
Seafood (Mandeville, Jean Lafitte)
Shrimp (Morgan City, Delcambre)
Soybean (Jonesville)
Strawberry (Ponchatoula)
Sugarcane (New Iberia, Natchitoches)
Swine (Basile)
Watermelon (Franklinton)
Yams (Opelousas)