

GAME/ACTIVITY | OUTSIDE PRESENTER OPTIONAL

FAIRYTALE NUTRITION

CREDIT AND EVALUATION

This health program was developed in partnership with the National Network of Libraries of Medicine (NNLM). Your feedback is encouraged. <https://nnlm.gov/Zkj>

AGES

Children 8+ years

Adaptations for teens or adults

PROGRAM DESCRIPTION

Fairy tales and folklore are bursting with food references, from poisoned apples to magic beans. Take food and nutrition to a fantastical level with storytime, cooking, and/or gardening programs. Activity ideas listed below.

Fairy tale Nutrition Storytime

Once upon a time, it was breakfast. Host a storytime program or series inspired by food in folk and fairy tales. Including but not limited to “The Giant Turnip,” “The Giant Carrot,” “The Princess and the Pea,” and “Jack and the Beanstalk.” Pair with nonfiction books about nutrition or seed life cycles. An art activity may include bean and seed art.

Fairy tale Garden

If you have an existing community garden, plant crops that connect to folk and fairy tales. Grow giant carrots, peas for a princess, and magic beans! Scale down: Beans can be grown in five-gallon containers as long as their vines have something to climb on. Enlist children and teens to make creative signage for the garden, from the whimsical to the scientific, and share information about the life cycle of beans and seeds.

Healthy Eating Cookbook Club

Embrace magic beans! Using “Jack and the Beanstalk” or “Stone Soup” as inspiration, host a cooking program that focuses on beans as healthy proteins. Discuss bean and seed life cycles, and share the health benefits of a high-fiber diet, with information from MedlinePlus or ChooseMyPlate. Share one-pot bean soup recipes, or scale up and host a healthy chili cook off challenge for the community.

TIP:

Invite local community garden members to help with gardening programs!



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MATERIALS

- Storytime: Books, seed art materials, food props/puppets
- Gardening: Existing garden or barrel gardening
- Cooking: A kitchen or a no-flame induction burner, and recipe-specific tools and supplies

SPACE

Meeting room

Garden plot or bright windowsill

Kitchen or sanitary space

PERSONNEL

One to three staff members or volunteers

RESOURCES

Web

NNLM: Summer health programming

<https://nnlm.gov/initiatives/summer-reading>

MedlinePlus: Food allergies

<https://medlineplus.gov/foodallergy.html>

MedlinePlus: Healthy recipes

<https://medlineplus.gov/recipes>

Centers for Disease Control: Gardening health and safety tips

<https://www.cdc.gov/family/gardening>

U.S. Department of Agriculture: Nutrition information

<https://www.choosemyplate.gov>

Children's Nonfiction

Sayre, April Pulley. *Rah, Rah, Radishes!: A Vegetable Chant*. Little Simon, 2014. 978-1442499270.

Search your collection for healthy and simple recipe cookbooks!

Children's Fiction

Your favorite versions of "Jack and the Beanstalk," "Princess and the Pea," "The Giant Carrot," "The Giant Turnip," or "Strega Nona."