

<p><b>Before beginning</b>, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the activity.</p>		
<p><b>Activity Name:</b> Health Supper Sunday Chicken Veggie Stir-Fry</p>	<p><b>Grade Level:</b> Any (with parent assistance)</p>	<p><b>Activity Length:</b> 15-20 minutes</p>
<p><b>Standard(s) and Grade-Level Outcome(s) or Indicator(s):</b> NHES 1 Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.</p>		<p><b>Materials Needed:</b></p> <ul style="list-style-type: none"> <li>• 2 (6-oz) packages of cooked chicken breast strips</li> <li>• About 25 oz of frozen stir-fry veggies</li> <li>• 2 Tbsp canola oil (high heat canola oil is best)</li> <li>• 2 Tbsp toasted sesame oil</li> <li>• Soy sauce (low sodium) or stir-fry sauce to taste</li> <li>• 1.5 cups brown rice, cooked per package instructions</li> </ul>
<p><b>Objective(s):</b> <i>By the end of the activity, students will be able to...</i></p> <ul style="list-style-type: none"> <li>• Create and eat a healthy meal with their parents or guardians</li> <li>• Have a healthy recipe on hand for family dinners</li> </ul>		
<p><b>Activity Progression</b></p>		
<ol style="list-style-type: none"> <li>1. Heat canola oil and sesame oil in a wok or large skillet over medium/high heat</li> <li>2. Add frozen vegetables, stirring frequently until vegetables are tender and water is evaporated.</li> <li>3. Add chicken strips.</li> <li>4. Stir in soy sauce or stir-fry sauce to taste.</li> <li>5. Serve immediately over brown rice.</li> </ol>		
<p><b>Modifications/Differentiations</b></p>		
<ul style="list-style-type: none"> <li>• Throw in any veggies (fresh or frozen) that you like. Nuts such as cashews can be a great addition. Mandarin oranges or pineapple chunks can add a sweet and savory flavor.</li> <li>• Change up the protein- turkey, shrimp, tofu, tempeh, or eggs are healthy substitutions.</li> <li>• Stir-fry with high heat oils. If oil is heated to the point it is smoking, the fumes can be unhealthful and toxic. Grape seed oil and avocado oil are great alternatives.</li> </ul>		
<p><b>Checks for Understanding/Assessment Strategies</b></p>		
<ul style="list-style-type: none"> <li>• Have your students send in photos of them creating the dish and eating it with their families</li> <li>• Ask them: Would they make the dish again? Why or why not? What would they do differently next time?</li> </ul>		