

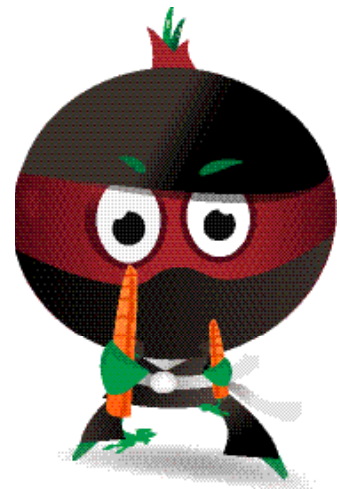
# The Onion Ninja Odyssey

The Onion — Nature's Ninja has skills: While eating it helps you ward off diseases, it's also a major action hero, slaying bacteria and bugs in the field just to get to the table. It provides amazing flavor and nutrition to any meal, and it's useful in other ways, such as dyeing fabrics, curing bee stings, cleaning barbecue grills or feeding sheep.

But like all other action heroes, our ninja has to grow and train to become Nature's Ninja. On these pages you can help your young ninjas learn the basics to prepare for school, and about eating right your whole life.

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## The Onion Ninja Odyssey

Objective:

Associate onions with different historical periods and events.

### Materials Needed:

Ollie and Olivia onion ninja markers (Activity Sheet 1.1)

Onion Facts: (Activity Sheet 1.2)

The Onion Odyssey Sheet (Activity Sheet 1.3)

### Set Up

1. Cut out the Ollie and Olivia markers on Activity Sheet 1.1.
2. Give each child 4 Ollie and 4 Olivia markers.
3. Put the Ollie and Olivia Onion Sheet on the table or floor and position the children around the sheet.
4. Duplicate Activity Sheet 1.3 for each child.
5. Read each Odyssey Fact on Activity Sheet 1.2 out loud.
6. Have the children place their markers on the Odyssey Sheet as instructed by the flash cards.
7. After all flash cards have been read, review the onion's odyssey.

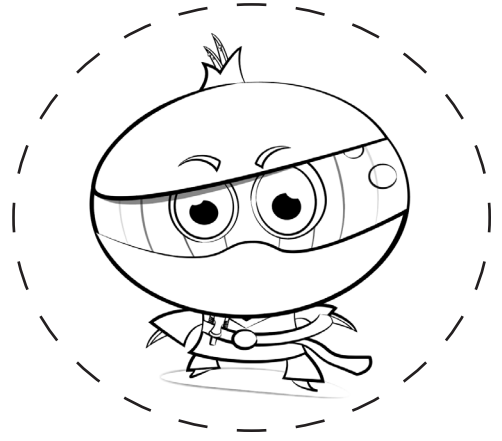
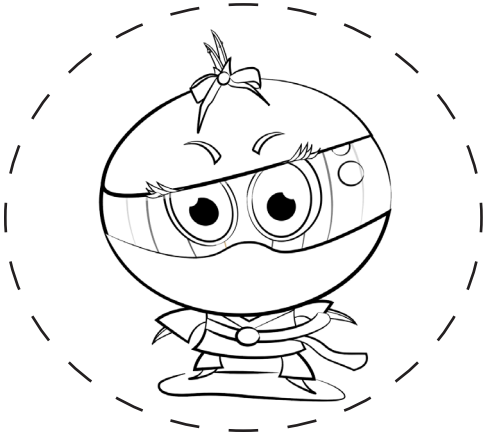
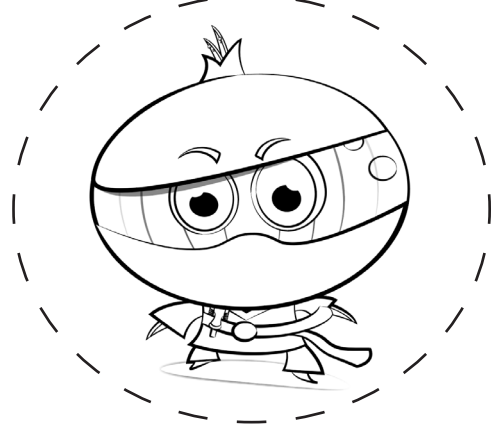
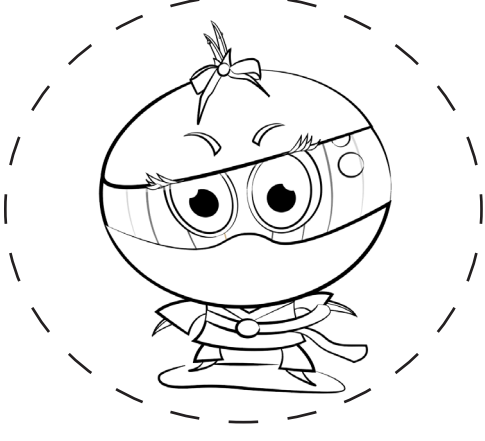
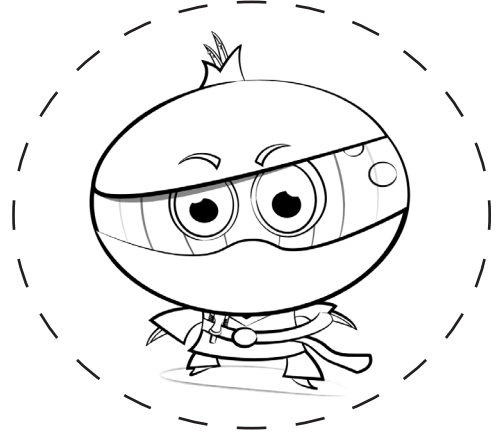
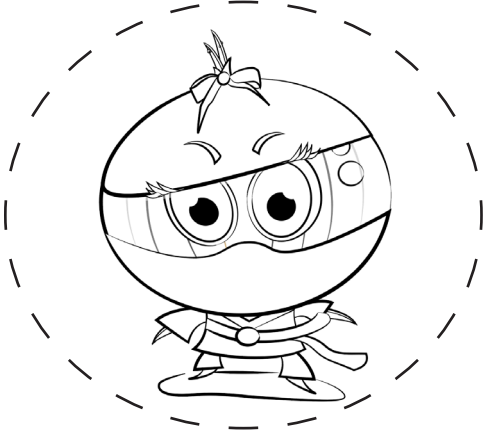
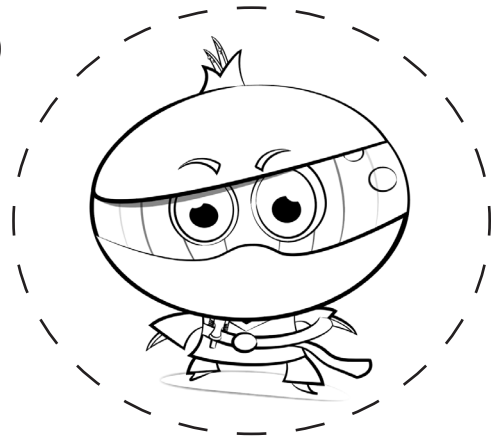
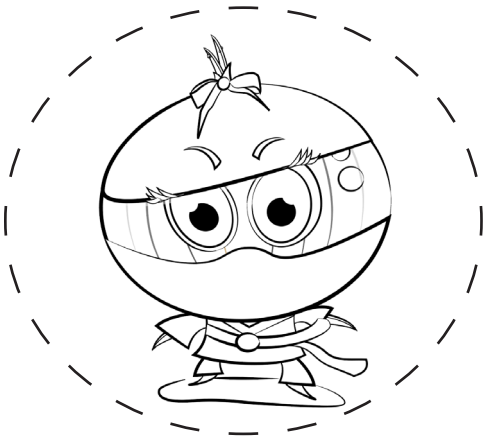
### Helpful Hints

1. Explain to the children that an odyssey is a journey.
2. Prior to playing the game, children could color their markers.
3. Preserve the sheet, markers, and cards by covering them with clear self-adhesive contact paper.



Ollie and Olivia  
(Ninja Onions in Training)  
Markers

**Activity 1.1**

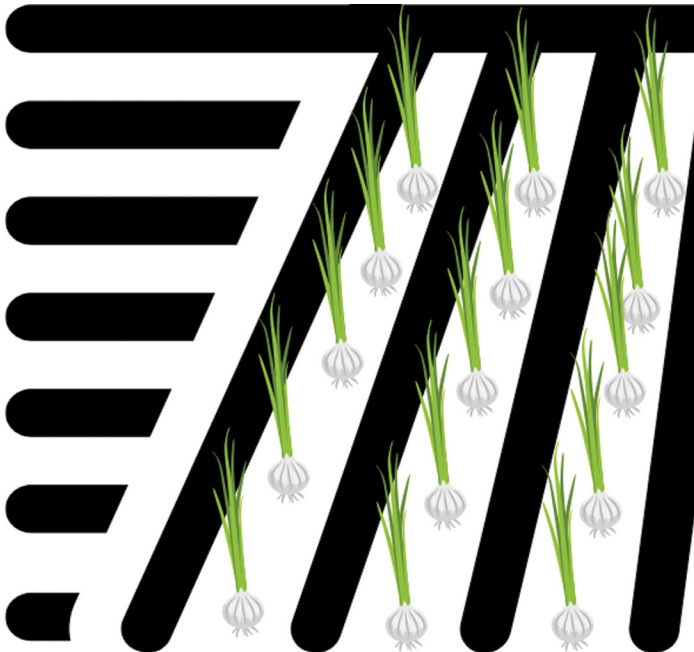
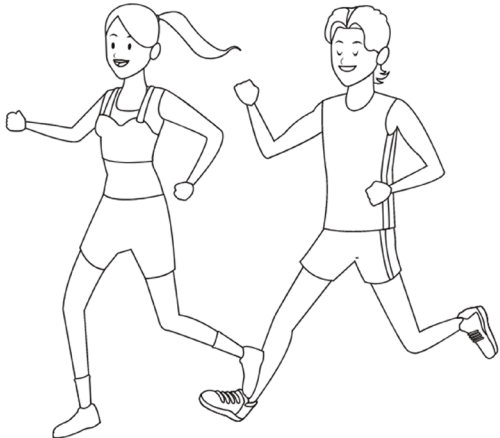
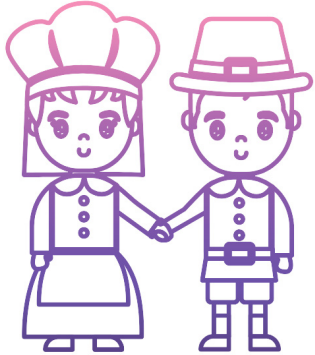
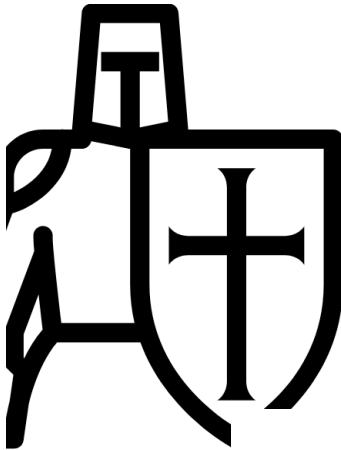
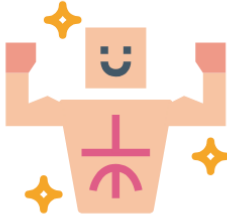
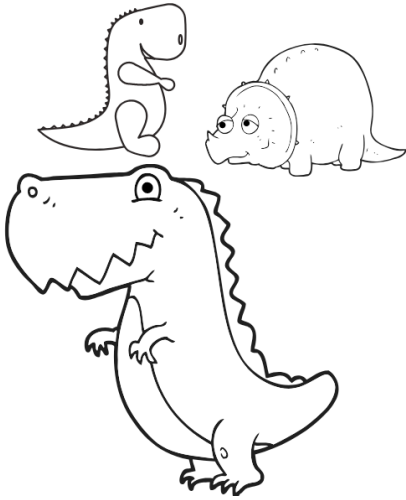


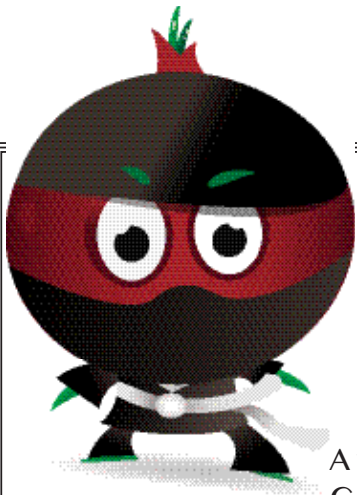


## Onion Facts

1. Onions have grown for a very long time. They were probably growing when dinosaurs lived on the earth. Place Ollie Onion on the dinosaurs.
2. When the great pyramids were being built, onions were given to others as gifts. Place Olivia Onion on the pyramid.
3. Onions were worshiped like gods by Roman soldiers. They thought onions kept them healthy. Place Ollie Onion on the soldier.
4. When the Olympic games or big sports games first began, people who played sports ate lots of onions. Place Olivia Onion on the boy and girl running.
5. Doctors have told people to eat onions to help keep them healthy. Place Ollie Onion on the health image with the doctor.
6. When Pilgrims arrived in America, they found Native Americans growing onions in a field. Place Olivia Onion on the Pilgrims.
7. Pilgrims ate onions for Thanksgiving Dinner. Place Ollie Onion on the turkey dinner.
8. Farmers grow onions in large fields of dirt. Place Olivia Onion on the field.

# The Ninja Onion Odyssey





## My Roots – Who Am I?

**Objective:** Show children the different parts of the plant that produce fruits and vegetables.

### Materials needed

A flowering house plant  
Construction paper (yellow, blue, red, orange, green and brown)  
Onions  
Two fruits or vegetables from each group below:

#### Yellow Group (roots)

Onions  
Carrots  
Potatoes

#### Blue Group (leaves)

Cabbage  
Spinach  
Lettuce

#### Red Group (pods)

Green Chili Peppers  
Wax beans  
Green beans

#### Orange Group (stems)

Broccoli  
Mushrooms  
Asparagus

#### Green Group (seeds)

Peas  
Sunflower seeds  
Pinto beans

#### Brown Group (flowers)

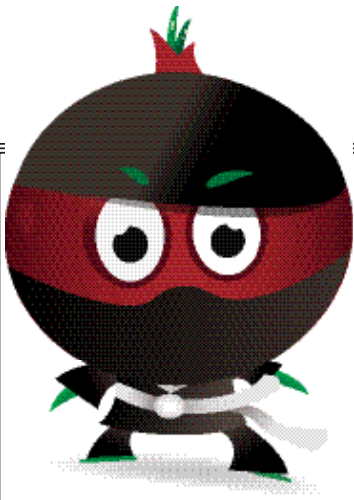
Apple  
Banana  
Lemon  
Tomatoes

### Setup

1. Place the different color groups of fruits and vegetables on the same color of construction paper on the floor. For example, onions are in the yellow group, so place the onion on the yellow paper.
2. Place the house plant on the floor. Have the children circle around the plant and the fruits and vegetables.
3. Explain that all plants, including those that produce fruits and vegetables, have parts similar to those found on the house plant. Ask the children what part of the plant is under the soil. Explain that roots are like a mouth. Roots provide food and water that help plants grow.
4. Point to the stem. Ask the children if they know what it is. Stems carry food and water to different parts of the plant.
5. Point to a leaf. Ask the children if they know what it is. Leaves help plants breathe.
6. Point to a flower. Ask the children if they know what happens to some flowers when they die. Explain that they can become the fruits or vegetables that we eat.
7. Explain that each fruit and vegetable is part of a plant. Ask them to name the fruits and vegetables. Ask if they know what part of the plant each fruit and vegetable comes from. Discuss.



**Helpful Hint:** Refrigerate fruits and vegetables and save for other activities.



## All My Parts

**Objective:** Create an awareness of the parts of the onion plant.

### Materials needed

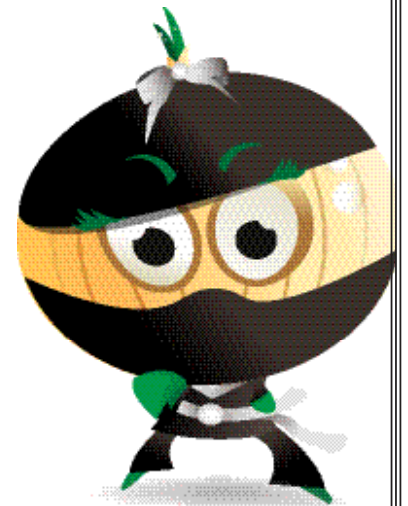
The Onion's Body (Activity Sheet 3.1)  
Crayons

### Setup

1. Duplicate The Onion's Body (Activity Sheet 4.1)/
2. Review the parts of a plant (Activity 2).
3. Have children color the parts of the onion. Color the roots brown, the stem yellow, the flower purple, and the leaves green.
4. Ask the children how th onion plant's body differs from their bodies.

### Helpful Hint:

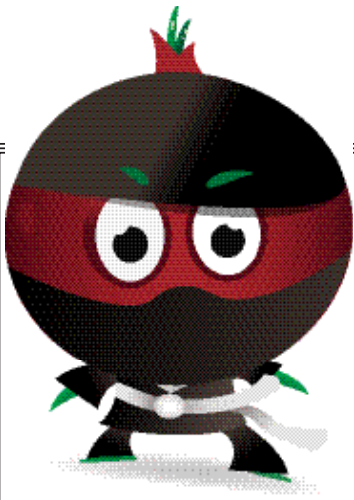
1. Compare and contrast the onion's parts to human parts. For example, our mouth and onion roots are used to take in nutrients (food and water). Plants use leaves to breathe. People use lungs to breathe.



# Onion's body







## Watch Me Grow

**Objective:** Have children grow an onion plant.

### Materials needed

Onions  
Soil  
Water  
Empty half-gallon milk cartons  
Plastic measuring cup with spout  
Watering can or pitcher

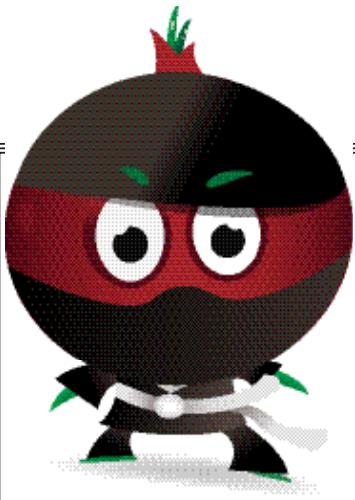
### Setup

1. Ask each child to bring an empty, clean half-gallon milk carton and a small onion.
2. Cut the bottom 5 inches off each milk carton to make a planter.
3. Put approximately 2 inches of soil in each container.
4. Put an onion in each container, root side down.
5. Cover the onion with approximately 1 inch of soil.
6. Water until the soil is damp but not saturated.
7. Leave in a warm, light place out of drafts and in direct sunlight.
8. Have the students check daily for sprouting.
9. Record the number of days it takes for the first sprout to appear.

### Helpful Hint:

1. This is best as a spring activity. Onions to plant can be found in the garden sections of stores.
2. Keep the onion plants damp, but not soaked; too much water will rot them.
3. These plants could be given as a gift for Father's Day or Mother's Day.
4. Not all onions will sprout.





## Good-For-You Onions

**Objective:** Help children understand why onions are good to eat and how onions help keep them healthy.

### Materials needed

Ollie and Olivia Ninja Onions (Activity Sheets 5.1 and 5.2).  
Flash Cards (Activity Sheet 5.3)

### Setup

1. Put Ollie and Olivia Onion (Activity Sheets 5.1 and 5.2) on a bulletin board.
2. Have the children sit around the bulletin board.
3. Hold up the Flash Card and ask who has heard the following words before:

Vitamins	Fat	Fiber
Vitamin C	Carbohydrates	Water
Minerals	Cholesterol	Calories

4. Discuss the importance of each nutrient as suggested on the back of each Flash Card. Place the cards on the board around Ollie and Olivia Onion as you discuss them.

### Helpful Hint:

1. This activity is suggested for 5-year-olds.
2. Velcro strips or dots work well for holding cards on the bulletin board.



# Ollie Ninja Onion



Olivia Ninja Onion



**Vitamin C**

**Fiber**

**Fat and  
Cholesterol**

**Minerals**

**Carbohydrates**

**Calories**

**Protein**

**Water**



## Fiber

Helps fill you up when you are hungry. Helps keep your heart healthy. Helps prevent some forms of cancer. Helps you use some of the food you eat (helps the body handle glucose).

## Vitamin C

Helps keep skin healthy. Helps prevent infections, such as a cold. Helps heal wounds. Promotes healthy bones and teeth. Helps prevent some types of cancer.

## Minerals

Minerals such as iron, calcium and potassium help keep us healthy. Onions have a variety of minerals. Sodium is a mineral. People should not eat too much sodium. Onions have very little sodium.

## Fat and cholesterol

Onions have no fat or cholesterol. Too much fat and cholesterol in the diet can be unhealthy. Cholesterol is never in plants that we eat.

## Calories

All food has calories. Calories measure the amount of energy foods provide. Too many calories can cause us to be overweight. Onions are very low in calories.

## Carbohydrates

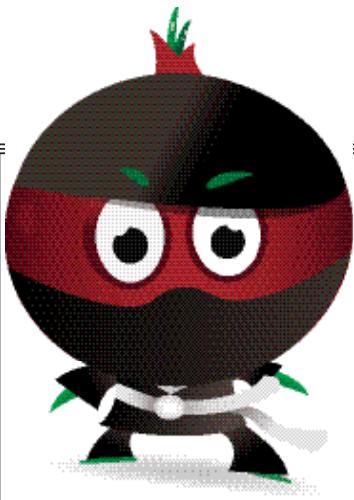
Give us energy to play and have fun. Onions have lots of carbohydrates.

## Water

It is important to have water every day. Fruits and vegetables have water in them. Water has no calories.

## Protein

Protein is important for building muscles and for body growth. Vegetables such as dried beans and peas have protein. Other fruits and vegetables have very little.



## Ninja Onion Patch

**Objective:** Have children create an onion character.

### Materials needed

Balloons for each child (round or oval)  
Water  
Flour  
Paints  
Fabric, felt, yarn  
Colored paper scraps  
Newspaper

### Setup

1. Blow up the balloons.
2. Shred newspaper into strips.
3. Mix water and flour to make a thin paste.
4. Dip newspaper strips in paste and layer onto balloons to create onions.
5. Let the onions dry overnight.
6. Have the children paint their onions. Advise them that onions are usually one of three colors – yellow, red or white.
7. Complete the character using colored construction paper for eyes, nose and mouth; yarn for hair; fabric for bows and ribbons.
8. Set up an area that the children can call their Ninja Onion Patch or Onion Stand in a grocery store.





## Eating My Vegetables

**Objective:** Have children help prepare a recipe and discuss why it is healthy to eat a variety of fruits and vegetables.

### Materials needed

Crockpot  
Ninja Onion Patch Chili Recipe (Activity Sheet 7.1)  
Measuring spoons  
Measuring cups  
Can opener  
Vegetable cooking spray  
Paper bowls  
Spoons

### Setup

1. Pre-cut onions, peppers and carrots.
2. Have children wash their hands.
3. Follow the recipe.
4. As the ingredients are being used in the recipe, ask the children if they know why the following foods are good to eat:

	Answers
Onions	Fiber, vitamin C, no fat or cholesterol
Tomatoes	Fiber, vitamins C and A, no fat or cholesterol
Carrots	Fiber, vitamin A, no fat or cholesterol
Peppers	Fiber, vitamin C no fat or cholesterol
Kidney beans	Fiber, protein



# Ninja Onion Chili Patch

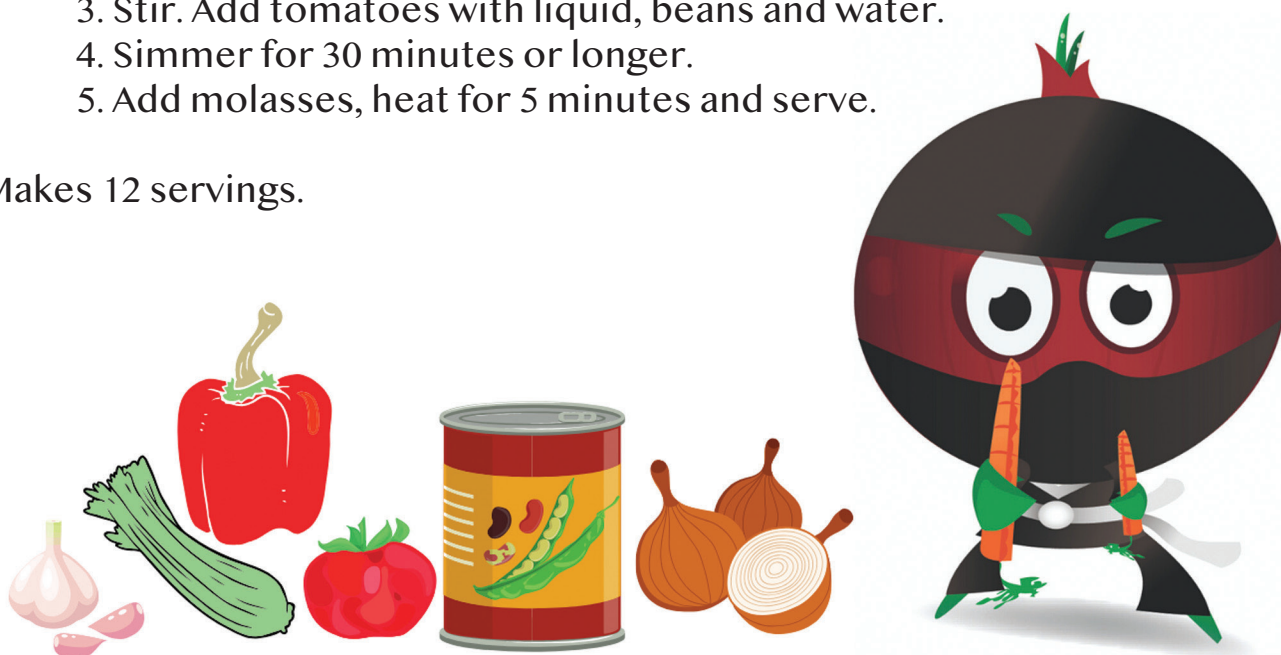
## Ingredients

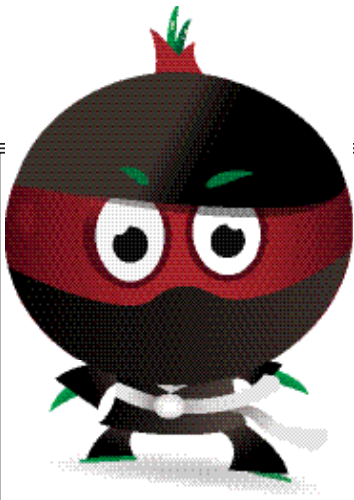
- 2 onions, chopped
- 2 garlic cloves, minced
- 1 6 oz can tomato paste
- 1 tablespoon mustard
- 1 tablespoon chili powder
- 1 tablespoon oregano
- 1 tablespoon basil
- 1 green or red pepper, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 pound, 12 oz. canned tomatoes
- 3 15 1/4 oz cans canned kidney beans, drained
- 1 tablespoon molasses
- 1 cup water

## Directions:

1. Saute onions and garlic in crock pot sprayed with cooking spray.
2. Lower heat, add tomato paste, seasonings, peppers, celery and carrots.
3. Stir. Add tomatoes with liquid, beans and water.
4. Simmer for 30 minutes or longer.
5. Add molasses, heat for 5 minutes and serve.

Makes 12 servings.





## The Ninja Onion Mystery

**Objective:** Have children identify foods with onions in them.

### Materials needed

Ninja Onion Mystery Card (Activity Sheet 8.1)

Pencils

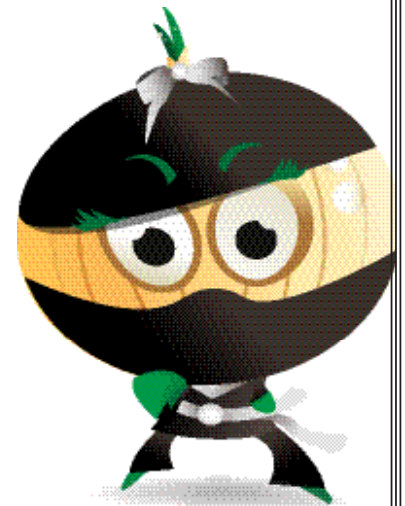
Parent's or guardian's help

### Setup

1. Duplicate a Ninja Onion Mystery Card for each child.
2. Have the children, with the help of a parent or guardian, write down over a two-day period the foods they eat that have onions in them.
3. Explain that many times when we eat onions, we don't even know it. Give examples: a hamburger with onions, pizza with onions, salad with onions, stir-fry with onions, or soup with onions.
4. Discuss the Ninja Onion Mystery Card results when they are returned after the two days.
5. Count the different foods and have a total for the class.
6. Acknowledge the child who ate the most different foods with onions by making a card with the child's name on it and placing it on the bulletin board next to Ninja Ollie or Ninja Olivia (Activity 6).

### Helpful Hints:

1. Remind the children to complete their Ninja Onion mystery cards each day.
2. Repeat this activity after all the other activities have been completed. Were there any differences?





**Parents:**

Please help your child think about the foods that have onions in them such as a salad, or pizza, that they eat in a two-day time frame.

**My Ninja Onion Mystery Card**

NAME \_\_\_\_\_

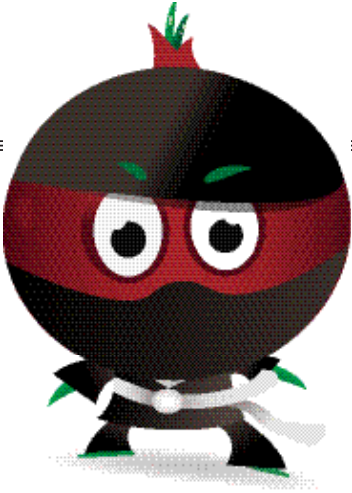
The Onion foods that I ate:

Day 1: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Day 2: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Class Collage

**Objective:** Demonstrate the versatility of onions in the foods we eat.

## Materials needed

Old consumer and food magazines  
Paste  
Child-safe scissors  
Poster board

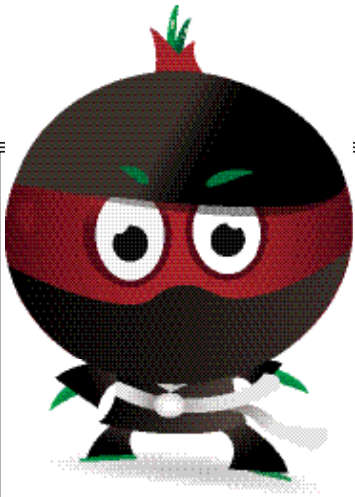
### Setup

1. Ask the children to go through the magazines and cut out photographs of foods that have onions in them.
2. Discuss the different foods.
3. Ask the children what foods they would try.
4. Make a ninja onion collage by pasting the pictures on the poster board.
5. Display the collage.

### Helpful Hint:

To keep the collage looking like new, cover it with clear self-adhesive contact paper.





## Name Me and Color Me – Fruits and Vegetables

**Objective:** Reinforce colors and names of fruits and vegetables.

### Materials needed

Crayons

Color Me - Fruit and Vegetable Sheet (Activity Sheet 10.1).

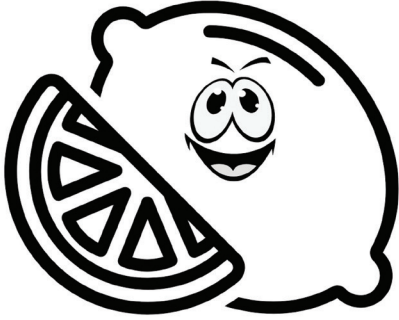
Samples of fruits and vegetables on the Activity Sheet (optional)

### Setup

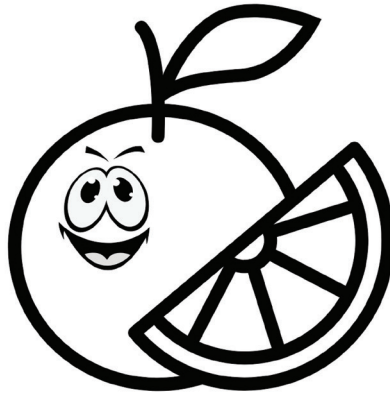
1. Duplicate the Color Me - Fruit and Vegetable Sheet (Activity Sheet 10.1).
2. Discuss the name and color of each fruit and vegetable.
3. Have the children name the fruits and vegetables and color them the appropriate color.
4. Ask the children if they have seen the fruit or vegetable in more than one color. For example, onions - red, purple, brown, white and yellow; grapes - green, red and purple; potatoes - brown, red.



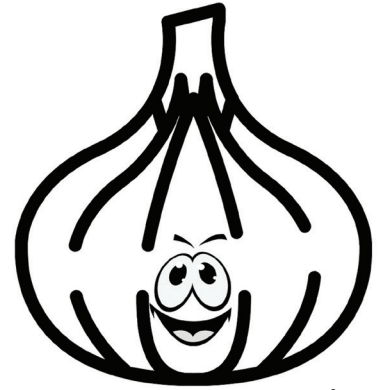
Activity 10.1



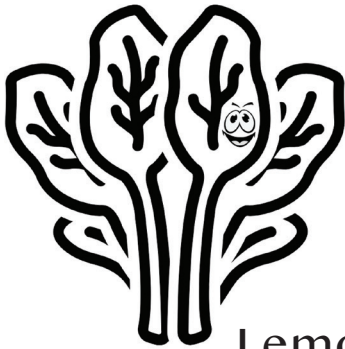
Lemon



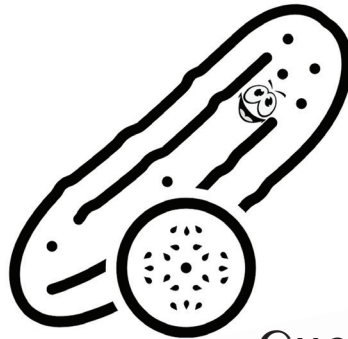
Orange



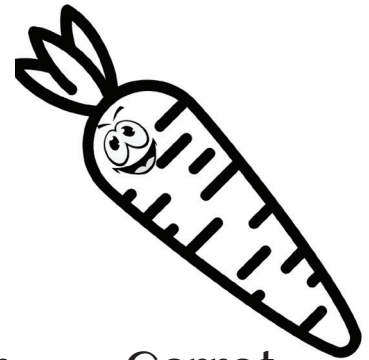
Onion



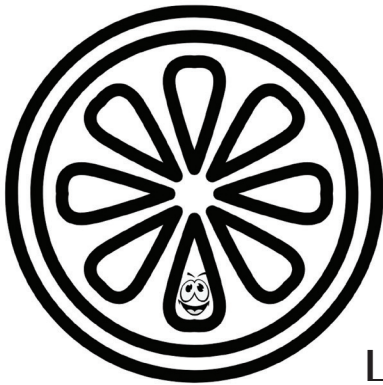
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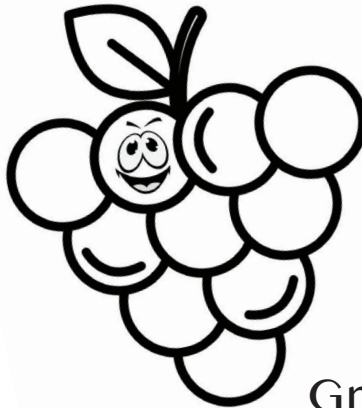
Cucumber



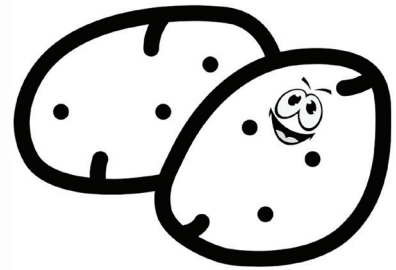
Carrot



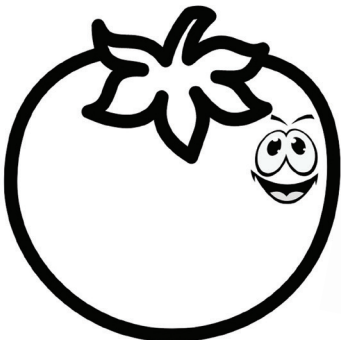
Lime



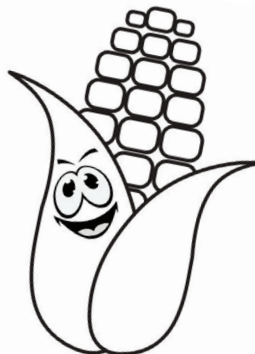
Grapes



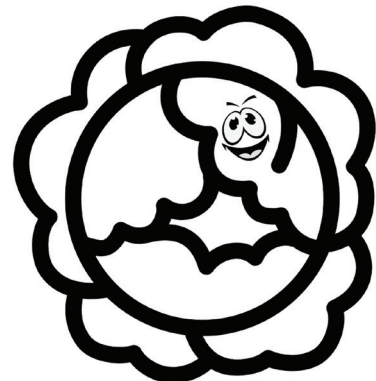
Potatoes



Tomato



Corn



Cabbage



## Shapes and Sizes

**Objective:** Help children identify shapes.

### Materials needed

What shape am I? (Activity Sheet 11.1)  
Pencils

### Setup

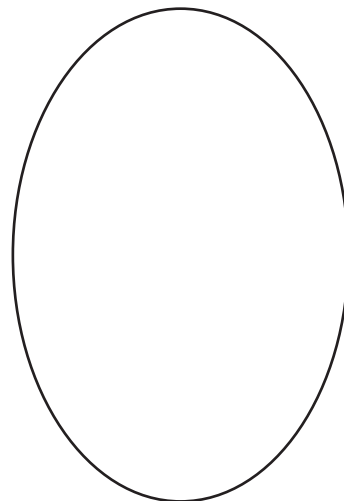
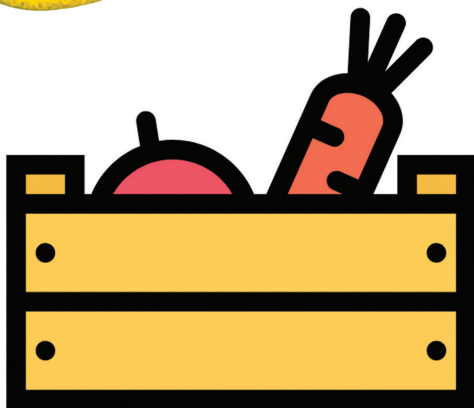
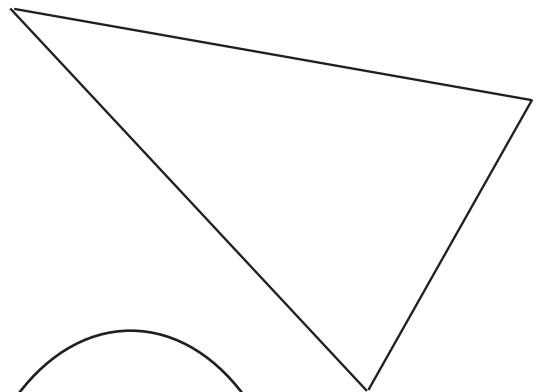
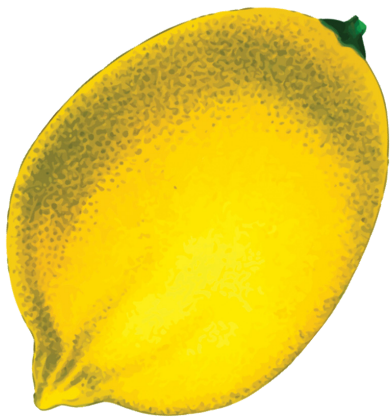
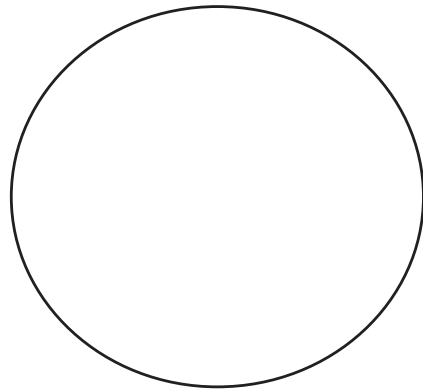
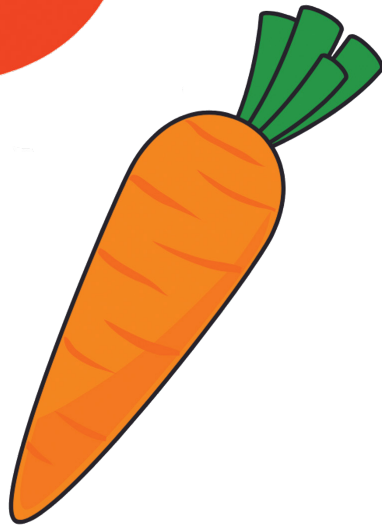
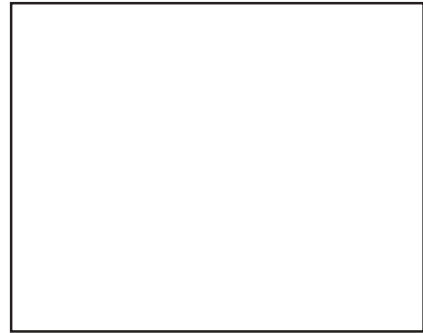
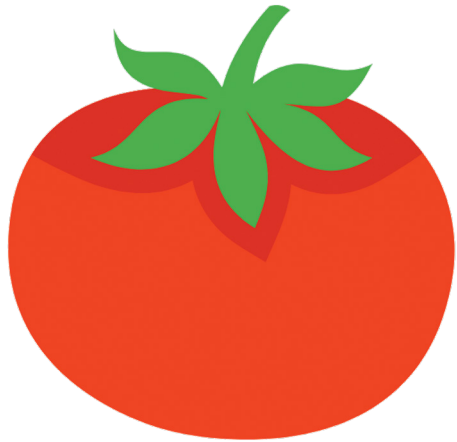
1. Have the children match the shape of fruits and vegetables with the shape on Activity Sheet 11.1 by circling the pairs.
2. Discuss the shapes.
3. Ask the children which fruits and vegetables are the largest and which are the smallest.
4. Ask the children if they can think of any other fruits and vegetables that would be in these shapes.

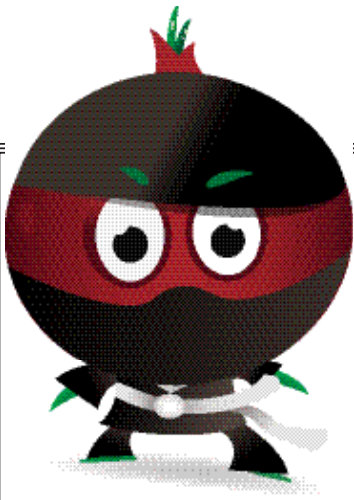
### Helpful Hint

If you have the fruits and vegetables available, it helps the children visualize the shapes.









## Ninja Onion Twister

**Objective:** Help children identify colors and develop large motor coordination.

### Materials needed

Scissors

Ninja Onion (Activity Sheet 12.1)

Crayons or paint

Color Box (Activity Sheet 12.2)

A 48x72 plain-colored plastic picnic tablecloth

Clear packaging tape

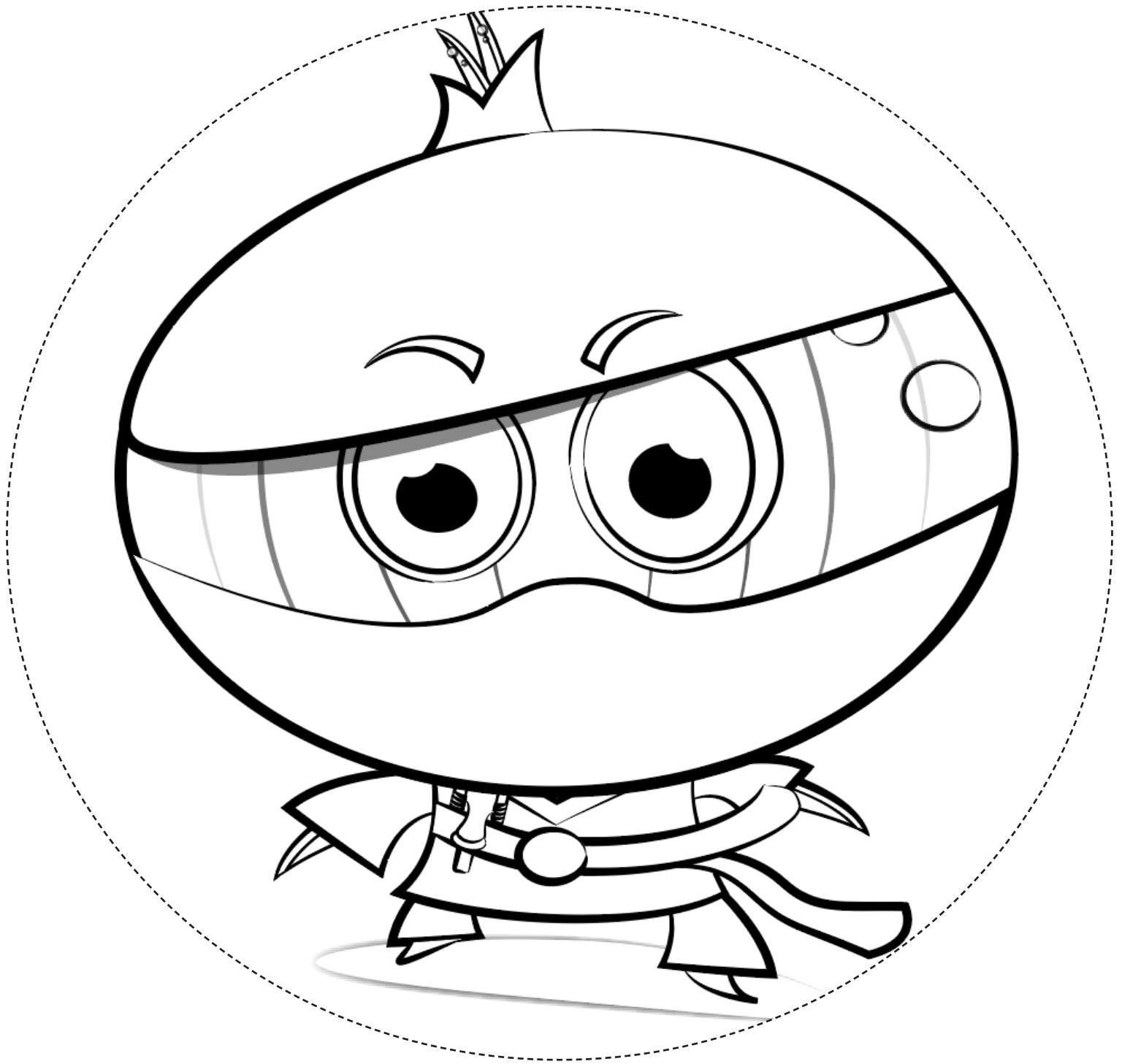
### Setup

1. Make 24 copies of the Ninja Onion on Activity Sheet 12.1.
2. Cut out the Ninja onions.
3. Have each child color a Ninja Onion. Be sure that there are 4 red, 4 yellow, 4 orange, 4 purple, and 4 green ninjas.
4. Cut out the Color Box on Activity Sheet 12.2.
5. Have children color in the appropriate color for each side of the Color Box.
6. Assemble the Color Box.
7. Tape the Ninja Onions on the picnic table cloth. Put each color in a row, spacing the colors and rows approximately 5 inches apart.
8. Four children can play this game at once.
9. Have each child roll the color box and put a hand or leg on the color indicated by the color box. After the first round, roll the Color Box for the children. Continue until all hands and feet are on a color. If a particular color is full, roll the color box again.

### Helpful Hint

The children should be all twisted.

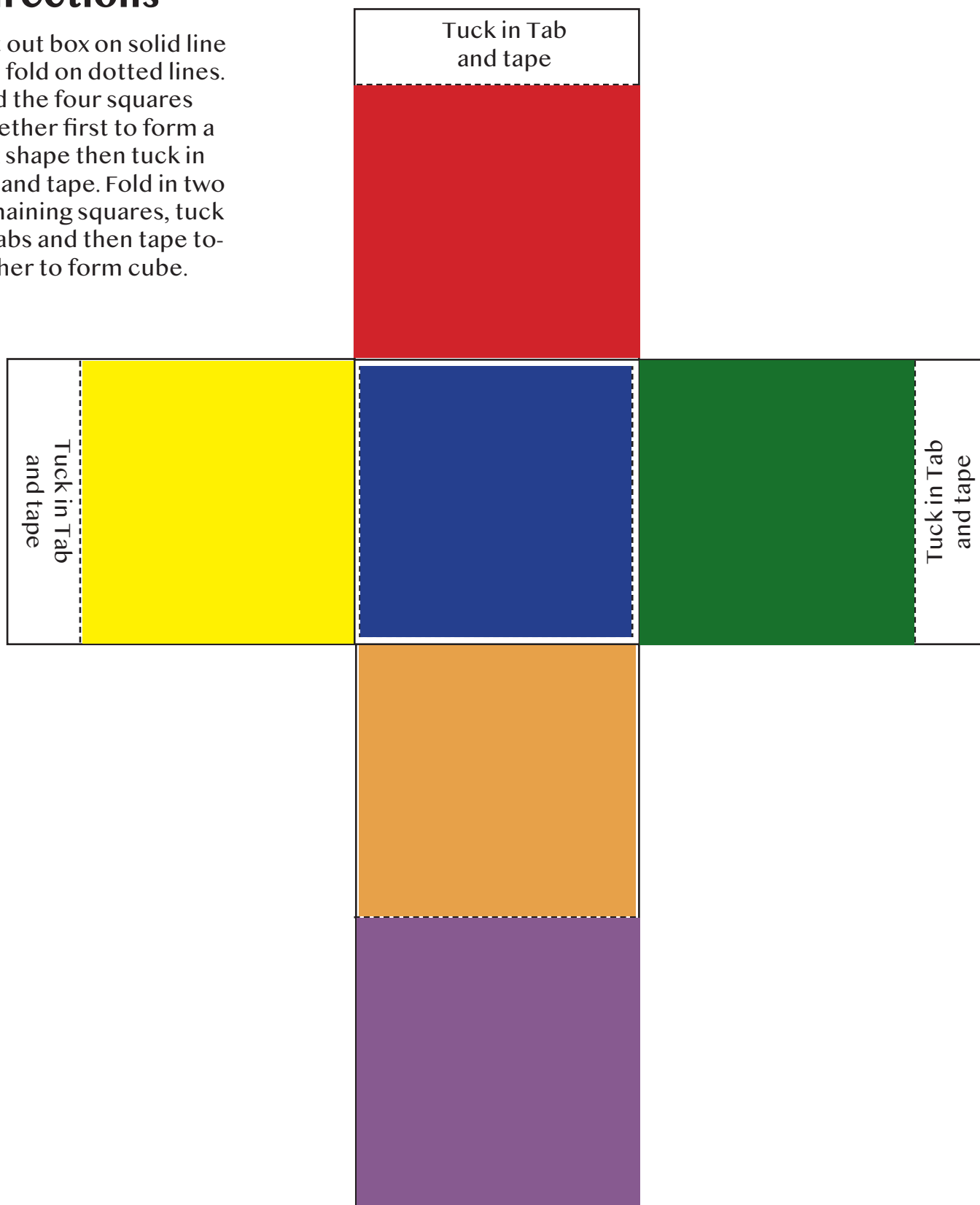




# Color Box – Activity 12.2

## Directions

Cut out box on solid line and fold on dotted lines. Fold the four squares together first to form a box shape then tuck in tab and tape. Fold in two remaining squares, tuck in tabs and then tape together to form cube.





## Look Who's Cooking?

**Objective:** Provide children an opportunity to help prepare easy-to-make snack or lunch recipes.

### Materials needed

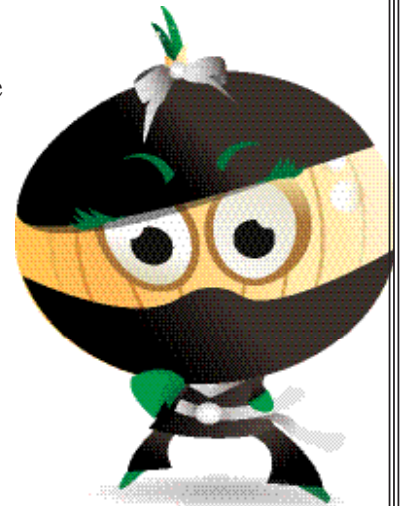
Recipes on Activity Sheets 13.1, 13.2, 13.3, 13.4, 13.5  
Equipment as noted on the recipes  
Aprons, optional

### Setup

1. Have each child bring a recipe ingredient from home, or plan to purchase them all at one time, perhaps as a field trip to the supermarket produce department or a farmers' market.
2. Have children wash their hands before preparing food.
3. Chop ingredients ahead of time.
4. Review kitchen safety rules.
5. Use as many non-sharp utensils as possible.

### Helpful Hint

1. Plan the recipes to complement other activities or holidays.
2. Duplicate recipes for children to take home and prepare with family and friends.



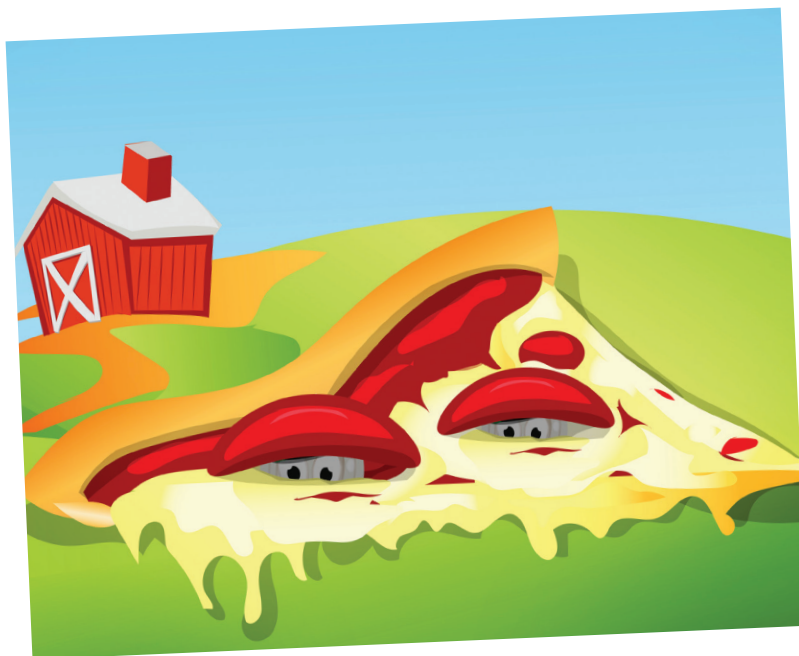
## Olivia's Garden Fresh Pizza

### Ingredients

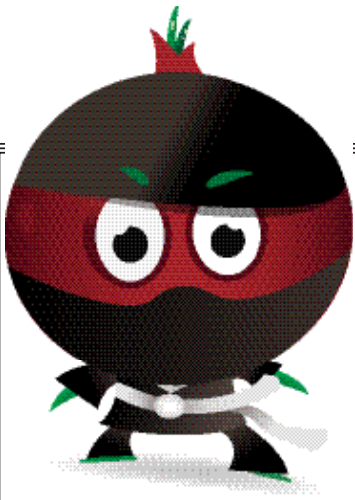
- 1 1/2 cups lowfat tomato sauce
- 1 large Italian flat bread
- 1 cup chopped onions
- 1 medium zucchini, thinly sliced
- 10 mushrooms, thinly sliced
- 8 ounces low fat mozzarella, Swiss or cheddar cheese, grated

### Directions

1. Plan the recipes to complement other activities or holidays.
2. Duplicate recipes for children to take home and prepare with family and friends.







## Ollie's Stir Fry

### Ingredients

#### Sweet 'n Sour Sauce

- 1/2 cup apple-cranberry juice
- 1/4 cup pineapple juice
- 1 tablespoon lime juice
- 1 tablespoon honey
- 1 1/2 tablespoons cornstarch
- 1 teaspoon light soy sauce

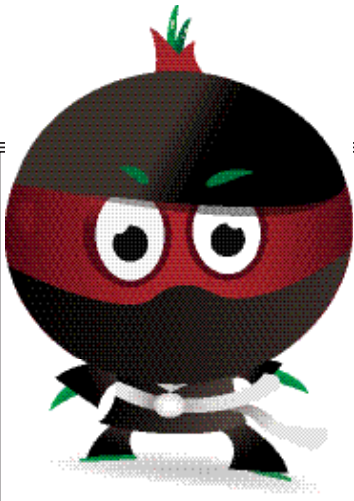
#### Stir-Fry

- vegetable cooking spray
- 1 cup chopped onions
- 1 cup broccoli florets
- 1 cup canned pineapple chunks with juice
- 1 cup sliced carrots
- 1 cup canned corn, drained
- 1 cup chopped green peppers
- 1 cup cooked, chopped chicken (optional)

### Directions

1. Combine all sauce ingredients in large bowl.
2. Spray a skillet, wok, electric skillet or electric wok with vegetable spray.
3. Heat skillet or wok on medium high.
4. Add the vegetables. Cook for 5 minutes.
5. Add sauce mixture. Cook for another 5 minutes. Stir occasionally.
6. Enjoy your own stir-fry.

Makes ten 1/2 cup servings



## Onion Boats and ChickNuggets

### Ingredients

1/4 cup low fat milk  
2 tablespoons honey  
4 cups crushed flake cereal  
2 onions, cut into 8 wedges  
1 pound boneless, skinless chicken breasts,  
cut into 2-inch chunks

### Directions

1. Stir together milk and honey.
2. Put crushed cereal in a plastic bag.
3. Dip onion wedges in milk and honey mixture.
4. Put wedges in plastic bag. Close bag and shake to coat the onions with cereal. Remove onion wedges.
5. Put onto a microwave-safe dish.
6. Put chicken in plastic bag. Close bag and shake to coat the chicken with cereal. Remove chicken.
7. Place chicken on the dish. Microwave on high for 5 minutes.
8. Prepare dipping sauce. Cool onion and chicken for 3 minutes.
9. Serve with warm dipping sauce.

Makes 4-6 servings.

### Orange-Apricot Dipping Sauce

#### Ingredients

1/2 cup low-sugar apricot preserves  
2 tablespoons orange juice

#### Directions

Mix ingredients in a microwave-safe bowl. Heat on high for 1 minute. Stir and serve with Onion Boats and ChickNuggets.



## Ninja Onion Odyssey Soup

### Ingredients

vegetable cooking spray  
1 cup chopped onions  
2 cans (14.5 oz) low-sodium chicken broth  
1 can (28oz) tomatoes, diced  
1/2 cup alphabet pasta or twistie pasta  
1 cup frozen peas  
1 cup frozen corn  
1 cup sliced carrots  
1 cup sliced celery  
1/4 teaspoon pepper



### Directions

1. Spray microwave-safe 2-quart container with vegetable cooking spray.
2. Place onions in container.
3. Microwave on high for 1 minute.
4. Add broth, tomatoes and pasta. Microwave on high for 5 minutes.
5. Add remaining ingredients and microwave on high for 10 minutes
6. Allow soup to cool for 3 minutes before serving.

Makes approximately eight 1-cup servings.



## Ollie's Basic Burrito and Yummy Salsa

### Yummy Salsa

#### Ingredients

- 3 onions, chopped
- 6 tomatoes, chopped
- 1 bell pepper, chopped
- 1 celery stalk, chopped
- 2 sprigs of fresh cilantro, chopped
- 1 tablespoon lime juice

#### Directions

1. Combine all ingredients in a large bowl.
2. Cover and refrigerate.

\* This recipe will store in the refrigerator for 1 week. Makes 6 cups

### Ollie's Basic Burrito

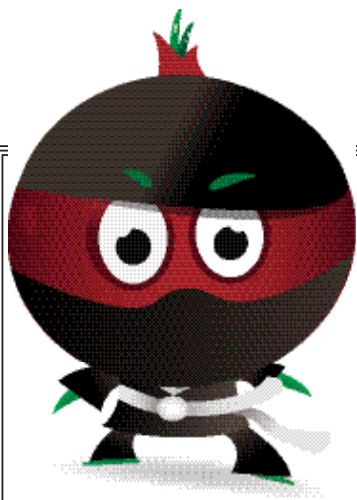
#### Ingredients

- 2 onions, shredded
- 4 carrots, shredded
- 2 boneless, skinless cooked chicken breasts, shredded
- 1 cup nonfat cheddar cheese, grated
- 1 cup nonfat sour cream
- 16 8-inch flour or corn tortillas
- 2 cups iceberg lettuce leaves, torn

#### Directions

1. In a large bowl, combine all ingredients except tortillas and lettuce.
2. Lay the tortillas flat on large plates.
3. Spoon 1/2 cup of mixture in the center of the tortilla.
4. Top with 1/8 cup of lettuce.
5. Wrap the tortilla around the mixture by folding each end over the mixture and then folding over the sides.
6. Top with salsa.

Makes 8 cups of filling and 16 burritos.



## My Ninja Onion Odyssey Cookbook

**Objective:** Have children prepare a cookbook to take home for family and friends.

### Materials needed

My Ninja Onion Recipe (Activity Sheet 14.1)  
My Ninja Onion Cookbook cover (Activity Sheet 14.2)  
Recipes (Activity Sheets 13.1, 13.2, 13.3, 13.4, 13.5)  
Artwork (Activity Sheet 14.3)  
Onion Stamps (Activity 15)  
Crayons and/or paints  
Clear, self-adhesive contact paper  
Hole punch  
Ribbon

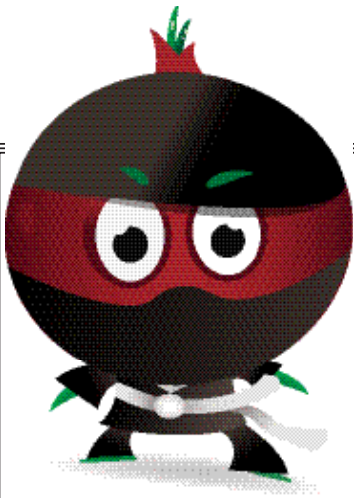
### Setup

1. Send each child home with a copy of Activity Sheet 14.1 to obtain a favorite recipe that has onions in it.
2. Duplicate the recipes that are returned so each child has a set.
3. Duplicate Activity Sheet 14.2 for the recipe book cover.
4. Have the children color their cookbook cover. Have them decorate their recipe pages with artwork and onion stamps if they would like (Activity Sheet 14.3 and 15).
5. Punch holes in the pages and assemble the cookbook, using ribbon to hold the pages together.

### Helpful Hints

1. This cookbook can be given as a gift for Mother's Day, Father's Day, Valentine's Day, Christmas, Hanukkah, Grandparents' Day, or as a project for any unit involving educating children about proper nutrition and eating vegetables.





## My Ninja Onion Recipe

Recipe Name: \_\_\_\_\_

### Ingredients

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### Directions

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\_\_\_\_\_ 's recipe

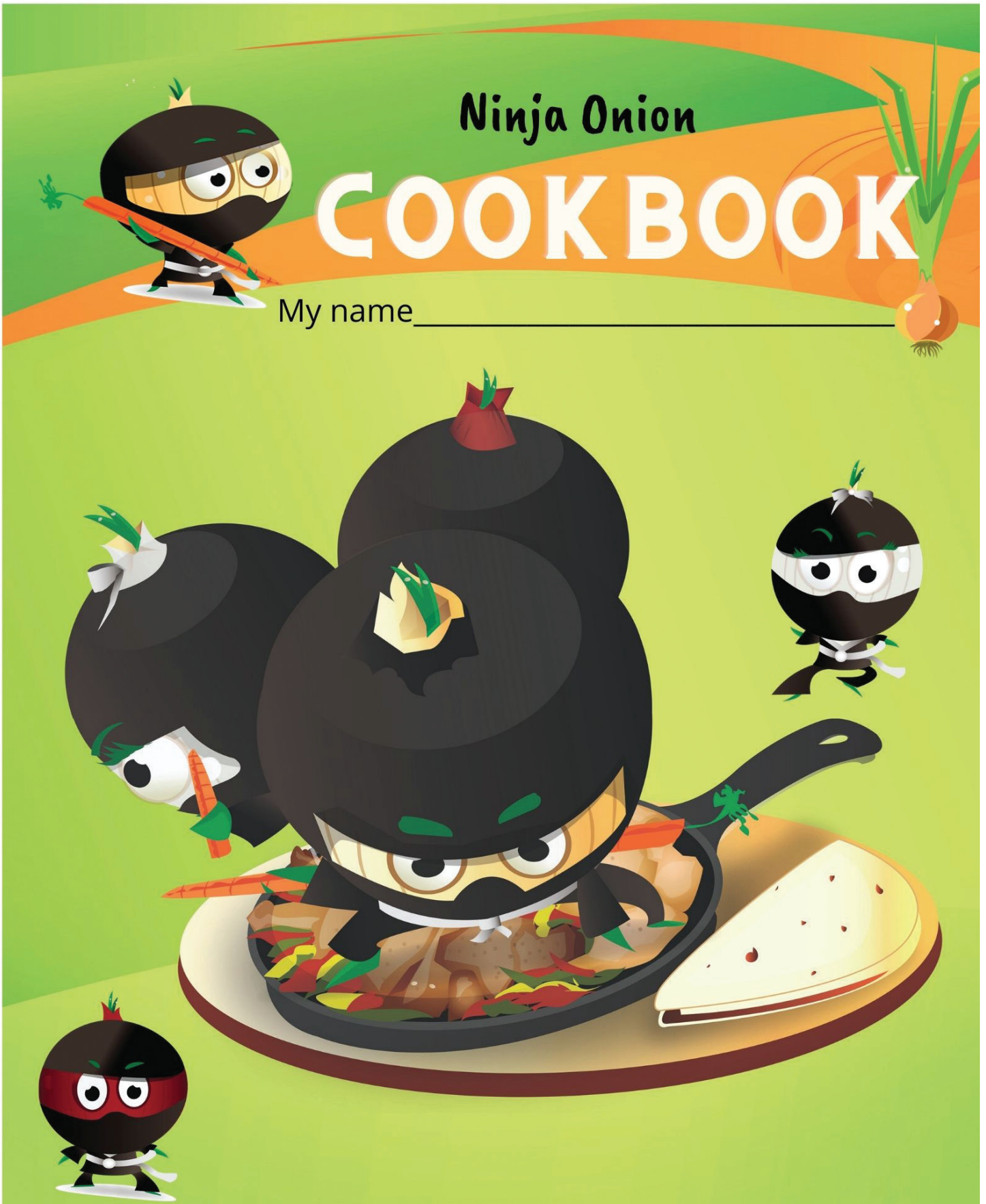
Name



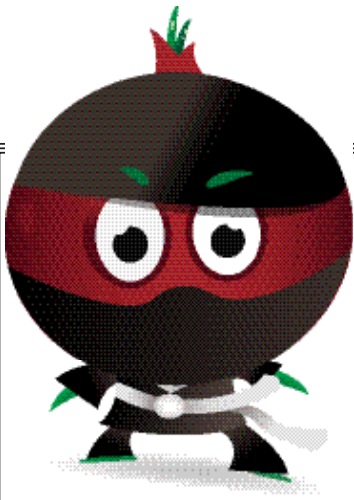
# Ninja Onion

# COOKBOOK

My name \_\_\_\_\_







## Stamp It – Onion Stamps

**Objective:** Have children use onions in an art project.

### Materials needed

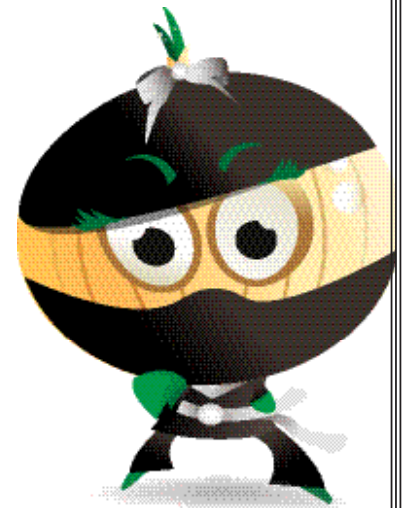
Onions  
Knife  
Finger paints  
Paint brushes  
Small styrofoam or paper bowls or cups  
Paper or something to decorate

### Setup

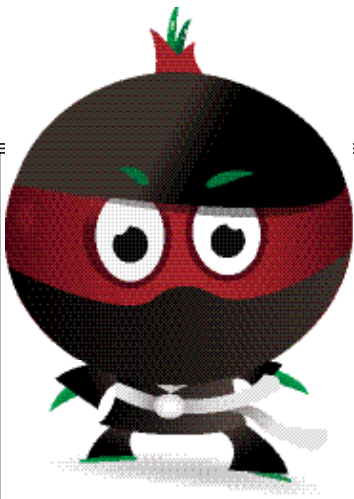
1. Remove the skin from the onions (save for Activity 16).
2. Cut onions into wedges and big slices.
3. Give each child some finger paint in a bowl or cup.
4. Have the children paint the edges of the cut onions.
5. Stamp aprons, note cards, or paper with the onion stamps
6. Let dry completely.

### Helpful Hint

1. Too much paint on the onions or too thin a layer of paint will cause the stamp to lose its pattern.







## Red and Yellow Tie-Dye

**Objective:** Show children how to create a dye, similar to dyes that were created by the Native Americans.

### Materials needed

Red Dye:	Yellow Dye:
5 pounds of red onions	5 pounds of yellow onions
1/2 cup red vinegar	1/2 cup baking soda

Two 2 1/2 - quart pots  
Old white T-shirts  
Rubber bands  
Wooden spoon

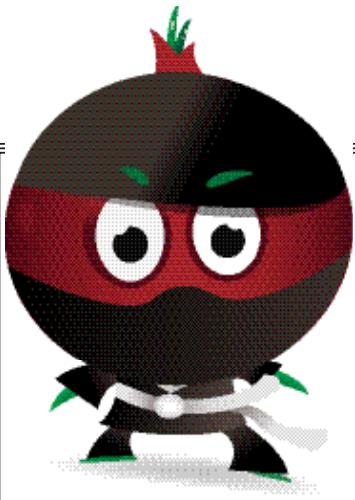
### Setup

1. Ask each child to bring in an old white T-shirt.
2. Leaving skins on the onions, cut the onions into quarters.
3. Place 2 quarts of water in each pot.
4. Add 1/2 cup vinegar for red dye; 1/2 cup baking soda for yellow dye.
5. Bring to a boil over medium-high heat. Keep children away from water.
6. Place red onions in one pot and yellow in another pot.
7. Cover pots. Simmer on low heat for 30 minutes.
8. Cool thoroughly, remove onions and skins.
9. Place pots on a waterproof surface.
10. Have each child loosely roll his/her T-shirt and put rubber bands around it.
11. Submerge T-shirts into the dye for 20 minutes.
12. Allow shirts to dry.



### Helpful Hint

Makes about 10 T-shirts.



## Pair Me Up

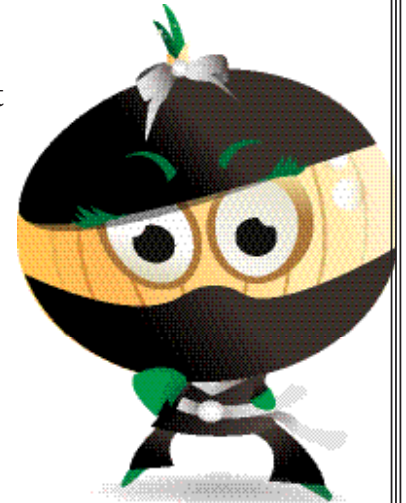
**Objective:** Review the variety of ways onions can be eaten with other vegetables.

## Materials needed

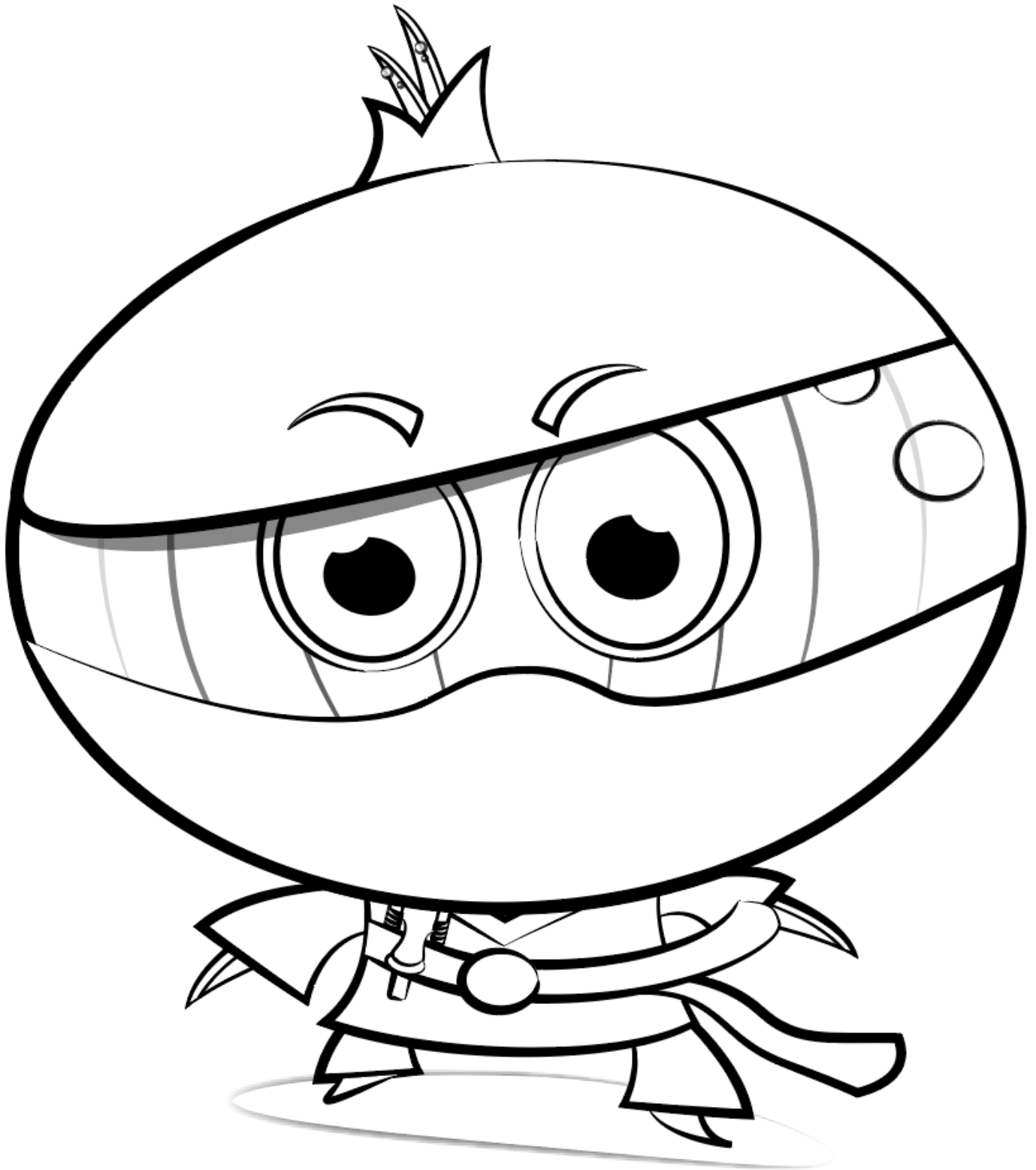
Scissors  
Ollie and Olivia Onion (Activities 17.1, 17.2)  
Lightweight cardboard  
Paste  
Clay  
Onions  
Fruits and vegetables from Activity 2

## Setup

1. Cut out Ollie and Olivia Onion (Activities 17.1, 17.2)
2. Paste Ollie and Olivia to the cardboard and anchor them with clay so that they stand up straight.
3. Group fruits and vegetables as suggested in Activity 2.
4. Hold up an onion. Ask the children to think of ways onions can be eaten with other fruits and vegetables. (For example, potatoes and onions in home fries, tomatoes and onions in a salsa, peas and onions with dinner, lettuce and onions in a salad, broccoli and peas dipped into an onion dip.)
5. Have children put next to Ollie and Olivia a fruit or vegetable from each group that can be eaten with onions. For example, tomatoes and onions on pizza, Ollie and Olivia would be placed next to a tomato. As the children to name a fruit or vegetable that is eaten with onions, move Ollie and Olivia around.

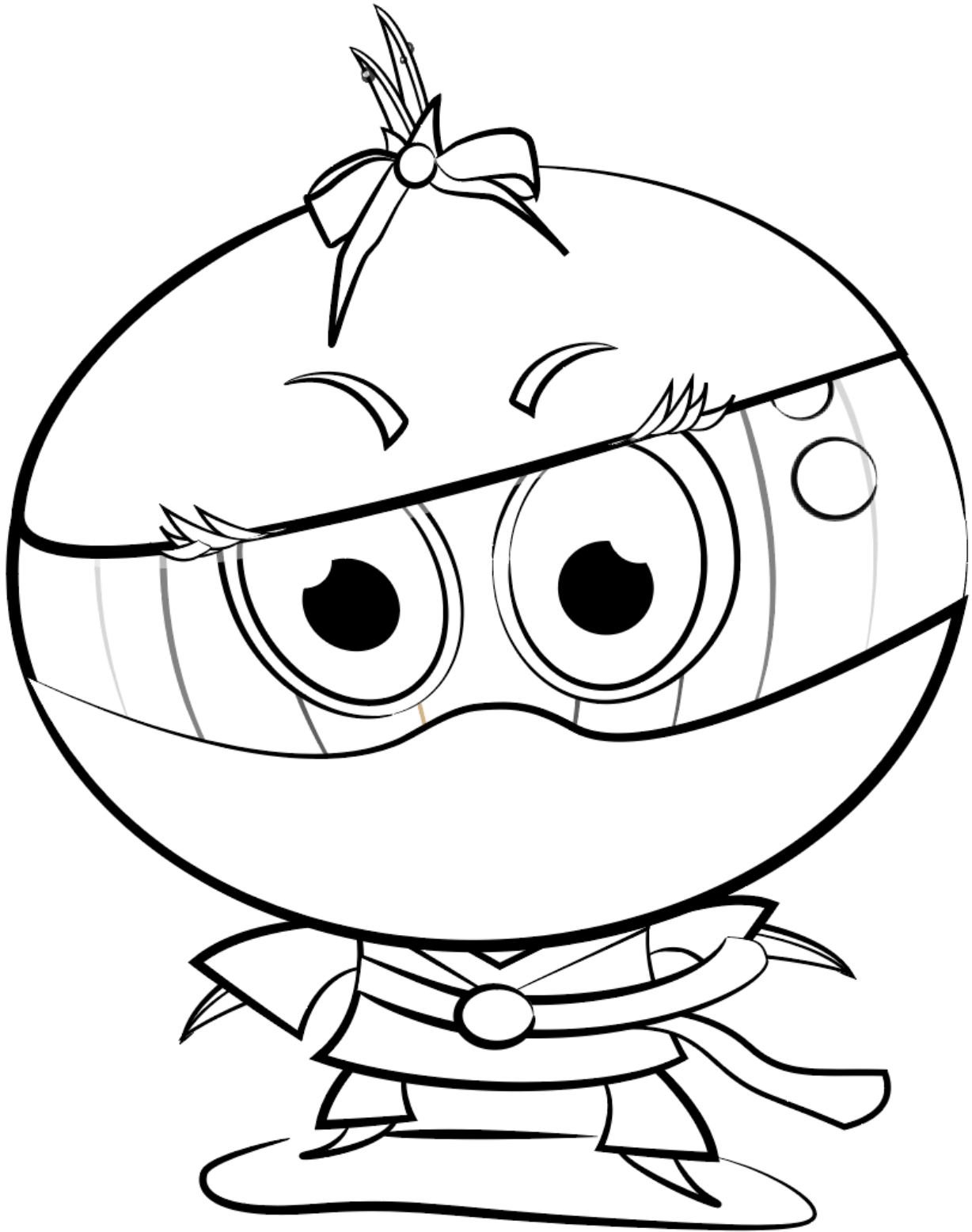


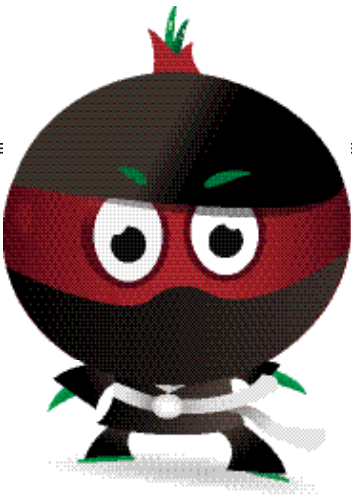
# Ollie Onion Ninja





# Olivia Onion Ninja





## Salad Bar Invitation

**Objective:** Have children create an invitation to a Color My Salad Bar potluck for parents' day.

### Materials needed

Onion Stamps (Activity 15)  
Onion-skin paper or any plain absorbent paper  
Color My Salad Bar Invitation (Activity Sheet 18.1)  
Please Bring Cards (Activity Sheet 18.2)  
Please Bring List (Activity Sheet 18.3)  
Ink pad for stamps

### Setup

1. Prepare Onion stamps. (Activity 15).
2. Fold an 8 1/2 x 11-inch onion paper in quarters to create a card.
3. Have the children stamp the front of the card.
4. Fill in the blanks on Activity Sheet 18.1 and duplicate.
5. Have children paste the invitation on the inside of the card.
6. Have them decorate the back and inside of the card.
7. Duplicate Please Bring Cards (Activity Sheet 18.2) and fill in using Please Bring List (Activity Sheet 18.3).
8. Send the invitations and Please Bring Cards home with the children three weeks in advance. Include the Please Bring List (Activity Sheet 18.3).
9. Host a 5-a-Day Salad Bar Parent Party.

### Helpful Hint

Include a Response Card.



# Color My Salad Bar Invitation

Activity 18.1

You are invited  
to join all of us  
in our  
Color My Salad Bar  
Potluck

at

---

(time)

on

---

(date)

at

---

(address)

Please respond by \_\_\_\_\_  
and bring the enclosed salad bar item.

**Salad Bar**

Please Bring

Enough for \_\_\_\_\_ people to try a serving.

Thank You!

**Salad Bar**

Please Bring

Enough for \_\_\_\_\_ people to try a serving.

Thank You!

**Salad Bar**

Please Bring

Enough for \_\_\_\_\_ people to try a serving.

Thank You!

**Salad Bar**

Please Bring

Enough for \_\_\_\_\_ people to try a serving.

Thank You!



## Please Bring List

Each child's family is asked to bring one of the following in a serving dish (enough for one slice for each person attending) and serving utensils.

### The Reds

red onion slices  
red apple slices  
watermelon wedges  
tomato slices  
strawberries

### The Whites

white onion slices  
banana slices  
cucumber slices  
garbanzo beans  
alfalfa sprouts  
mushroom slices  
potato slices, cooked  
jicama sticks  
pear slices  
cauliflower

### The Greens

iceberg lettuce  
romaine lettuce  
green bell peppers  
broccoli florets  
celery sticks  
green apple slices  
spinach leaves  
kiwi fruit slices  
honeydew melon wedges  
snow peas

### The Oranges

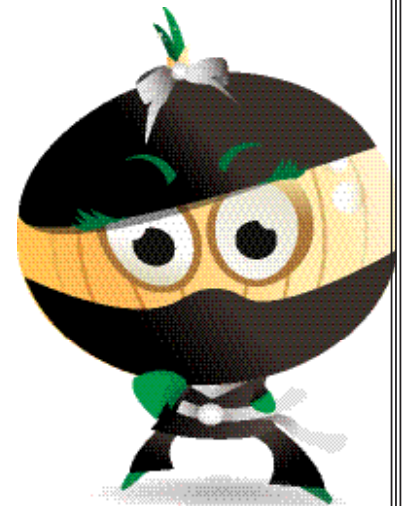
oranges or tangerines  
peach slices  
apricots, canned  
cantaloupe wedges  
carrot slices

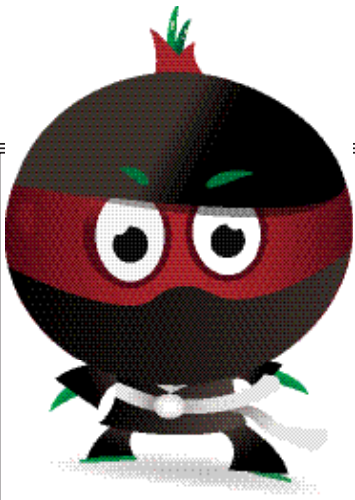
### The Yellows

corn, canned  
pineapple chunks  
spaghetti squash, cooked  
wax beans, canned

### The Purples

purple onion slices  
plum wedges  
kidney beans, canned  
grapes in small bunches  
beets, canned





## My Onion Ninja Odyssey

**Objective:** Create an awareness of the importance of eating a healthy diet that includes at least 5 fruits and vegetables a day and the role that onions play in better health.

### Materials needed

My Onion Ninja Odyssey Plan (Activity Sheet 19.1)  
My Onion Ninja Odyssey Card (Activity Sheet 20)

### Setup

1. Discuss the Onion Ninja Odyssey Plan (Activity Sheet 19.1).
2. Give parents the Onion Ninja Odyssey Plan and the Onion Ninja Odyssey Card to fill in.

### Helpful Hint

1. Distribute the Onion Ninja Odyssey Plan and Odyssey Cards at the Color My Salad Bar Potluck (Activity 21).
2. The Onion Ninja Odyssey Card should be kept on the home refrigerator with a magnet as a reminder to complete the card.
3. The Onion Ninja Odyssey Card can be re-used by covering it with self-adhesive contact paper and using a water-soluble marker.
4. A gold star or sticker would be a good reward for a child who eats at least 5 servings of vegetables and fruits every day.





Cut and Save



## My Ninja Onion Odyssey Plan

1. Eat at least 5 servings of fruits and vegetables every day.
2. Eat at least one vitamin A-rich food every day, such as the dark yellow and orange fruits and vegetables (carrots, yams, squash).
3. Eat at least one vitamin C-rich food every day, such as onions, kiwi fruit and citrus fruit (orange and grapefruit).
4. Drink eight, 8-oz glasses of water every day.
5. Limit screen time to \_\_\_\_\_ hour(s) a day. (Agree to a certain amount of time with your parents).
6. Get at least 30 minutes of physical activity per day. Ride a bike, run, walk, skip rope, sports, play hopscotch, play on the playground, etc.





## My Onion Ninja Odyssey Card

I, \_\_\_\_\_, pledge to eat 5 fruits and vegetables a day to help me be healthy and strong, like all ninjas.

This is my week's 5-a-Day Ninja Onion Odyssey. In addition to daily exercise and drinking lots of water, I ate the following fruits and vegetables:

### FRUITS

### VEGETABLES

DAY 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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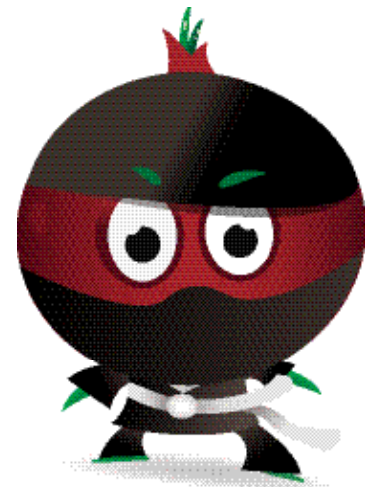
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## Color My Salad Bar Potluck

**Objective:** Involve parents in demonstrating how easy it is to eat 5 servings of fruits and vegetables a day. Reinforce colors with the children.

### Materials needed

Large table, tablecloth  
Assorted juices in pitchers  
Plates, cups, napkins  
Plastic utensils  
Pitchers for dressing  
Assorted salad ingredients (parents bring)  
Serving utensils (parents bring)  
Salad dressing recipes (Activity Sheet 21.1)  
Colored paper  
Ninja Onion Odyssey plans and cards (Activity Sheets 19.1, 19.2)

### Setup

1. Write each fruit and vegetable on the appropriate colored paper. (For example: write “red onion slices” on red paper.) See Please Bring List.
2. Duplicate Ninja Onion Odyssey plans and cards for each child’s family.
3. Set salad items on the table as people arrive. Group the colors.
4. Have plates at the beginning of the line.
5. Have napkins, forks, knives, spoons at the end of the line with the beverages.
6. Ask everyone to try at least 2 items from each of the colors.
7. Discuss the importance of eating 5 servings of fruit and vegetables a day, drinking plenty of water and exercising for good health.
8. Give each child a Ninja Onion Odyssey Card. Ask each child to dream with his/her parents of five ways to eat 5 a day.
9. Ask the children and their parents to pledge that they will eat their vegetables, drink plenty of water and exercise at least 30 minutes a day. Put their cards on the refrigerator at home as reminders.



## French Onion Dressing

1/2 cup plain, low fat or nonfat yogurt

2 1/2 tablespoons ketchup

2 tablespoons water

1 1/2 tablespoons cider vinegar

1 tablespoon mayonnaise

2 tablespoons finely chopped onions

freshly ground pepper to taste

Combine ingredients and shake in jar.

Makes 1 cup



## Russian Style Onion

1 cup tomato juice

1/4 cup lemon juice or vinegar

2 tablespoons finely chopped onions

pepper to taste

1 teaspoon parsley, fresh or dried

Combine ingredients and shake in jar

Makes 1 1/4 cups



## Creamy Vinaigrette

2/3 cup plain, low fat yogurt

1/3 cup apple cider vinegar

2 tablespoons olive oil

1 tablespoon each Dijon mustard, lemon juice

2 tablespoons finely chopped onion

1 tablespoon reduced sodium soy sauce

1/4 teaspoon dried dill weed (optional)

Combine ingredients and shake in jar.

Makes 1 1/4 cups



## Onion Ranch

1 cup plain, low fat or nonfat yogurt

1 cup low fat cottage cheese

1/4 cup finely chopped onions

1/4 cup finely chopped green peppers

1 teaspoon minced garlic (optional)

1/2 teaspoon cayenne (optional)

Blend ingredients in blender until smooth.

Makes 2 cups

