Title: Howdy Partner from Dodge City, Kansas!

Target Audience: Preschoolers and their families

Objectives:

1. Identify where Dodge City is located on the map.
2. Include beans into at least one meal in the next week.
3. Play at least one game with their child in the next week.

Teaching Materials Needed, Including Handouts:

1. Suggested book: Beans for Breakfast or alternative book from Resource list
2. Parent pages, coloring pages, Rainbow Road passports
3. Materials for chosen physical activities and food experiences from the list below
4. Handouts on using beans in meal preparation

Advance Preparation Needed:

1. Make sufficient copies of all handouts for all attendees
2. Gather chairs and set up an area for the physical activities and food experiences chosen from the list below
3. Set up a table for the food items and any props needed for the lesson

Class Outline and Methods:

Possible Themes: Beans, cowboys, ropes, pioneers and cattle drives


Kansas Facts: Dodge City began as a cow town and supply stop for pioneers on the Santa Fe Trail. Cowboys drove cattle across the prairie, stopping in Dodge City to wash up, eat some good food, and deliver their cattle. A replica of the main street in old Dodge City is still there for visitors to enjoy. Dodge City Days and the Kansas Cowboy Symposium are held every year to celebrate the town’s historic past.

Introduction:

Let’s take a trip! Today we are going to Dodge City, Kansas. Does anyone know where Dodge City is? (Show it on the map) Many years ago, cowboys came to Dodge City to work and live. What do cowboys do? What do they wear? When cowboys were out tending their cattle, they had to fix their own foods. What do you think they ate? Let’s pretend we are cowboys in the old West in Dodge City. Here’s a book about cowboys—let’s see what it is about.
Food Activities--Choose one or more of the following:

1. Fix one or more recipes using dried or canned beans and have samples for family members to taste. Talk about the advantages of beans as a part of the families’ protein requirements.
2. Discuss what cowboys on the cattle trail ate (beans, biscuits, etc.). Plan a meal using pictures of foods to visualize the plate and what it would look like. Add additional foods to make a well-rounded meal.
3. Make tortilla roll-ups. Spread a tortilla with refried beans. Add cheese and choice of other toppings. Roll and slice the tortilla into small spirals.
4. Design a chuck wagon grocery shopping trip. Have children decide what foods they would take on a trip across Kansas. Use food model cards and let the children pick the foods they would take. Add each food to the “chuck wagon” as you discuss whether that food would have been available to cowboys in the Old West.
5. Have different bowls of beans available for the children to see and touch—one bowl of dried beans, one with beans soaked overnight in water, and one of cooked beans. Talk about how beans change as they are cooked.
6. Have different types of cooked beans available. Talk about how they look and how they could be used in cooking. Let the children taste different beans as part of the activity. Have one cooked dish using the beans for them to taste. Serve them in aluminum pie pans if class is small.

Physical Movement--Choose one or more of the following:

1. Go for a Trail Ride. Provide each person with a stick horse by adding a paper horse head onto a yardstick. A horse head shape can be taped onto the yardstick. Make a corral in the room as a holding pen. Children can wear cowboy clothes or carry trail mix for a snack on the road. Take them on a ride around the building or room. Look for special items along the way to make it more interesting.
2. Play a game of horseshoes. Use plastic horseshoes and posts for indoor or outdoor fun. An alternative is to use cardboard horseshoes.
3. Have a barrel race with stick horses. Give riders a stick horse and have them gallop or run to the other end of the room and around a barrel and back to the starting line.
4. Play Cowboys and Cows: About 5 children are cowboys. You can distinguish them by letting them wear a bandana or cowboy hat. All the other children are cows. The “cowboys” must “lasso” the cows by touching them. When the cows are lassoed, they sit down until all the cows are caught. Then different children become the cowboys.
5. Do action songs (see attached sheet). Use movement with the words.

Other Optional Activities:

1. Design a book entitled “A Cowboy Can ---“. Each child fills in the blank and then colors a picture about his idea. Bind all the pages into a lobby book.
Ending the Lesson:

1. The delegated WIC staff person should ask the attendees if they have any questions. If yes, refer them to the staff person that can answer their questions.
2. The delegated WIC staff person should ask the parent/caregiver, “What is the one thing you will try to do, based upon what you learned today?” For example, “What is one way you could incorporate beans into a family meal or snack in the next week?” “What steps will you need to do to accomplish this?”
3. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If possible, the client’s goal can also be entered into KWIC.

Interactive Component:

The client or caregiver will interact with the WIC staff as specified in the class outline. One or more interactive activities will be used in this lesson.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the class as outlined in the methods section above. See “Ending the Lesson” above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of interacting with the WIC staff as outlined in the class outline and methods section above.

Comments/Other: Remember to stamp the Rainbow Road Passport for each child

Lesson Plan Written By: Pat Dunavan, MS, RD, LD, 2004

Lesson Plan Revised By: Pat Dunavan, MS, RD, LD, 2012, 2014

Lesson Plan Approved By:

Date:
Bean Recipes

Chuck Wagon Burger & Beans

¾ pound extra-lean ground beef
1 medium onion, chopped
1 can (16 ounces) kidney beans, drained
1 jar (32 ounces) spaghetti sauce
8 whole-wheat hamburger buns


Mashed Bean Dip

1 cup cooked pinto beans
1 tablespoon skim milk

Chili Powder

Combine beans and milk in a medium bowl. Mash with a fork. Add chili powder to taste. Serve with corn chips or raw vegetables. Makes ½ cup.

Refried Beans

1 ½ tablespoons bacon drippings or vegetable shortening
1/4 medium onion, finely chopped
1 can (16 ounces) pinto beans

In a large skillet, heat bacon drippings or shortening over medium-high heat until nearly smoking. Add onion and sauté until clear. Drain beans, reserving liquid. Add beans to skillet and reduce heat to medium. With a potato masher, mash beans until smooth, adding bean liquid as necessary to make a thick paste. Makes 8 servings.
Jack’s Beanstalks

1 can (16 ounces) kidney beans  ½ cup grated cheddar cheese
½ teaspoon chili powder if desired  8 celery stalks


Baked Beans
These great beans take 2 days to fix, but are well worth the wait.

16 ounces dried navy beans  Water
4 ounces salt pork, cubed  ½ cup brown sugar
½ cup dark molasses  1 teaspoon dry mustard
1 teaspoon salt  1 small onion, peeled, whole

Bar-B-Que Baked Beans

Non-stick vegetable spray

1 (1 pound each) cans pork and beans, drained

2 to 3 tablespoons chopped onion

1/3 cup ketchup

1/3 cup brown sugar

2 to 3 squirts Worcestershire sauce

1 big squirt yellow mustard

Spray casserole dish with non-stick spray. Open beans and drain juice. Throw away the little chunks of port fat in the beans and dump the beans in the casserole dish. Chop onion on cutting board and add to beans. Stir in ketchup and brown sugar until sugar dissolves. Squirt in some Worcestershire sauce and mustard into the mixture and stir it up. You can taste it to see if it is the right combination of sweet and tangy. Cover with lid and cook in microwave on high power for 6 to 8 minutes. Remove the lid and stir the beans a couple of times. Cook for another 2 to 3 minutes. Makes 6-8 generous servings.
**Songs With Movement**

**The Little Cowboy**
Sung to: “I’m a little teapot”

I’m a little cowboy. Here is my hat (point to self, then to hat)

Here are my spurs (point to your heels)

And here are my chaps (pat legs)

As soon as I get up, (stretch, pretend to wake up)

I work all day (pretend to lasso a cow)

I get on my horse (pretend to get on a horse)

And rid away. (Pretend to gallop on a horse)

**10 Little Cowboys**

Ten little cowboys (hold up 10 fingers)

Standing in a row—

When they see the foreman

They bow just so—(bend fingers down)

They ride to the left (hands move left)

And they ride to the right (hands move right)

And then they shut their eyes

And sleep all night (put cheek on hands)

**Let’s Go Riding**

Sung to: “Are you sleeping”

Let’s go riding. Let’s go riding.

Saddle up. Saddle up.

Everybody ready? Everybody ready?

Giddyap! Giddyap!

**All Day I Ride on the Prairie**

Sung to: “My Bonnie Lies Over the Ocean”

All day I ride on the prairie.

All night I sleep on the ground.

Oh, I am a roaming cowboy.

Who travels around and around.

Move on, move on.

Little doggies, move on, move on.

Move on, move on, move on.

Little doggies, move on.
Dear Parents . . . .

What child can resist cowboys and the Old West? Children love to pretend and learn about new things. Today we learned about cowboys in Dodge City, Kansas, what they did, and what they ate. We tried a new food made from beans, (just like the cowboys ate). We read a book about cowboys and played some cowboy games.

Here are some ideas you can do at home to continue the fun.

★ Use beans in a snack or meal this week. Try some of the handy recipes from the WIC clinic. Beans are a great source of protein and are less expensive than meat.

★ Read with your child about the Old West. You can talk about cowboys, Native Americans, or pioneers. Or how about a book about beans? You and your child could learn how to plant and grow your own beans.

★ Use a small scarf, cowboy hat, and a vest to make a pretend cowboy outfit. Go on a “trail ride” with your child. Pretend to ride a horse around the house, in your yard, or around the block.

★ Take a small bag of mixed dry beans and an empty egg carton. Have your child sort the beans into the carton. If they are able, have them count how many beans of each kind they have.

★ Eat around a “campfire”. Use scrap wood or paper towel rolls and stack them in a campfire shape. Put down a blanket on the floor and have your meal. You can even use aluminum pie plates for dishes if you wish.