

Facts Page

These pasta and meal facts can enhance your lesson.

You may wish to look at the Facts Page and the recipe for the Book in the Bag lesson “We Eat Dinner in the Bathtub” by Angela Shelf Medearis.

The word ‘pasta’ comes from the Italian word for paste, meaning a combination of flour and water. There are more than 600 shapes of pasta produced worldwide.

October is National Pasta Month, but consumers enjoy pasta about once a week all year long!

America’s heartland is the source of high quality durum wheat, from which semolina, the primary ingredient in pasta, is made.

When pasta is cooked just right, it is said to be ‘al dente’ (al-DEN-tay), which means “to the tooth.”

Ellyn Satter, social worker and registered dietitian, says this about children eating the right amounts: “Children know how much they need to eat, but they need help from adults” if they are to keep that ability. “Children need to be able to tune in on what goes on inside of them and be aware of how hungry or how full they are. If adults are too active and controlling in feeding, what children experience is interference with their own sensations.” That is when children learn not to pay attention to what they need, and may eat too much or too little.

From “Secrets of Feeding a Healthy Family” by Ellyn Satter
Madison, WI: Kelcy Press (1999).

Remind children that spaghetti and all pasta are grain foods, and would be found in the breads, grains and cereals part of the Food Guide Pyramid. A serving of pasta is 1/2 cup. Grain foods give our bodies complex carbohydrates for energy!

Web sites you may find helpful:

The National Pasta Association: www.ilovepasta.org



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