Activity 15. Quahog, or Clam, Chowder: Low-Fat Foods that Provide Iron, Calcium, Vitamin C and Zinc

Objective

- To introduce a traditional, healthy food that will help keep lead from staying in children’s bodies and making them sick.

Key Concepts

- Eating foods that are rich in calcium, iron, vitamin C and zinc, and low in fat help protect against lead poisoning by helping to keep lead from staying in children’s bodies.
- Healthy foods can be fun to make and delicious to eat.
- Quahog, or clam, chowder contains milk, shellfish and potatoes.
- Milk, shellfish and potatoes are rich in calcium, iron, vitamin C and zinc, and low in fat

Materials

- Knife
- Cutting board
- Measuring cups
- Pot
- Ingredients: salt pork; onions; potatoes; ground-up quahogs; milk; salt and pepper; flour

Preparation

- Read the recipe for quahog, or clam, chowder to familiarize yourself with the steps for preparation.
- Optional: Draw a picture chart of the ingredients, preparation steps, cooking and serving.
- Optional: Display a poster of the food pyramid for identifying ingredients.
- Assemble all the ingredients and place them on a tray in the order you will use them.
- Assemble all the cooking utensils and place them on another tray.
- Have two children wash and dry the table.
- Have children wash their hands in preparation for the cooking activity.
- Remind them about the hand washing rule (wash your hands with soap and water before you eat or sleep and after you play outdoors) and have them sing, “The Get the Lead Out Song” or “Wash Your Hands.”
Introduction

• Ask the children if they remember the four lead-busters messages:
  1. Wash your hands with soap and water before you eat or sleep and after outdoor play.
  2. Leave your shoes near the outside door, and wear slippers or socks when you are inside your home, or wipe your feet well on a mat before entering.
  3. Eat healthy foods that keep lead from staying in your body.
  4. Stay away from paint chips and dust.

• Tell the children that they are going to make quahog, or clam, chowder, which has lots of calcium, iron, vitamin C and zinc, and not a lot of fat. Eating foods that have lots of calcium, iron, vitamin C and zinc, and not a lot of fat help keep the lead from staying in their bodies.

• If a food pyramid poster is available, show the children each ingredient and have them find where it is on the food pyramid.

• Explain that everyone will have a turn adding and mixing ingredients.

• Explain that the healthy food they make will be served at lunch time.

Procedure

• Read the first steps in the directions and ask the children what is the first thing that needs to be done.

• If you have made a picture chart, point to the pictures to illustrate each step.

• After reading each, check that the children understand by asking some questions, such as “What utensils do we need to get?” and “What ingredients do we need to measure?”

Closure

• Ask the children to repeat the rules from the lead busters posters.

• Then ask the children which rules they used in preparing the food and before eating. [Answer: Washing hands]

• Ask them which rule they will use when they eat the food. [Answer: Eating healthy foods]

Home-School Connection

• Enclose the recipe in a newsletter or flyer to parents so that they can make it at home. Include information about this activity and its goals, as well as basic tips on good nutrition and on lead poisoning prevention.
Quahog or Clam Chowder Recipe*

1/4 lb. salt pork  
2 medium onions  
5 or 6 potatoes  
1 pint ground-up quahogs (or clams)  
1 pint milk (approx.)  
Salt and pepper to taste  
(Flour)

1. Dice salt pork and onions.  
2. Fry until golden brown.  
3. Dice potatoes.  
4. Add potatoes, salt, pepper, and a little quahog (or clam) juice to onions.  
5. Boil until potatoes are almost done.  
6. Add ground quahogs (or clams) and milk.  
8. Thicken with flour and water (optional).

Note: To reduces fat content, low fat or skim milk can be used instead of whole milk. This recipe includes salt pork, in the Native American tradition. In order to lower the fat content, that ingredient can be reduced with a small amount of oil.

Activity 16. Boston Baked Beans: Low-Fat Foods that Provide Iron, Calcium, Vitamin C and Zinc

Objective
- To introduce a traditional, healthy food that will help keep lead from staying in children's bodies and making them sick.

Key Concepts
- Eating foods that are rich in calcium, iron, vitamin C and zinc, and low in fat help protect against lead poisoning by helping to keep lead from staying in children's bodies.
- Healthy foods can be fun to make and delicious to eat.
- Boston baked beans contain dried beans and molasses.
- Dried beans and molasses are rich in calcium, iron, vitamin C and zinc, and low in fat.

Materials
- Measuring cups
- Teaspoon and tablespoon
- Saucepan
- Knife
- 2-quart bean pot
- Ingredients: dried navy beans; water; salt pork; molasses; salt; dry mustard; maple sugar; baking soda; onion.

Preparation
- Read the recipe for Boston baked beans to familiarize yourself with the steps for preparation.
- Optional: Draw a picture chart of the ingredients, preparation steps, cooking and serving.
- Optional: Display a poster of the food pyramid, for identifying ingredients.
- Assemble all the ingredients and place them on a tray in the order that you will use them.
- Assemble all the cooking utensils and place them on another tray.
- Have two children wash and dry the table.
- Have children wash their hands in preparation for the cooking activity.
- Remind them about the hand washing rule (wash your hands with soap and water before you eat or sleep and after you play outdoors) and have them sing "Get the Lead Out" or "Wash Your Hands."
Introduction

- Ask the children if they remember the four lead busters messages:
  1. Wash your hands with soap and water before you eat or sleep and after you outdoor play.
  2. Leave your shoes near the outside door, and wear slippers or socks when you are inside your home, or wipe your feet well on a mat before entering.
  3. Eat healthy foods that keep lead from staying in your body.
  4. Stay away from paint chips and dust.
- Tell the children that they are going to make baked beans, which has lots of calcium, iron, vitamin C and zinc, and not a lot of fat. Eating foods that have lots of calcium, iron, vitamin C and zinc, and not a lot of fat help keep the lead from staying in their bodies.
- If a food pyramid poster is available, show children each ingredient and have them find where it is on the food pyramid. Explain that everyone will have a turn adding and mixing ingredients.
- Explain that the healthy food they make will be served at lunch time.

Procedure

- Read the first steps in the directions and ask the children what is the first thing that needs to be done.
- If you have done a picture chart, point to the pictures to illustrate each step.
- After reading each, check that the children understand by asking some questions, such as “What utensils do we need to get?” and “What ingredients do we need to measure?”

Closure

- Ask the children to repeat the rules from the lead busters posters.
- Then ask the children which rules they used in preparing the food and before eating. [Answer: Washing hands]
- Ask them which rule they will use when they eat the food. [Answer: Eating healthy foods]
**Home-School Connection**

- Enclose the recipe in a newsletter or flyer to parents so that they can make it at home. Include information about this activity and its goals, as well as basic tips on good nutrition and on lead poisoning prevention.

**Boston Baked Beans Recipe***

1 lb. dried navy beans  
Water for cooking  
1/2 pound salt pork, cut into pieces  
1/2 cup molasses  
1 teaspoon salt  
1 teaspoon dry mustard  
4 tablespoons maple sugar  
1/2 teaspoon baking soda  
1 onion, peeled and sliced

1. Place the beans in a large saucepan; add enough water to come about 2” above the surface of the beans.  
2. Cut salt pork into pieces.  
3. Add the salt pork, and simmer the beans very slowly for about 2 hours or until just tender. Add more water as needed from time to time.  
4. Peel and slice onions.  
5. Drain the beans, reserving 1/2 cup of the cooking liquid.  
6. In a measuring cup, combine molasses, salt, dry mustard, and maple sugar. Add enough of the bean cooking liquid to measure 1 cup. Mix in baking soda.  
7. Stir mixture into the beans along with the sliced onions.  
8. Transfer bean mixture into a 2-quart bean pot and bake for 1 1/2 to 2 hours in a moderately slow oven, 325 ° F. There should be just enough liquid in the beans to bubble up. Serve at once.

**Note:** This recipe contains salt pork, in the Native American tradition. In order to lower the fat content, that ingredient can be reduced or replaced with a small amount of oil.

*adaptation of recipe from The Art of American Indian Cooking by Yeffe Kimball and Jean Anderson (The Lyons Press 1988).
Resources

General Information About Lead Poisoning

National Lead Information Center

http://www.epa.gov/opptintr/lead/index.html

General information packet, through toll-free hotline 24 hours a day, 7 days a week (English or Spanish):
1-800-LEAD-FYI. (1-800-532-3394)

Detailed information or questions answered by a specialist Monday through Friday, 8:30 am to 5:00 Eastern Time:
1-800-424-LEAD (1-800-424-5232) or 202-833-1071

Alliance To End Childhood Lead Poisoning
277 Massachusetts Avenue, NE
Suite 200
Washington, DC 20002
(Don Ryan, Director)
202-543-1147
Advocacy and educational publications.

Reader-friendly discussion of the nature and causes of lead poisoning and concrete steps you can take to control each specific environmental source of lead, as well as advice and resources to help you deal with lead poisoning from a variety of perspectives, including medical, nutritional, legal, psychosocial, educational and political.

1-800-221-9369
Federal Agencies

US Environmental Protection Agency (EPA)
401 M Street, SW
Washington, DC 20460

http://www.epa.gov/opptintr/lead/index.html
EPA’s Office of Pollution Prevention and Toxics site, providing a variety of lead-related information, including publications related to provisions of Title X (1992 Lead-Based Paint Hazard Reduction Act). It includes proposed and final rules, fact sheets, etc., on the notification and disclosure regulations, certification and training programs, lead hazard guidance and standards, and pre-renovation education. Issue papers and guidance on identifying lead hazards are also included.

EPA Regional Offices
Jim Bryson
Region I (Boston, MA Office)
Phone: (617) 918-1524
Fax: (617) 565-4940
Activities: This is the EPA Regional contact for Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.*

Region II (Edison, NJ Office)
Phone: (908) 321-6671
Fax: (908) 321-6757
Activities: This is the EPA Regional contact for New York, New Jersey, Puerto Rico, and the Virgin Islands.*

Region III (Philadelphia, PA office)
Phone: (215) 566-2084
Fax: (215) 566-2134
Activities: This is the EPA Regional contact for Delaware, Maryland, Pennsylvania, Virginia, West Virginia, and the District of Columbia.*
Region IV (Atlanta, GA office)
Phone: (404) 562-8998
Fax: (404) 562-8972
Activities: This is the EPA Regional contact for Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.*

Region V (Chicago, IL office)
Phone: (312) 886-7836
Fax: (312) 353-4342
Activities: This is the EPA Regional contact for Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin.*

Region VI (Dallas, TX office)
Phone: (214) 665-7577
Fax: (214) 665-2164
Activities: This is the EPA Regional contact for Arkansas, Louisiana, New Mexico, Oklahoma, and Texas.*

Region VII (Kansas City, KS office)
Contact: Mazzie Tallie, Lead Team Leader
Phone: (913) 551-7518
Fax: (913) 551-7065
E-mail: mtalley@epa.gov
Activities: This is the EPA Regional contact for Iowa, Kansas, Missouri, and Nebraska.*

Region VIII (Denver, CO office)
Phone: (303) 312-6021
Fax: (303) 312-6044
Activities: This is the EPA Regional contact for Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming.*

Region IX (San Francisco, CA office)
Phone: (415) 744-1128
Fax: (415) 744-1117
Activities: This is the EPA Regional contact for Arizona, California, Hawaii, Nevada, American Samoa, Guam, and Trust Territories of the Pacific.*