

Utah State University Extension

Create Better Health Youth Nutrition Education Curriculum

# CREATE™

## FOOD, FUN & READING

**A PROGRAM FOR**  
Preschoolers – 2nd Graders and Parents

### In each lesson

1. Read a children's story book
2. Talk about MyPlate and nutrition
3. Play a physically active game and
4. Make and enjoy a healthy snack



**CREATE** BETTER HEALTH SNAP-ED

[CreateBetterHealth.usu.edu](http://CreateBetterHealth.usu.edu)

**CREATE**  
FOOD, FUN & READING

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& Illustrated by Reed Merrill

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# Introduction

## FOOD, FUN AND READING

- Food, Fun, and Reading was written for preschool – 2nd grade children.
- It has seven lessons including: MyPlate, Grains, Protein, Dairy, Fruits, Vegetables and Handwashing.
- Each lesson is intended to last about an hour.
- The lesson will involve reading the children’s storybook, talking about MyPlate and nutrition, playing a physically active game, and making and enjoying a healthy snack.

### TEACHING FORMAT OPTIONS:

Food, Fun, and Reading can be taught in a classroom/preschool setting or as a summer camp. When teaching as a camp consider teaching two lessons a day. The final day could be a review of what has been learned as well as the handwashing lesson.

### ORDER TO TEACH LESSONS:

To teach the series, start with MyPlate and follow with food groups in any order. Handwashing is an optional lesson.

### TAKE HOME MATERIALS:

There are four take-home pieces available for each lesson. These include:

- Parent letter highlighting what was covered in the lesson
- Parent handout that relates to the lesson topic
- Kids Take Home Activity sheet that correlates with lesson
- Take home recipe sheet with recipes focusing on the food group. The handwashing lesson take home sheet is a counter sheet to mark off when hands are washed before each meal.

### PREPARING TO TEACH FOOD, FUN AND READING – REQUIRED MATERIALS LIST

Before teaching the lesson, review it. Check which supplies will be needed. Utah Create Better Health offices received all materials required for lessons. If unsure if you have a particular item, check the Required Materials List. Items can be purchased on-line. If you are with Utah Create Better Health, contact the state office before purchasing any items. Grant funds may be available to purchase replacement items.

### SNACK OPTIONS:

Look at the two snack options and select which one you plan to make as part of the lesson. Factors in the decision may include the size of the class, the location (with or without kitchen to prepare foods), and budget. With some recipes the children can be part of making the snack. For example, for the Fruit lesson children will make a Strawberry Mice snack, Prepare strawberry, almonds and other ingredients and place on a plate for each child. Children will then make their own mouse. For the handwashing lesson one snack option is to bake Whole Wheat Sugar Cookies ahead of time using a hand cookie cutter. Children will enjoy the snack while reviewing more about handwashing.

## **TIPS FOR READING TO A GROUP OF CHILDREN:**

- Make sure to read the book ahead of time so you are familiar with it. You may want to practice reading it out loud.
- Sit in a chair or on the floor in the center of area.
- Ask children to sit around you in a semi-circle.
- Ask kids to “sit on their pockets.”
- Read the book holding it up.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

## **HEALTHY SNACK NOTE ABOUT FOOD ALLERGIES:**

Check with parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative. If teaching in school setting ask the teacher to share any food allergies students have.

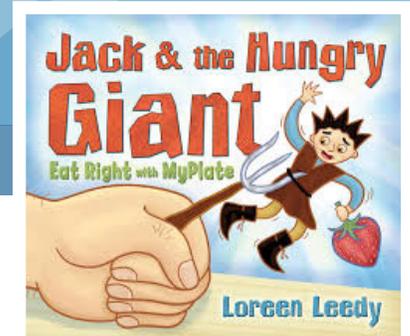
**INSTRUCTOR NOTE:** Please instruct children to wash their hands prior to eating. Instructors should wear disposable gloves when preparing food.

## **PRINTING LESSON RESOURCES:**

Certain documents are intended to be printed on 11 x 17” paper. To print: select ledger size paper in order for posters to print correctly. If printed to 8 ½ x 11” paper, portions of the poster will be cut off unless you make sure to select the “fit to page” option. You can laminate the posters to make them more sturdy.

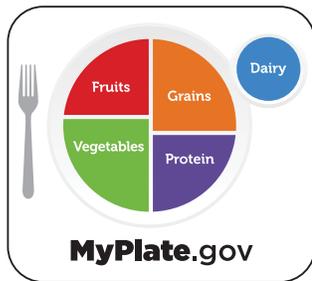
These include: Chicken Dance steps; Eat a Rainbow of Colors and coordinating Vegetable Color posters; Soaper Man, Water Woman and Dry Boy posters.

# MyPlate Lesson



## Jack and the Hungry Giant Eat Right with MyPlate by Loreen Leedy

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**NUTRITION FOCUS:** Children will learn about MyPlate and why eating healthy foods from each group is a healthy way of living.

**PHYSICAL ACTIVITY:** MyPlate Relay Hop or Musical Foods

**HEALTHY SNACK:** MyPlate Cracker Stacks or MyPlate Mini Pizzas

## LESSON OBJECTIVES

### Children will be able to do the following:

1. Name the five food groups.
2. Give an example of a food that fits into each food group.
3. State why it is healthy to eat foods from all of the food groups.

## LESSON ORDER

### The lesson should be taught in this order:

1. Introduce MyPlate.
2. Read a children's storybook, "*Jack and the Hungry Giant Eat Right With MyPlate.*"
3. Talk about MyPlate and nutrition.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- Storybook “Jack and the Hungry Giant Eat Right With MyPlate” by Loreen Leedy.
- Two plastic Poly Spots sets. Remove the yellow dots.
- MyPlate Pocket Chart and food cards or if unavailable - MyPlate Little Folk Flannel Foods Display.
- Plastic play food from MyPlate plastic food set plus whole grain plastic food from Whole Grains kit.
- Four bowls.
- Recipe and ingredients to make MyPlate pizzas or MyPlate Cracker Stacks.
- If teaching the Musical Foods activity:
  - iPad
  - USDA Serving Up MyPlate: A Yummy Curriculum Alive with Five.  
<https://fns-prod.azureedge.us/sites/default/files/tn/alivewithfive.mp3>

### Tips for increasing engagement while reading the book

- Ask the kids to “stomp their feet like a giant” when they hear the word giant.
- When the giant says, “Are you hungry too? Let’s have a healthy meal...,” ask the kids what they think he might have for a healthy meal.
- On each of the pages that show a food group, ask the kids, “Which foods do you like on this page?”
- When Waldorf “chopped and poured and stirred,” ask the kids to do chopping, pouring, and stirring motions.

## TEACHING THE LESSON

*“Today we will read a book together, talk about MyPlate, make a healthy snack, and play a fun physically active game. We are learning about MyPlate.”*

Show the MyPlate chart, poster or plate.

*“Have you heard about MyPlate? We are going to read the book “Jack and the Giant Eat Right With MyPlate.” We will learn more about MyPlate in the book.”*

### READ THE BOOK

**INSTRUCTOR NOTES:** This is a longer book. You do not need to read every food that is on each page. You might want to stop at “Waldorf’s Tips for Healthy Eating” and skip the last two pages as these topics will be covered in other lessons.

### NUTRITION: MYPLATE

Hang MyPlate Pocket Chart on wall. Make sure to hang low enough for children to slip cards inside clear pockets.

*“This is MyPlate, which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy. Each food group is a different color. What color is the Vegetables Group?”*

Let kids answer: green!

*“Fruits Group?” Red!*

*“Grains Group?” Orange!*

*“Protein Foods Group?” Purple!*

*“Dairy Group?” Blue!*

*“Great job! Try to remember these colors because we are going to play a game using them later. In the book we read, the Giant asked Jack to help him make a healthy meal. He asked Jack to choose his favorite foods in each food group. I brought some pictures of foods with me.”*

Show small food cards that came with the MyPlate Pocket Chart. Mix up the pictures, pull them out one at a time and show each picture to the children. Show at least 10 pictures, including at least two from each food group. Put them in the appropriate clear plastic food group pocket on the MyPlate Pocket Chart as you invite the children to answer the questions below. To make the activity more interactive, ask for a volunteer to come forward and place the food picture in the correct pocket each time you show a picture.



If using MyPlate Little Folk Flannel Foods Display place MyPlate felt image on a flannel board. Hold up one food at a time and ask children which food group it belong in. Show at least 10 felt images, including two from each food group. Place them on felt MyPlate.

For each picture, ask the children the following:

- What is this food?
- Which food group does it belong in?

*“Can you help me put them in each food group?”*

After the foods have been placed in the MyPlate Pocket Chart, introduce nutrients.

*“The foods in each of these food groups are healthy for us because they give us different nutrients. That’s a big word. Can you say that with me? /nü-trē-ənt/ Nutrients are found inside of foods, and when we eat them, they help our bodies grow and stay healthy. We will talk more about these nutrients that we get from foods in other lessons. In addition to nutrients, food gives us the energy we need to run, play, think, talk, swim, and do all the other fun things we do each day.”*

*“Let’s use our energy to play a fun relay game.”*

## **PHYSICAL ACTIVITY: MYPLATE RELAY HOP**

Prior to teaching the lesson prepare plastic play foods for the game. Remove grain play foods from Whole Grain kit to be included with other foods. You will need an equal representation of for each food group. Place foods into two bowls- making sure each bowl has foods from each food group. Count foods so each relay line has the same number - making sure there are enough foods for each child. Depending on the number of children you may put enough foods in so each child has two turns. Put in order: blue, orange, purple, red, green. Spread out so that children can hop from one to the other. At the end of the line place an empty bowl for each line. Place a bowl of plastic play food at the beginning of each line. Separate children into two groups and line up before Poly spots.

*"We are going to play a fun MyPlate hopping relay game. Remember when we talked about MyPlate? Point to MyPlate pocket chart. Each food group represents a different color. Look down at the line of Poly spots in front of your group. Let's say together the food group names of each color. We can use the MyPlate chart to help. Now to start the game! When I say go, the first person in each line will pick up a food from the bowl. Hop on each Poly spot, drop food into bowl and hop back. Tag the next person to go. You will continue until all foods are gone."*

### **ALTERNATE GAME: MUSICAL FOODS**

This may work best for younger children. You will need one set of the Poly Spots (remove the yellow dot).

**INSTRUCTOR NOTES:** This game is like "hot potato." You will need the "Alive With Five!" song available on your mobile device and a speaker. Ask the students to sit in a circle with one student in the middle. The student in the middle is the MyPlate king or queen. Give one set of Poly Spots to the student in the middle. You will start the music.

When the music starts, the MyPlate king or queen (student seated in the center of the circle) will hand one of the Poly Spots (of their choice) to the nearest student to start passing it around the circle. You will randomly stop the music. When the music stops, the child holding the dot must name a food that is in the food group which corresponds to the dot's color. (For example, if they are holding a red dot, they should name a fruit, such as strawberry.) If the student correctly names a food that falls into the food group, they become the MyPlate king or queen and get to move into the middle of the circle and will start passing the next dot when the music starts. If they answer incorrectly, they stay in the same spot and the student in the middle remains the MyPlate king or queen. Play at least five rounds of the game so each color is passed around at least once.



## **HEALTHY SNACK**

### **INSTRUCTOR NOTES:**

- **Regarding allergies:** Check with teachers or parents before serving any snacks to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands before eating.
- Wear disposable gloves when preparing the following recipe(s).
- Optional: As you are preparing the snack, or as the children are eating their snack, ask the children to name the food group for each ingredient. For example, as you are making the pizza, explain that instead of just a pepperoni pizza, this pizza has many healthy foods on top. Ask the children to name the food group for each component of the pizza.

## MYPLATE MINI PIZZAS

### Ingredients

- Whole wheat English muffins, mini whole wheat bagels, or whole grain baguette cut into 1/2-inch slices
- Can of pineapple tidbits (packed in 100% juice), drained
- 15-ounce can of tomato sauce
- Deli meat (turkey or ham), cut into small squares
- Mozzarella cheese, shredded
- Tomatoes, diced; cherry tomatoes, halved; or red bell pepper, diced

### Equipment Needed

- Toaster oven
- Small baking sheet (for toaster oven)
- Spatula
- Strainer



### Instructions

**Ahead of time:** Wash the top of canned products. Open and drain the canned pineapple tidbits in a strainer. Cut the deli meat into small squares. Dice the tomatoes or bell pepper or cut cherry tomatoes in half. If using the whole grain baguette, cut it into 1/2-inch slices. If using mini bagels or English muffins, separate into halves.

**At lesson:** Put on disposable gloves. Arrange the bread on a toaster oven baking sheet. Spoon 1 tablespoon of tomato sauce onto each piece of bread, muffin, or bagel. Add a couple of pineapple tidbits, a few pieces of deli meat, and a couple tomato or bell pepper pieces. Top with 1-2 tablespoons of mozzarella cheese. Bake in the toaster oven at 350 °F until cheese is melted (about 3-4 minutes).

**\*This recipe may not be appropriate for a large student group because of the time required to toast the pizzas. The MyPlate Cracker Stacks work best for a larger group.**

## MYPLATE CRACKER STACKS

### Ingredients

*For each cracker stack*

- Whole grain cracker
- 1/4 slice of cheese
- 1/4 slice of deli meat (e.g., turkey)
- 1 spinach leaf or 1 carrot chip
- Thin apple slice or 2 grapes\*
- Small plates
- Disposable gloves

### Instructions

**Ahead of time:** Wash all fruits and vegetables (unless purchased pre-washed).

Cut each cheese slice and deli meat into fourths (one slice is enough for four stacks).

**At the lesson:** Put on disposable gloves. On top of each cracker, layer a piece of spinach or carrot chip (if using), a deli meat slice, and a cheese slice. Serve the apple slice or grapes and baby carrot (if using) on the side or give each child a plate with each food and encourage them to build their own MyPlate cracker stack.

*\* If you are prepping food before the lesson, use two grapes instead of the apples to prevent browning.*



## LESSON REVIEW

While students enjoy the snack, review the lesson.

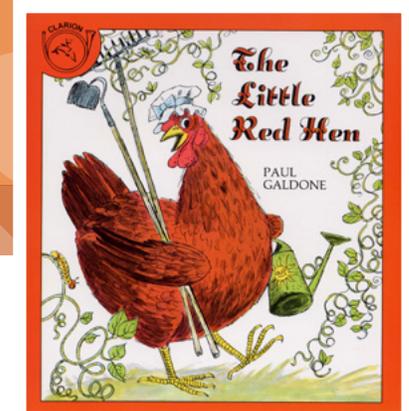
*“MyPlate helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups. Who remembers the names of the different food groups?”*

Point to MyPlate Pocket Chart.

*“Who remembers what the blue group is called?”*

Let the kids answer: Dairy! Go through the rest of the good groups.

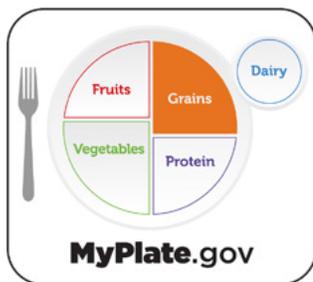
*“That’s right. The food groups are Grains, Vegetables, Fruits, Protein Foods, and Dairy. The foods in each of these food groups are healthy for us because they give us different nutrients, which help us grow and stay healthy. They also give us the energy we need to run, play, learn, and do all the other fun things we do each day.”*



# Grains Lesson

**The Little Red Hen** by Paul Galdone

"The Little Red Hen" is used with permission from Paul Galdone and Clarion Books and is an imprint of Harper Collins Publishers.



**NUTRITION** Children will learn about the MyPlate Grains Group and what foods are in the group. They will learn that half of their grains should be whole grains.

**PHYSICAL ACTIVITY** The Chicken Dance

**SNACK** Whole Grains Snack Mix or Whole Wheat Tortillas

## LESSON OBJECTIVES

**Children will be able to do the following**

1. Identify foods in the Grains Group.
2. Identify that whole grains are better for us than white or refined grains.
3. Identify that half of grains eaten each day should be whole grains.

## LESSON ORDER

**The lesson should be taught in this order**

1. Introduce the MyPlate Grains Group.
2. Read the children's storybook, "The Little Red Hen."
3. Talk about the MyPlate Grains Group and nutrition.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- “The Little Red Hen” by Paul Galdone.
- MyPlate chart, plate, or poster.
- Poster of whole grain with removable parts.
- “Chicken Dance” music and video using the internet or mobile device. Search online for music and/or video to the Chicken Dance to play during activity.
- “Chicken Dance” Steps poster.
- Bread models, whole wheat and refined.
- Recipe and ingredients for Whole Grains Snack Mix or Whole Wheat Tortillas, and food preparation gloves.

### TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- When the hen asks the dog, cat, and mouse to help plant the wheat, ask children, “Why do you think the other animals don’t want to help the hen?”
- After reading “soon the wheat pushed through the ground and began to grow tall,” ask the children if they have seen wheat growing before?

## TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, make a healthy snack, and play a fun, physically active game.

*“Today we are going to learn about the Grains Group. The Grains Group is part of My Plate.”*

Show the MyPlate chart, poster, or plate.

*“Can you see where the Grains Group is on MyPlate? We are going to read the book ‘The Little Red Hen’ by Paul Galdone.”*

Show the book.

*“While we read the book, see if you can figure out what it has to do with the MyPlate Grains Group.”*

## AFTER READING THE BOOK

Hold up the MyPlate poster or plate again.

*“Remember when we looked at MyPlate before we read the book?”*

*“Which food group was the book about again?”*

Let children answer.

*“That’s right! The Grains Group! MyPlate helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”*

“Did you know there are three different parts to a kernel of grain?”

Show the parts of the grain poster.

*"A whole grain has three parts."*

Point to all three and say the names.

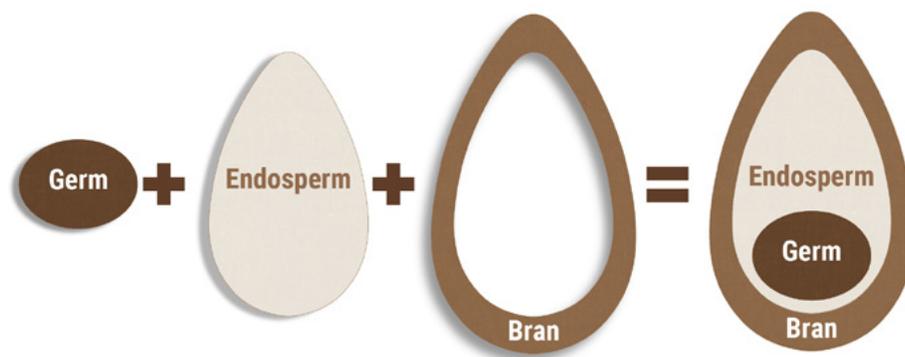
*"If a grain is a whole grain, it has all three. When a grain is refined, some parts are removed. The bran is removed."*

Tear the bran off.

*"The germ is also removed."*

Tear the germ off.

*"So, a kernel of whole grain is made up of three parts, and a refined grain has only one part—something called an endosperm. Which do you think is more healthy, refined grain or whole grain? Here's a hint: remember whole is best. "*



Allow the kids to guess.

*"It is better to have ALL of the parts."*

*"In the book, the little red hen grew the grain, then had it milled and turned into flour. It was milled into white or refined flour. She then used it to make a cake. Cake is really yummy but isn't as healthy as another kind of food the hen could have made from the wheat. Any guesses what kind of food I'm thinking about? Here's a hint."*

Show the food replica of whole grain bread. Show the children the bread models.

*"The darker brown slice of bread is a whole grain, and just like the whole flour, it was made with all the parts of the grain—the 'whole grain.'"*

Show the white bread model.

*"When making this white bread, the bran and germ are removed. Which of these two breads do you think is a healthier choice?"*

Allow children to guess.

*"That's right! The whole grain bread is better for us. Remember that half of our grains each day should be whole grains!"*



# HEALTHY SNACK

## INSTRUCTOR NOTES:

- **Regarding allergies:** Check with teachers or parents before serving any snacks to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands prior to eating.
- Instructors should wear disposable gloves when preparing the following recipe(s).

## WHOLE GRAINS SNACK MIX

*As children enjoy their snack mix, talk about what whole grains are in the mix.*

### Ingredients

- 100% whole grain cereal (e.g., Cheerios, Wheat Chex, Corn Chex)
- Popcorn
- Whole grain goldfish crackers
- Yogurt covered raisins

### Other Supplies

- Small cups
- Large zip plastic bag or bowl
- Plastic food prep gloves

### Instructions

Put on food preparation gloves. Mix all ingredients in a large zip-top bag. Pour the mixture into small cups for each child.

*\*You could incorporate other ingredients as well. Keep in mind that you want to include whole grains.*

## Alternative recipe idea

## WHOLE WHEAT TORTILLAS

### Ingredients

- 2 cups wheat flour or 1 cup wheat flour and 1 cup white flour
- 1/2 teaspoon salt
- 3 tablespoons oil
- 3/4 cup of warm water
- 16 cheese slices

### Instructions

1. In a large bowl combine flour and salt. Add water and oil to form the dough. If necessary, add a bit more water. Knead the dough with your hands and mix until the dough is smooth and is able to be molded.
2. Divide the dough into 16 small round portions and form them into ball shapes. Let the dough rest for 10 minutes. On a lightly floured surface, roll out tortillas to your preferred thinness. In a hot greased pan cook them for a minute on each side. Top with a slice of cheese and roll up.

**Option:** Use premade wheat tortillas, warm on an electric griddle, melt cheese on the tortilla, and roll up to serve.



## LESSON REVIEW

**While enjoying the snack, review the lesson.**

Ask children:

*“Do you remember how a whole grain is different from a refined grain?”*

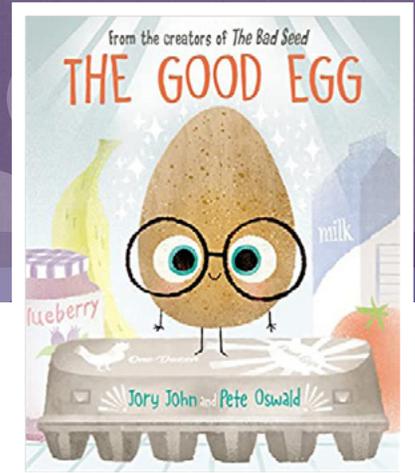
Allow children to give answers, then show poster again.

*“Why are whole grains better for you?”*

Allow children to give answers and then talk about it again.

*“What are some whole grains you like to eat?”*

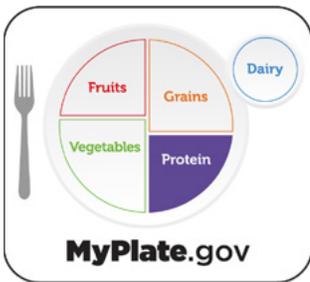
Help children come up with some whole grains they will try.



# Protein Lesson

**The Good Egg** by Jory John and Pete Oswald

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## NUTRITION FOCUS

Children will learn about the MyPlate Protein Foods Group and what foods are in the group. Children will learn about protein and what it does for the body.

## PHYSICAL ACTIVITY

The Good Egg Toss

## SNACK

Boiled Egg Boats or Turkey and Cheese Stacks

## LESSON OBJECTIVES

**Children will be able to do the following:**

1. Identify foods in the Protein Foods Group.
2. State why protein is important for health.
3. Name both plant and animal sources of protein.

## LESSON ORDER

**The lesson should be taught in this order**

1. Introduce MyPlate Protein Foods Group.
2. Read a children's storybook, "The Good Egg."
3. Talk about the MyPlate Protein Foods Group and nutrition.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- “The Good Egg” storybook by Jory John and Pete Oswald.
- MyPlate Chart, poster, or plate.
- Protein Food Group cards (cut apart prior to the lesson).
- Plastic eggs.
- Two scoops.
- Bowl or pans.
- Optional: Two brown bag sacks, one labeled “animal-based protein” and one labeled “plant-based protein.”
- Optional: Large plastic building blocks.
- Recipe and ingredients for Boiled Egg Sail Boats or Turkey and Cheese Stacks.

### TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- If children start to lose attention, ask them if they are ever naughty like the good egg’s siblings.
- Ask what they can do to be a good egg, such as be quiet and listen to the book being read.
- If children are sitting on the floor, invite them to hug their legs in close lifting their feet off the floor. See if they can keep their balance as an “egg”.

## TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, play a fun physically active game, and enjoy a healthy snack.

*“Today we are going to learn about the Protein Foods Group. The Protein Foods Group is part of MyPlate.”*

Show MyPlate chart, poster, or plate.

*“Can you see where the Protein Foods Group is on MyPlate? We are going to read the book ‘The Good Egg’ by Jory John and Pete Oswald.”*

Show the book

*“While we read the book, think about how it fits in with what we are talking about today: the Protein Foods Group.”*

## AFTER READING THE BOOK

*“So, what happened at the end of the book?”*

Allow children time to answer: he tried something new, etc. Hold up the MyPlate poster or plate again.

*“Remember before reading the book we looked at MyPlate? Do you remember where the Protein Foods Group is? MyPlate helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups every day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”*

The Protein Foods Group includes foods that come from animals and some that come from plants. Let's take a look at some photos to see if they are animal or plant proteins.

Show four pictures of protein foods—from two plant and two animal sources (you will show the other pictures at the end of the lesson). As you go over them, tell the kids if the foods come from a plant or from an animal.

**Optional:** Ask kids if they have tried the food and if they like it.

*“The Protein Foods Group is high in one certain nutrient. Have you heard of that word ‘nutrient’ before? It is a substance in foods that we need to grow and survive. Who knows which nutrient is found most in the PROTEIN group?”*

Simplified:

*“Nutrients are what we get from foods we eat that help us to live and to grow.”*

Have the kids repeat the word nutrient.

*“Protein is a nutrient.”*

*“What does protein do?”*

Allow the children to answer: makes you strong, etc.

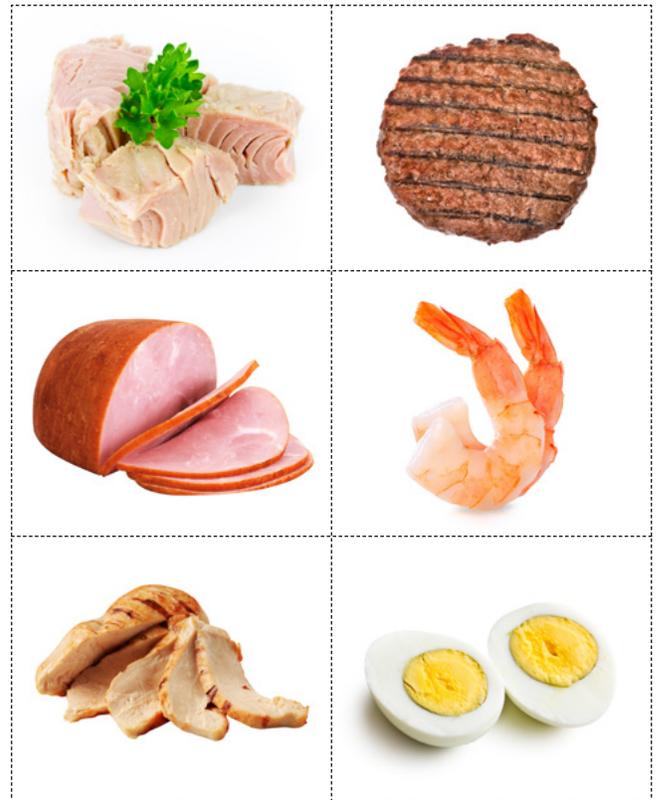
*“Great answers!”*

Invite the children to hold up their arms and make a fist to show their arm muscles while encouraging the kids to make different poses to show off their muscles.

**Optional:** Show the large plastic building blocks.

*“Proteins are like stacks of building blocks. Your body breaks apart the blocks of a protein and puts them back together in different ways to build parts of your body. Body parts like muscles, bones, and skin. When you eat protein foods, you get enough protein building blocks to help your body grow. Your body is growing every day, so it is good to eat foods from the Protein Foods Group every day.”*

*“Now that we know about having strong muscles, should we play a game and watch you use them?”*



## PHYSICAL ACTIVITY: THE GOOD EGG TOSS GAME

You will need:

- Plastic eggs
- Plastic scoops (2-6)

### EXPLAIN THE GAME

Have children team up in groups of two. Children will toss an egg back and forth to each other. Each time you catch the egg, take one step back. Continue until someone drops the egg. Step forward and start again.

### ANOTHER GAME OPTION

Taking turns, each child will start with an egg in a scoop. Toss the egg lightly in air. Do so as many times as the child can without dropping it. Count out loud as the egg is tossed. Give each child a turn. Depending on the class size, have multiple students tossing at the same time.

## HEALTHY SNACK

**NOTE ABOUT FOOD ALLERGIES:** Check with teachers and parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.

**INSTRUCTOR NOTE:** Please instruct children to wash hands prior to eating. Instructor should wear disposable gloves when preparing food.

### BOILED EGG BOATS



#### Ingredients

- Eggs
- Sliced cheese - cheddar and/or Swiss
- Pretzel sticks

#### Instructions

1. Hard boil the eggs.
2. When cool, carefully peel the eggs.
3. Cut the eggs in half.
4. Cut cheese slices into a triangle shape.
5. Carefully push pretzel sticks through the cheese.
6. Push a pretzel stick into the egg.

When teaching the lesson you may want to give each child half an egg, pretzel stick and a triangle of cheese. Each child can build their own boat.

Recipe and photo used with permission from Share and Remember at <https://www.thingstoshareandremember.com/egg-boat-snacks/>

## TURKEY AND CHEESE STACKS



### Ingredients

- Turkey slices
- Cheese slices (cheddar, swiss, etc.)
- Small plates

### Instructions

1. Cut turkey and cheese into small squares ahead of lesson.
2. Give each child four slices of turkey and four slices of cheese.
3. Encourage kids to make stacks and see how high they can get them.
4. Eat!

## WHILE ENJOYING THE SNACK REVIEW THE LESSON

While enjoying the snack, review the lesson. You will need copies of the animal and plant proteins cards (and the paper bags or basket labeled plant-based and animal-based, if using, to place cards in). Set aside the four cards you have already shown the children.

Ask children:

*“Remember how foods in the MyPlate Protein Foods Group come from two different types of sources—animals and plants? Let’s look at some more foods and see if we can decide which group they go in: animal-based or plant-based.”*

Show children the remaining pictures of animal-based and plant-based foods like seeds, peanut butter, turkey, etc. included in this lesson. Have kids guess where each food belongs. Optional: Place photos in the correct bag.

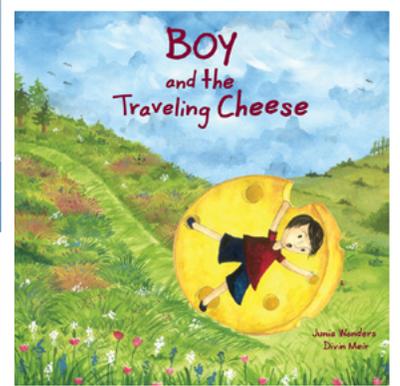
**Optional:** Ask for a volunteer to come forward.

*“Foods in the Protein Foods Group are high in the nutrient protein. Can you remember what protein does for the body? I’ll give you a hint!”*

Hold arms up showing muscles.

*“Protein helps us build strong muscles!”*

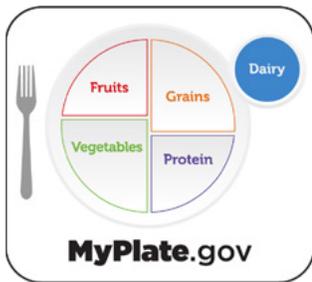




# Dairy Lesson

**Boy and the Traveling Cheese** by Junia Wonders and Divin Meir

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**NUTRITION** Dairy Foods Group

**PHYSICAL ACTIVITY** Skeleton Dance

**SNACK** String Cheese Art, Yogurt Parfaits

## LESSON OBJECTIVES

### Children will be able to do the following

1. Identify several foods that are in the Dairy Foods Group.
2. State a nutrient that is found in dairy foods.
3. State why that nutrient (calcium) is important for their body.

## LESSON ORDER

### The lesson should be taught in this order

1. Introduce the MyPlate Dairy Foods Group.
2. Read a children's storybook, "Boy and the Traveling Cheese."
3. Talk about the MyPlate Dairy Group.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- “Boy and the Traveling Cheese” storybook by Junia Wonders and Divin Meir.
- MyPlate chart, poster, or plate.
- Plastic bone.
- Plastic mouth and teeth puppet.
- Plastic play dairy foods from the MyPlate plastic food play set.
- Physical activity images.
- Ingredients and supplies to make String Cheese Art or Yogurt Parfaits.
- The Skeleton Dance by Super Simple Songs available to stream using the internet or mobile device.

## TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, make a healthy snack, and play a fun, physically active game.

*“Today we will read a book together, talk about MyPlate, make a healthy snack, and play a fun physically active game. We are learning about the Dairy Foods Group. The Dairy Group is part of MyPlate.”*

Show MyPlate chart, poster, or plate.

*“Can you see where the Dairy Group is on MyPlate? We are going to read the book, ‘Boy and the Traveling Cheese.’ While we are reading the book, think about how it might be related to the MyPlate Dairy Group.”*

Read the Book

**INSTRUCTOR NOTES:** “Boy and the Traveling Cheese” is a longer book. If you are short on time, consider skipping a portion of it. For example, you could skip the portion of the book about being famous and the part about being in the desert with his uncle. Start back up when the boy is on the ship. There are no page numbers in the book. However, if you count from the first page of the text, the part about being famous starts on page 17. You could skip this part until the boy is back on the ship (page 23, with the large ship in the background).

### Nutrition:

*“Didn’t the boy and his cheese have a grand adventure? Which dairy food was in the book?”*

Allow children to answer: cheese.

*“That’s right! Think about all the places he took the cheese! Now remember this is just a story. Would you really want to take cheese to all those places? Would it be safe to eat it afterward? In real life, cheese should be kept in the refrigerator where it stays nice and cool. What food group does cheese fit into?”*

## TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- When you read the letter, say to the kids, “His gift is made from milk. What could that be? What is made from milk?”
- When he starts to roll his cheese, ask “Is it okay to roll your cheese (or any food) on the ground? No! That would cause it to pick up germs.” Remember, this is just a story!
- When the boy finds his cheese too big for the fridge, ask the kids “Does cheese need to be kept in the refrigerator? Yes! It does.” Remember this is just a story.

Let the kids answer: the Dairy Group.

*“Do you remember where the Dairy Group is on MyPlate?”*

Hold up the MyPlate chart, poster, or plate again.

*“This is MyPlate, which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups every day. Foods are divided into five different food groups: Vegetables, Fruits, Protein Foods, Grains, and Dairy. Which other foods are in the Dairy Group?”*

Show the dairy play foods to prompt responses.

*“That’s right—cheese, cottage cheese, yogurt, and ice cream are all in the Dairy Group. What are all these foods made from?”*



Let kids answer: milk.

*“Who knows where milk comes from? Does it come from the grocery store? From a chicken? No! It comes from a cow. Dairy Group foods are high in the nutrient calcium. Can you guess how calcium helps us? Here’s a hint: it makes this part of our body nice and strong!”*

Show the plastic bone

*“You’re right! Calcium helps us have strong bones. There is another part of our body that calcium helps make strong. Everyone look up at me and give me a nice big smile. Can you guess what other body part calcium helps with? What are you showing me when you smile? Your teeth!”*

Show the mouth and teeth puppet.

*“Calcium is important so we have strong bones and teeth! Did you know that physical activity is also an important part of building healthy bones? What physical activities do you like to do?”*

Show physical activity images as prompts.

## PHYSICAL ACTIVITY: DEM BONES SKELETON DANCE

*"Today we are going to dance to the song "The Skeleton Dance" to strengthen our bones!"*

On an iPad or phone, show or stream the song or video The Skeleton Dance video by Super Simple Songs on YouTube.

### INSTRUCTOR NOTES:

Make sure to listen to the song several times and practice leading the dance. If you can't use the music or video, you can do the dance as a "repeat after me" activity. Sing the song verse, and then ask the children to sing it back to you. Continue throughout the song.

Here are the words to the song. Move the part of the body the song is talking about in rhythm.

Dem Bones. Dem Bones. Dem Dancing Bones.  
Dem Bones. Dem Bones. Dem Dancing Bones.  
Dem Bones. Dem Bones. Dem Dancing Bones.  
Doin' the skeleton dance.

The foot bone's connected to the leg bone.  
The leg bone's connected to the knee bone.

The knee bone's connected to the thigh bone.  
Doin' the skeleton dance.

The thigh bone's connected to the hip bone.  
The hip bone's connected to the backbone.

The backbone's connected to the neck bone.  
Doin' the skeleton dance.

Shake your hands to the left.  
Shake your hands to the right.  
Put your hands in the air.  
Put your hands out of sight.  
Shake your hands to the left.  
Shake your hands to the right.  
Put your hands in the air.

Wiggle, wiggle, wiggle, wiggle, wiggle, wiggle,  
wiggle, wiggle,  
wiggle, wiggle, wiggle, wiggle...wiggle your knees.

Dem Bones. Dem Bones. Dem Dancing Bones.  
Dem Bones. Dem Bones. Dem Dancing Bones.  
Dem Bones. Dem Bones. Dem Dancing Bones.  
Doin' the skeleton dance!



# HEALTHY SNACK

## INSTRUCTOR NOTES:

- Regarding allergies: Check with teachers and parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands prior to eating.
- Instructors should wear disposable gloves when preparing the following recipe(s).

## STRING CHEESE ART: SKATER DUDE OR TOADSTOOLS



### Ingredients for Skater Dude

- String cheese
- Slice of apple
- Black olives
- Edible marker\*

### Instructions for Skater Dude

1. Peel down strands from the top of the cheese to make hair.
2. Pull off a small amount for hands—either peel or cut.
3. Pull string cheese in half at the bottom.
4. Using edible marker, make eyes and a mouth.
5. To make the skateboard, place sliced apple and two olives on the plate.

*\*If you cannot find an edible marker, you could give children a toothpick (if they are age appropriate) and allow them to draw on a face.*

## STRING CHEESE ART: SKATER DUDE OR TOADSTOOLS

### Ingredients for Toadstools

- String cheese
- Cherry tomatoes
- Ricotta cheese or Greek yogurt in a zip-top bag. Cut a very small bit off one corner to make a piping bag.

### Instructions for Toadstools

1. Cut string cheese into four to five pieces.
2. Cut cherry tomatoes in half.
3. Place string cheese on plate.
4. Top with halved cherry tomatoes.
5. Pipe on dots of ricotta cheese or Greek yogurt.



### STRING CHEESE ART NOTES:

1. After they wash their hands, encourage children to make their own string cheese art or structure.
2. If instructors are helping with open ingredients, they should be wearing food prep gloves.

## Alternative recipe idea

### YOGURT PARFAITS

Makes 1 sample-size parfait

#### Ingredients

- Low-fat, plain, or vanilla yogurt\*
- Sliced fruit (e.g., bananas or strawberries) or whole blueberries
- Granola or other whole grain cereal

#### Other Supplies

- 4-5 oz. plastic cups
- Plastic spoons

#### Instructions

1. Put on food preparation gloves.
2. To make an individual, sample-size parfait, scoop 2 tablespoons of yogurt into a small (4- to 5-ounce) plastic cup.
3. Add 1-2 tablespoons sliced or whole berries.
4. Top with 1 tablespoon granola. Serve immediately.

\*Choose plain yogurt or check the Nutrition Facts label to find a lower sugar flavored yogurt. Children might prefer the taste of vanilla yogurt.



## LESSON REVIEW

While enjoying the snack, review the lesson. Ask children:

*“Do you remember what nutrient dairy foods have a lot of?”*

If children don't remember, give them a hint (for example, it starts with a C or tell them, it starts with cal...).

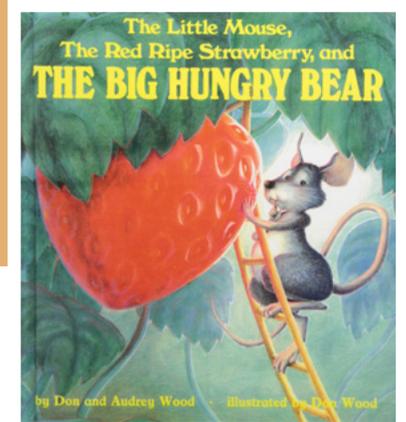
*“And what parts of our body does calcium help the most? That's right! Our bones.”*

Show the plastic bone. Show the mouth and teeth puppet. Ask the children to all look at you and smile big again.

*“And teeth! Calcium is important so we have strong bones and teeth! Other than eating dairy foods high in calcium, there is one more thing we can do to make sure our bones are nice and strong. Do you remember what it is?”*

If they need a hint, say a few lines from the Skeleton Dance.

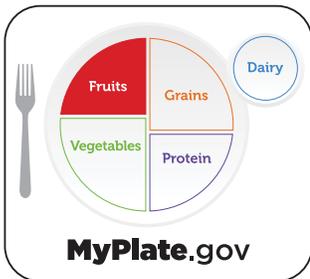
*“Physical activity is important to strengthen bones. What kind of physical activity did we do today? Dancing!”*



# Fruits Lesson

## The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear by Don Wood and Audrey Wood

Used with the permission of Don and Audrey Wood and Clarion Books, an imprint of Harper Collins Publishers.



**NUTRITION FOCUS** Children will learn about the MyPlate Fruit Group. They will learn about different fruits and why they are healthy for them.

**SNACK** Fruit Basket Dice Game

**PHYSICAL ACTIVITY** Strawberry Mice or Fruit Kabobs

## LESSON OBJECTIVES

### Children will be able to do the following

1. Identify several foods that are in the Fruit Group.
2. State a nutrient that is found in most fruits.
3. State why that nutrient (vitamin C) is important for their body.

## LESSON ORDER

### The lesson should be taught in this order

1. Introduce the MyPlate Fruit Group.
2. Read the children's storybook, "The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear."
3. Talk about MyPlate Fruit Group.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- “The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear” book by Don Wood and Audrey Wood.
- MyPlate chart, poster, or plate.
- Large dice.
- Icky Sicky plush toy.
- Plastic play fruit foods from the MyPlate plastic food play set.
- Fruit Basket Dice Game activity cards printed, cut, and folded.
- Bowl to place activity cards.
- Knight poster.
- Vitamin C poster.
- Small bottles of bubbles
  - Two bottles if choosing two volunteers, or several bottles if all children will be participating.
- Recipe, ingredients and supplies for strawberry mice or fruit kabobs.

### TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- Ask if they like strawberries.
- What they would do with the strawberry.
- To crouch down like a little mouse and then stand tall and wave their arms like a big, hungry bear.

## TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, play a fun physically active game, and make a healthy snack.

*“Today we are going to learn about the Fruit Group. The Fruit Group is part of MyPlate.”*

Show MyPlate chart, poster, or plate.

*“Can you see where the Fruit Group is on MyPlate? We are going to read the book ‘The Little Mouse the Red Ripe Strawberry and the Big Hungry Bear.’ While we are reading the book, think about how it might relate to the MyPlate Fruit Group.”*

Read the book

### NUTRITION

Hold up the MyPlate chart, poster, or plate again.

*“This is MyPlate, which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided up into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”*

*“The book we read had a red ripe strawberry in it. How many of you like strawberries? What other fruits are your favorites?”*

Show plastic fruit play foods as prompts. Allow children to name a few.

*“Fruits are good for us. In fact, MyPlate recommends that we make half of our plate fruits and vegetables.”*

Show MyPlate chart, poster, or plate again.

*“That means when you sit down to eat, half of this plate should be filled with fruits and vegetables! This is because these foods are full of nutrients that help us grow and stay healthy. One of the vitamins found in fruits is vitamin C. Can you hold your hand so it looks like a C? That will help us remember vitamin C!”*

*“Now, raise your hand if you have ever fallen and skinned your knee or cut yourself on something sharp. I think we all have. Did you know the vitamin C that is found in the fruits we eat helps our wounds and cuts heal?”*

*Raise your hand if you have ever had a cold or the flu. Did you feel a little like this?”*

Show Icky Sicky plush toy.

*Eating fruits and other healthy foods can help you from feeling like this poor guy.*

Show Icky Sicky plush toy.

Show the picture of the knight holding a shield; point to the shield.

*“Speaking of keeping us healthy, does anyone one know what this is called?”*

Point to the shield; you may need to tell children you’re not pointing to the whole picture but what he is holding.

*“It’s something knights used in medieval times, hundreds of years ago. You might have seen one in a cartoon or movie.”*

Let the kids respond: a shield.

*“Does anyone know what a shield does?”*

Let the kids respond or answer if no one volunteers.

*“It protects knights or people from their enemies and keeps their body safe.”*

Show the vitamin C shield.

*“I have another picture of a shield here. This shield is a little different. We are going to pretend that it is made of fruits that have vitamin C. Who can name these fruits?”*

Let the kids respond: kiwi, strawberries, berries and oranges.



*"That's right! And as we just learned, these fruits contain vitamin C. Hold up your hand and show me your letter C. And just like a shield, vitamin C works to keep us healthy and protect us from getting sick. I need two volunteers to come forward."*

Hold up the vitamin C shield.

*"Volunteers, please take the bubbles and blow them toward me and my shield. We are going to pretend that these bubbles are germs, and I am going to keep my body healthy with my vitamin C shield!"*

If you have more time and are in a workable space, you may want to give each child bubbles to blow at the shield while you hold it up.



## **PHYSICAL ACTIVITY: FRUIT BASKET DICE GAME**

Print and cut the Fruit Basket Dice Game. Fold the cards and place them in a basket or bowl. Ask a child to come up and pull a card out and show the group the fruit pictured. Ask children, "Who likes the fruit shown?" Then ask the child to turn the card around and show the physical activity. Ask two children to roll the dice.

For example, the game card might say "jumping jacks." If the pair of dice was rolled to a six (one die with a 1 and one die with a 5), the group will do six jumping jacks. Then, roll the dice again, and pull a new activity card out of the fruit basket.

**NOTE:** Some children may not be comfortable or able to do all the physical activities. Encourage them to do what they can. For example, if a certain child isn't comfortable doing jumping jacks, encourage them to wave their arms and keep their feet on the ground.

**Alternate Game:** Orange, Orange, Grapefruit (Duck, Duck, Goose with a citrus twist)  
One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are an "orange" or a "grapefruit."

Once someone is the grapefruit, they get up and try to chase "it" around the circle. The goal is to tap that person before they are able sit down in the grapefruit's spot.

If the grapefruit is not able to do this, they become "it" for the next round and play continues. If they do tap the "it" person, the person tagged must sit in the center of the circle.

Then the grapefruit becomes "it" for the next round. The person in the middle can't leave until another person is tagged and they are replaced.

## **LESSON REVIEW**

While enjoying the snack, review the lesson.

Show MyPlate chart, poster, or plate. Ask children:

*"Do you remember how much your plate should be fruits and vegetables?"  
Answer: Yes- half of your plate should be fruits and vegetables."*

“Why do you think we should make half our plate full of fruits and vegetables?  
Answer: They are especially healthy for us—so it is important to eat a lot of them each day.”

“Hold your hand so it makes the letter C. Do you remember what vitamin is found in fruits?  
Answer: “That’s right! Vitamin C. Vitamin C helps our wounds and cuts heal and helps us stay healthy and fight infection.”

## STRAWBERRY MICE

### Ingredients

- Strawberries (1 for each child)
- Mini chocolate chips
- Licorice whips
- Almond slices

### Instructions

Put on food prep gloves. Rinse strawberries. Cut off the top with leaves. Slice the bottom off slightly (so the mouse will sit). Cut the licorice whip to about 2 times the strawberry’s length, and place it in the back of the strawberry to make a tail. Add mini chocolate chips for the eyes and nose. Stick two almond slices on top for ears.

*\* Chocolate chips and licorice are “sometimes” foods, but they are okay to eat in moderation.*

*\*If there are tree nut allergies (or if the school is nut-free), use tiny pieces of string cheese in place of the almond slices (prepare before class).*



## Alternative recipe idea

### FRUIT KABOBS

### Ingredients

- Different fresh fruit (for example: blueberries, strawberries, pineapple, honeydew, cantaloupe)
- Cocktail straws or coffee stirrers (thin plastic straws) or wooden skewers\*
- Small heart cookie cutter (optional)

### Instructions

Put on food prep gloves. Wash, hull, and cut fruit into large-sized pieces. If in season, cut cantaloupe and/or honeydew into 1-inch rounds. Use small cookie cutter to make hearts or other shapes.

After children wash their hands, encourage them to string fruit carefully on the skewer or straw to make a fruit kabob. Ask parents to help children.

*\*Coffee stirrers are more appropriate for young children.*

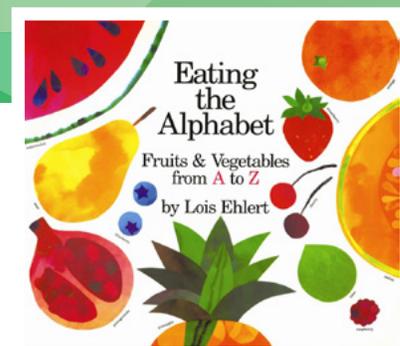


## HEALTHY SNACK

### INSTRUCTOR NOTES:

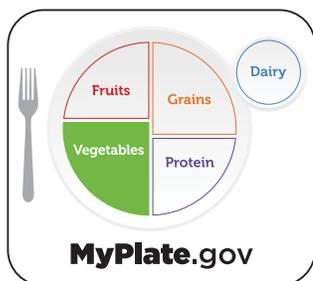
- Regarding allergies: Check with parents before serving any snacks to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands before eating.
- Wear disposable gloves when preparing the following recipe(s).

# Vegetables Lesson



## Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert

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**NUTRITION FOCUS** Children will learn about the MyPlate Vegetables group and learn about “eating a rainbow” of fruits and vegetables.

**PHYSICAL ACTIVITY** “Reggie Veggie Says” Game

**SNACK** Veggie Creatures OR Veggie Taste Test

## LESSON OBJECTIVES

### Children will be able to do the following:

1. Name some foods in the Vegetable Group.
2. Identify major nutrients in vegetables like vitamins A or C.
3. Name some types of physical activity that are good for us.

## LESSON ORDER

### The lesson should be taught in this order:

1. Introduce the MyPlate Vegetable Foods Group.
2. Read a children’s storybook, “Eating the Alphabet: Fruits and Vegetables from A to Z” by Lois Ehlert.
3. Talk about the MyPlate Vegetable Foods Group.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- Storybook “Eating the Alphabet: Fruits and Vegetables from A to Z” by Lois Ehlert.
- MyPlate chart, poster, or plate.
- Eat a Rainbow of Vegetables poster and Rainbow Color posters (red, orange, yellow, green and purple).
- Reggie Veggie laminated poster.
- Plastic or plush eyeball.
- Ingredients for Veggie Creatures or Veggie Taste Test.
- OPTIONAL: Plastic play vegetable foods from the MyPlate plastic food play set.

## TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, play a fun, physically active game, and make a healthy snack.

*“Today we will read a book together, talk about MyPlate and make a healthy snack. We will play a fun and active game. We are learning about vegetables! The Vegetables group is part of MyPlate.”*

Show the MyPlate chart, poster, or plate.  
Show the book.

*“Can you see where the Vegetables Group is on MyPlate? We are going to learn about some yummy and different vegetables as well as fruits in this fun book, ‘Eating the Alphabet: Fruits and Vegetables from A to Z’ by Lois Ehlert.”*

*“As we read the book, see if you can think about what the story has to do with the MyPlate Vegetables Group.”*

Read the Book

## NUTRITION

Hold up the MyPlate poster or plate.

*“Remember how we looked at MyPlate before? It helps us to know how to eat in a healthy way. It reminds us to eat food from each food group every day. Foods are divided up into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”*

Which group are we talking about today?

*“That’s right! Vegetables.”*

## TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- Since the book is so large you may want to consider only reading the first 10 letters or so. Explain that the other letters also have yummy fruits and vegetables, but you won’t be reading about them today.
- If kids are losing interest, you can quickly go through some of the letters. For example, say something like, “The next letters in the alphabet are Q,R,S,T.” Flip through those pages quickly, and then go back to spending more time on the rest of the pages.
- As you read some of the letters encourage kids to pick a vegetable on the page and pretend to eat it.

*"Do you remember all the different colors of fruits and vegetables in the book? Did you know that you should try to 'eat the rainbow' when eating fruits and vegetables?"*

*"What do you think this means? Vegetables come in all different colors and the various colors help us stay healthy in different ways. That's why it is important we eat all the colors. Let's see if we can come up with vegetables that are different colors. The top row of the rainbow is red."*

Refer to the posters of the rainbow and show the tomato poster.

*"Tomatoes are red, and they are a vegetable. What other vegetables are red? Continue through the colors of the rainbow, identifying different vegetables for each color."*

Use the food color poster to help you know other foods that are in each color group.

*"Many vegetables, especially the orange and dark leafy green vegetables we just named, are high in vitamin A. Can you guess which part of the body vitamin A is especially good for?"*

Show the plastic eye to the group.

*"Everyone point at your eyes. Now point to the skin on your arms. That's right! Vitamin A helps you to see well and keeps your skin healthy."*

*"Would you like to play a fun game now? Everyone stand up and face the front of the room. We are going to play 'Reggie Veggie Says!'"*

## PHYSICAL ACTIVITY: REGGIE VEGGIE SAYS...

**Show the poster of "Reggie Veggie" and explain the game.** This game is played like Simon Says with a twist. Each motion is related to food. The instructor starts by asking everyone to stand up and face forward. Explain that you will be playing "Reggie Veggie Says..." Just like Simon Says, if the instructor doesn't say "Reggie Veggie Says" before an activity, anyone who does the activity gets a point against them. Optional: Once someone has three points they are out.

### Reggie Veggie Says...

1. Reggie Veggie says: Spin like a salad spinner!
  - Move your body back and forth like a salad getting the water spun out—similar to the twist.
2. Twist the top off a bottle of soda pop.
  - Move your hand like twisting off a pop top.
  - Oops, did you move? Reggie Veggie didn't say so. Do you know why? Because soda pop isn't healthy for you, it is a "sometimes" food. Sometimes foods are okay to enjoy, but not every day.
3. Reggie Veggie says: Pick some carrots...5 times!
  - Bend down to the floor and pull up, then stand back up. Count together.



4. Rip open some potato chips.
  - Put hands together like ripping open a bag.
  - **Oops, did you move? Reggie Veggie didn't say so. Do you know why? Potato chips are a sometimes food. They don't have a lot of nutrients.**
5. Reggie Veggie says: Peel the cucumber...5 times.
  - Hold your left hand as if holding a cucumber and pretend to peel away toward the front.
6. Reggie Veggie says: Jump up and pick the corn...10 times.
  - Jump up and reach upward while pretending to pick the corn. Count together.
7. Reggie Veggie says: Reach up high to pick the apples off the tree... 5 times.
  - Reach upward and pretend to pick the apples. Count together.
8. Reach for the TV remote.
  - Reach your hand over like picking up a TV remote.
  - **Oops, did you move? Reggie Veggie didn't say so. Do you know why? It is okay to watch TV sometimes, but it is much better to get active and play games like the one we are playing right now!**
9. Reggie Veggie says: Dig up those potatoes... 5 times.
  - Squat and reach down like you are using a shovel to dig. Count together.
10. Reggie Veggie says: Move like tomato plants in the garden blowing in the wind.
  - Twist, turn, and sway like the wind is blowing you around.

### **Alternative Activity: Red light, Green light**

Line kids up across room. Explain that you will be saying names of foods. If the food is in the vegetable group, the children should step forward. If it is in another food group kids should stand still.

## **HEALTHY SNACK**

**NOTE ABOUT FOOD ALLERGIES:** Check with teachers parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen such as peanut butter, make sure to have an alternative.

**INSTRUCTOR NOTE:** Please instruct children to wash hands prior to eating. Instructor should wear disposable gloves when preparing food.



## VEGGIE CREATURES

### Instructions

Put on food preparation gloves prior to preparing the following veggie creatures.

**Caterpillars:** Cut slices of cucumber and zucchini and stand them up in veggie dip or peanut butter\* inside a slice of celery. Cut up chives or break up pretzels for the antennas of the caterpillars. For eyes, cut up a raisin into smaller pieces or use mini chocolate chips.

\*If using peanut butter, ALWAYS ask about food allergies ahead of time. Though more expensive, sunflower butter can be a good option when there is concern about peanut or tree nut allergies.

**Butterflies:** Place a line of peas in a row on a plate. Cut baby carrots in half. Place two on each side of peas to make wings for a butterfly. Add whole grain cereal that is round- or oval-shaped at the top for eyes.

Be creative! Ask kids to use the ingredients given to create their own creature. If time permits, invite the children to show their creature and give it a name before they eat it.

**Snakes:** Cut string cheese into 1-inch sections. Break toothpicks in half. Spear cheese at an angle and add cherry tomatoes. Continue adding at an angle until the snake is as long as you want. Cut a small tongue out of a slice of cheese. Cut a slit at the bottom of the first tomato. Insert the cheese tongue. Insert whole cloves for eyes. **IMPORTANT:** Make sure children know they should not eat the clove eyes.

**Choking caution:** If using toothpicks or parts of toothpicks, watch closely for choking hazard. If working with younger children, try to avoid toothpicks completely.



## Alternative recipe idea

### VEGGIE TASTE TEST

Serves 8

Buy a selection of vegetables that kids may not have tried before such as jicama, small sweet peppers, and sugar snap peas. Cut the vegetables up into bite-sized pieces. Show what a vegetable like jicama looks like before it is peeled and cut. You may want to bring a low-fat ranch dip for kids to eat with the veggie taste test or make veggie dip.



### VEGGIE DIP

#### Ingredients

- 1 1/2 cups Greek plain yogurt
- 3/4 cup light mayonnaise
- 1 tablespoon dried minced onion
- 2 teaspoons garlic salt
- 1 teaspoon dill weed
- 1 teaspoon dried parsley flakes

#### Instructions

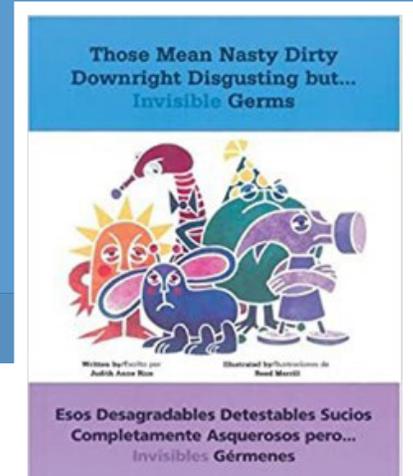
Mix everything together thoroughly. Refrigerate, covered, for at least one hour so flavors mix.

## LESSON REVIEW

While enjoying the snack, review the lesson. Ask the children:

1. "What are some of your favorite vegetables? Were they in the book?"
2. "How do you like to eat them- raw or cooked?"
3. "Why do you think vegetables are so good for you?"

Remind children vegetables have a lot of nutrients in them to help make us healthy. Ask them if they remember which vitamin is often found in vegetables. Remind them it is vitamin A. Ask which parts of the body does vitamin A help? Show the plastic eyeball. Point to your eyes and skin.



# Handwashing

## Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs

Written by Judith Anne Rice & Illustrated by Reed Merrill

Image use with permission of Redleaf Press Copyright 2002



**NUTRITION FOCUS** Handwashing, Food Safety

**PHYSICAL ACTIVITY** Handwash Relay

**SNACK** Handi snack or Healthy Hand Whole Grain Cookies

### LESSON OBJECTIVES

1. The students will learn why handwashing is important.
2. The students will learn proper technique and how long to wash hands.

### LESSON ORDER

1. Introduce the importance of handwashing.
2. Read a children's story book, Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs
3. Talk about when to wash your hands, how long to wash and why.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- 11 x 17 Laminated Posters of Soaper Man, Water Woman and Dry Boy or print from [www.soaperhero.org](http://www.soaperhero.org) under Teacher Features.
- Option 1- Handi-wash unit include large black light, plastic board box, cover and Glitterbug potion lotion.
- Option 2- Blacklight and Glitterbug potion lotion.
- Option 3- Two plush germ monsters dusted with Glitterbug powder.
- Two large hand clappers.
- Two color cones.
- Two Plastic Poly spots.
- Tasting experience ingredients and supplies and Handi snack or Health Hand Whole Grain Cookies.

### TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- As you say the title of the book *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs* ask students to help you say “invisible” each time you say it throughout the book.
- The story book is in both English and Spanish. If you or some of the children speak Spanish consider reading the Spanish words as well.

## TEACHING THE LESSON

“Today we are going to talk about the importance of handwashing. There are three main things you need to wash your hands. To help us keep them in mind I’m going to share with you the Soaper Heroes.”

Hold up 11 x 17” posters of Soaperheroes as you talk about each one.

*“Of course, the first thing we need is soap – this is Soaper Man! Next we have Water Woman.”*

Show Water Woman poster.

*“Get your hands wet, then add soap. Lather soap for 20 seconds. Make sure to rub and scrub away from running water- otherwise it will all run down the drain. Not sure how long 20 seconds is? Try singing the ABC song twice. Rinse hands. Next, and perhaps the most important Soaper Hero is Dry Boy.”*

Show Dry Boy poster.

*“Germs like wet and warm places. Drying your hands helps finish the hand washing process.”*

*“Now that we’ve been reminded of the three important steps to handwashing we are going to read a fun book titled *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs!* This book has the story in both English and Spanish! Isn’t that exciting?”*

After reading the book:

*“Did you know germs are invisible? Everyone hold up your hands with the palm up. Look closely- can you see any germs? No, right? We are going to use a special lotion that will show what germs might look like if we could see them. We will see the special lotion by putting hands in this hand-i-wash that has a black light in it.”*

**Option 1:** Hand-i-wash - Teaching with the hand-i-wash: Pull out the corrugated boards and fabric cover. Use Velcro to attach boards into a box. Place fabric over it with opening matching up to opening in boards. Apply small amount of Glitterbug lotion to hands. Ask the child to rub their hands together. Turn on black light and set inside the box or hold up hands to help show people “pretend germs”. The unit is designed to fit over any standard counter sink. By ducking into the unit and washing, individuals can view the lotion being removed as they scrub. The hand-i-wash can also be used on a table as well. Depending on time, have each student go through the process of looking at hands under the hand-i-wash cover or you could ask for a few volunteers. If you have time, ask the students to go wash their hands and come back to see how many pretend germs they have removed.



**Option 2:** Use blacklight flashlight and glitterbug lotion. This option works well if it is a situation you need children to stay seated. Walk around and place lotion on hands. Then turn off the lights and walk around to the children with black light to show them pretend germs.

**Option 3:** Germ monster plush toys and Glitterbug powder. At beginning of lesson, toss the germ-monster toys around to different students as you are discussing the importance of handwashing. After the discussion ask students to look at hands under black light. This will demonstrate how germs can easily be transferred between people. Powder can often be found on faces and other areas that have been touched.

## PHYSICAL ACTIVITY: THE HANDWASH RELAY

*“We are going to play a fun game that involves a lot of moving. So get ready to be active!”*

For this game, the class will divide into two teams. Each team has a starting point (marked by a poly dot) and a colored cone for each team set up across the room. Give first student on each team the large hand clapper.

*“When I say go, the first student will start clapping the large hand clapper and begin walking quickly and carefully to the color cone. Run around the cone with the clapper still clapping back to the next student in line. Hand off clapper. You will continue until each student in your line has had a turn. Are you ready?”*

Play game.

*“Great job everybody! Now let’s make a fun hand theme snack!”*

## HEALTHY SNACK:

Healthy Hand Whole Wheat Cookies OR Handi Snack  
(popcorn & crackers in plastic glove)

Handi Snack

Supplies needed:

- Plastic gloves
- Popcorn
- Raisins or Colored Whole Grain Goldfish Crackers

Fill each glove's finger and thumb with a few raisins or goldfish crackers. Finish filling glove with popcorn. Twist and tie with ribbon or twist tie.

OR  
Healthy Hand Whole Grain Sugar Cookies.

## LESSON REVIEW

While enjoying the snack review the lesson

### HEALTHY HAND WHOLE WHEAT COOKIES RECIPE

#### Directions:

In a medium bowl mix the butter, granulated sugar & cream cheese together until light & fluffy, about 3 minutes. Add egg and vanilla, mix until well blended. In a separate bowl, whisk together flour, salt & baking soda. Gradually add flour mixture to butter mixture, mix until just combined. Flatten dough into a 6-inch disc, wrap in plastic wrap and chill for 1 hour. After dough is chilled, preheat oven to 350 degrees. Spray a cookie sheet with non-stick cooking spray. Roll dough to ¼ inch thickness on a lightly floured surface. Use a cookie cutter to cut shapes from the dough, re-rolling scraps as necessary. Place cookies 1 inch apart on cookie sheet. Bake 10-12 minutes or until lightly browned at the edges. Let cookies cool.

#### Icing (Optional)

To prepare icing, whisk together powdered sugar, yogurt and lemon zest. Drizzle over cooled cookies. Top with sprinkles or sparkling sugar if desired. Let icing set 15 minutes before serving.

#### Ingredients

- 2 1/2 cups whole wheat flour or  
1 1/4 cups whole wheat flour and  
1 1/4 cups white flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/2 cup butter softened
- 1/2 cup granulated sugar
- 1 ounce neufchatel or regular  
cream cheese
- 1 large egg
- 1 teaspoon vanilla

#### Frosting (optional)

- 1/2 cup powdered sugar
- 2 tablespoon plain  
Greek yogurt
- 1/4 teaspoon zested  
lemon rind



Ask children if they can give some examples of when hands should be washed.

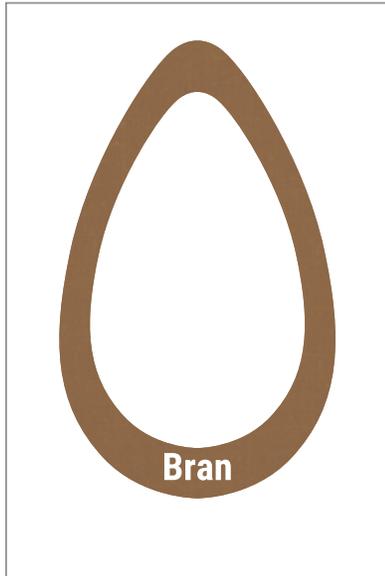
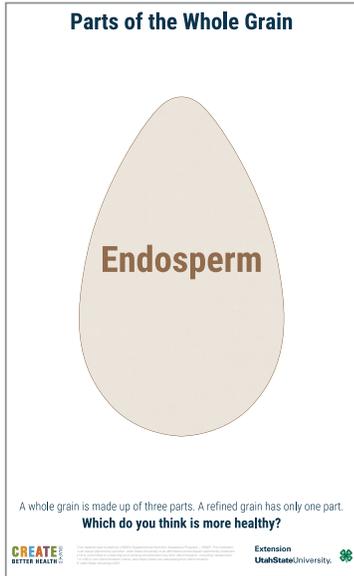
*“Who can tell me when we should wash our hands?”*

Allow children to give a few answers. Possible and appropriate answers:

- Before you:
  - Eat or prepare food
  - take care of someone who is ill
  - bandage a cut or sore
- After you:
  - go to the bathroom
  - blow your nose
  - cough or sneeze
  - touch an open sore
  - play out-side
  - pet an animal
  - use items another person would touch like grocery store cart or toys
  - handling raw meat or eggs



# Grains Lesson Materials



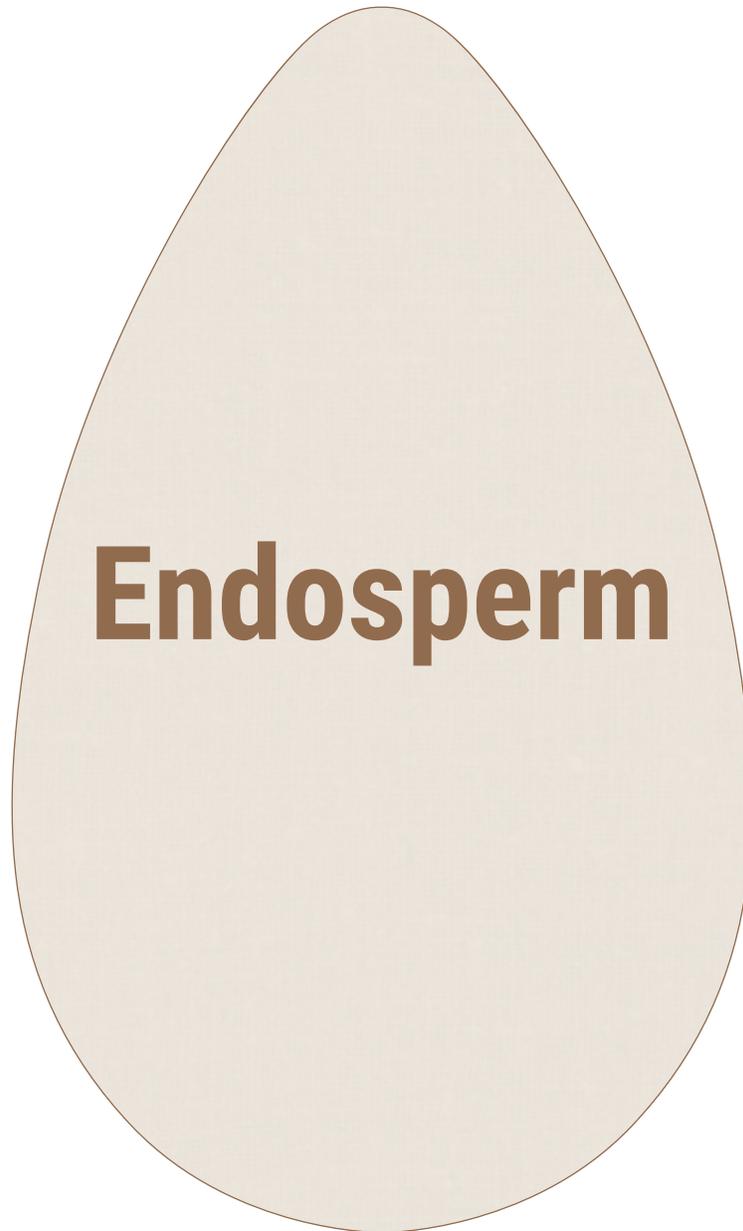
**Parts of the Whole Grain Poster\***



**Chicken Dance Steps Poster**  
Print on 11 x 17" paper

*\*Whole grain posters can be printed and cut out to form a model of a whole grain kernel and separate components.*

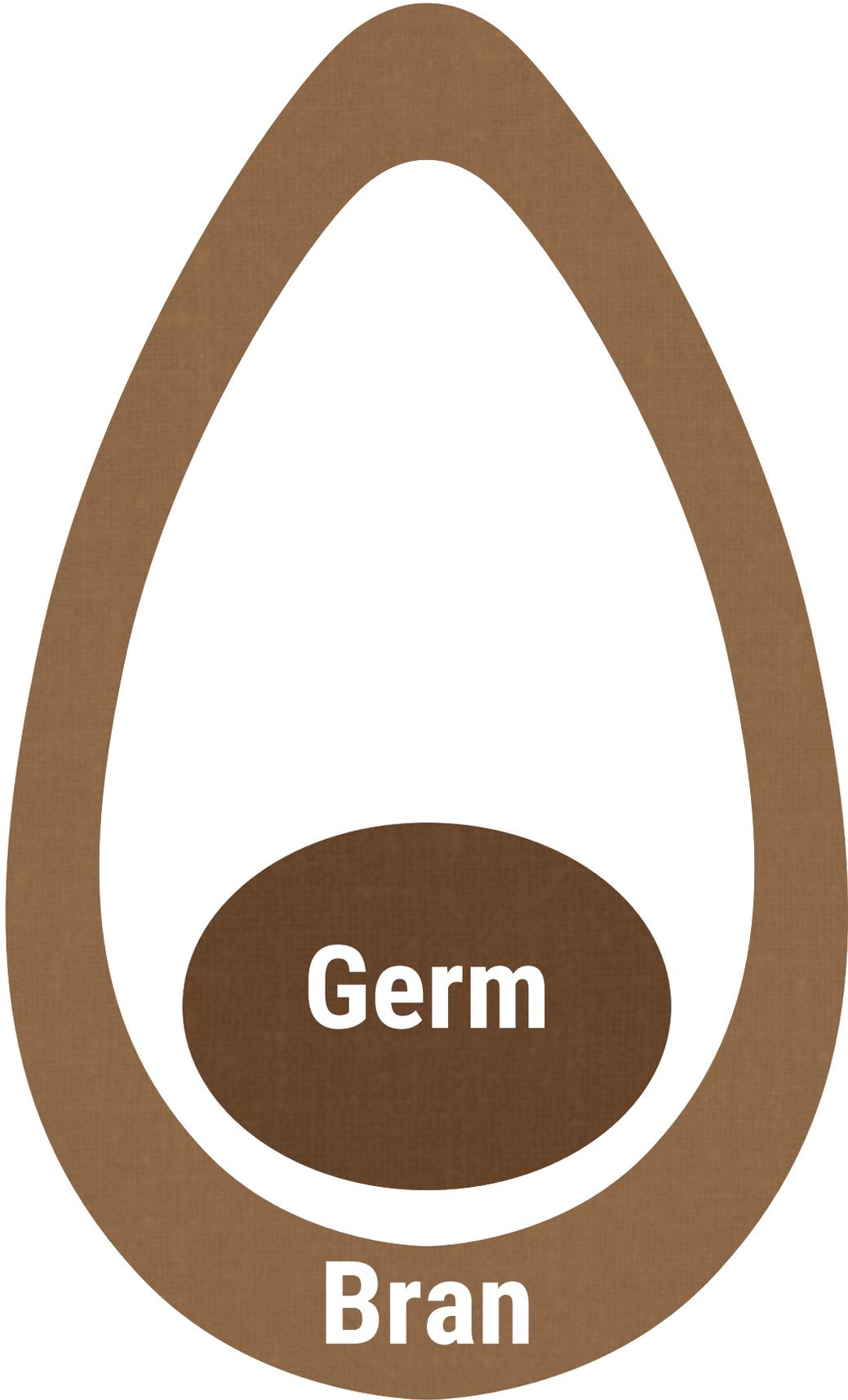
# Parts of the Whole Grain



A whole grain is made up of three parts. A refined grain has only one part.

**Which do you think is more healthy?**





# Chicken Dance Steps



1 Make a beak with your hands four times



2 Flap your wings four times



2 Flap your wings four times



3 Wiggle your tail feathers four times



4 Clap your hands four times



5 Fly freestyle

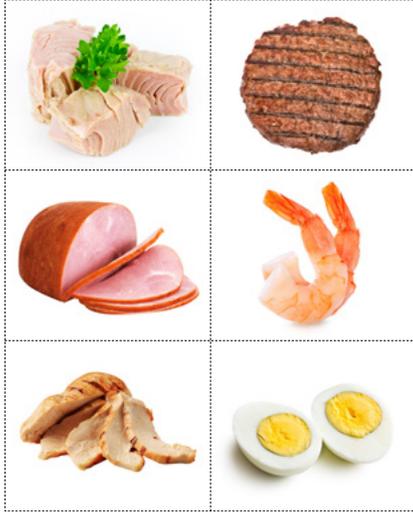
**CREATE**<sup>™</sup>  
**FOOD, FUN & READING**  
**Grains Lesson**

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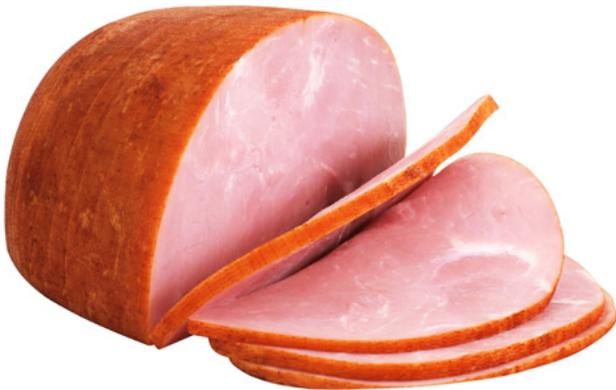
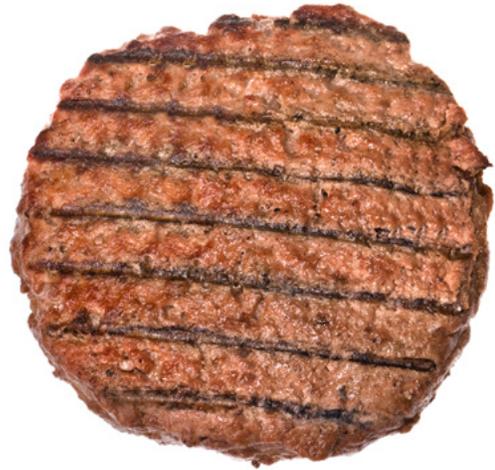
# Protein Lesson Materials



Protein Group Food Models



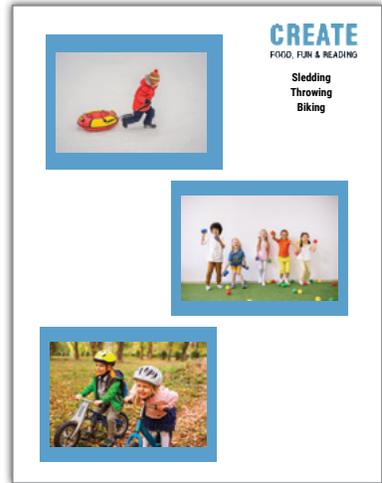
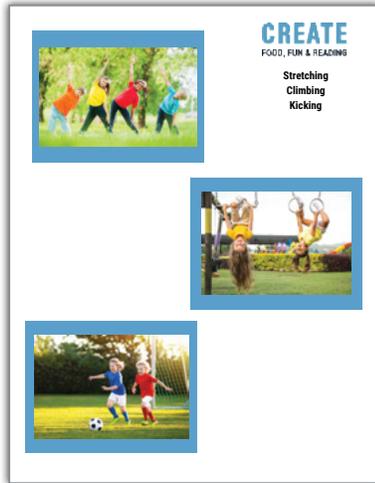
Protein Group Food Models







# Dairy Lesson Materials



Physical Activity Cards

# CREATE™

FOOD, FUN & READING

**Running**  
**Dancing**  
**Jumping**



# CREATE

FOOD, FUN & READING

**Stretching**  
**Climbing**  
**Kicking**



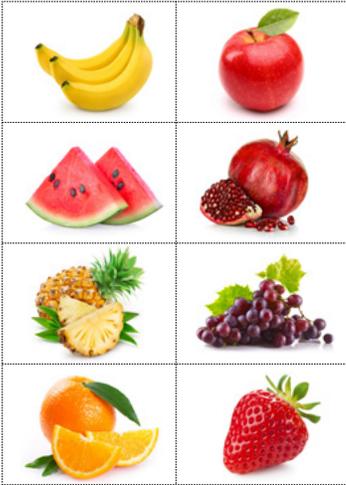
# CREATE™

FOOD, FUN & READING

**Sledding**  
**Throwing**  
**Biking**



# Fruit Lesson Materials

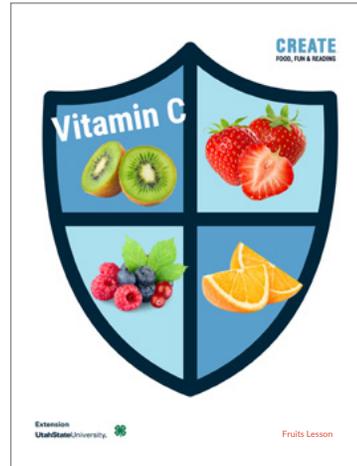


Physical Activity Cards

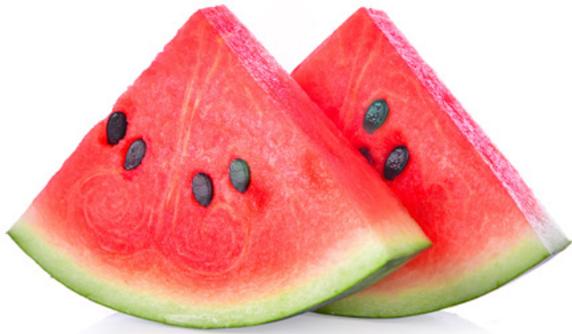
<p><b>JUMPING JACKS</b> If needed, kids can just wave arms and keep their feet on the ground</p>	<p><b>MOUNTAIN CLIMB IN PLACE</b> Stand tall, move arms upward like you are climbing a mountain</p>
<p><b>WIGGLE YOUR BODY</b></p>	<p><b>MARCH IN PLACE</b></p>
<p><b>SPIN IN CIRCLES</b></p>	<p><b>JUMP TO SKY</b></p>
<p><b>JUMP BACK</b></p>	<p><b>ARM CIRCLES</b></p>



Knight Image



Vitamin C Shield



## **JUMPING JACKS**

If needed, kids can just wave arms and keep their feet on the ground

## **MOUNTAIN CLIMB IN PLACE**

Stand tall, move arms upward like you are climbing a mountain

## **WIGGLE YOUR BODY**

## **MARCH IN PLACE**

## **SPIN IN CIRCLES**

## **JUMP TO SKY**

## **JUMP BACK**

## **ARM CIRCLES**

# CREATE

FOOD, FUN & READING

Fruit Lesson



# Vitamin C





# Vegetable Lesson Materials

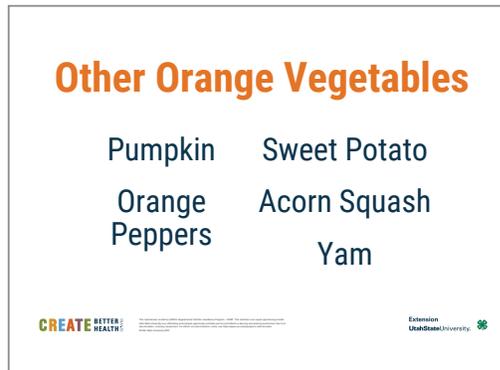


Reggie Veggie Poster



Eat a Rainbow of Colors\*

## Veggie Posters\*



\*Eat a Rainbow of Colors poster and Vegetable Color posters should be printed 11 x 17. Color posters should be printed double-sided with words on the back.



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## Other White Vegetables

Potatoes Parsnips Garlic  
Jicama Rutabagas Mushrooms  
Leeks Turnips

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## Other Yellow Vegetables

Butternut Squash  
Yellow Peppers  
Yellow Tomatoes  
Yellow Potatoes

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## Other Red Vegetables

Radishes Beets  
Red Peppers Red Potatoes  
Radicchio Red Onions

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## Other Purple Vegetables

Purple Onion Purple Carrots  
Purple Potatoes Purple Kohlrabi  
Purple Cabbage

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**REGGIE  
VEGGIE  
SAYS...**





# Eat a Rainbow of Colors!

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# Other Orange Vegetables

Pumpkin

Sweet Potato

Orange  
Peppers

Acorn Squash

Yam



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# Other White Vegetables

Potatoes   Parsnips   Garlic  
Jicama   Rutabagas   Mushrooms  
Leeks   Turnips





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# Other Yellow Vegetables

## Butternut Squash

## Yellow Peppers

## Yellow Tomatoes

## Yellow Potatoes





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# Other Red Vegetables

Radishes

Beets

Red Peppers

Red Potatoes

Radicchio

Red Onions





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# Other Purple Vegetables

Purple Onion      Purple Carrots

Purple Potatoes      Purple Kohlrabi

Purple Cabbage



# Other Green Vegetables

Artichoke

Broccoli

Lettuce

Avocado

Celery

Okra

Asparagus

Swiss Chard

Green Onion

Brussel Sprouts

Cucumbers

Green Peppers

Peas

Cabbage

Spinach

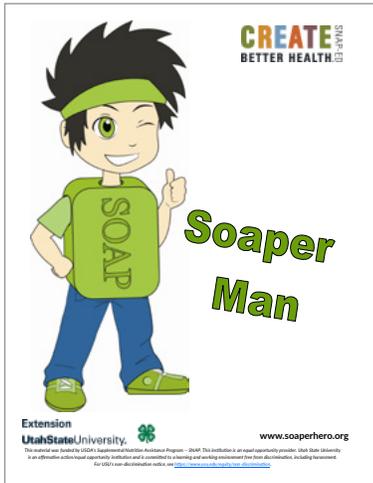
Green Beans

Kohlrabi

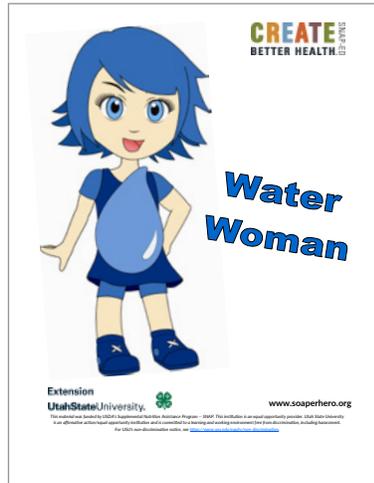
Edamame



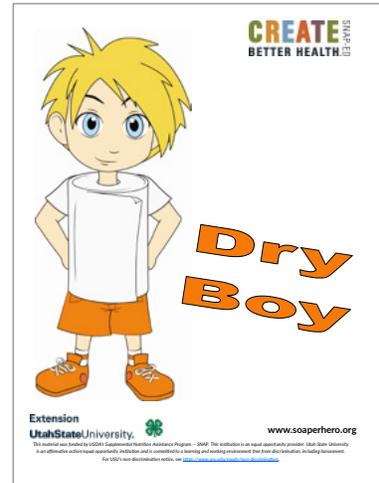
# Hand Washing Lesson Materials



**Soaper Man**  
Print 11 x 17



**Water Woman**  
Print 11 x 17



**Dry Boy**  
Print 11 x 17



# Soaper Man

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[www.soaperhero.org](http://www.soaperhero.org)

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# Water Woman

**Extension**

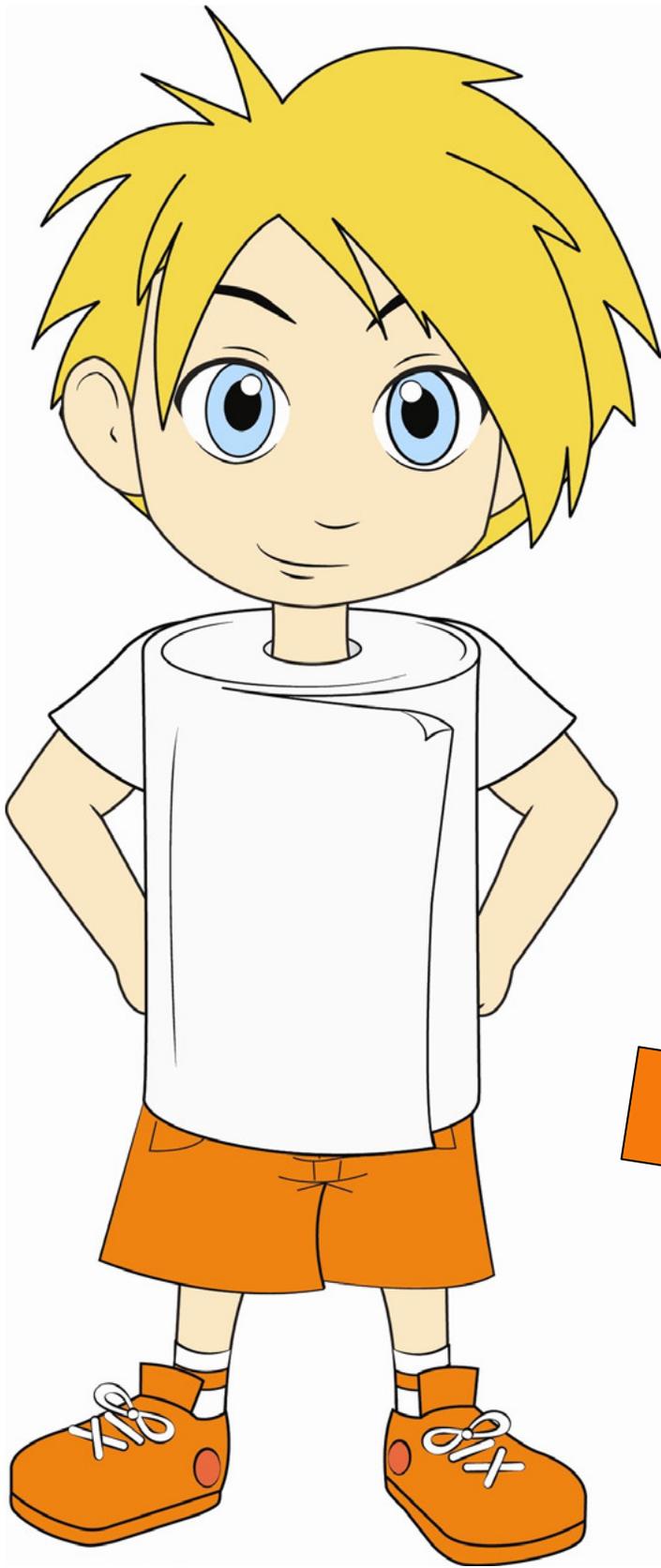
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[www.soaperhero.org](http://www.soaperhero.org)

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**Dry  
BOY**

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# Take Home Activities

**CREATE** FOOD, FUN & READING  
**MyPlate Lesson**  
Take Home Activity Sheet

Which foods go into which Food Groups? Match up the colors!

Color the Fruits **RED**  
Color the Vegetables **GREEN**  
Color the Grains **ORANGE**  
Color the Protein **PURPLE**  
Color the Dairy **BLUE**

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Take Home Activity Sheet

**CREATE** FOOD, FUN & READING  
**Grains Lesson**  
Take Home Activity Sheet

Cut and Glue: What order do you think the wheat comes? Cut out the images and glue them in the correct order.

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Take Home Activity Sheet

**CREATE** FOOD, FUN & READING  
**Eat a Rainbow of Fruits and Vegetables**  
Take Home Activity Sheet

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**CREATE** FOOD, FUN & READING  
**Dairy Lesson**  
Take Home Activity Sheet

**CREATE** BETTER HEALTH! Extension UtahStateUniversity

Take Home Activity Sheet

**CREATE** FOOD, FUN & READING  
**Fruits Lesson**  
Take Home Activity Sheet

Color these yummy fruits and then cut the page out to make a poster!

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Take Home Activity Sheet

**CREATE** BETTER HEALTH!  
**Be A Soaper Hero!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

Help Soaper Man, Water Woman, and Dry Boy beat the germ-monsters!

Tape this chart on your refrigerator.

Each time you wash your hands before breakfast, lunch or dinner cross off a germ monster!

**The Clean Team**  
Soaper Man, Water Woman, Dry Boy

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Take Home Activity Sheet

**CREATE** FOOD, FUN & READING  
**Protein Lesson**  
Protein Memory Game

Did you know the foods in the protein MyPlate group come from both plants and animals? Four of these protein cards come from animals and four come from plants.

**CREATE** PROTEIN MEMORY GAME

**CREATE** BETTER HEALTH! Extension UtahStateUniversity

Memory Game

**CREATE** FOOD, FUN & READING  
**PROTEIN MEMORY GAME**

Memory Game

<b>CHICKEN</b>	<b>CHICKEN</b>	<b>STEAK</b>	<b>STEAK</b>
<b>EGGS</b>	<b>EGGS</b>	<b>BEANS</b>	<b>BEANS</b>
<b>SEEDS</b>	<b>SEEDS</b>	<b>PEANUTS AND PEANUT BUTTER</b>	<b>PEANUTS AND PEANUT BUTTER</b>

Memory Game

**JOIN THE SOAPER HEROES**  
**WASH YOUR HANDS!**

**CREATE** BETTER HEALTH! Extension UtahStateUniversity www.soaperhero.org

Take Home Activity Sheet  
Print 11 x 17

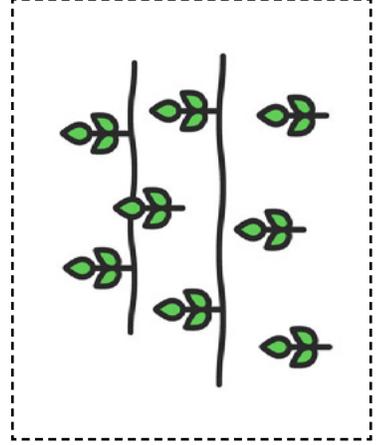
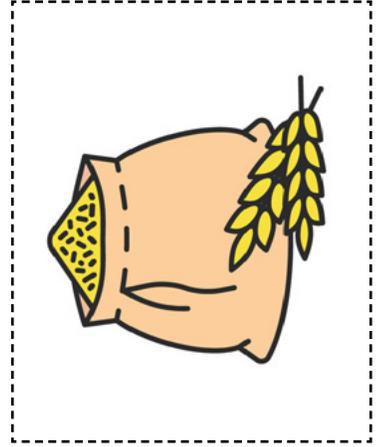
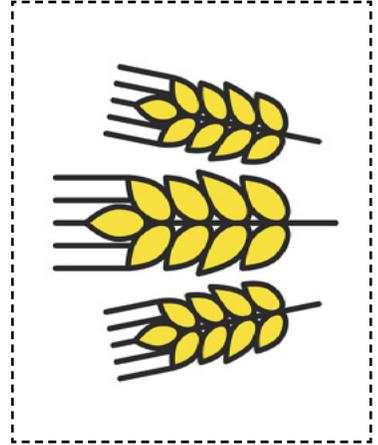
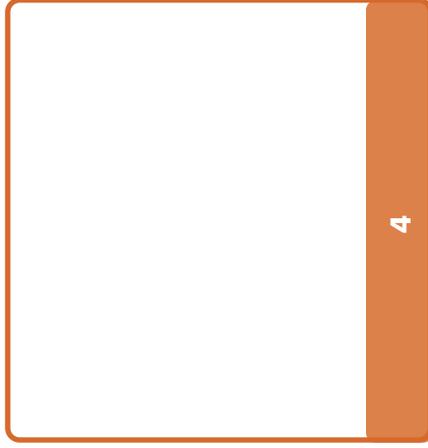
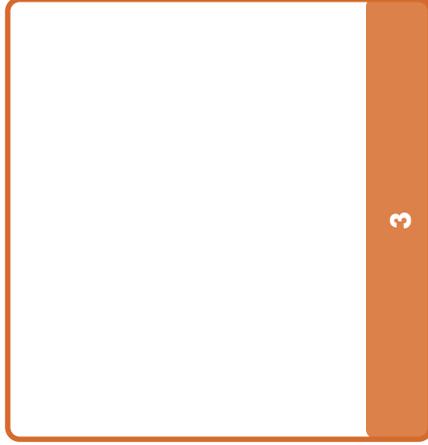
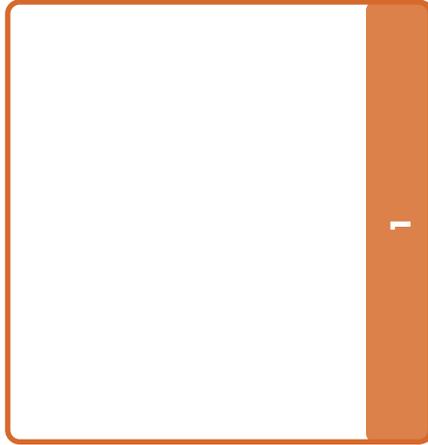


# Grains Lesson

## Take Home Activity Sheet



Cut and Glue: What order do you think the wheat comes? Cut out the images and glue them in the correct order.



# Dairy Lesson

## Take Home Activity Sheet



**Dairy**

**Fruits**

**Grains**

**Protein**

**Vegetables**

FROZEN YOGURT

COTTAGE CHEESE

YOGURT

PUDDING

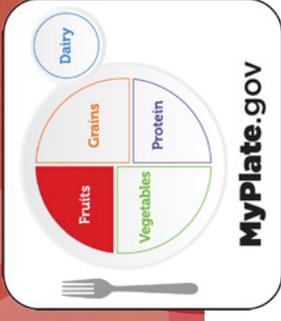
MyPlate has five different food groups. The dairy group is an important one because these foods provide calcium which is important for strong bones and teeth! Find the Dairy circle on the picture above and color it.

Did you know all of these yummy foods are in the Dairy food group? Color them and make a star by the foods that are your favorites!



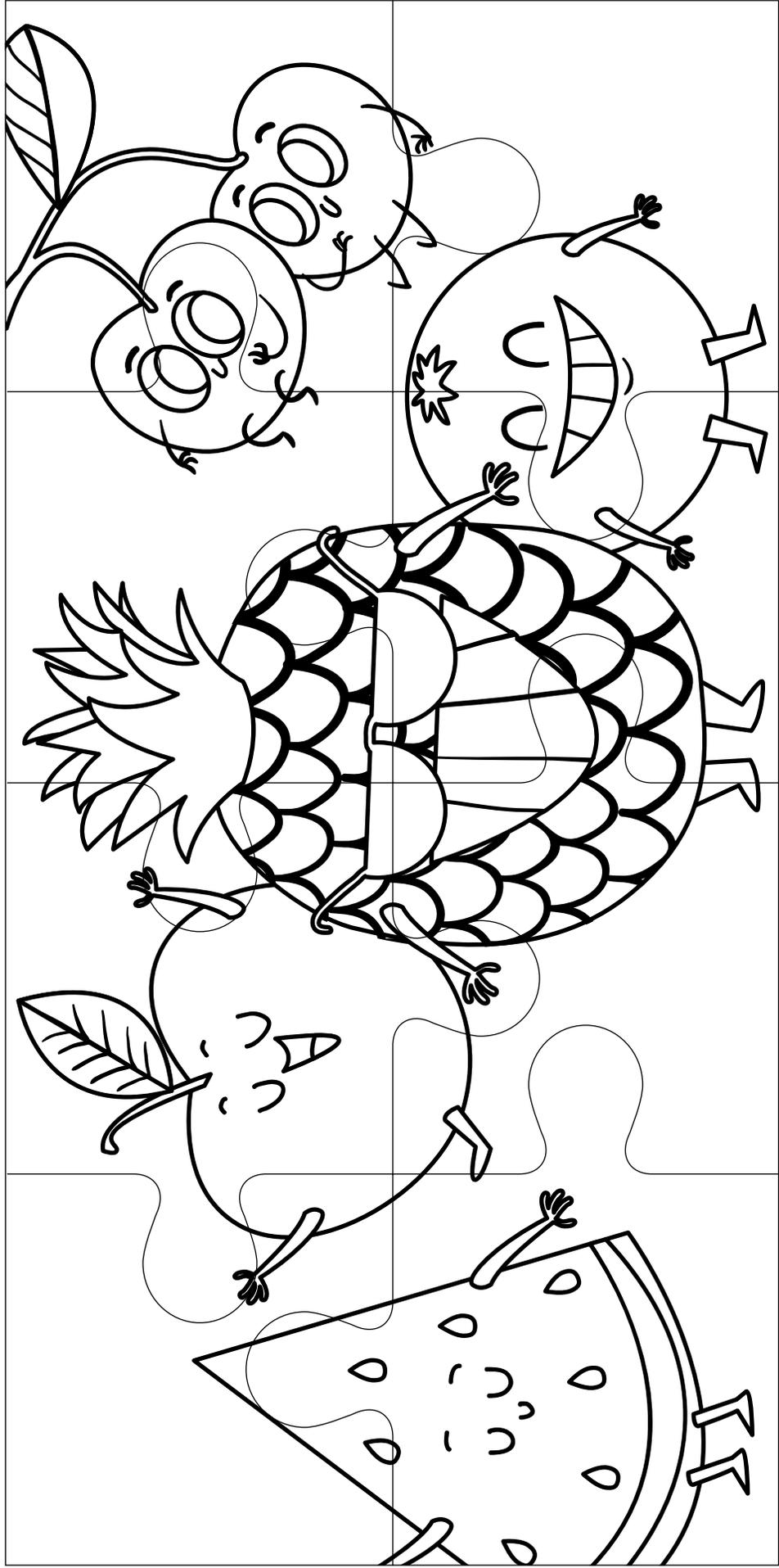
# Fruits Lesson

## Take Home Activity Sheet



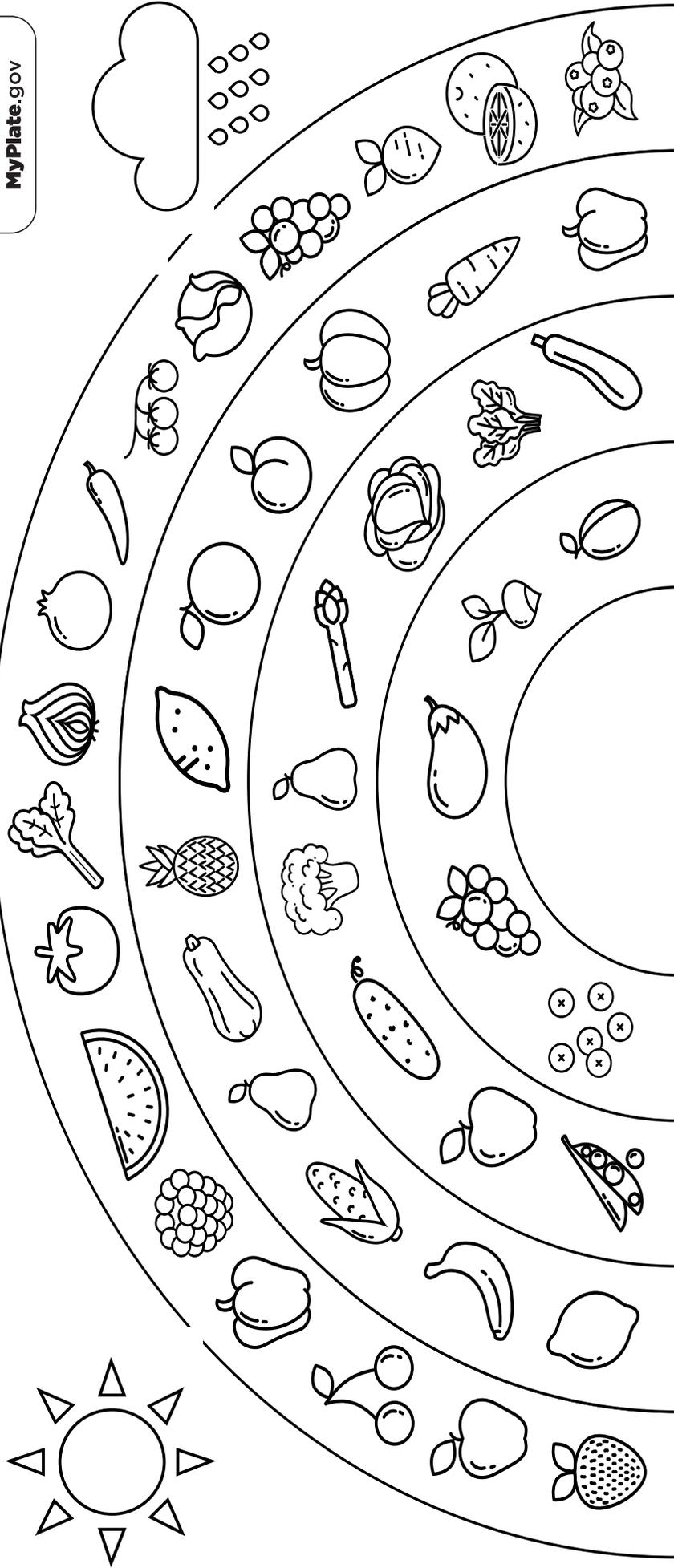
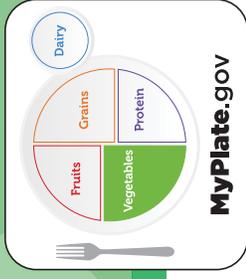
Color these yummy fruits and then cut the page out to make a puzzle!

Fruits have important nutrients like vitamins A and C. Vitamin C helps you heal and can help prevent you from getting sick. Vitamin A helps keep your skin and eyes healthy.



# Eat a Rainbow of Fruits and Vegetables

Take Home Activity Sheet



**Red**  
Strawberries, apples, cherries, bell peppers, raspberries, watermelon, tomatoes and rhubarb

**Yellow**  
Lemons, bananas, corn, pears, squash and pineapples

**Green**  
Peas, apples, cucumbers, broccoli, pears and asparagus

**Blue**  
Blueberries and grapes

**Purple**  
Grapes, eggplants, turnips and plums

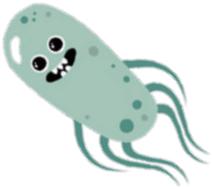
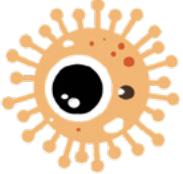
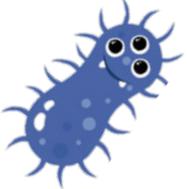
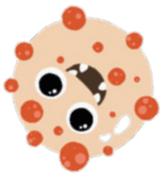
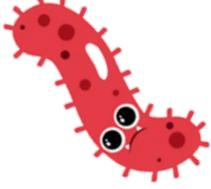
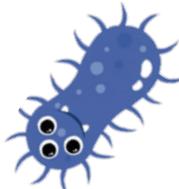
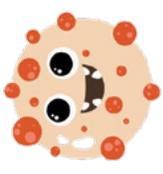
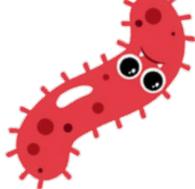
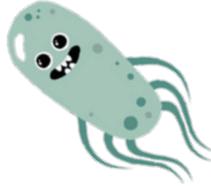
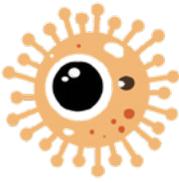
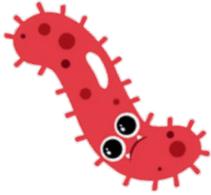
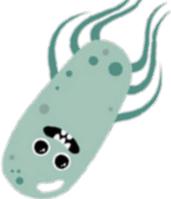
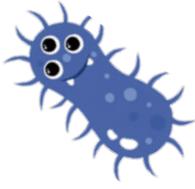
**Green**  
Lettuce, cabbage, spinach and zucchini

**Orange**  
Yams, sweet potatoes, oranges, peaches, pumpkins, carrots and bell peppers

**Red**  
Onions, pomegranates, chili peppers, cherry tomatoes, cabbage, grapes, beets, grapefruit and cranberries



# Be A Soaper Hero!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

Help Soaper Man, Water Woman, and Dry Boy  
beat the germ-monsters!

Tape this chart on your refrigerator.

Each time you wash your hands before breakfast,  
lunch or dinner cross off a germ monster!

## The Clean Team

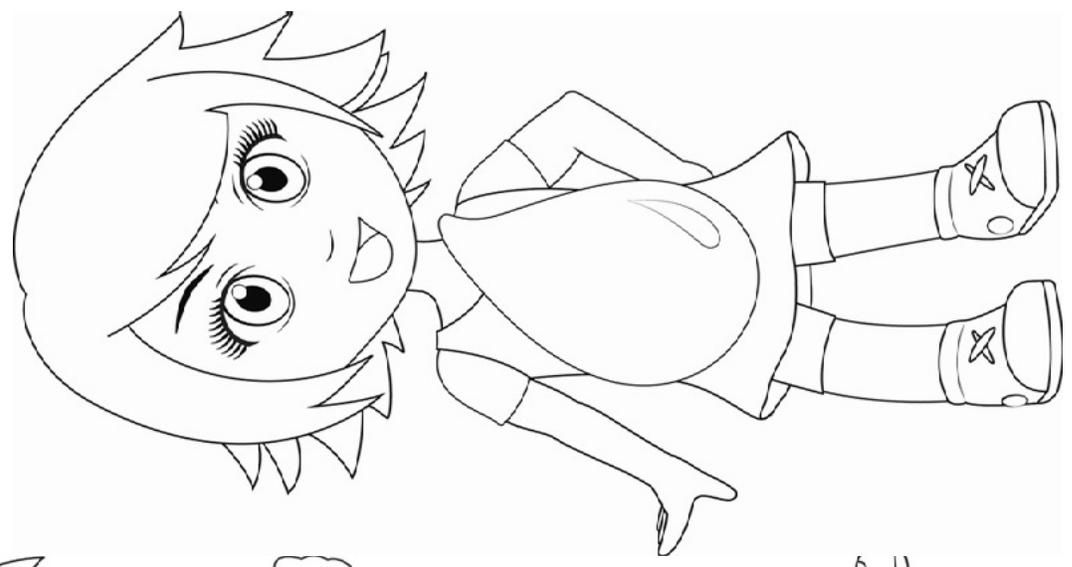


# JOIN THE SOAPER HEROES

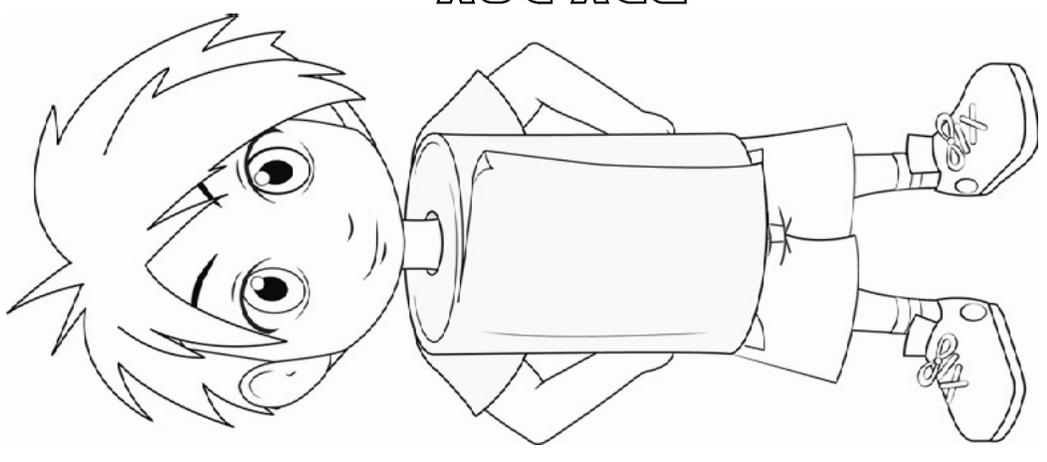
## WASH YOUR HANDS!



SOAPER MAN



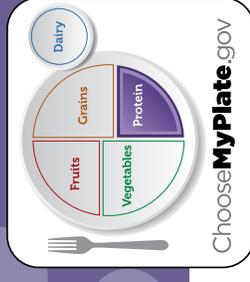
WATER WOMAN



DRY BOY

# Protein Lesson

## Protein Memory Game



Did you know the foods in the protein MyPlate group come from both plants and animals? Four of these protein cards come from animals and four come from plants.

**Instructions:** Print cards double-sided and select flip on short side to make sure cards line up (see the next 2 pages). Cut out all six sets of cards. Mix up the cards then place them face down in rows. Flip two over at once. Try to remember where they are. Continue flipping over two cards at a time until you find two that match. Keep playing until all the cards are matched.

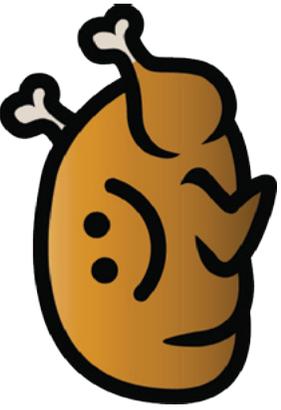
**CREATE**  
FOOD, FUN & READING

**PROTEIN  
MEMORY  
GAME**

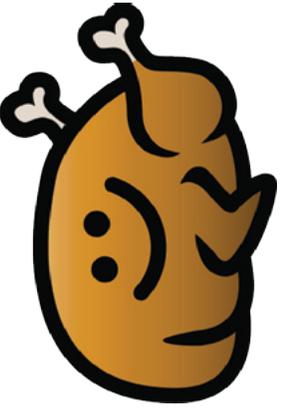


**CREATE**  
FOOD, FUN & READING

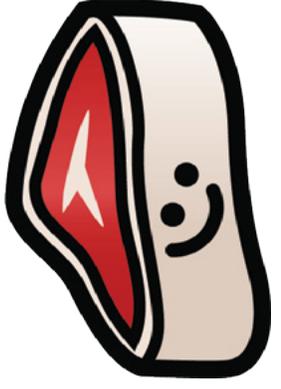
**PROTEIN  
MEMORY  
GAME**



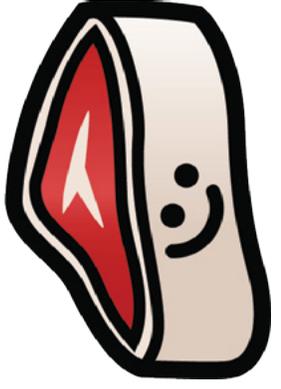
**CHICKEN**



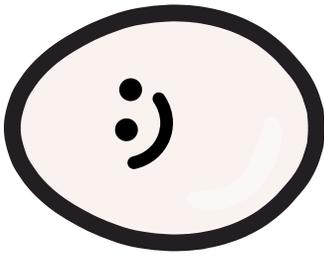
**CHICKEN**



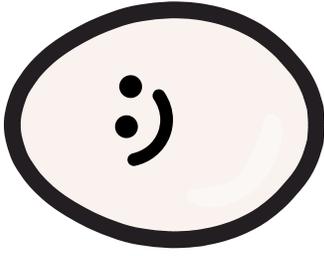
**STEAK**



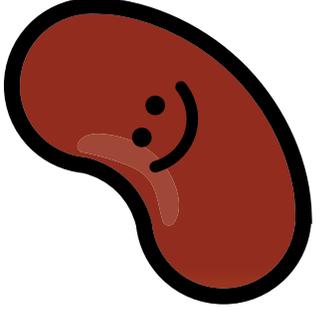
**STEAK**



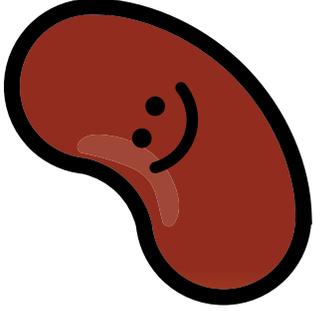
**EGGS**



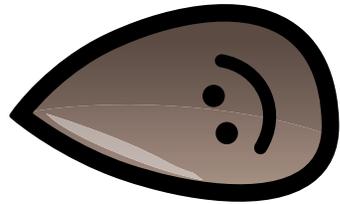
**EGGS**



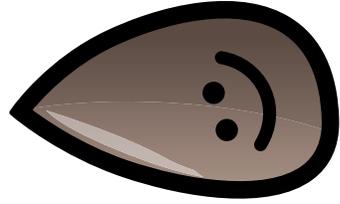
**BEANS**



**BEANS**



**SEEDS**



**SEEDS**



**PEANUTS AND  
PEANUT BUTTER**



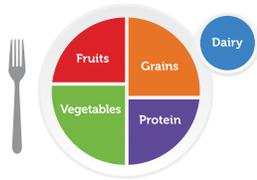
**PEANUTS AND  
PEANUT BUTTER**



# Parent Resources

- Start Simple My Plate Spanish and English Handout
- MyPlate Lesson Spanish and English Parent Letter
- MyPlate Lesson Spanish and English Parent Handout
- Grains Lesson Spanish and English Parent Letter
- Grains Lesson Spanish and English Parent Handout
- Protein Lesson Spanish and English Parent Letter
- Protein Lesson Spanish and English Parent Handout
- Dairy Lesson Spanish and English Parent Letter
- Dairy Lesson Spanish and English Parent Handout
- Fruits Lesson Spanish and English Parent Letter
- Fruits Lesson Spanish and English Parent Handout
- Veggies Lesson Spanish and English Parent Letter
- Veggies Lesson Spanish and English Parent Handout
- Handwashing Lesson Spanish and English Parent Handout
- Handwashing Lesson Spanish and English Parent Letter

Start simple  
with MyPlate



## Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



### Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



### Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



### Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



### Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.

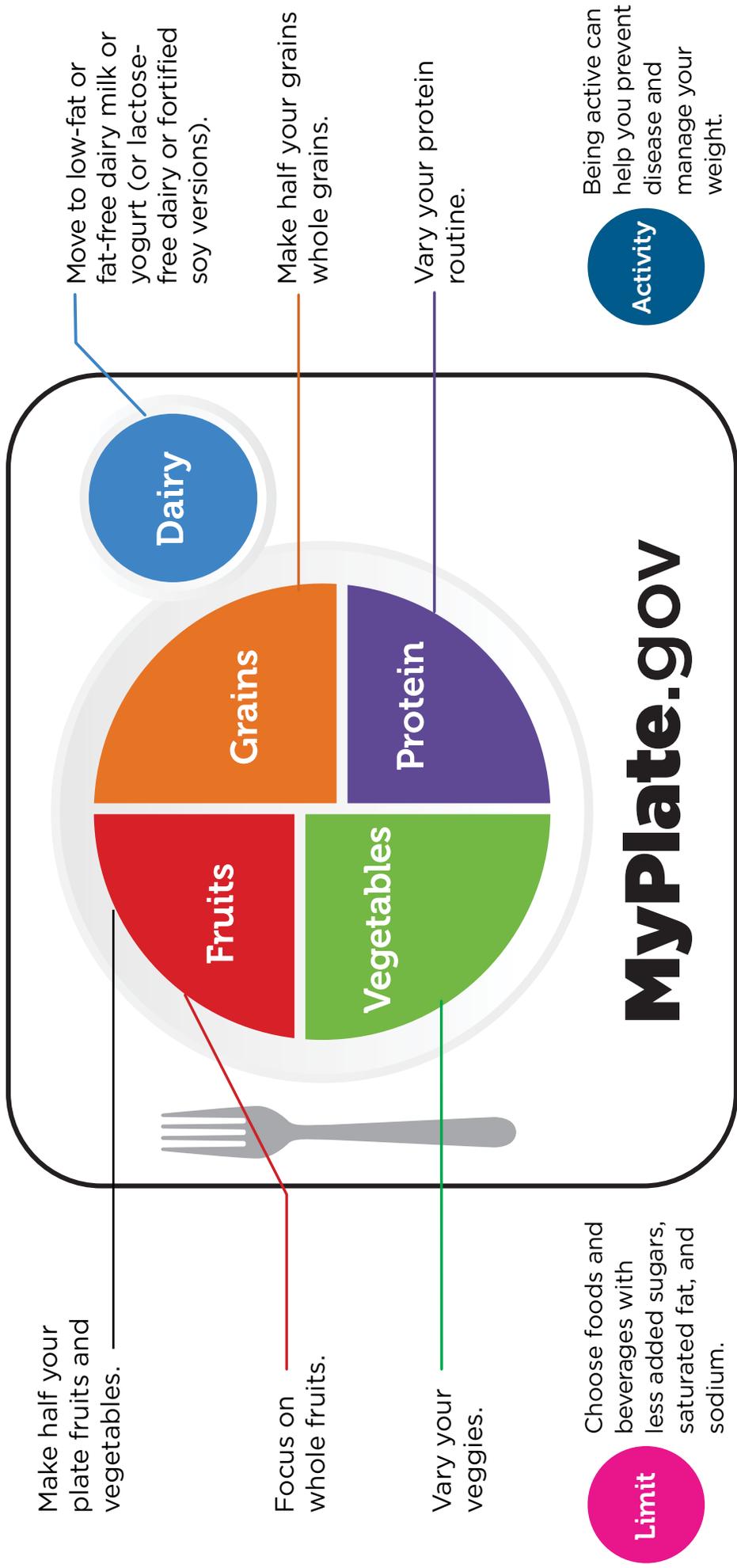


### Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.

# Start *simple* with **MyPlate**

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



Comience de una forma sencilla con **MiPlato**



## Comience de una Forma Sencilla con MiPlato

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué comer o beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



### Enfóquese en las frutas enteras

¡Incluya frutas en el desayuno! Cubra el cereal integral con su fruta favorita, agregue bayas a los panqueques o mezcle frutas secas con avena caliente.



### Varíe sus vegetales

Cocine una variedad de vegetales coloridos. Cocine más vegetales y guarde algunos para más tarde. Úselos para un estofado, sopa o un plato de pasta.



### Consuma una variedad de proteínas

La próxima noche de tacos, intente agregar una proteína nueva, como camarones, frijoles, pollo o carne de res.



### Haga que la mitad de sus granos sean integrales

Agregue arroz integral a sus platos salteados. Combine sus vegetales favoritos y alimentos con proteínas para obtener una comida nutritiva.



### Cambie a leche, yogur o productos lácteos, bajos en grasa o sin grasa (o versiones sin lactosa o de soya fortificada)

Disfrute de un postre helado de yogur en el desayuno elaborado con leche de origen animal baja en grasas o leche de soya fortificada. Cúbralo con frutas y nueces para incluir dos grupos más de alimentos.

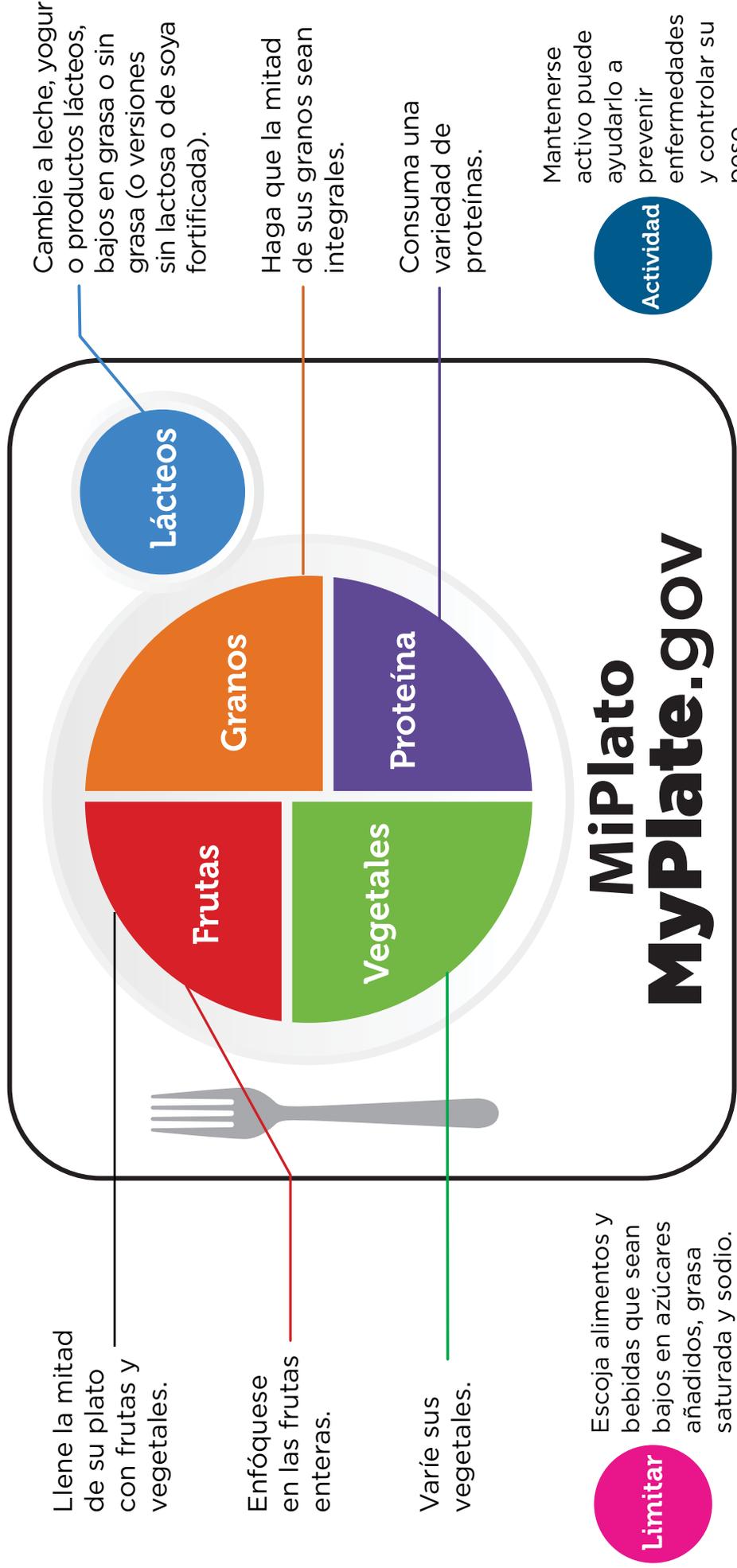


### Escoja alimentos y bebidas que sean bajos en azúcares añadidos, grasa saturada y sodio

Cocine en casa con más frecuencia para limitar los azúcares añadidos, la grasa saturada y el sodio. Lea las listas de ingredientes y use las [etiquetas de información nutricional](#) para comparar alimentos.

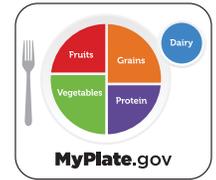
# Comience de una forma sencilla con MiPlato

Una alimentación saludable es importante en todas las etapas de la vida, con beneficios que se acumulan con el tiempo, bocado a bocado. Los cambios pequeños son importantes.



# MYPLATE LESSON

**CREATE**  
FOOD, FUN & READING



Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Today's lesson provided an overview of the U.S. Department of Agriculture's (USDA's) MyPlate. This lesson was the first in a six-lesson series. The other five lessons will each focus on a different USDA MyPlate food group. Please see the attached handouts for more information, including MyPlate tips for parents, a kid's activity sheet, and kid-friendly recipes to try at home.

Mealtime with young children can sometimes be challenging for parents, especially when children are reluctant try new foods. To encourage children to enjoy a variety of nutritious foods and develop a healthy relationship with food, child feeding expert Ellyn Satter, RD, recommends that parents take responsibility for some of the aspects of eating and children be in charge of others.

## Parent's Tasks

- Offer a variety of nutritious foods for your child to choose from at meals and snacks.
- Offer a new food along with familiar foods. Set an example by eating a variety of foods yourself.
- Offer meals and two or three snacks at set times during the day, and minimize snacking and drinking juice in between.

## Child's Tasks

- Decide what to eat out of the foods offered.
- Decide how much to eat.
- Listen to hunger and fullness to guide eating, which means sometimes eating more and sometimes eating less.

USDA's MyPlate is a visual tool that parents can use to choose nutritious foods to offer their children. MyPlate is divided into five food groups: Fruits, Vegetables, Protein, Grains, and Dairy. A healthful eating pattern includes nutritious choices from each group. See the attached MyPlate Tips for Parents handout for key messages about nutritious choices from each food group. Here are some tips to get you started.

- Include colorful fruits and vegetables at meals and snacks. MyPlate recommends filling half our plates with these nutritious foods. Add butternut squash to a favorite pasta dish or soup; try mashed butternut squash or sweet potatoes; or try oven-baked sweet potato fries. Keep baby carrots and cut, bite-size vegetables and fruits in the refrigerator. Serve these foods with a low-fat ranch or yogurt-based dip for a nutritious afternoon snack.
- Add more whole grains to meals. Try replacing half of the regular pasta in a dish with whole grain pasta. Or, experiment with different whole grain breads, such as tortillas or English muffins.
- Offer nutritious dairy choices. Fat-free or low-fat yogurt or reduced-fat string cheese make a great snack. Top the yogurt with cut fruit or berries and pair the string cheese with whole grain crackers.

Sincerely,

**The Create Better Health Team**

## REFERENCES

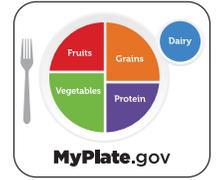
Satter, E. (2016). The Satter division of responsibility in feeding. Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/wp-content/uploads/2021/12/sDOR-tasks-cap-2022-Ellyn.pdf>

United States Department of Agriculture (USDA). (2023, August 24). MyPlate. <https://www.myplate.gov>



# LECCION DE MIPLATO

**CREATE**  
FOOD, FUN & READING



## Estimados padres de familia:

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. La clase de hoy se enfocó en MiPlato y los grupos de alimentos que lo integran; esta lección es la primera de una serie de seis lecciones. MiPlato fue desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés. Para más información consulte el folleto adjunto, en donde encontrará sugerencias para los padres de familia, así como una hoja de actividades y recetas infantiles para probar en casa.

La hora de la comida, puede ser desafiante para los padres que tienen niños pequeños en casa, especialmente si se niegan a probar alimentos nuevos. Para ayudar a los niños a que prueben una variedad de alimentos saludables y que a su vez desarrollen el gusto por ellos, la experta en alimentación infantil Eilyn Satter, RD, recomienda que los padres deben de estar a cargo de algunos aspectos de la alimentación y los niños de otros.

## Ejemplos y recomendaciones:

- Ofrezca a su hijo una variedad de alimentos nutritivos y deje que elija lo que quiere comer en el desayuno, la comida o la cena.
- Ofrezca un alimento nuevo junto a otro con el que su hijo ya está familiarizado. Dé el ejemplo comiéndolo.
- Ofrezca las comidas y de dos a tres refrigerios pequeños al día en horarios establecidos por usted y su familia. Minimice el jugo y cualquier otro alimento entre ellos.
- Deje que elija lo que quiera comer de los alimentos nutritivos que le haya ofrecido.
- Deje que decida cuánto comer.
- Permita que el hambre y la saciedad guíen al niño respecto a su alimentación, lo que significa que a veces va a comer más y otras menos.

MiPlato es una herramienta visual para que los padres se ayuden a la hora de elegir alimentos saludables para su familia. MiPlato se divide en cinco grupos de alimentos: frutas, verduras, proteínas, granos y cereales y lácteos. Un patrón de alimentación saludable incluye opciones nutritivas de cada grupo, por ejemplo:

- Incluya frutas y verduras de diferentes colores en el desayuno, comida o cena. MiPlato recomienda que la mitad de los que consuma sea de frutas y verduras. Por ejemplo: agregue calabaza o zanahoria a su pasta o sopa favorita; pruebe el puré de calabaza dulce o pruebe las papas al horno. También puede conservar las frutas y vegetales que le hayan quedado de la preparación de una comida y comerlas después como un refrigerio nutritivo.
- Consuma más cereales integrales en sus comidas. Por ejemplo: reemplace la mitad de la pasta con una pasta integral, cocine arroz integral o elija tortilla de maíz en lugar de tortillas de harina.
- Ofrezca opciones del grupo de los lácteos que sean nutritivas. Por ejemplo: el queso y el yogur sin grasa o bajo en grasa son un excelente refrigerio. Puede preparar plátanos con crema o queso con galletas integrales.

Sinceramente,

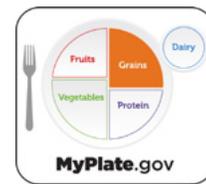
**El equipo de Create Better Health**



# GRAINS LESSON

# CREATE<sup>™</sup>

## FOOD, FUN & READING



Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Each lesson focuses on a different U.S. Department of Agriculture (USDA) MyPlate food group. Today, your child learned about the Grains Group. Please see the attached handouts for more information, including MyPlate tips for parents, a kid's activity sheet, and kid-friendly recipes to try at home.

USDA's MyPlate recommends that children and adults eat whole grains for half of their servings of grains each day. Some examples of whole grains are whole wheat bread, whole grain crackers, whole wheat pasta, oatmeal, barley, quinoa, brown rice, popcorn, farro, and millet. When whole grains are processed, the entire grain kernel is retained, which includes the bran, germ, and endosperm. These parts of the grain contain B vitamins, minerals, and fiber, which are removed when grains are refined to make white rice and white flour products (i.e., white bread, tortillas, and regular crackers). Because of the additional nutrients whole grains can offer, USDA's MyPlate recommends that we choose more of these foods.

Recognizing whole grain products can be tricky. Whole grains are usually darker in color than refined grain products; however, color alone is not always an indicator that a product is made from whole grains. (Manufacturers can add coloring to refined products to make them darker.) The best way to identify a whole grain is to read the ingredients on the Nutrition Facts label on the package. If the first ingredient is a whole grain—whole wheat flour, whole cornmeal, oats, or brown rice—it is likely a whole grain (since ingredients are listed in order of weight).

Some children may be reluctant to try whole grains, which are usually darker brown than their refined or “white” counterpart.

**Here are some strategies to try to encourage your child to eat more whole grains.**

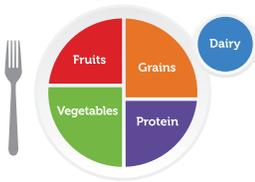
- Try kid-friendly whole grain cereals. Choose lower-sugar varieties and add a sliced banana or strawberries for a sweeter flavor.
- Serve hot cereals such as oatmeal or quinoa. Add milk, sliced fruit, or a drizzle of honey.
- Experiment with different versions of whole grain bread. Try whole grain wraps, English muffins, or pita pockets when making a sandwich or mini pizza.
- Mix a refined grain, such as traditional pasta, with whole grain pasta so little ones can ease into the taste and texture.
- Substitute whole wheat flour for half of the white flour when making a pizza crust or pancakes.
- Choose whole grain snacks, such as whole wheat crackers or popcorn

Sincerely,

*The Create Better Health Team*



Start simple  
with MyPlate



## Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



### Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



### Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



### Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



### Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



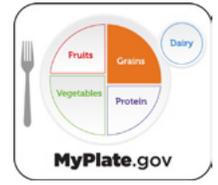
### Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.

# LECCION DE CEREALES

# CREATE<sup>TM</sup>

## FOOD, FUN & READING



Estimados padres de familia,

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. Cada lección se enfoca en uno de los distintos grupos de alimentos de MiPlato, desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés.

Hoy su hijo aprendió el **grupo de los cereales**. Para más información consulte el folleto adjunto, en donde encontrará recomendaciones de MiPlato para los padres de familia, así como una hoja de actividades y recetas infantiles para probar en casa.

MiPlato recomienda que tanto niños como adultos deben consumir al menos la mitad de este grupo de alimentos en productos integrales. Algunos ejemplos de cereales integrales son: pan integral, galletas saladas integrales, pasta integral, avena, quinua, arroz integral, palomitas de maíz y harina integral. Cuando los cereales integrales se procesan, se conservan todas las partes del grano (salvado, germen y endospermo). Estas partes contienen vitamina B, minerales y fibra, las cuales se eliminan cuando los granos son refinados para hacer alimentos como el arroz blanco y productos de harina como el pan blanco, tortillas de harina, pastas y galletas saladas. Por ello, MiPlato recomienda que al menos la mitad de los cereales que consumamos, sean integrales ya que los nutrientes que contienen naturalmente no se pierden durante su procesamiento.

Reconocer los productos integrales puede ser confuso. Los cereales integrales suelen tener un color más oscuro o marrón a diferencia de los productos hechos con cereales refinados; sin embargo, el color por sí solo no siempre es un indicador de que un alimento está elaborado con cereales integrales ya que los fabricantes pueden agregar colorantes para oscurecerlos y hacerlos parecer como si fueran integrales.

La mejor manera de identificar si un producto es integral o no, es leyendo los ingredientes en la etiqueta de información nutricional del paquete. Un producto es integral cuando el primer ingrediente es un grano integral como la harina de trigo integral, harina de maíz integral, avena o arroz integral; ya que los ingredientes se enumeran en orden por su peso.

**Algunas sugerencias para motivar a los niños a que consuman cereales integrales son:**

- Comprando cereales integrales infantiles. Elija dentro de éstos, aquellos con menor azúcar y en su lugar agregue rodajas de plátano o fresa para obtener un sabor más dulce.
- Ofreciendo avena o quinua con leche, fruta en rebanadas y un poco de miel en el desayuno o cena.
- Mezclando un grano refinado con uno integral. Por ejemplo, utilice pasta regular y pasta integral a la hora de preparar un espagueti.
- Preparando burritos con tortillas de harina integral o de maíz.
- Eligiendo botanas o bocadillos integrales, como palomitas de maíz naturales.
- Preparando el sándwich con pan integral en lugar de utilizar pan blanco. .
- Substitute whole wheat flour for half of the white flour when making a pizza crust or pancakes.
- Choose whole grain snacks, such as whole wheat crackers or popcorn

Sinceramente,

El equipo de Create Better Health



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## Haga que la Mitad de Sus Granos Sean Integrales

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué granos comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



### Coma un desayuno integral

Disfrute de un granos integral caliente. La avena es una de las preferidas, pero considere probar un granos que sea nuevo para usted, como el trigo sarraceno o el mijo. Es posible que descubra un nuevo desayuno favorito.



### Disfrute de un tazón de varios granos

Prepare una comida en un solo plato colocando en capas una mezcla de granos como cebada o arroz salvaje con algunos vegetales coloridos y un poco de queso bajo en grasas. Agregue su proteína favorita y una pizca de salsa de ají picante.



### Cambie el pan de sus sándwiches

Busque panes para sándwich elaborados con granos integrales. La pita, las tortillas, el naan, los panes en rodajas y los panecillos se consiguen en su versión integral.



### Elija granos integrales para llevar

Pregunte sobre las opciones de granos integrales cuando salga a cenar o pida comida para llevar. Por ejemplo, elija pasta de trigo integral o arroz integral o salvaje.



### Experimente con un granos nuevo

Cocine un granos nuevo como quinoa, amaranto o mijo. Puede encontrar consejos de cocina y recetas en línea. Los granos son bastante versátiles y también tienen muchos nutrientes importante.



### Haga un cambio a la noche de pizzas

Prepare pizzas caseras individuales en panecillos o tortillas integrales, o haga una pizza tradicional con harina integral prefabricada. No olvide cubrirlas con vegetales.

# PROTEIN LESSON

**CREATE**  
FOOD, FUN & READING



Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Each lesson focuses on a different U.S. Department of Agriculture (USDA) MyPlate food group. Today, your child learned about the Protein Foods Group. Please see the attached handouts for more information, including MyPlate tips for parents, a kid's activity sheet, and kid-friendly recipes to try at home.

The Protein Foods Group includes foods derived from animals, such as eggs, poultry, meat, and fish, and plant-based foods with higher protein content, such as beans, peas, tofu, nuts, and seeds. USDA's MyPlate encourages people to consider the types of protein they choose. Recommendations include choosing leaner, animal-based protein sources, such as boneless, skinless chicken breasts and lean ground turkey and/or beef. In addition, choosing a wider variety of other protein sources, such as beans, peas, nuts and seeds, and fish, is important. Beans, peas, nuts, and seeds provide dietary fiber and are low in saturated fat. Fatty fish such as salmon, sardines, and trout contain heart-healthy fats in addition to protein and other important nutrients.

Not sure where to begin with adding more variety of protein into your meals? Try involving the family in planning a new meal and setting aside a night (or morning) for family mealtime. You could try a new soup with beans or peas, which are inexpensive and healthy protein sources, or a stir-fry with tofu or edamame. You can give your child a choice of protein options to add to the meal.

Eating meals as a family has benefits for children, which continue into adolescence; therefore, starting this routine early will set them up for success. **Some of the benefits of family mealtime shown in research include the following:**

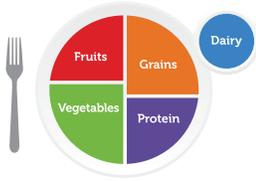
- Children who frequently eat meals with their families are more likely to eat more servings of fruits and vegetables and to have healthier overall eating patterns than those who eat with their families less often.
- Children and adolescents who frequently eat meals with their families are more likely to have better mental and emotional health. Specifically, girls are less likely to think poorly about their bodies and engage in harmful weight control behaviors, and both girls and boys are less likely to show signs of depression.

Sincerely,

*The Create Better Health Team*



Start simple  
with MyPlate



## Vary Your Protein Routine

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what protein foods to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Include protein in your snack

Try peanut or nut butter as a dip for apple or celery slices, or as a spread on whole-grain crackers. A hard-cooked (hard-boiled) egg with a dash of pepper also makes a good protein snack.



### Keep seafood on hand

Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.



### Add protein to your salad

Grilled chicken or shrimp adds tasty protein to a salad of mixed greens. Chickpeas or black beans are delicious, budget-friendly options, too.



### Take protein on the go

Pack a mixture of unsalted nuts and sunflower seeds for a crunchy snack. Add some dried fruit like raisins, cranberries, or chopped dates for a touch of sweetness.



### Get creative with beans, peas, and lentils

Make chili or stews with kidney or pinto beans, have a bowl of split pea soup for lunch or dinner, or enjoy lentils as a side dish. Check online for recipe ideas.

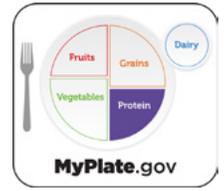


### Serve up lean beef

Broil lean beef cuts like sirloin, top round, or flank steak. Sliced into strips, they're great over greens, in a sandwich, or as is.

# LECCIÓN DE PROTEÍNAS

**CREATE**  
FOOD, FUN & READING



## Estimados padres de familia:

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. Cada lección se enfoca en uno de los distintos grupos de alimentos de MiPlato, desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés.

Hoy su hijo aprendió el grupo de las proteínas. Para más información consulte el folleto adjunto, en donde encontrará sugerencia de MiPlato para los padres de familia, así como una hoja de actividades y recetas infantiles para probar en casa.

El grupo de las proteínas incluye alimentos de origen animal como el huevo, el pescado, la carne de res, pollo y cerdo, así como alimentos de origen vegetal como frijoles, lentejas, tofu, nueces y crema de cacahuete o maní. MiPlato recomienda elegir proteínas de origen animal magras o bajas en grasa, como pechugas de pollo deshuesadas y sin piel o pavo y carne molida magra; así como una variedad de otras fuentes vegetales como los frijoles, el tofu o las nueces.

Los frijoles, las habas, los chícharos o guisantes y las nueces aportan fibra dietética y son bajos en grasas saturadas. Los pescados grasos como el salmón, las sardinas y la trucha contienen grasas saludables para el corazón además de proteínas y otros nutrientes importantes.

¿No está seguro de como añadir más variedad de proteínas a sus comidas? Intente involucrar a su familia en la planificación de la comida, así como darle prioridad a comer en familia. Podría probar una sopa con frijoles o lentejas, que son fuentes de proteínas saludables y económicas, un asado de tofu o saborear edamame cocido. También puede ofrecerle a su pequeño distintas proteínas para elegir a la hora de la comida.

Comer en familia otorga beneficios desde la niñez hasta la adolescencia, por lo tanto, comenzar este hábito desde una edad temprana, los preparará para el éxito.

Algunos beneficios de comer en familia demostrados en investigaciones incluyen los siguientes:

- Los niños que comen frecuentemente con sus familias tienen más probabilidades de comer más porciones de frutas y verduras y de tener patrones de alimentación más saludables que aquellos que no lo hacen.
- Los niños y adolescentes que comen frecuentemente con sus familias tienen más probabilidades de tener una mejor salud mental y emocional. Específicamente, es menos probable que las niñas piensen mal sobre sus cuerpos y adopten conductas dañinas para controlar el peso, y tanto las niñas como los niños tienen menos probabilidades de mostrar signos de depresión.

Sinceramente,

**El equipo de Create Better Health**





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## Consuma una Variedad de Proteínas

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué alimentos ricos en proteínas comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



### Incluya proteínas en los meriendas

Pruebe usar mantequilla de maní o de nueces como salsa para las rodajas de manzana o apio, o para untar en galletas integrales. Un huevo duro con una pizca de ají también es un buen merienda con proteínas.



### Tenga mariscos a mano

Los mariscos enlatados, como el salmón, el atún o el cangrejo, se pueden preparar y disfrutar rápidamente. Los artículos enlatados también son fáciles de almacenar.



### Agregue proteínas en las ensaladas

El pollo o los camarones a la parrilla aportan sabrosas proteínas a las ensaladas de vegetales mixtos. Los garbanzos o los frijoles negros también son opciones deliciosas y económicas.



### Lleve las proteínas con usted

Empaque una mezcla de nueces sin sal y semillas de girasol para obtener un merienda crujiente. Agregue algunas frutas secas, como pasas de uva, arándanos o dátiles cortados, para darle un toque de dulzura.



### Use su creatividad con los frijoles, los guisantes y las lenteja

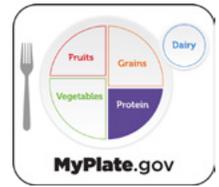
Prepare chili o estofados con frijoles rojos o pintos, coma un tazón de sopa con arvejas partidas para el almuerzo o la cena, o disfrute de unas lentejas como guarnición. Busque ideas de recetas en línea.



### Sirva carne magra

Ase cortes de carne magra, como lomo, cuadril o vacío. Cortados en tiras, son excelentes sobre vegetales, en un sándwich o por sí solos.





Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Each lesson focuses on a different U.S. Department of Agriculture (USDA) MyPlate food group. Today, your child learned about the Dairy Group. Please see the attached handouts for more information, including MyPlate tips for parents, a kid's activity sheet, and kid-friendly recipes to try at home.

The Dairy Group includes milk, yogurt, cheese, ice cream, and calcium-fortified soymilk. Dairy foods provide a number of nutrients, including protein, potassium, calcium, and vitamin D. Calcium and vitamin D are particularly important for young children. These nutrients help strengthen their bones as they grow. Children ages 2–3 years need 2 cup equivalents of dairy per day, and children ages 4–8 years need 2 ½ cup equivalents. To find out what counts as a cup equivalent, visit [MyPlate](https://www.myplate.gov) ([myplate.gov](https://www.myplate.gov)).

USDA's MyPlate recommends choosing low-fat or fat-free dairy products, which contain the same vitamins, minerals, and protein as higher-fat dairy but have less fat and saturated fat. Here are some tips for offering nutritious choices from the Dairy Group to your child.

- Make a yogurt parfait. Choose low-fat or fat-free yogurt topped with fruit and granola or whole grain cereal.
- Serve a yogurt dip with sliced fruit, berries, or graham crackers. Try plain, nonfat or low-fat yogurt mixed with a small amount of honey and cinnamon.
- Top a baked potato, broccoli, or bean soup with reduced-fat, shredded cheese.
- Choose plain, unflavored milk over flavored milks (i.e., chocolate), which have added sugars.

For children who are reluctant to drink milk, finding creative ways to add dairy to foods and/or ways to incorporate other nondairy sources of calcium into their meals and snacks may be helpful.

- Make oatmeal with milk. Add some chopped almonds on top for extra calcium.
- Blend milk or yogurt into a fruit smoothie. Or, serve tomato soup or pudding made with milk.
- Serve calcium-fortified soymilk or nut milks (i.e., almond or cashew milk) in cold or hot cereal.
- Incorporate dark green leafy vegetables such as kale or bok choy into meals and snacks. Try bok choy in a stir-fry or blend kale into a smoothie.
- Try calcium-fortified tofu. Blend silken tofu (soft tofu) into a fruit smoothie. Firm tofu can be baked and added to a stir-fry or pasta dish to replace other protein.

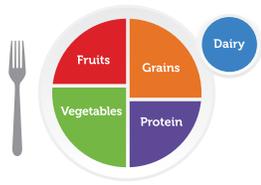
*When buying nondairy milk, check the Nutrition Facts label to see if it is fortified with calcium and vitamin D. Some brands do not have added nutrients. Similarly, check the nutrition label to see if tofu is processed with calcium.*

Sincerely,

**The Create Better Health Team**



Start *simple*  
with **MyPlate**



## Move to Low-Fat or Fat-Free Dairy

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what dairy or fortified soy items to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Include dairy in the morning

Enjoy a bowl of unsweetened cereal with low-fat or fat-free dairy milk or soy beverage. Or, top plain low-fat or fat-free yogurt with a serving of fruit and nuts to include two more food groups.



### Look for calcium sources

If you don't consume milk, look for calcium-fortified foods—some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, are also good sources of calcium.



### Fit dairy into meals

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy beverage instead of water. Adding milk or soy beverage to smoothies, quiche, and mashed potatoes is another good idea.



### Create your own dressing

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.



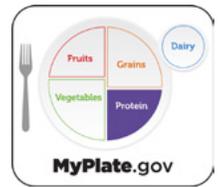
### Drink up!

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy beverage is an easy way to drink a healthy calcium snack.



### Snack on homemade cheese spread

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.



## Estimados padres de familia:

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. Cada lección se enfoca en uno de los distintos grupos de alimentos en MiPlato, desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés.

Hoy su hijo aprendió el grupo de los lácteos. Para más información consulte el folleto adjunto, en donde encontrará sugerencia de MiPlato para los padres de familia, así como una hoja de actividades y recetas infantiles para probar en casa.

El grupo de los lácteos incluye: leche, yogur, queso, helado de crema y leche de soya fortificada con calcio. Los productos lácteos proporcionan una serie de nutrientes, como proteínas, potasio, calcio y vitamina D. El calcio y la vitamina D son muy importantes para el sano desarrollo de los niños, ya que estos nutrientes ayudan a fortalecer los huesos durante su crecimiento. Los niños de 2 a 3 años necesitan 2 tazas de productos lácteos por día, y los niños de 4 a 8 años necesitan 2 ½ tazas. Para saber qué cuenta como una taza, visite: [www.myplate.gov](http://www.myplate.gov).

Algunas sugerencias nutritivas para su hijo son:

- Elegir yogur bajo en grasa o sin grasa y agregarle su fruta preferida con granola o cereales integrales.
- Agregar miel y canela a un poco de yogur natural bajo en grasa y untárselo a galletas integrales o a su fruta preferida como si fuese un aderezo.
- Elegir leche natural baja en grasa en lugar de leche de sabor (como la leche de chocolate lista para tomar) ya que ésta contiene azúcares añadidos.
- Agregar a los frijoles un poco de queso rallado bajo en grasa.

Si a su hijo no le gusta tomar leche, puede ofrecérsela utilizando la leche como ingrediente en las comidas que prepare o también en alimentos que contengan lactosa y calcio como, por ejemplo:

- Cocine avena con leche en lugar de con agua. Agregue almendras picadas para obtener más calcio.
- Mezcle leche o yogur en su licuado o batido de frutas.
- Prepare una crema de vegetales en lugar de una sopa de verduras.
- Sirva leche de soya o de nueces fortificada con calcio (como la leche de almendras) a su cereal.
- Prepare más comidas con vegetales de hoja verde como la col rizada, las espinacas o las acelgas. Agréguelas a sus platillos preferidos o pruebe la receta de tortitas de espinaca con zanahoria o la sopa de pollo con acelgas y chayote.
- Compre tofu suave fortificado con calcio y agrégueselo a sus licuados o batidos de frutas. También puede hornear o asar el tofu firme y agregárselo a su pasta preferida en lugar de carne u otra proteína de origen animal. Le sugerimos leer la etiqueta de información nutricional para saber si el tofu está procesado con calcio.

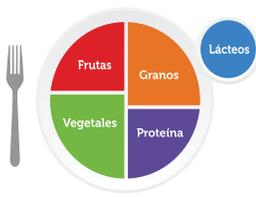
Cuando compre leche de origen vegetal, asegúrese de leer la etiqueta de información nutricional para saber si está fortificada con calcio y vitamina D.

Sinceramente,

**El equipo de Create Better Health**



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## Cambie a Productos Lácteos Bajos en Grasa o sin Grasa

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué productos lácteos o fortificados con soya comer o beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



### Incluya productos lácteos por las mañanas

Disfrute de un tazón de cereales con leche baja en grasas o descremada, o una bebida de soya. También puede agregarle yogur natural con una porción de frutas y nueces para incluir dos grupos más de alimentos.



### Busque fuentes de calcio

Si no consume leche, elija alimentos fortificados con calcio: algunos panes y jugos de naranja, y productos de soya como el tofu y el yogur de soya. Algunos vegetales de hoja verde, como la col rizada y el repollo, también tienen calcio.



### Incorpore productos lácteos a las comidas

Prepare avena y sopas condensadas enlatadas con leche de origen animal baja en grasas o descremada, o bebidas fortificadas con soya en lugar de agua. También es una buena idea agregarlos a batidos, tartas y puré de papas.



### Prepare su propio aderezo

Mezcle yogur natural bajo en grasas o sin grasas, jugo de limón y hierbas secas o frescas, como albahaca y perejil, para preparar un aderezo para ensaladas. Esta también puede ser una salsa de vegetales rápida y saludable.



### ¡Beba!

Tome un vaso de leche. Una taza de leche de origen animal baja en grasas o descremada, o una bebida fortificada con soya, es una forma fácil de beber un refrigerio con calcio saludable.

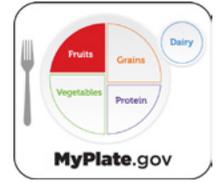


### Merienda de queso casero para untar

Mezcle requesón bajo en grasas con hierbas como orégano y eneldo, y espolvoree unas cebolletas picadas. Sírvalo con galletas integrales.

# FRUITS LESSON

**CREATE**  
FOOD, FUN & READING



Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Each lesson focuses on a different U.S. Department of Agriculture (USDA) MyPlate food group. Today, your child learned about the Fruit Group. Please see the attached handouts for more information, including tips for parents, a kid's activity sheet, and kid-friendly recipes to try at home.

USDA's MyPlate recommends that children ages 3–7 years eat 1–2 cups of fruit per day, depending on their age and calorie needs. Visit MyPlate (<https://www.myplate.gov>) for specific recommendations. MyPlate is a visual tool that you can use to plan your child's meals. Imagine drawing a line down the center of your child's plate; MyPlate recommends that one-half of the plate be fruits and vegetables. As your child learned today, fruits contain many important nutrients. Research consistently shows that eating a diet rich in fruits and vegetables has long-term health benefits, such as reduced risks of developing chronic diseases; therefore, it is important to help children establish healthy habits early on in life.

Fruits come in many forms. They may be fresh, canned, frozen, or dried, and may be whole, cut up, or pureed. Fruit juice (100% only) also counts as a fruit. **Here are some tips to help your child eat more fruits.**

- Top whole grain cereal or pancakes with fruit instead of syrup. Or, add bananas or blueberries to the pancake mix.
- Make a smoothie by blending yogurt, berries, bananas, and ice in a blender.
- Dip fruit skewers into yogurt dip (mix low-fat yogurt with a small amount of honey and cinnamon).
- Sliced, fresh fruit or canned fruit makes a great grab-and-go snack. If choosing canned fruit, look for fruit
- canned in 100% juice.
- Make fruit fun! Try fruit creations such as fruit kabobs or palm trees with a banana as the base and kiwi slices as the leaves.

What if my child prefers fruit juice over fruit? The American Academy of Pediatrics recommends that parents set the following limits for fruit juice consumption (100% fruit juice):

- Children ages 1–3 years should drink no more than  $\frac{1}{2}$  cup (4 ounces) of fruit juice per day.
- Children ages 4–6 years should drink no more  $\frac{1}{2}$ – $\frac{3}{4}$  cup (4–6 ounces) of fruit juice per day.

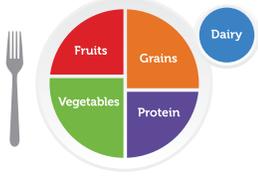
There are several reasons to choose whole fruits over 100% fruit juice most of the time. Whole fruits contain fiber, but the juice-making process removes most of the fiber. Fiber is important to prevent constipation in children. In addition, juice is not as filling as whole fruit, so children may consume more energy than their bodies need if they drink juice throughout the day.

Sincerely,

*The Create Better Health Team*



Start simple  
with MyPlate



## Focus on Whole Fruits

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.



### Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.



### Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.



### Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.



### Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.

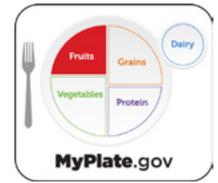


### Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.

# LECCIÓN DE FRUTAS

**CREATE**  
FOOD, FUN & READING



## Estimados padres de familia:

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. Cada lección se enfoca en uno de los distintos grupos de alimentos en MiPlato, desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés.

Hoy su hijo aprendió el grupo de las frutas. Para más información consulte el folleto adjunto, en donde encontrará sugerencias de MiPlato para los padres de familia, así como una hoja de actividades y recetas infantiles para probar en casa.

MiPlato recomienda que los niños de 3 a 7 años coman de 1 a 2 tazas de fruta por día (1 pera mediana o un plátano, cuenta como una taza) según su edad y sus necesidades calóricas. Visite [www.myplate.gov](http://www.myplate.gov) para obtener recomendaciones específicas o más información al respecto.

MiPlato recomienda que la mitad de los alimentos que se consuman, deben de ser frutas y verduras. Las investigaciones muestran que la alimentación alta en frutas y verduras beneficia a largo plazo, como en la reducción del riesgo de enfermedades crónicas; por lo que, es importante ayudar a los niños a tener hábitos saludables desde pequeños. Las frutas pueden consumirse de muchas maneras. Por ejemplo: frutas frescas enteras, enlatadas, congeladas, secas, en puré o en jugo, siempre y cuando éste último sea 100% natural.

Algunas sugerencias para que los niños consuman más frutas son:

- Agregar fruta fresca o seca al cereal.
- Utilizar frutas para endulzar los hotcakes o panqueques en lugar de miel maple.
- Agregar frutas frescas o congeladas a los licuados o batidos.
- Ofrecer fruta fresca como botana, refrigerio o para comer entre comidas. Si elige fruta enlatada, busque aquella que sea en jugo 100% natural o baja en almíbar.
- Ofrecer la fruta de manera llamativa y divertida, por ejemplo, utilice cortadores de galleta para darle figura a una rebanada de manzana o de sandía.
- Predicar con el ejemplo; los niños aprenden imitando a sus padres. Si usted consume frutas con regularidad, es probable que su hijo haga lo mismo.

¿Qué pasa si su pequeño prefiere el jugo de fruta en lugar de la fruta entera? La Academia Estadounidense de Pediatría (The American Academy of Pediatrics) recomienda que los padres establezcan los siguientes límites para el consumo de jugo de frutas 100% natural:

- Los niños de 1 a 3 años no deben beber más de ½ taza (4 onzas) de jugo de frutas por día.
- Los niños de 4 a 6 años no deben beber más de ½ a ¾ de taza (4 a 6 onzas) de jugo de frutas por día.

Hay varias razones para elegir frutas enteras en lugar de jugo de fruta 100 % natural.

Las frutas enteras contienen fibra y esta se pierde en su mayoría cuando se hace en jugo; la fibra es importante para prevenir el estreñimiento. Cuando los niños consumen fruta entera, no consumen tantas calorías a comparación de cuando toman jugo de frutas. El masticar y digerir la fruta entera requiere más energía que simplemente beber un jugo, lo que ayuda a mantener el equilibrio energético.

Sinceramente,

**El equipo de Create Better Health.**





Comience de una forma sencilla con **MiPlato**



## Enfóquese en las Frutas Enteras

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué frutas comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



### Incluya frutas en el desayuno

Cubra el cereal con su fruta favorita de temporada o congelada, agregue bananas o manzanas cortadas a los panqueques o mezcle pasas de uva con avena caliente.



### Lleve las frutas con usted

Las frutas como las naranjas, las bananas y las manzanas son excelentes meriendas que se pueden llevar a todos lados. También puede llevar una lata de mandarinas o trozos de piña empaquetados en agua.



### Haga su propio surtido de frutos secos

Combine uno o dos tipos de cereales de desayuno favoritos con arándanos secos y pasas de uva. Llévelo como merienda en una bolsa o recipiente hermético pequeño.



### Disfrute de las frutas como merienda

Haga brochetas de frutas con trozos de melón, bananas y uvas. Añada una salsa de yogur liviana para obtener un merienda frutal o una guarnición.



### Agregue frutas a la cena

Corte una combinación de frutas tropicales o de temporada para preparar una salsa de frutas para cubrir el pescado o el pollo, o agregue frutas, como trozos de pomelo, rodajas de manzana o uvas, a una ensalada mixta.



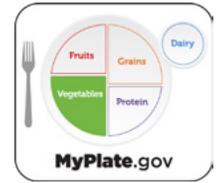
### Tenga las frutas a mano

Corte la fruta y póngala en un tazón en el refrigerador. Deje el tazón en la parte delantera del estante para que sea lo primero que vea cuando abra la puertar.



# VEGETABLES LESSON

**CREATE**  
FOOD, FUN & READING



Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Each lesson focuses on a different U.S. Department of Agriculture (USDA) MyPlate food group. Today, your child learned about “eating a rainbow” of vegetables in the Vegetable Group. Please see the attached handouts for more information, including MyPlate tips for parents, a kid’s activity sheet, and kid-friendly recipes to try at home.

USDA’s MyPlate recommends that children ages 3–7 years eat 1–2 cups of vegetables per day, depending on their age and calorie needs. Visit MyPlate ([www.choosemyplate.gov](http://www.choosemyplate.gov)) for specific recommendations. MyPlate is a visual tool that you can use to plan your child’s meals. Imagine drawing a line down the center of your child’s plate; MyPlate recommends that one-half of the plate be fruits and vegetables. As your child learned today, vegetables of different colors contain different nutrients. Therefore, MyPlate recommends eating a variety of vegetables each week to get more nutrients. This includes dark green vegetables (i.e., spinach and broccoli); red-orange vegetables (i.e., sweet potatoes and carrots); starchy vegetables (i.e., white potatoes and corn); beans and peas (i.e., black beans and black-eyed peas); and other vegetables (i.e., green beans and mushrooms).

But what if your child is reluctant try new vegetables? Young children may hesitate to try vegetables because they often have a bitter, stronger flavor than other foods. However, if offered these foods repeatedly, many children will begin to like the taste. **Here are some tips to encourage your child to try a variety of foods:**

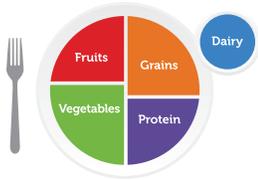
- Introduce new vegetables to your child by pairing them with familiar, favorite foods. Research indicates that children who have the opportunity to try more fruits and vegetables at a young age are more likely to eat them as they get older.
- Try, try, and try again. Many children do not like a new food on the first, second, or even third try. Studies show that it may take 10 to 16 times to offer a new food before a child likes it!
- Model healthy eating. Children learn by observing. If they see mom, dad, or older sister or brother enjoying their green beans, they are more likely to try them and enjoy eating them.
- Make mealtimes positive and fun rather than stressful. Offer foods in a relaxed, non-forceful way, and try to not react negatively if your child does not like them.
- Get children excited about vegetables! Try reading stories that feature vegetables or making a game out of naming fruits and vegetables that are a certain color.
- Involve your child in food selection and age-appropriate food preparation. Ask them to choose a new vegetable for a salad or soup at the grocery store. Young children can help with tasks such as tearing lettuce, washing fruits and vegetables, and mashing potatoes.

Sincerely,

*The Create Better Health Team*



Start simple  
with MyPlate



## Vary Your Vegetables

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!



### Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.



### Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.



### Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.



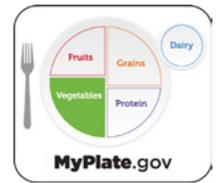
### Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.



### Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snack.



## Estimados padres de familia:

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. Cada lección se enfoca en uno de los distintos grupos de alimentos de MiPlato, desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés. Hoy su hijo aprendió el grupo de los vegetales. Para más información consulte el folleto adjunto, en donde encontrará sugerencia de MiPlato para los padres de familia, así como una hoja de actividades y recetas infantiles para probar en casa.

MiPlato recomienda que los niños de 3 a 7 años consuman de 1 a 2 tazas de vegetales por día, según su edad y sus necesidades calóricas. Visite [www.myplate.gov](http://www.myplate.gov) para más información y recomendaciones específicas.

MiPlato es una herramienta visual que puede utilizarse para planificar las comidas de su hijo y recomienda que la mitad de éste sea de frutas y vegetales. Su hijo aprendió hoy que los vegetales de diferentes colores contienen diferentes nutrientes. Por eso, MiPlato recomienda comer una variedad de éstos cada semana. Esto incluye vegetales de color verde oscuro (como las espinacas y el brócoli) de color naranja (como la zanahoria o la calabaza de invierno) con almidón (como las papas y el elote o maíz) frijoles y legumbres (como las lentejas y las habas) y otras verduras (como los champiñones, la cebolla y los guisantes o chícharos).

Pero ¿qué pasa si su hijo se resiste a probar diferentes vegetales? Los niños pueden dudar probarlos, pero si se les ofrecen repetidamente, los niños empezarán a comérselos eventualmente.

Algunas sugerencias para alentar a los niños a probar más vegetales son:

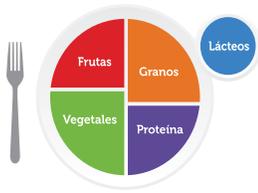
- Agregue vegetales poco conocidos para su hijo y combínelos con sus comidas favoritas y con los que está familiarizado. Las investigaciones indican que los niños que tienen la oportunidad de probar más frutas y vegetales a una edad temprana tienen más probabilidades de comerlos a medida que crecen.
- Inténtelo, inténtelo y vuelva a intentarlo. A muchos niños no les gusta un alimento nuevo en el primer, segundo o incluso tercer intento. Los estudios demuestran que puede ser necesario ofrecer de 10 a 16 veces un alimento nuevo antes de que al niño le guste.
- Ponga usted el ejemplo, los niños aprenden observando. Si ven a mamá, papá, hermana o hermano mayor comiendo ejotes o judías verdes, es más probable que las prueben y disfruten comerlas.
- Haga que la hora de comer sea positiva y divertida en lugar de estresante. No se moleste si su hijo no come el vegetal la primera vez que se lo ofrezca.
- Haga que los niños se emocionen con los vegetales. Por ejemplo: lea historias que hablen de los vegetales o imagine un juego para nombrarlos.
- Incluya a su pequeño a la hora de elegir alimentos para la comida e invítelo para que le ayude (de acuerdo con su edad) en su preparación.
- Cuando vaya al supermercado, pídale a su hijo que elija un vegetal nuevo para ponerle a la comida que piensa cocinar.
- Pídale que le ayude a lavar las frutas y vegetales o que se las pase del refrigerador o de la alacena cuando usted este cocinando.

Sinceramente,

**El equipo de Create Better Health**



Comience de una forma sencilla con **MIPlato**



## Varíe Sus Vegetales

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué vegetales comer, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



### Empiece el día con vegetales

Agregue las sobras de vegetales cocidos en su tortilla o wrap para el desayuno. ¡O agregue espinacas a un batido por la mañana y disfrute de una explosión de sabor y nutrición!



### Agregue variedad a las ensaladas

Haga que su ensalada resalte con color y sabor agregando granos de maíz, rodajas de rábanos o trocitos de cebollas moradas. Incluya vegetales de temporada para variar a lo largo del año.



### Pruebe un salteado

Saltee vegetales como zanahorias, repollo rallado, verduras de hoja y hongos de frasco con bajo contenido de sodio para preparar una comida rápida. Agregue un poco de tofu como fuente de proteínas.



### Mejore su sándwich

Agregue espinacas o algunas cebollas dulces en rodajas finas a su sándwich o wrap favorito para darle más sabor y un crujido picante.



### Haga preparaciones con una salsa o un bañok

Disfrute de rodajas de papas al horno, rodajas de pepinos o trozos de coliflor con un aderezo italiano casero o bañados en una salsa baja en grasas o en hummus.



### Lleve los vegetales con usted

Lleve con usted algunos palitos de zanahoria, apio o jícama crujientes. Un recipiente pequeño de tomates cherry o de guisantes dulces también es un merienda fácil.

# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



# ¡Detenga los microbios! Lávese las manos

## ¿CUÁNDO?

- Después de ir al baño.
- Antes, durante y después de preparar alimentos.
- Antes de comer.
- Antes y después de cuidar a alguien que tenga vómitos o diarrea.
- Antes y después de tratar cortaduras o heridas.
- Después de cambiarle los pañales a un niño o limpiarlo después de que haya ido al baño.
- Después de sonarse la nariz, toser o estornudar.
- Después de tocar animales, sus alimentos o sus excrementos.
- Después de manipular alimentos o golosinas para mascotas.
- Después de tocar la basura.



## ¿CÓMO?



**Mójese** las manos con agua corriente limpia (tibia o fría), cierre el grifo y enjabónese las manos.



**Frótese** las manos con el jabón hasta que haga espuma. Asegúrese de frotarse la espuma por el dorso de las manos, entre los dedos y debajo de las uñas.



**Restriéguese** las manos durante al menos 20 segundos. ¿Necesita algo para medir el tiempo? Tararee dos veces la canción de “Feliz cumpleaños” de principio a fin.



**Enjuáguese** bien las manos con agua corriente limpia.



**Séquese** las manos con una toalla limpia o al aire.

**Mantener las manos limpias es una de las cosas más importantes que podemos hacer para detener la propagación de microbios y mantenernos sanos.**

LA VIDA ES MEJOR CON LAS

**MANOS LIMPIAS**



[www.cdc.gov/lavadodemanos](http://www.cdc.gov/lavadodemanos)

Este material fue elaborado por los CDC. La campaña La Vida es Mejor con las Manos Limpias es posible gracias a una asociación entre la Fundación de los CDC, GOJO y Staples. El HHS y los CDC no respaldan productos, servicios ni empresas comerciales.



CS310027-B

# HANDWASHING LESSON

Dear Parent,

Your child attended a Food, Fun, and Reading lesson today. Food, Fun, and Reading gets children excited about trying nutritious foods through reading and fun activities.

Today, your child learned about the importance of handwashing. There are three important elements in handwashing: 1) soap; 2) water; 3) drying. Soaper Man, Water Woman and Dry Boy help us remember the steps to proper handwashing. Washing hands for 20 seconds is the single most effective way to prevent the spread of infection.

We are sending home the Soaper Hero song below. By singing the song while washing hands you will wash for 20 seconds. Why not cut it out and tape it near the bathroom sink to help your child remember to wash?

Please see the attached handouts for more information and take home activities.

*Soaper Man, Wonder Woman, Dry Boy and the Create Better Health team*

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## (Use the tune for Row, Row, Row Your Boat)

**Wash, Wash, Wash Your Hands**  
**Take germs down to zero!**  
**Merrily, merrily, merrily, merrily**  
**Be a Soaper hero!**



**Scrub, Scrub, Scrub Away**  
**Make a lot of bubbles**  
**Merrily, merrily, merrily, merrily**  
**Wash away your troubles**



**Dry, Dry, Dry Your Hands**  
**with a towel that's clean**  
**Merrily, merrily, merrily, merrily**  
**You're on the Clean team!**



# HANDWASHING LESSON

Estimados padres de familia:

El día de hoy, su hijo participó en la clase de “Food, Fun and Reading – Lecturas divertidas sobre nutrición”. Food, Fun and Reading es un programa que invita a los niños a probar alimentos nutritivos a través de la lectura y de actividades divertidas. Cada lección se enfoca en uno de los distintos grupos de alimentos de MiPlato, desarrollado por el Departamento de Agricultura de los Estados Unidos o USDA por sus siglas en inglés.

Hoy su hijo aprendió la importancia de lavarse las manos. Hay tres elementos importantes a la hora de lavarse las manos: el jabón, el agua y el secado de manos.

Aaron el jabón, Agustina el agua y Amaya la toalla le ayudarán a recordar los pasos para un lavado de manos adecuado. Lavarse las manos correctamente por lo menos 20 segundos es la forma más eficaz de prevenir la propagación de infecciones.

Puede colocar el folleto en el espejo de su lavabo para que cada vez que su hijo se lave las manos, recuerde cantar la canción.

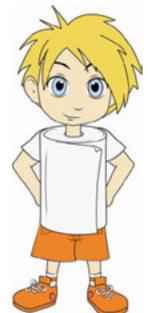
Consulte los folletos adjuntos para obtener más información y actividades para llevar a casa.

Sinceramente

El equipo de Create Better Health.

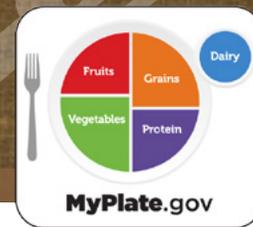


**Pimpón es un muñeco muy guapo y de cartón  
se lava las manitas con agua y con jabón  
se lava entre los dedos, un dedito a la vez  
los lava por arriba y los lava al revés  
Pimpón siempre se lava antes de ir a comer  
para evitar microbios y no enfermarse después  
Pimpón dame la mano después de usar jabón  
que quiero ser tu amigo pimpón, pimpón, pimpón**









## MYPLATE MINI PIZZAS

Makes 12 mini pizzas

### Ingredients

- 1 package whole-wheat English muffins (6-count)
- 1-20 oz. can of pineapple tidbits (packed in 100% juice), drained
- 1-15 oz. can tomato sauce
- Small package deli meat (turkey or ham), cut into small squares
- 1-1 1/2 cups Mozzarella cheese, shredded
- 2-3 tomatoes, diced; 1 pint cherry tomatoes, halved; or 1-2 red bell peppers, diced

### Instructions

Separate English muffins into halves. Arrange muffins on a toaster oven baking sheet. Spoon 1 Tbsp. of tomato sauce onto each muffin half. Add a couple of pineapple tidbits, a few pieces of deli meat, and a few tomato or bell pepper pieces. Top with 1-2 Tbsp. of mozzarella cheese. Bake in the toaster oven at 350 degrees until cheese melts (about 3-4 minutes).

## BLACK BEAN QUESADILLAS WITH PEACH AVOCADO SALSA

 Makes 6 quesadillas

### Salsa Ingredients

- 2 fresh peaches, peeled and diced
- 1/2 avocado, peeled and diced
- 1/4 cup jicama, diced
- 1 Tbsp. finely diced red onion
- 1 tomato, diced
- 1/2 Tbsp lime juice
- 1/2 tsp olive oil
- Pinch of salt

### Quesadilla Ingredients:

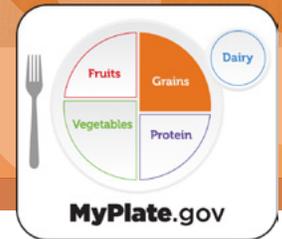
- 2 (15 oz.) cans black beans, low sodium (preferred) rinsed and drained
- 2/3 cup salsa
- 6 flour tortillas, whole-wheat (preferred)
- 3/4 cup, shredded cheddar cheese, low-fat (preferred)

### Instructions

To make the salsa, combine all salsa ingredients in a bowl. Cover and chill until ready to serve.

To make the quesadillas, combine beans, drained and rinsed, and salsa in a bowl. Mash with a fork. Spread about 1/2 cup of the bean mixture on one-half of each tortilla. Sprinkle 2 Tbsp of cheese on top of bean mixture. Fold tortilla in half. In a broiler or toaster oven, cook quesadillas 1-2 minutes on each side until cheese is melted and bubbly. Top each quesadilla with salsa.





## WHOLE WHEAT TORTILLAS

### Ingredients

- 2 cups wheat flour
- 3/4 cup of warm water
- 1/2 teaspoon salt
- 16 cheese slices
- 3 tablespoons oil

### Instructions

1. In a large bowl combine flour and salt. Add water and oil to form the dough. If necessary, add a bit more water. Knead the dough with your hands and mix until the dough is smooth and is able to be molded.
2. Divide the dough into 16 small round portions and form them into ball shapes. Let the dough rest for 10 minutes. On a lightly floured surface, roll out tortillas to your preferred thinness. In a hot greased pan cook them for a minute on each side. Top with a slice of cheese and roll up.



## FRIED QUINOA FOR KIDS

Serves: 5-7



### Ingredients

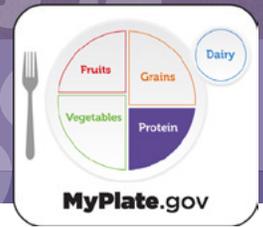
- 3 medium carrots
- 2 Tbsp canola oil, divided
- 4 cups quinoa, cooked
- 1 small onion
- 3 large eggs
- 3 Tbsp soy sauce, low sodium
- 2 cloves garlic
- 1/2 cup green peas, frozen
- 1 tsp sugar
- Cooking spray or 2 tsp. canola oil
- 2 stalks green onion

### Instructions

1. Chop carrots, onions, and garlic. Set aside.
2. Place a large pan over medium heat. Spray with cooking spray or add 2 tsp. canola oil. Add eggs and use a spatula to scramble them. When cooked, remove from pan.
3. In the same large pan, add 1 Tbsp of canola oil and turn heat to medium high. Add chopped carrots, onion, garlic and frozen peas. Stir occasionally and let cook for 4 minutes or until the veggies are soft.
4. Add the remaining Tbsp of canola oil to the pan and stir in cooked quinoa, scrambled eggs, soy sauce, and sugar. Let cook for 2 minutes.
5. Chop green onions and add to the pan, give it a final stir and it's ready to serve!

Adapted from a recipe by Lizzy Early.  
Reprinted with permission from:  
[www.superhealthykids.com/fried-quinoa-kids/](http://www.superhealthykids.com/fried-quinoa-kids/)





## GREEN EGGS & HAM DEVILED EGGS

### Ingredients

- 12 large eggs, hard cooked and peeled
- 1-2 tsp lemon juice (to taste)
- 1 cup loosely packed baby spinach leaves
- 1/4 cup plain fat-free Greek yogurt or light mayo
- kosher salt (to taste)
- Ham cubes to garnish
- 2 Tbsp. deli style mustard
- 1 Tbsp milk

### Instructions

1. Slice eggs in half length-wise with a knife. Or, use a piece of thread or fishing line for the smoothest cut.
2. Separate yolks and whites. Place yolks in a food processor with yogurt, mustard, milk, 1 Tbsp. lemon juice, spinach and black pepper. Pulse until mixture is smooth. Strain through a fine strainer if there are leafy bits. Add additional lemon juice if needed for taste.
3. Spoon or pipe filling back into egg whites and top with ham cubes. Serve! Eggs can be made a day ahead and stored in the fridge. Garnish with ham just before serving.



## BLACK BEAN SLIDERS

Serving Size: 2 sliders    Serves: 7



Recipe by: Alexandra Caspero, MA, RD.  
Reprinted with permission from <https://www.eatright.org/food/planning-and-prep/recipes/black-bean-sliders-recipe>

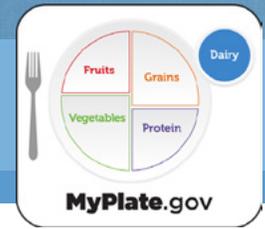
### Ingredients

- 2 cans black beans (15 ounce), drained and rinsed
- 2 carrots, finely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup seasoned bread crumbs
- 1 egg, beaten
- 2 tsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper

### Instructions

1. Place 1 1/2 cups of the black beans into a large bowl and mash well using a fork or a potato masher. Add in the remaining black beans and the rest of the ingredients and mix very well. Scoop 1/4 cup out at a time and form into a patty. Repeat for the remaining patties.
2. Heat a non-stick skillet over medium heat. Spray the skillet with either cooking spray or a teaspoon of oil. Place the patties a few at a time into the skillet and cook until browned on each side, about 2 to 3 minutes per side. Remove from skillet and enjoy as is, or on slider buns with various toppings.





### STRING CHEESE ART

#### Ingredients for Skater Dude

- String cheese
- Black olives
- Slice of apple
- \*Edible marker

#### Instructions for Skater Dude

Peel down strands from top of cheese to make hair. Pull off small amount for hands (either peel or cut). Pull string cheese in half at the bottom. Using edible marker make eyes and mouth. To make skateboard place sliced apple and two olives to plate.

*\*If you cannot find an edible marker, you could give children a toothpick (if they are age appropriate) and allow them to draw on a face.*

#### Ingredients for Toadstools

- String cheese
- Cherry tomatoes
- Ricotta cheese or Greek yogurt in ziplock bag (cut a very small bit off one corner). Fill.

#### Instructions for Toadstools

Cut string cheese into four to five pieces. Cut cherry tomatoes in half. Place string cheese on plate. Top with halved cherry tomatoes. Pipe on dots of ricotta cheese or Greek yogurt.



### BERRY PARFAIT

Makes 1 parfait



#### Ingredients

- 1/2 cup low-fat yogurt
- 1/2 cup sliced fruit (i.e., bananas or strawberries) or whole blueberries
- 1/4 cup granola or other whole grain cereal

#### Instructions

Scoop the yogurt into a bowl. Add the sliced or whole berries. Top with granola. Serve immediately.

### FRUIT SMOOTHIE

Serves 2

#### Ingredients

- 1 banana
- 1 cup fresh peaches or strawberries (fresh or frozen)
- 1 8-ounce container vanilla yogurt, low-fat
- 1/2 cup 100% fruit juice

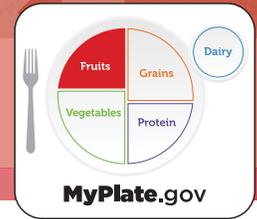
#### Instructions

Put all ingredients in a blender. Blend on high until smooth. Pour into two glasses. Serve immediately.



Recipe Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-smoothie>





## STRAWBERRY MICE

### Ingredients

- Strawberries (1 for each child)
- Mini Chocolate Chips
- Licorice whips
- Almond slices

### Instructions

Rinse strawberries. Cut off top with leaves. Slice bottom off slightly (so the mouse will sit). Cut licorice whip to a size that is about 2 times the length of the strawberry. Place licorice in the back of strawberry. Add mini chocolate chips for the eyes and nose. Stick two almond slices on top for ears.

*Chocolate chips and licorice are "sometimes" foods - but they are ok to eat in moderation. Only small amounts are used in the recipe.*



## PEACH MANGO FRUIT LEATHER

Yield: 8-10 servings



Image by Two Peas & Their Pod.  
Retrieved from <https://www.twopeasandtheirpod.com/homemade-fruit-leather/>. Reprinted with permission.

### Ingredients

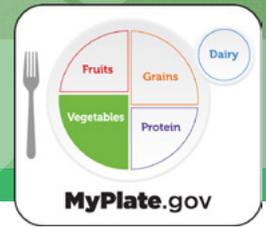
- 2 ripe medium sized peaches, pitted
- 1 ripe mango, peeled and pitted
- 1 Tablespoon honey

### Instructions

Preheat oven to 200 degrees F. Wash and remove pits from peaches and mango. Peel mango (and peaches if desired). Place fruit and honey in a blender or food processor and puree until smooth. Line a baking sheet with a sheet of parchment paper. Pour fruit mixture onto baking sheet and spread flat until 1/8 inch or desired thickness. Bake for 2 ½-4 hours or until dry and tacky, but not sticky, to the touch. Cool completely and cut into strips and roll.

*\*Cooking times may vary depending on roll thickness and juiciness of the fruit.*





## VEGGIE CREATURES

Makes 1 veggie creature

### Ingredients

- Cherry tomatoes (about 3 tomatoes per child)
- String cheese (1 for each child)
- 1 slice flat cheese
- Whole cloves
- Toothpicks

### Instructions

**Snakes:** Cut string cheese into 1 inch sections. Break toothpicks in half. Spear cheese at an angle and add cherry tomato. Continue adding at an angle until snake is as long as desired. Cut small tongue out of a slice of cheese. Cut slice at bottom of first tomato. Insert cheese tongue. Insert whole cloves for eyes. **IMPORTANT:** Make sure children know not to eat the whole cloves.

**Another idea: Butterfly:** Place a line of peas in a row on a plate. Cut baby carrots in half. Place two on each side of peas as wings. Add whole grain cereal that is round or oval shaped at the top for eyes.

Use your imagination with the ingredients you have to see what creature you can make!



## BUTTERNUT SQUASH ALFREDO

Serves 8



### Ingredients

- 1 cup butternut squash, cubed
- 3 cups broccoli florets, cut into bite-size pieces
- 1 Tbsp. olive oil
- 1/4 cup butter, unsalted
- 2 cloves garlic, minced
- 2 cups 1% milk
- 1/4 tsp. nutmeg
- 1/2 cup Parmesan cheese, shredded
- 12 ounces whole grain pasta

### Instructions

1. Preheat oven to 400 degrees. Cut butternut squash into 1 inch cubes and place them and broccoli florets on a cookie sheet. Drizzle with olive oil and salt and pepper. Bake for 20 minutes.
2. While your veggies bake, cook pasta and drain water.
3. In large pan over medium-high heat, add butter and garlic. Let butter melt. Add flour and whisk in until smooth. Cook for 2 minutes and then add milk and bring to a boil, stirring occasionally. Add nutmeg and cheese and stir until smooth.
4. In a blender, add milk mixture and cooked butternut squash. Blend until smooth. Pour over cooked pasta and stir until coated. Add broccoli and serve!

Recipe by: Lizzy Early. Reprinted with permission from <https://www.superhealthykids.com/butternut-squash-alfredo/>





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