Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete this card by putting an “X” through the squares of fruits, vegetables and physical activities that you have tried. Complete the card by putting an “X” through the squares of fruits, vegetables and physical activities you have tried. A “bingo” is complete when you make a line of X’s diagonally, horizontally, or vertically.
EATING HEALTHY IS LIKE POTTY TRAINING! SAY WHAT??

Hello from Council Bluffs! My name is Lisa and I teach nutrition education lessons in classrooms across our school district. We try new foods together and learn to have an adventurous, positive attitude about healthy eating.

I have a daughter of my own and I have learned a lot as I have tried to establish healthy habits with her. This may be shocking, but I think learning to eat healthy is similar to potty training. How so, you ask?

- Many parents approach potty training with a lot of excitement, buying new underpants, jumping up and down and clapping when their child is “successful” and generally showing a huge amount of positivity about the process. Eating is no different! Kids are excited and positive when they see their parents excited. Parents’ attitudes have a huge effect on how kids choose to eat. I try to make our mealtimes fun and I am really careful to make sure my daughter notices how much I enjoy eating healthy foods.

- Parents…you never give up on potty training. The same goes with healthy eating. Just because a child struggles, has set backs or is scared, it doesn’t mean we give up and resort to fast food and packaged snacks we don’t feel good about. Eventually, with patience, time and committed parents, kids will learn to enjoy healthy foods.

I may feel silly telling her how excited I am for our broccoli at dinner tonight, but I’ll never give up!

PARENT QUESTIONS

Have you heard or seen the campaign “Their bodies change, so should their milk”?

a. Yes
b. No
c. Don’t know

What does “Their bodies change, so should their milk” mean? Please circle only one answer.

a. Children age 2 and over should drink 1% or fat free milk
b. Drink milk with every meal
c. Whole milk has more nutrients than fat free milk
d. Don’t know

What type of milk do you typically buy for your elementary- age child?

a. Fat-free / skim
b. 1%
c. 2%
d. Whole

CHILD’S NAME

has played Pick a better snack™ bingo this month.

SIGNATURE